

~9<sup>th</sup> October 2000~

Good evening. (*general welcomes*)

This time my dear friends, as we approach your slowing down time within the natural world I would like each one of you to also slow down in your thinking, to recap on the many things we have spoken about in the past months. I suggest to you my dear friends that this also be a time of recouping energies. Because we have a few absent friends this time, may I suggest to you that we spend this evening in discussing whatever topic you wish, but at the same time realizing that your thinking at this time must slow just a little in order that we can unfold to greater things. We have reached a time in all of your development when new happenings will occur. I believe I have told you my dear friends that many opportunities will be given to you, but as always these opportunities are governed by your freewill. So be aware my dear friends, of all that comes to you. Before we continue on with this evening's questions, I would like just to say to our dear friend, the one who is known to us as Mark, that he has been faced with many decisions in recent times, but I will say only this to you, that you are going forward on the correct pathway. But you need to be aware of spiritual time—do not forsake it for the sake of Earth's physical living.

Mark: Next week I'm closing down the second shop so I think things will be a bit less demanding and I think I will be in a better position to organize my time.

Yes, your awareness is there, but although I do not come to advise as you full well know, I feel that just a little reminder that your spiritual awareness is of great importance. Thank you for listening to my words. Now, if you have questions this time my dear friends.

Sarah: I was just thinking about Salumet saying we should slow down and nature itself slows down, perhaps this is partly to keep us in tune with nature. Is that so or is it just to regenerate ourselves?

I have brought you along the path in recent times in trying to understand the world of nature a little more closely, because in this way your attunement to all things will be so much greater. Yes, as the natural world disintegrates and regenerates, so too does the physical being

at times need times of quietness and rejuvenation of Spirit. So, if you can find that same connection, then all to the betterment of your own unfoldment.

Paul: I was thinking about when we are sitting in our circles and we do not cross our legs, when people meditate though, they often cross their legs. Is it important at all? I know when we have been sitting in a circle we have been told not to cross our legs as it sort of stops the energy flowing a bit?

Yes, I understand. Perhaps we can discuss this a little more. I am aware of many rules and regulations which feature within your organizations and to which many of you uphold these rules. Let me say, most of them have come from well-meaning people who have not always listened to our words of wisdom.

Communication can take place whether the legs or arms or whatever else you wish to cross will take place, but let us look to the other side of the mirror and say that you all know that you are more than the physical beings that you see before you, that you are energy, and of course that energy is cloaked by the physical being. So when people speak of energy being disrupted, then of course they are partially correct. I would say this to you my dear friend, that it is probably more satisfactory for the human being to sit with their legs and arms uncrossed, not because it helps with communication, but it is more comfortable for the human being. Can you see the difference? (Yes.) If you were to cross your legs now, it would not cut off communication with me. Do you each understand, because there is much said in your world. (*affirmations*) I would say, the important issue is that you are attuned properly, that your thinking is correct and that your motive is good. Communication therefore will take place whenever those conditions are respected.

Sarah: Salumet, when I have had someone through me and I have had difficulty in getting that person to leave, I have been told to cross my arms. Is there a reason for that?

Yes, because it is a physical happening, which then allows your mind to return to the physical. That is why. There is too much spoken about *physical* and *spiritual* conditions. You might say, why therefore are we in dimmed light? That is slightly different, because I am using a physical body and for us who come that little further, it is

**more comfortable. But that is not to say it cannot happen in full light—of course it can. But we in our world are aware that the physical condition can sometimes be affected. Is this clear for you? (Yes.)**

Lilian: The lady you are using went to a meeting whereby she was lucky enough to see an Angel. She was surprised at the size of the wings of this Angel—now she has no idea that I am asking you this question—I wondered, can the wings vary from person-to-person, is it in our minds or is it the being that shows himself.

**Yes, you know of course that the thought is all powerful and the thought can create much. After all, when you come to our world then all is thought. But you do have to remember that within our world there are beings who indeed are indeed beings who are different from the physical beings as you know them. These Angels have never trodden your earthly pathway and yes, they do show themselves with what you would call *wings*. These creations are but variations of light. You have not been told about Angels thus far—I have told you that we will discuss it further—but you can tell this instrument whom I am using, (*Eileen*) that the vision that she saw is not of her own thought pattern, but actually the being as he would be. I will of course, when we come to that topic explain to you why the beings known to you as Angels, would appear to have what you call wings. For now I would say that is enough for the lady to know.**

Lilian: Yes, we will look forward to you telling us about the Angels. We were just curious and I think she was surprised at the size of the wings. **Why she should be surprised, I do not know, (*chuckles*) but of course when each one of you returns to physical life, you tend to forget, may I say, what you have experienced in the physical in the spiritual sense. The spiritual and physical existence is so entirely different.**

Lilian: Would I be right in thinking that we have had a visit from our old friend (*Leslie*) this evening?

Sarah: I thought that, too.

**My dear friends, you should never be surprised at anyone who comes to you within these conditions. Many, many, many are attracted to you, but I would say to you that whilst I am using this instrument, those who would desire to speak with you are kept back may I say for a**

**short time—but there are many. Do not focus on one being, because always there are many.**

Lilian: Would they come to listen to your words as well as we do?

**I of course am teaching many, many whilst I speak with you. Not only do they gather in our world to listen to many speakers, but they are curious as to what we try to teach the beings of this earthly plane. But why should you be surprised, my dear friends, the thought is ever expanding and just because I use an instrument who uses physical words, that does not detract from the energy of the thoughts. Do you understand? (Yes, thank you.)**

Sarah: Last week we had a communicator through Sue and she said that at each one of our feet there was a child and she was explaining what the child was like and how the child was, but she said the child had never been on this Earth. I was curious why they should have a physical form if they had never been on this Earth and why they would wish this. Maybe they were just taking on this particular form to visit us, but it seemed curious to me why they should wish to do that.

**Because when a Spirit takes on the physical garb, although that child does not walk the earthly plane, he has still chosen two people to be parents. When that child returns to our world, that interest is still there. Although they have gained in knowledge and that is all that they have needed to know, still the interest remains, because once that Spirit has decided to enter a new body, it is essential that they continue to grow in our world.**

Sarah: So these are all children that have been conceived, but have not actually— (Yes.) Ah, right, that makes sense, I hadn't realized that. **If the children had never been conceived, they would never return to this Earth plane. Is that clear for you? (Yes, thank you.)**

Lilian: There is in this country at the moment Siamese twins—two little girls—but one of the twins she has no heart and a few other organs and she is virtually living off the sister who has got these essential organs. Is that one Spirit? **It is one Spirit but with physical complications. Remember that when the Spirit enters at conception, that it is now in the hands of physical living. We know that these problems confuse and upset many of you on this earthly plane, but that one child is probably not here to**

**be living as a human being, but the purpose of that malformation is necessary, although you may not understand why—but it is but one Spirit.**

Lilian: So if they were separated and one continued to live, the other would be nothing? **Yes, there are many questions in your world we know confuse you, but all becomes clear when you return to our world. All I say to you my dear friends is when you have such confusion within your thinking, then send out the thought to have it made clearer to you and you will find the answers.**

Lilian: That is something we forget. We must remember it more.

**Always—and again I do not apologize for saying that your thought is the most powerful possession you have. Please use it in a wise way.**

Sarah: If nobody else has a question, this is a very personal thing and I don't really know whether I should be asking you and you have probably already answered it by telling me to use my thought. My daughter is about to go on a trip and I have just heard that there is trouble in the place that she is going to go. I just wonder if you could make any comments to me?

**You are a natural physical being, a mother of a child. That love and concern would be most natural for anyone. I would say to you only this: Look deep within your heart and know and understand that the children sent to you are only borrowed, that their life pathway leads them to places you may not always approve of, but it is *their* pathway. Think carefully that although there are many places within your world where there is much trouble, much anger, much devastation, you *cannot* stop another from living their life. Your children my dear friend are of an age when they know their own thinking, is that not true? (Yes.) I would say to you, you have no worries. Let her go. (Thank you.) But it is difficult, we know, we know and understand the deep bond of love, but do you fully understand, my dear friend, that these children as you call them are also Spirit. They have chosen their lives, their parents, not so much as I have told you because of the people, but the opportunities that will be given to them, and may I say that this is one of life's opportunities for this one. Perhaps I can say again to each one of you, my dear friends, if only you would use your thought wisely, if only you**

**would look inwardly when one of life's crises comes to the fore, if only you would remember my words, life would hold no fear for you, because you would be seeing life with spiritual eyes. That my dear friends is my mission here with you, that each one of you who listens to these words will grow and unfold spiritually to a degree that is unique to each one of you. After all your stage of development is very individual, but we have a common bond. Each one of you seeks *truth*, each one of you lives *truth*, each one of you wishes to spread *truth* and yet each one of you is held back by *fear*. This is my hope for you all that we can erase that fear from your lives. It is not a small task, but one that needs to be searched out quietly and slowly, but eventually I hope that when your time comes to return home, you can say, I have learned much. For this I only can give thanks to that Great Creative Force, which has allowed me the opportunity to bring you a little more knowledge. For this I will be eternally grateful. (*general thanks*) I know and feel your love, my dear friends, and I will always be amazed each time I come to you, to feel encompassed by it. I feel for this time that perhaps we have spoken enough, but remember my words, allow yourselves to recap on all that we have spoken about, allow yourself that regeneration of Spirit as we approach the winter of your time and let us work towards that rejuvenation of Spirit, in order that we can learn more on what I have to bring you in time to come. My blessings are with you all and now I will take my leave. (*thanks and farewells*)**