

~25th October 1999~

Good evening. *(general welcomes)*

I feel your welcome this time and I say to you there is no need for thanks, after all, are we not well acquainted by now? *(general agreement)* I know each one has pondered my words to you last time and I would like this time to continue upon that subject of energy just a little more, but not perhaps in the way you would expect. The time has come my dear friends, for you all to take an active part in this subject of *energy*. Therefore I say to you this time, with your permission we wish to try to unify you all together in order that you can feel the power within each one of you. In order to experience this you must, my dear friends, discard in part your physical being and allow your spiritual energy to come forward. Therefore, this time I ask that each one here should hold the hand lightly of another. I would say this to you: This is not being done in the way that you within this *movement*, as you tend to call it, have done in past times in order to call upon us in Spirit. You know full well my dear friends, that this is unnecessary. Therefore when I ask you to join together, it is for an experience I hope you will not forget. I ask that you join together, that you give some time to discard the physical thinking, to feel the energy come from each person within your own being. I will remain here with you. None can come to any harm, but I do wish you all to offer yourselves to us to be used in order that you feel the power of Spirit. Are you agreeable to this? *(general agreement)*

Lilian: We will all join hands, but we won't join hands with the lady you are using. *(Eileen)*

No, you must not in any way touch the instrument. You must form a complete circle. Please allow yourselves time to discard material thinking, begin to feel the power and energy to which you all belong; let it flow between you, until such time that each one of you should not belong to the individual, but that each of you should feel as a whole. You may speak quietly amongst yourselves if you should feel anything extraordinary within the circle, but I do ask that the voice be quiet and controlled, in order that this energy not be disturbed. I will leave it with the lady now, but know that I will remain until the end of this meeting.

Lilian: Thank you.

We linked hands as instructed and after a short time, some sitters quietly voiced what they were experiencing. Lilian felt that she was being pulled upwards. Others said that they no longer felt their hands holding another's, but that they were merged together. Salumet then returned:

Who amongst you does not feel the flow of energy? You see how difficult you find it to discard material thinking?

Lilian: It is very difficult.

This is the problem, but the knowledge that each one of you depends on each other, can only be a source of help to you all. I would ask the lady now if you would place your hand upon the head of each one here please.

Lilian: Yes, I'll do that now, should I?

We would be most interested to know what they feel. Allow to flow through you.

Margaret felt very hot and felt the energy strongly in her hands. Sara also felt lovely and warm. Lilian and Sarah both felt they were being pulled forward and Sarah's legs had been lifted off the ground. All members felt great peace and warmth.