

~15th January 2001~

No Salumet this week, but there was one through Sarah:

(general greetings)

I have been interested to listen to what you have to say. May I say this to you: much of what you say is not quite of what we would have thought you would have been able to speak so clearly about. You obviously have understanding and from this we can only say that we are very happy with what you are doing and how you are progressing. I cannot give answers to you as the one who comes through the lady next to the one by me, but I can tell that he is most pleased with what you are able to discuss and the subjects you talk about. I am here on a short mission. I have been asked to come to let you know how I am able to assist in other ways. By coming to you I am able to think—I beg your pardon, that is the wrong word.

Lilian: Would it be on the same wavelength as we are at this moment in time?

No, by coming to you I am able to tap into your thoughts and to help you to bring to the surface those things that are important to the well-being of this group.

Lilian: So you know us quite well, do you?

I am present at most of these gatherings—not only am I here with this group, but I am with other groups who meet in the same way as you do.

Lilian: That is your job, is it, helping us?

My job is exactly that and this I do with many others. We join together and discuss what should be brought to the fore in the groups we visit. We cannot obviously join the groups together, but in bringing to the fore that information that is necessary to each group, the general thought for the wellbeing for this world is helped.

Lilian: We didn't realize there some around like you, but we shall remember it now.

There are many things that you do not know on this planet, but with the assistance with the one that comes to you regularly, you are beginning to understand a little more of what you do not know. What I mean by that is that he tells you many things that had previously occurred to you and when he has brought some of this information to you, people like us can come through to let you know what our part is and we know then that you will understand what we are saying. But we cannot go to all people who have no knowledge, because they would not understand or even perhaps believe what we are saying. I think that we should try to discuss a few more topics and then I will try to help you to bring something new to the fore to discuss and maybe next time the one who comes to you can help you with your answers. So I will leave you now and will try to bring some new thoughts to your minds. (thanks and farewells)

~29th January 2001~

Good evening. (general greetings)

May I say to you my dear friends how warm and comforting it is to join with you once more.

Lilian: It's nice to have you back.

My time apart from you has been fruitful in the sense that I have gained much knowledge of how our meetings have developed. I have seen many times when perhaps my answers to you could have been a little more enlightening, but all of these things always come when we look back upon the time spent together and your many reactions to it. I wish to say to you my dear friends that in this coming of your year here upon this planet, we have much to discuss and to speak about. My intention my dear friend is that we continue on topics that have previously by discussed with you and to enlighten you further upon these topics. Many times I have said to you, have I not, that we will return and speak in more depth; that is what we will try to achieve in this your coming year. I would like you to say to the instrument that I am using (Eileen) that she is not to be concerned about the throat problem. I can make adjustments for any small irritation that occurs; we are not unaware of the problem. As you well know my dear friends that adjustment is needed on many occasions and it is our purpose as we come close to you all, that these

adjustments be made to the suitability of each sitter. We are missing quite a few of our friends, but we will be coming together once again in many more numbers, but I feel that it is important in this next period of time in talking and teaching with you that we do not leave such talks until *all* are here, but to continue with the teaching with however many numbers there are. This is something I have refrained from in the past, but we know that by your dedication and because of the use of your modern machinery, that the words and the teachings are not forgotten and can be repeated to all who wish to listen to them. Therefore my dear friends I will say this to you, that this year I hope you will attain new knowledge, more understanding, more closeness of your own hearts; that by drawing together as you do that the bond between each one of you strengthens, that the love that you give to others and the teaching that you send forth to others outside of this room is retained and will help all that it touches. To each of you my dear friends, once again I will say to you, the road ahead is not smooth, but for each of you, you will learn to overcome each obstacle placed in your pathway. This is indeed life's lessons, but each one of you will find in your own individual lifestyle, problems and stepping stones which will be surmounted with ease. Not only will you grow in strength my dear friends, you will become even more spiritually aware and you know that as individuals you will individually develop along your own life path. But in joining together as you do on a regular basis, that spiritual unfoldment becomes an even stronger bond. This my dear friend is my desire for you all that as we continue to work together, all new work be related by you to many, many others who are *seeking*, who are *searching*, who are *lost*, who are without *hope*, who are without *knowledge*; let yourselves give to these people in order that the *truth* that you all know, be given and accepted on a wider scale. Because we have only just come together again my dear friends, for this evening I will answer a few questions for you and we will begin serious work next time, when I hope to bring you a little more of the Universal Truth, which surrounds you and of which you are part. Are there any questions, please?

Sarah: I had a control through me (15/01/2001) last week and although I felt that it was a control, my mind is still quite active when a control comes through. Could you just confirm that what I said was right. This control said that he helped our minds to bring relevant information to the fore to help the group and to help the world as a whole.

Yes, I will explain just a little to you in a way perhaps you will find easy to understand. When we from our world use you as communicators, as instruments, we try to place to one side that part of you which holds so much and what you would term the *subconscious*. Although those who come to you overshadow you, you still remain in control. That is why doubts creep in, but I would say to you that there are many who stand by and if there is confusion or the likelihood that communication be cut, then those whose '*job*' shall I say for your understanding, will step in and help the thoughts to be conveyed. Therefore, my dear friend, what you experienced is perhaps experienced by all who are developing the communicative skills. Is that helpful to you?

Sarah: Yes thank you, it is.

You are never alone, you as the human being and the communicator from our side—there is always others to help, there are always those from our world much more experienced, who are ready to step forward to help and if that feeling of help comes through as a form of thought, then so be it.

Sarah: So I am on the right track, am I?

Yes, do not place these doubts to the forefront of your thinking, place them where they belong. It is good to think about these things, but do not allow them to become an issue.

Sarah: If I was giving information through, I wanted to make sure that it was correct.

Yes, and that is what will make you my dear friend a good channel for us. I believe I would be correct in saying that all potential mediums and what you might in your world call fully-fledged—although I would perhaps disagree with you, they all have experienced those feelings. (Thank you.)

Lilian: Any questions George?

George: Yes, you've have told us much about the work of elementals. I wonder if we could extend this a little to connect with some practical considerations of the planet, for example, we do plant woodlands and forests and this can be done with various degrees of respect for the trees. My own feeling is that when forests are planted with all one kind of tree in a very commercial way, this is losing some of the respect and it might well be better to plant mixed varieties of trees in a more natural way. I was wondering if the

elementals would be affected unduly by going away from natural considerations and I suppose the great thing is to do whatever is done in love. I wonder if you could comment on practical considerations like that?

Yes, I recognise your concern my dear friend and this is a subject that I will return to in more detail. But let me say to you this time: It matters not whether the trees be mixed or of one kind as you say, that is not the governing factor. Of course in an ideal planet, nature would rule and mankind would resist from interfering quite as much as he does. But the fact remains as you have most aptly put it, that *Love* is the overriding factor in all of these plants. I do intend to return to this topic quite soon. In fact I will tell you now that our topic of discussion next week, begins with that of the *Angels*. So quite soon, you will have a more elaborate explanation of all of these elemental works, all of the elemental skills and the feelings, the thoughts that go behind it all—their structure and their part in your planet.

George: Thank you. Similarly, I imagine that in looking after a garden and planting different flowers and making it look beautiful, this could be seen as a shared joy between humans and elementals?

Yes, you cannot my dear friend separate yourselves as human beings from those of the other creatures of the planet—all is intertwined. But I hope I will explain to you more clearly, when the discussion comes about the different beings of this planet. It is a topic which needs individual discussion, because as I have told you, there are many types of being, which occupy this planet with you. So you agree I would presume, that it is worthy of individual discussion, rather than one general discussion, would you not? (Thank you.) You will have your answer my dear friend. (Thank you.)

Lilian: Mark, any questions?

Mark: Yes I've got a question and I've also been asked by somebody if they could possibly come next week. She's a Japanese friend.

Yes, we have been awaiting her.

Mark: Ah, that's nice. (*chuckles*) My other question is: There has been a lot of talk in the news and I don't think it's been reported very clearly, about the rights and wrongs of giving injections to young children and babies. One school says that it's okay—particularly a triple injection including the measles. (*MMR vaccination*) Some people say that it can cause autism in children and I wondered if you might have something to say about that?

Yes, I understand your question. All medical matters in your world—first of all let me say that most of your medical institutions are on this planet to help others. What we from our world would rather dispute is the *way* in which they *handle* medical conditions, that mankind has gone a little *far* the dealing of illness. But when mankind gives help with love and kindness and the hope and desire to destroy disease within mankind, then the motive is one of *Love*. Therefore you cannot question that they are trying to help. I would say only this to you my dear friend: That these decisions that you ask me about, have to be made by those *individuals*, because it could be part of their life plan. It is difficult to say why one child would develop some other *condition* and another not, unless that individual had *chosen* to do so. We are coming back again to freewill and although it be children, the parents *spiritually know* that this was a condition that was likely to happen. It is difficult to tell people without knowledge about these things, but I know it is within your understanding, that these occasions take place. But the medical profession is doing its best, as far as it knows and understands. Great influence is being brought to bear upon those in your world, who are dealing with humankind in the form of illness and in fact I can tell you that there are many, many of your conventional medical doctors, who are now beginning to understand that the body is not the *prime* subject, but there is more to the body than just the *physical* being, that the *mind* and the *thinking* and *all* other aspects of living, must be taken into consideration. There are *many, many* in the fields of your medicine, who are slowly changing their attitudes to illness. Does that help you to understand? (Yes.) And again, I would have to say to you my dear friend, that responsibility for living lies with each individual.

Mark: Yes, would it be true to say that if it wasn't for the poor ways in which we live and bring up our children—if we were doing it better, we wouldn't really need these injections?

That is one aspect, but it is not quite as simple as that. There is too little known still within your planet of how life should be lived, but that is the purpose of many of us coming to this planet at this time, that this information and this knowledge slowly creeps to the thinking of each one of you. And of course if all

illness was wiped from the planet, there would be no need for the planet. Do you understand? (Yes.) I hope that has been helpful to you.

Mark: Thank you, yes it has.

Margaret: I think that was a wonderful question. I get quite concerned about children and the way they are brought up. That's helped me a lot, thank you.

Yes, it is too easy to dismiss all areas of help as being wrong. As I have said, the overriding factor is whether it has been done *with love* and *righteousness* and all of these other things. We cannot have a perfect world *just yet*.

Margaret: Do you think we ever will?

We will, but not for a very *long* time. But each *idea*, each *change of thinking*, is another way forward to a greater understanding. That is all my dear friends that you can try to achieve. We have told you, we *cannot* live life for you—we *cannot* give you answers that concern your freewill; we can help, we can guide, but we cannot *interfere*. And I know to many, this seems a hard lesson, but without the lessons, how can you grow? And I know the subject of small children is very emotive to you all, but try not to think of them as children, but rather as *Spirit*. Try to *see* them and why they have come to this life. In other words my dear friends, see each individual as an *equal*. Now there is something for you to think about this time. I can *see* that you are beginning to think already. (*affirmations and chuckles*)

Lilian: If next week you are going to talk about Angels, is it alright if my daughter-in-law visits again?

Yes, if she so desires. (Thank you.) I feel my dear friends with that for our first joining together of this one of your years, it is perhaps time for me to withdraw, that we look forward to new teaching, to new understanding and to how much we can all gain, from *knowing* each other.

I leave you with the Light of Love,

With the Light of Truth,

With the Light of Understanding,

And with the Light for all of you in this world, of Patience, which is so lacking in this world, at this particular time.

I leave you my dear friends, until we meet next time. (*thanks and farewells*)

~5th February 2001~

Good evening. (*general greetings*)

Firstly let me say welcome back to those old friends and welcome to our new friend. I wish to say to you this time that, although this instrument still has a little problem as I said to you last time, it does not create a problem for us. If the lady should have to physically cough, then I will just withdraw a little. So please assure her that it is not a problem. We know she is concerned a little about it, but there is no need. To our new guest I will say '*welcome*' and although she joins us at a time of information which she may not understand, she will feel great benefit, my dear friends, from being in your company. She is on a trail of new knowledge, of different acceptance and of seeking more *truth*. Now, my dear friends as I said to you last time, we will embark upon a conversation which was touched upon before I left you for a short time. This subject is not something that can be discussed fully in one meeting, therefore if you are in agreement, I suggest that as I speak to you, if you have questions about anything I may say, will you please ask me now so that we can continue along this topic with full understanding and with greater knowledge. Is this acceptable to you? (*affirmations*) We discussed about the nature beings within your world, about the elementals, and we touched briefly upon the subject of angels, the angelic beings, did we not? (Yes.) The first thing that I wish to say to you is this: that within your world many people are confused between the angelic being and what you term 'guide'. Angelic beings have always been, they were here at the creation of this planet and all that it was to be. Angelic beings of the higher realm, shall we say, have never been of human form. There are many angels that you call guides. This band of angels have human form and have come to you for different purpose. Let us, for your understanding, call them *Greater Angels* and *Lesser Angels*, although they all belong to an angelic hierarchy. Firstly, my dear friends I hope that you understand that mankind and this planet Earth is but a small part of the whole, that everything is intertwined, that mankind is the only form with the spiritual counterpart, but I wish at

this time to speak to you of the Greater Angels, the Higher Angels. These are the angels that are given to you and shown to you as figures of imagination, drawn with the human form, but with the occasion of small and large wings. Firstly let me say that because these angelic beings have never had human form, they are *purity of light*, they are the *life force*, not only of this planet, but of all Creation. We touched upon the wings of these angels last time, did we not? (Yes.) What I wish to say to you is that this purity of light emanates from the top of the head and showing themselves in the form of humans makes them seem to have wings, which are in fact purity of light which surrounds the whole form. Angelic beings such as these are with each one of you. Every human form has an angelic being from the time of conception to the time of dying, or rebirth as we would wish to say. These Greater Angels are responsible for the consciousness, the soul of each human being. That is where they differ from the other angels, or *guides* as you like to call them. I will stop here on the introduction of them, to see if anyone wishes to question what I have told you.

George: Could I mention St. John's writing about his vision in which he describes angels and four intelligent beings and twenty-four elders, which I took to be some of those who would be watching over the planet. Does that connect at all?

Yes, you have to understand that these elders as you describe them, belong to the group of angels of whom I speak. These angelic beings are responsible for much of what governs this planet. There are many, many types of angelic beings, who all have differing stations of work. Much of what has been written in what you term your bible, is in fact quite correct, but also as you well know, much is manmade. But when we speak of visions of angels, I can assure you my dear friends, we speak not of visions of the mind, or self-seeking visions, but we are speaking of that form of *Divine Light*, which was much stronger in the days when your so-called bible was written. There are many, many variations along this evolution of angelic beings. You have *Angels of Healing*, they are one form of the *Great Angelic Beings*. Anyone who steps within a room of healing, may or may not be aware that that Angel of Healing is there with them, that they know that healing is about to take place. They are responsible for the soul consciousness. We have angels of many types of work, but I would say to you at this present moment in time, it is important for you to realize that this *Greater Angel* and the evolution of these angels has existed and they are closer to what we seek than any other form. Again I will say to you, they are Purity of *Light*. They come from the *Source* of all *Life*. They have the knowledge, the wisdom, the understanding and the love of all things.

Lilian: As each child is born into this world, an angel will come with them?

Yes, you *all* have a *Guardian Angel*. These Guardian Angels come from this group of angels. They will never leave your side from the moment of conception until your death or rebirth. Whether you become aware of them is dependent upon your own consciousness, your own spiritual growth and remember what I have said, they are *not* your guides; you must not confuse the two. These angels govern the soul consciousness, the whole consciousness of this planet Earth, beside those of many others. I will tell you now that many of these beings have come from a spiritual planet of *Light*, to help with the evolution and lifting of consciousness of humankind. I believe this fact is not widely known, but we will discuss it if you wish.

Lilian: Could I ask a question about the healing? The energy that one can *feel*, would they be behind the energy—is that the way to tell that they are there?

I would rather say that the *Healing Guides*, who superimpose themselves upon you, would be the energy that you would feel, because the angels of the group I speak of, come only for protection for the soul. You have the interaction in healing of both the Angel and the Angelic Guide. Try to differentiate between the two if you can.

Lilian: Yes, would they be aware of one another?

Not necessarily, because remember your guidance is of a much lower order and in fact, I would prefer not to use the term '*Angelic Guides*' for these beings, but they are known as angels and for your sake of understanding we must use your own terms.

Sarah: I know that each one of us has one of these angels and I know it might seem a silly question, but what would happen if we didn't have one of these angels?

That is not possible. Each one of you has a Guardian Angel.

Sarah: Is that the case of all life on other planets, would they also have an angel?

Yes, in different form of course; that is something we will come to, but for this time we are speaking of angels in the human form as you would recognize them and they have been *seen*. But let us perhaps say that these *Greater Angels*, because they are purity of Light are therefore able to change their appearance. Remember what I told you about the elementals, if they have the power to do this, what do you suppose the angels, the Greater Angels have the power to do? They are the closest you could come in this form to what we seek, to that all-encompassing life force from which we come. They are the messengers from that all-encompassing light.

George: Would the Guardian Angel have the power to influence consciousness to prevent a physical accident that wasn't meant?

No, you are speaking of the *guides*; they are the ones who would look after form in this human existence. They are the ones who will try to influence you in many ways. The Greater Angels are more responsible for the whole outcome of consciousness in the planet. And although you are given one Guardian Angel, again they do not have the right to interfere with your own freewill. This is a complicated issue and that is why it will take many of our meetings for you to come to the full understanding of what I tell you. I do not feel that you will understand it so easily without many discussions.

Sarah: Could I go back to something you said about the time that George was talking about in the bible. Did you say the light was greater than it is now?

The *understanding*. Let me say that only those who have come to that stage of quietness and self-knowledge if you like, only they and they alone will have a glimpse of these magnificent beings—and remember, they *are* magnificent beings. They have never touched or been in human form, they are purity of *Light*. We are speaking now of Creation in its almost pure form—this is what I wish you to try to understand. These Guardian Angels, their task is try to protect you throughout your life if they can, but their purpose is for the expansion of soul and consciousness and all that is spiritual. They are not concerned with everyday living as your Guides are. They are the essence of being, they are the providers of this planet of *Love, wisdom, power* and many, many more spiritual attributes. It is your right, but because of the form that you inhabit, it will never be achieved in one lifetime. Are you beginning to understand my dear friends? (Yes.) I feel an awe amongst you that I can touch, therefore it is important that we take each step slowly.

Lilian: With each reincarnation, would we still have the same Guardian Angel?

Yes. You will always have the same Guardian Angel no matter how many incarnations there are.

Lilian: So as we progress, they must be very pleased.

Of course, that is their purpose to increase awareness and spiritual consciousness and all the attributes of Spirit. But, let me say this, they are not pleased in the same way that humankind would be; they *absorb* that knowledge back into themselves. That is another topic to touch upon. All I wish you I feel to try to understand this time, is that we have this group of beings, spiritual beings, which are little known about, but which are separate from those you call Guides. Do you have more questions?

George: During our disastrous periods when we are having wars, would they be saddened or would they simply not have that reaction?

They are beyond human reactions of that kind. This is the point that I try to put to you, that they are *beyond* all of these *emotions*, and in fact until you can place emotions to one side, it is highly unlikely that you would have a glimpse of any of these beings. Do you understand? (Yes.)

Sarah: So when we have finished coming back here and we no longer need to come back to Earth any more, the job of that Guardian Angel is done, or does it go on to somebody else?

It is never done, it is always interested—your progress will always be known. Imagine a room full of children with one teacher. If one advances a little more quickly than the other, it will not discard it to go to the one left behind, it will continue to show interest in all of those children. Would you agree? (Yes.) Try to imagine these Angels in that type of work and remember, you cannot put physical time to these things—understanding and time does not belong to these Angelic Beings.

Sarah: I just wondered if this Angelic Being was just simply for that one person and that when it had finished its time on this Earth, it no longer needed to go on to somebody else perhaps, because you said that you keep the same Guardian Angel all the time.

Yes, but remember your view and your vision is limited. Remember these beings are the *Source* of pure *Light*, where knowledge is ever expanding. They do not see it as you would see it. This is the difficulty in trying to teach you about them, that your understanding of them is so limited. We are speaking of beings who have never, ever had to learn the lessons that you as beings have. They go along a different line of evolution.

Lilian: I see, like the animals do? **(Yes.)** I was listening to a radio programme not too long ago about Angels and different people were ringing in to say that they had seen an Angel and they left behind a white feather. I couldn't quite see the point, but is that true?

It is possible, of course. It is just a manifestation that is within the power of all Angelic Beings.

Lilian: So they could leave behind a white feather? **(Yes.)** I wondered why a feather.

I cannot tell you that, but there must have been some symbolic meaning, I would think.

Lilian: Maybe the wings?

No, you must dismiss this idea of the wings being made of feathers.

Lilian: If as humans think of the wings as being made up of feathers, maybe that would be why.

Perhaps if that was your conception of what it should be—without knowing what happened, I cannot comment. But yes, why would it seem impossible for some manifestation to be made? Many reports are given in your world, are they not? (Yes.) So remember that all things are possible from our world. Do you have more questions or are you happy with what I have told you this time?

George: Just going back to St. John's account again, he mentions one *Great Angel* with one foot on the land and another foot in the sea, which would suggest enormous size by our standards.

Yes, remember that *form* means nothing to these beings. They are not limited by conditions as we would know them, and of course, how they show themselves to those who can perceive them is something that seems amazing to humankind, but yes, we do have the hierarchy as you, I believe call it, even in the evolution of the Angels, that these beings do have some semblance of order, some form of hierarchy, in order that the Divine plan can be played. There are indeed what is termed in your what you call bible, many Angels and also Archangels. They are the highest of all of these Angels, not because they have more power over them—that is not how the Divine plan works—but there has to be order. For this purpose alone you have that group of Angels who are called Archangels, because of their magnitude, of their great knowledge and wisdom.

Sarah: Eileen, the instrument you are using at the moment saw an angel. I believe she was in meditation and it was her Guardian Angel she saw. Is that right?

When you have the right conditions, if you have the right frame of mind, if I could put it to you that way, if all of these conditions are right, then it is possible to have a glimpse of that Angel who is with you for all of your life. It is open to each one of you to become aware of who your own Guardian Angel is. They would be only too willing to allow you a glimpse of who they are.

Jan: Are they there for part of our own consciousness?

They are *always* within your consciousness at *all* times, but it is whether your consciousness will *allow* them to come forward or not; that part must be played by *you*. There is nothing to prevent each one of you from having that knowledge if you so desired, but I would say to you that the time which is best for any of these visions is not a time of seeking, but in a time of quite resignation, when your Spirit comes to the fore. So, do not *consciously* seek, but allow that inner being to be still, to be quiet and ask quietly that when the time is right to be shown your very own Guardian Angel.

Jan: From your teachings you say ask for help and guidance. Is that almost the first port of call, when we look into ourselves and ask for help, is it our Guide that answers the questions or tries to help first?

Your own guidance, your own Higher Self would be the first port of call, as you say. Remember, you have that guidance, but it is not these Higher Angelic Beings. They will not step forward to offer you guidance. That is the second form of what I call Angelic Beings, your Guide. That is the word that humankind has given to your guidance, and remember you do not have just once guidance, there are *many* who come

and leave within your lifetime, who are there to help and guide you. But your own Higher Self is your first step of guidance. Do you understand?

Jan: Yes, I, like many, presume it is very difficult to separate and I realize what you're saying, to separate our physical from our spiritual (**Yes.**) and what you are talking about is purely spiritual (**Yes.**) and it is very difficult for us, isn't it, as human beings to as you said, cast away the encumbrance of everyday life and accept. I can accept it, you realize I do accept it, but it is very difficult to understand, isn't it?

Yes, that is why it is important that we go slowly as we have always done at these meetings. That slowly, slowly the understanding and the awareness becomes greater, that each one of you travels at your own pace of knowledge and development, that each one of you seeks that, that you will in your own time. We cannot rush you, anyone from our world will not rush you; you are in control of your own spiritual unfoldment. But all I say to you is this, that these Greater Beings, these Angelic Beings, have a much greater responsibility than is imagined or understood within this planet. Their connection is not only with this planet, with humankind, but as I have said at the beginning, with all of the planets in your solar system—and there is my dear friends a planet of *Light* where these beings do exist.

Jan: Often I have heard of Guides having lived here before, having been a physical being. (**Yes.**) That obviously is a Lesser Angel (**Yes.**) as originally said, but do they progress on to be a hierarchy of angel? **No, they travel along a different evolution. The line of evolution for these beings is entirely different. What I speak to you tonight about is a Divine and purity of *Light*, which cannot be intermingled with the evolution of—I do not like 'Greater' and 'Lesser', these words create confusion, but I am not sure how else to put it to you. I want you to understand this time, how much wider, how much greater the knowledge that these Angelic Beings have, how much more expansive is their knowledge and the help that they can give to this one little planet. That is what I would like you to try to think about this time. The greatness of these beings and how important they are to the evolution of so many, many things. All other forms of beings come back to these Greater Archangels, shall we call them, and their line of helpers and those who come and stand close by humankind. I think I have given you enough this time to think about. I will accept your questions next time, because I know you will have some for me and then we will go just a little further, if you are willing to do so. (*affirmations and thanks*) I will leave you my dear friends with these many, many thoughts. My desire for you of course would be that each one of you became aware of these beings who stand so close to you within your lifetimes, that you could *feel* the love that they exude, that you could *feel* their own *beauty* and indeed, it is something to behold. I leave you all my dear friends as ever with my love and my thanks to each one of you for your time and your dedication and for listening to my words. (*thanks and farewells*)**

~19th February 2001~

Good evening. (*general greetings*)

This time my dear friends I bring to you not only my love, but an element of understanding that will bring to you the meaning of what I wish to tell you this time. Firstly, I wish to address our lady friend and say to you that I ask you to tell the instrument I use that I am working with her on a spiritual level in order that she may understand causes of her physical problem. I will leave this in your capable hands please.

Lilian: Yes, I will tell her.

I know my dear friends that each one of you has considered my words of our last meeting and that we do have some questions, but firstly let me say this to you: What I would *like* you to try to consider this time, and I did touch upon it before on another occasion, was how much you humans are mirror images of the Angels which I called *light* and *darkness*. Do you remember our discussion? (**Yes.**) Do you remember that I told you that they were but reflections of each other? (*affirmations*) You do. What I would like you to consider this time is that you as human beings display the qualities of both of these Angels. Shall for your benefit we call them *good* and *evil*. Do you remember that I told you that the Angels of Darkness, if you like to call them that, were not destructive but *constructive*, that the Angels of Light or goodness, were just that, but that they balanced each other out. This my dear friend is what you as human beings are. There are times when you give out *good*, there are times you have thoughts of

darkness, but you need each to balance out. Can you begin to see how you reflect these Angels of Light and Darkness? Can you see within yourselves that these two *scopes of light* make up your own physical being? Do you understand that? (Yes.) I would say to you that of all the Angel Beings that are in existence, you are most closely related to the Angels of Light and Darkness, because you are so much alike as humans. Do you have questions about this please, because I *feel* it is in your interest to fully understand what I mean by *destruction* and *reconstruction*, when we speak of these Angel Beings. Do you see that within yourselves, or do you see yourselves as something quite separate?

Lilian: For myself, I can see light and darkness.

Each one is happy then with that explanation that the link between you is so close?

Lilian: There has to be the light and darkness?

Of course, it is part of law, it is the part of all things functioning equally. Remember what I told you, how can you know only *good*, you would not understand it without having had *evil*—I use those words for your understanding—but in fact all that they are, are two different vibrations which, when brought together, balance themselves out. Do you understand, please? (*affirmations*) As we speak of Angels of Darkness, there is in your human vocabulary, Angels who are called '*Angels of Darkness*' and I believe they are called this, when it is Angels who come to you when your time upon this planet and the time for rebirth to our world is imminent. Then many of you say, you are meeting the '*Angels of Darkness*', but I will say this to you my dear friends that if you pull back the veil of the Angel of Darkness, what you will encounter is *beauty, love, compassion* and all that is *good*. So again can you see the balance lies there also? (Yes.) What I would like you to understand also, is that there are many, many Angels—many. You cannot exist in this world without an Angel of some kind. We spoke briefly of the Angel of Healing last time, did we not? (Yes.) I have spoken of the Angel of Darkness, there is the Angel of Thought, which we touched upon briefly and which this dear lady asked me about in another way, about thoughts being helped. There *are* my dear friends Angels of Thought. Before I continue further, would you like to ask me any questions?

George: With regard to the previous teaching, you mention the planet of light as the origin or place of some of the Angels. I appreciate all the beings on that planet would be beings of light. Would the planet itself be of light, or would it have a physical counterpart?

Yes. You have picked up on what I intended to discuss with you next. Of course I told you these beings are beings of light and come from planets of light. These beings belong to the hierarchy of Angels. These beings have never experience the vibration of human living, such as the Angels which I speak to you about. The vibration that they belong to must also be the same vibration of the planet from which they come, in the same way as the Angels of Light and Darkness use the earthly vibrations of this planet, although they are of a different vibration to yourselves. I will tell you my dear friends that in the hierarchy of Angels, the Angels of the Sun are the more advanced. We are speaking here about things not widely known upon your planet. And again I say to you my dear friends, if it is beyond your understanding, then I fully accept your rejection, but what I purpose is, in this one of your earthly years, is to take you a little further from the knowledge that is already well known to many upon this planet. I wish to stretch you spiritually, in order that you can see the wider scheme of life. You know and you understand and I believe you accept that there are other life forms other than this one planet. You know and you understand and accept that human beings are of the lowest form of development. Therefore, does it not make sense to you my dear friends that there are beings of much quicker, much lighter vibration, who belong to planets again of lighter vibration? They could not exist in the planet such as Earth, because it is too dense and full of heaviness and in all of universal law they have to exist where all is harmony and balance. You know that when you leave these physical bodies, when you come to our side of life, you will gravitate to that plane of existence which is suited to you spiritually. It will belong to the vibration from which you come that you will go to it. So does it not make sense that these finer vibrations, these Angelic Beings should come from a planet such as they too belong to, the lighter vibrations, the love, the harmony and the balance? Can you accept this my dear friends?

Lilian: I can accept it, but it needs to be thought about.

Sarah: I find it difficult to have an Angel of the Sun. It is fire so they—

No, no, you must not look at it from the *physical* eyes. We, my dear friend, are speaking spiritually. Again this is where things become complex because you are so limited in the way you think that it is difficult to think spiritually. But I know my words are difficult, I know I am going onto new ground for you. That is why we need to discuss and speak about it slowly, in order that each step can be taken at your own pace and after all my dear friends, you know each one of you has your own pathway, have your own understanding, have your own lifetime of spiritual activities. I know that it will be difficult for you at times to accept my words, unless you have thought about them carefully and given of yourself to those who stand close by you, in order that they too can help to bring to you that understanding and knowledge.

George: I think I could say that as we go along we are learning that there is more and more that is beyond the detection of our physical science. This is no problem so far as I'm concerned in acceptance. We do look at things from our physical eyes sometimes and we endeavour to see things spiritually and we are discovering that there are more and more aspects of Spirit, but I can assure you that this is not a problem. **Yes. I know that the scientists in your world would say that all of nature is a natural happening, but what they do not fully understand is that behind the natural happening is a natural law which guides. That is the point that they miss, that there is an *intelligence* behind all natural law. But I know and I would not tell you if I did not think you could not take my words and digest and use them for your own individual spiritual growth.**

Lilian: Would it help us to understand—I am speaking for myself—we each have a Guardian Angel (**Yes.**) and so everything, the sun, the other planets, they all have their Angels?

What you must try to understand that all is not left to chance. You know that there is structure, there is law in all that is around, there is intelligence, there is creation; we all know and understand this. What I am trying to tell you and teach you this time, is that there is a state of hierarchy—and again I use that word for your understanding and your use, because there has to be harmony, there has to be order, no matter which planet you come from, whether it be in this solar system or another, it matters not. There has to be order, there has to be love and that is what these Angelic Beings are in existence for—not your Guardian Angels who come to you on this planet, not even the Angels that are above them, but there is a hierarchy of Supreme Beings, that is what they are, they are mirror images of all that is *Love*. These are the beings which put structure and order to all of the planets. I do not feel that at this time you are able to see spiritually these great beings, who have so much understanding and love for all things. They are a state of existence. In fact to speak of them almost in human forms is wrong, they are so much more than that, but they are the ones who govern the spirituality and the construction of all the universe. Above them comes only the Supreme Beings and I have no intention of going that far, because my own knowledge does not extend thus far, but I hope I have given you a little insight into what you are and how small you are in comparison to all of these Angelic Beings. They have so much influence, not only in your lives but in all of existence.

Sarah: Have these Supreme Beings always been and will always be or do they change in any form or how are they?

Supreme Beings always have been. They are the closest you will come to the Creative Force I believe. You are not likely ever to have contact with these beings. They could not possibly in any way come to a vibration such as this, but it does not do you any harm spiritually to know.

Lilian: Any questions Izumi?

Izumi: Sometimes I feel and pray and think—

Let me say to this one, because she has difficulty.

Izumi: Yes, difficulty to speak. (*Izumi was new to the group and she also struggled with the language*)

But that does not prevent your Spirit being open to us. For you, my dear one, there is much knowledge to be gained. I would say to you, this one has the virtue of patience and because of this virtue, she will learn quickly. She has reached a point in life, where not only does she seek interest, but she will go forth and she will be used, perhaps not in the way that you within this room are being used, but we in the Spirit world have much work for her in the future. Just to be here in this room with us is part of her life plan, although she may not have been aware of it, but she is treading a straight pathway thus far.

Children will be most important in her teaching. She may not know it at this moment in time, but it will be so.

Mark: I was thinking about the sun and I was thinking we think of the sun as a central thing physically casting light in this part of the universe. You made me think about it spiritually as casting spiritual light much, much further. Thinking of it physically, it seemed like it was a bit of a parallel (**Yes.**) and it seemed like it was much, much more important than I had thought of it before really.

Yes, of course each one of you knows that there are many suns. I do not speak of one sun, but there is such a planet. Let us take the words you have said and spoken, that the sun gives light, it gives warmth, it gives hope and if you think about these things on a spiritual level, can you not see that all these attributes are what we seek? *Light, warmth, love*—all of the good things that we try to seek towards that are natural things for the Spirit. I wish you to think perhaps this time about the sun and its qualities and how they relate to you as Spirit. This is an exercise for you my dear friends, which I hope you will take up. Perhaps the next time we meet we can have a discussion about it.

Lilian: I was just thinking, the lady next to you (*Sue*), someone came through her one evening and said if we looked at the moon or stood in the moon's rays when it was nice and bright, it would be beneficial. I think what they must have meant was spiritually.

Yes, again I say to you all: look with spiritual eyes always. If you seek answers, look inward, see the Spirit grow. If you go inwards spiritually, you will find the answers to all things. I am here only my dear friends to help you, to help you to understand yourselves, to know yourselves spiritually. Again I say to you, we can help, we can try to uplift you, but we cannot live life for you. That is your task to grow spiritually and if you can grow whilst clothed in these garments, these human clothing's, then you will find that when you are born into our world of Spirit, your knowledge will be so much greater, so much greater. This is our purpose of us who come to your planet, that we are trying to find more of our world in your world. That those who are blind spiritually have their eyes opened, those who have their hearts closed have them opened, those of little compassion, understanding, charity and compassion—there is so much work we have to do with you human beings. But I say to you my dear friends, as I have done in times past, if you can but help one person grow and move along their own pathway, your lives have not been in vain, but that is not to say that you must neglect your own growth. All I wish you understand about the angels is that there is a hierarchy, there are angels around you every step of your existence and especially so at important moments in your lives; that you do not confuse them with your guardian angels who are responsible for you whilst you are upon this planet. Do not confuse your guardian angels with these higher angelic beings, because they belong to different vibrations. Think about these things and my dear friends all will become clear.

Sarah: Salumet, could I just ask one thing before you go. If our Japanese friend (*Izumi*) has trouble speaking to you in English, is it possible for her to speak to you in Japanese and you could reply to her or do you need another voice box for that?

I could not use this one. I have not trained it enough yet, but of course we are aware of all that is happening in her life. Yes, of course it is possible, but not with this instrument. It is not that we cannot, but we need the instrument and conditions to be right. Is that helpful to you? (Yes, thank you.)

Lilian: Are you taking any more questions.

I feel for this time that we should close. If there are others to speak, I am sure they will, but I will withdraw from you this time. (*thanks and farewells*)

~26th February 2001~

Good evening. (*general greetings*)

Since last we met I have been with you on many occasions although you have mainly been unaware of it. I know that my words to you last time have given you much time to think about what is new in your awareness. I hope my dear friends that as discussed last time, we can have some questions to clarify what I have told you and to place to one side the topic of these angel beings. So if I can leave it with my

dear friend here, shall we begin to discuss what we have talked about. (*Lilian asked each sitter individually if they had questions*)

Mark: I think I am quite happy with the topic so far thank you.

I would just like to say to this dear friend that when he gives time to himself, his thinking is quite deep and there comes to him in the very rare quiet moments that he has, that understanding, slowly but surely, the understanding that is needed to go forward. But I have to say also, those times of quietness are not often enough.

Izumi: I want to believe in angels, but sometimes it is difficult to...

Understand? (Yes.) Yes, I know what you are trying to say my dear friend. When you come from different cultures, and there are many on this earthly planet, many teachings, many religions, many ways of thinking, you as children are given ways to follow which lie deeply within your subconscious minds. Therefore, for many when new awareness is given to you, it is more difficult to accept for some than others. This is what is happening with our dear friend. Because it is a topic not spoken of within her culture, it would be more difficult to accept, but that is not to say she will not come to the full awareness of all who surround her. It will come because she has an openness of mind, which is seeking truth. Do you understand my words? If not, I am sure our good friend next to you will explain. May I leave that with you please? (Yes.)

Lilian: Yes, she must be searching, otherwise she wouldn't be here, would she? **(Yes, yes.)**

George: Looking at some of our literature, I have found seven named Archangels **(Yes.)** including Gabriel and I believe Gabriel is said to have given the Koran to Mohammed. Are you able to confirm this that the Koran came about in this way?

Yes. That, I have to tell you my dear friend—of course Gabriel does exist, it is a name given to one of the Higher Beings of Angels as you fully know and understand, but as for giving the Koran, which is part of another religion, different from your own, I would have to say this is not so, it is not true. Why would an Angel of such divinity give to one group of people? That is not their purpose and especially not the angelic beings of the hierarchy. So I would say to you my dear friends, that is not the complete truth. It may have been that the Angels were close by at the time, but not one would have been singled out to present that book, that Koran as you call it, to one set of people. After all, the task of these Angelic Beings is for all of this planet and not one group of people. Within their understanding or their thinking, they could have, if they had wanted to, brought forth from their minds and their thinking that the Angel Gabriel had presented it to them. Can you see the power of thought coming into action in this case? Many things have been written in your world about what has happened in the past history of this planet. I would say to you, be careful that you do not accept everything as being the absolute truth. Mankind has the ability to fabricate and to make use of what is suitable for his own needs. May I put it to you that way?

George: Yes, thank you, that's interesting. I came across one reference, which simply said that an Angel named Gabriel was in charge of what was described as the fifth heaven. Would Angels be concerned with the heavens or astral planes?

Yes, I know what you are saying. Again we are speaking of physical words. Of course words such as 'Fifth Heaven' are words that have been used for people of the time. Of course, these Angel Beings, as I have told you, exist on a very different level from that of your Earth plane, and of course, you know my dear friends that there are many planes of existence. The Fifth Heaven is just one statement of one plane of existence. And again, I say to you that these Angelic Beings are aware of many planes of existence, because of their very *nature* and what they bring to the many planets of this universe. Try to widen your horizons, try to see how these Angelic Beings work for the good of all, for truth, for expansion and for that Great Creative Force of which they are a part. Do not limit your thinking to this planet, otherwise you will become laden down with minor details. Is that helpful to you? (Yes, thank you.) Always, I say to you my dear friends, see the *wider* scheme of life and you will not go wrong. That is what we are trying to achieve with you, that the expansion of your *mind* is what we are trying to achieve for you, to help you to think for yourselves spiritually, in order that spiritually you *can* cross those boundaries of physical thinking into the realms of Spirit. Do you understand what I say to you? (*affirmations*)

Sarah: Actually, I think I am alright with the Angels, but I would like to pick up on one thing that Salumet said that in Izumi's culture they do not have angels...

May I interrupt you my dear friend? No, they *think* they do not have Angels. Angelic Beings cover this whole planet, whether cultures or religions are aware of them or not. These Angelic Beings belong to no one religion.

Sarah: Yes, that's what I was surprised at. Surely, they perhaps know of Angels maybe in a different way. **In a different form, of course—interpretation is everything as we have discussed often. Where we are limited from our world is in finding the correct words for so many *areas* of people with different viewpoints, different upbringing, different cultures, different religions. This is the difficulty that we have.**

Sarah: So if they were aware of the Angels, they may not even see them with wings either.

Of course not, their interpretation may be different, but that matters not; you cannot change what these Angelic Beings *are*.

Sarah: Actually that is good for us, as we picture an Angel, or at least I do, as we have learned to know, but it is perhaps better just not to picture them like that, but picture them more just as a...

Let them come to you as they wish to show themselves to you. Remember the form that you see is pure *Light*. Try to imagine energy as pure *Light* and then perhaps your understanding will be easier. It is so difficult for you I know, when you thinking is so limited within these physical brains, but allow that thinking to expand into the spiritual aspects of life and all of these *questions* that you have, become so much clearer. (Thank you.)

Margaret: I found it difficult to imagine Angels, but this last week I went to bed thinking about it and I don't know if it is my imagination, but I slept so peacefully and woke up so fresh. I don't know if that has anything to do with my thinking of Angels.

But again we come to the power of your thinking. Do you not see that the power of that thinking which is *peaceful*, has created within the *physical* being *peace* and *quietness*? (Yes.) That is all it is. It is again the *power* of how you *think*.

Margaret: I have had a very peaceful week and when I get into bed and put my head on the pillow, I have just floated off. It has been wonderful.

That is when we are close to you. That is good that you *feel* that sense of *peace* surrounding you.

Lilian: Sue?

This one is too far gone. (*Sue is often in deep trance during meetings*)

Mark: I did have one other question. I was wondering if what scientists refer to as '*black holes*' were like a counterpart to the sun, because you were talking about the balance of *light* and *dark* (**Yes.**) and the light Angels of the sun being the highest and coming from a planet of Light, being Light, and I wondered if the Dark Angels maybe came from a black hole?

Yes, it is a way of thinking, is it not, but I would have to say that although there is complete balance—there is always balance within the universe—light and darkness that we have discussed—but remember, although we call them Angels of Darkness, they are Angels of re-generation. So they therefore do not belong to the dark areas of the universe, but to a different planet. Although we call them Angels of Darkness, they are but reflections of the Angels of Light. That is what you must try to keep in your mind and not to use the word '*darkness*' as something '*evil*' or '*not good*', because I believe we have discussed their task within this whole universe.

George: Again, looking at our literature, there is probably something that we have got entirely wrong, I don't know, but there seem to be quite a number of Angels listed that are described as '*Fallen Angels*'. I think one named Ariel and one name Belzebub are examples given. Can you say anything about that?

Yes, but of course there always is two sides, is there not? Again we are speaking of light and darkness. Within the Angelic Beings there have been those—remember they have freewill as you do, although you are *lesser beings*, if I may put it that way. They also have a will that they may use for one way or another and there have been in time those Angels who have not lived up to what they have been given. But they are the Angels not of the Higher Angel Beings, but of, if I can put it for your understanding, the *Lesser Angels*. Do you understand? (Yes, I see.) The Angels of the hierarchy shall I say, that has never happened to them; they are pure *Light*, they are pure *Love*, they are here to help and do the work of the truth that is around each one of you. Remember, I have told you there is a hierarchy—and I use that word only for

your understanding—and yes, there are those beings, Angel Beings, who have, as you like to call it, *fallen*. Is this helpful to you? It is only a matter of their own freewill.

Sarah: So, once they have fallen, they are no longer Angels?

Of course they are still Angels.

Sarah: But they are Lesser Angels.

They are Lesser Angels—

Sarah: So once an Angel always an Angel.

Well, yes, they belong to that line of Angelic Beings, but let us take an example in this world of yours, where you have a group of men who all begin on the same level, who all have their own freewill. Let us say, for example, that half of those men decide to live their life for good, but the other half decide to take the other pathway. They do not change what they *are*, but they have taken a different pathway. To use the word *foreign*, is rather a strange word, but it again is a word used for the time and for understanding of your language. Is this helpful to you? (Yes, thank you.)

Lilian: I was thinking about all the planets and stars, some we can see and some we can't. A lot of them we thought as with no human beings on them—we thought of them as empty planets or no life. But really they are full of spiritual life, aren't they?

Of course. Not all inhabited as you would imagine, of course not, but remember *there are many universes, many, many universes in the cosmos*. Therefore when you begin to imagine that this one universe, which amazes most of you because you cannot understand it, try to imagine *then* that this vast universe to which you belong, is only but one *drop* in another ocean. Then your understanding will begin to grow a little more and a little more and a little more. This is what we are trying to achieve, that mankind uses his *spiritual knowledge* and uses it for *growth* and *truth* and *understanding*, that he seeks that from which he came, step by step by step, but in understanding the other areas of living, of existence, then mankind begins to understand his place within the universe.

Lilian: If we have an Angel from conception to our death, do they then continue with us or help us after we go back to Spirit?

They will return with you, but then they will leave you. Once you have returned to Spirit your awareness is already there. But they will stay with you in other lifetimes if that is what the Spirit intends to do. You always have, each one of you, a Guardian Angel, and again, these are Angels on the lower scale of life. Do you understand?— (Yes.) —because they are able to come closer to this physical existence, but they cannot go where the Higher Angelic Beings go, because they do not belong there. Can you see? (Yes.) Can you begin to understand that there is much difference in this range of angelic beings?

Sarah: Before we come back, do we get to know our Guardian Angel?

No, no. That is not necessary for you to know. Your awareness would be there when you return to Spirit, but once the decision is made to return to a physical body, then all thoughts are erased. Otherwise you would all know who your Guardian Angels were, would you not? (*affirmations*) But you need to *seek* for them, ask them to show themselves to you, because that is possible my dear friends. There is nothing difficult about coming to know that Angel who walks every step with you in this lifetime and many others. That is their purpose and it would bring no more greater joy to them, than to know that you are aware of them. But again, I put the responsibility back to you and your spiritual growth. Are you happy with what we have discussed or is there more, because I would like to leave the Angelic Beings of this time to finish with any questions this time. If you are unsure of any point, please let us discuss it. (*pause*)

Lilian: I think we are very well satisfied, thank you once again.

I will leave you my dear friends. Let us, when we meet next time, let us hope that again your thinking has enabled you to go just a little further in your understanding. I leave you all, as ever, with great *Love*. (*thanks and farewells*)

~5TH MARCH 2001~

Good evening. (*general greetings*)

Forgive the delay my dear friends, but it has been necessary this time to make some adjustments. I know and understand that there has been much thinking since last we met, so I say to you my dear friends that

I will give you the opportunity to discuss further that which we have begun, in order that we may move forward next time.

Lilian: Thank you, you have obviously been listening to us.

I will leave it with you my dear friend, to ask the questions.

Mark: I have been trying to think about the way things are organized. I understand there is a hierarchy of beings and you have the Light Angels and the Angels of Darkness, which are of a lesser power to the angels of lightness? And I understand that everything in the universe is evolving. Is everything moving towards a higher vibration, closer to the Source Energy?

Yes, I understand what you are trying to say. There has to be of course, some form of hierarchy, although you know full well that these difficulties with human words and terms can be confusing. But of course there is a perfect plan, there has to be, and that is what *all*, not only those beings responsible for this planet, but *all* of the beings responsible for *all* worlds within all existence. We *seek* perfection. It is as simple as that.

Mark: I was trying to imagine—the Angels of Darkness or the dark energy, they are necessary now for the work they are doing now, but do they in the future evolve into, for example, a lighter Angel? Will that darker work be less necessary later?

I feel my dear friend you are becoming rather confused about darkness and lightness. Firstly I have told you they are but a reflection of each other. They exist not only for this planet, but they exist within the whole cosmos, because—remember what I have told you—the Angels of Darkness are there to re-create and bring all back to near perfection.

Mark: So why are they then seen as lesser?

They are not seen as lesser. You must see lightness and darkness as two aspects which work together. You are trying to separate the two, which cannot be done. Without the lightness, darkness cannot exist; without the darkness, light cannot exist. They are the two equal balances of the one whole. Try not to think about it on a *physical* level. Raise yourself above your own thinking and think about it *spiritually*. You understand that all of the cosmos, all of the planets within your *own* solar system, all is governed by law. You accept this? (Yes.) Within the workings of those laws you must have balance, and balance is lightness and darkness. Try my dear friend to think about it on a spiritual wavelength and not with the physical thinking, because if you do, you will only remain confused.

George: I wonder if it would help if we enquired if the Angels of Light and the Angels of Darkness have different work to do or are they simply connected?

They have different tasks, of course, but they cannot be severed, they do belong together. What I think is happening with you, is that you are seeing the Angels of Lightness and Darkness as being an entirely different group of beings. They are *not*, they are part of a whole.

Mark: My problem was the idea of the Angels of the sun being the highest. That was my problem thinking like that.

Yes, but we do have those beings who come from the ‘higher-*archy*’ shall we say, they are a separate group. They are Angels of Light who would never work upon the planets, because they are almost pure light. You are confusing—they belong to a separate line of Angels. Does this help you? They are the group of what you would call ‘*Archangels*’. Is this clearer for you? If not, please let us continue.

George: Yes, I think there would be a number of tasks which would come under the heading of ‘evolution’ and a different set of tasks which would come under the heading of ‘regeneration’.

Of course. Yes, always the difficulty is in having the correct words for your understanding. This is always our difficulty.

Mark: Yes, it struck me that it was all about the definitions of things.

Yes, please forgive me if I have not been clear.

Mark: No, no, I think you are doing an amazing job.

George: It’s wonderful.

But it is always the problem to explain spiritual matters on a physical level, because you see, you cannot fully understand these things whilst you belong to such overcoats of little spirituality. It is a problem I know, but we try to keep it as simple as we can for your understanding.

Mark: In theory, would it be possible for an Angel of Darkness to eventually become or reach the energy of the Archangels?

No, you must not confuse the line of Angels which are known to you as Archangels, are a line of Great Divinity, if I may use that word. All of the other Angels have the possibility of evolving, but they would not evolve to that higher range of Angels. But within, shall we call them, the lower range of Angels for your understanding, within that range of Angels much can be achieved, because after all, *all* is evolving, all is changing. In the same way that one day you too my friends, will have evolved into much more spiritual beings than you are at this present time.

Mark: So the supreme ones—it is not a question of the very high ones being older?

No, they have always existed in that line of evolution. Does this make your understanding a little easier?

Mark: Yes, they're made up of something quite different.

Quite different, yes. Perhaps, to simplify it for you, can I say that the Archangels are the Supreme Beings, whereas the Lesser Angels are the workers, who are helping evolution and mankind and all other planets to evolve. You have to try to separate these two, although as I have told you, all works together towards perfection of the laws.

Lilian: Would there be any time in our evolution that we should be aware of these Higher Angels?

Not the Supreme Angels, no. But there are many types of Angels who can make themselves known to you on this planet if you so desire.

Lilian: I was thinking spiritually as we leave the Earth plane.

Yes, because your awareness is so much greater. As you leave behind these overcoats of physicality, then the awareness, the consciousness has grown and you become that part of you which is all-knowing. Therefore your awareness of these beings is so much greater.

Mark: Another thing we wanted clarification on, was we were wondering whether what people call Spirit Guides were what we were referring to as the Lesser Angels, for want of a better term?

Yes, I did say to you that people refer to their Spirit Guides as Angels, but that in fact, is not quite true in the sense of Angels. But, if it satisfies their need, then so be it, but Spirit Guides are none other than people who have gone before and who wish to return to help each one.

George: And that is the same as the term we use, 'Angelic Guide'?

Yes. It is a term that is used by you people upon this planet, not by us. Does that clear it for you?

George: Yes, thank you. I read very recently about a lady who had a psychic reading, and it sounds as if it was a very informative psychic reading, and at the end of the session a reference was made to her Down's Syndrome child. The psychic said that this is not an ordinary child, but an incarnated Angel. And I wondered if this would be possible, or if there might be sufficient reason for this to happen. Could you comment on this?

Yes I will, I will try to clarify this for you. You know that all things are possible from our world, but I would say, and the instance you speak about, is of course a term used by the psychic and not in fact an Angelic Being who has reincarnated into the physical body. But in saying that, I do wish to say that on very rare occasions this is possible, if indeed there is a *special mission*, but only *then* would this happen, and I have to tell you my dear friend, it happens very rarely. Of course what I would wish you to understand, and I know full well that you *know*, that anyone who takes a body in whichever way, disfigured or disabled, is indeed usually and *old soul*. So of course they are *special beings* in that sense, so I would rather say to you, think upon those lines than rather that they are Angels who have come into the physical being. It can happen, but very, very rarely and there would have to be a *special mission* on this planet for it to happen.

George: Yes I understand, thank you very much.

Lilian: Any questions Jan?

Jan: Just to say *thank you*, for making me more aware than I was before.

That, my dear friend, is our purpose. There are many within this planet at this particular time in your evolution, who are coming to that point, where awareness has reached the point of no return. If you will remember my dear friends, I said when first I came to you, that we could not allow mankind to slip back like he has done in past ages. That this time, there was a concerted effort for mankind to raise his

consciousness and to go forward—not only mankind, but the planet and many other planets within the cosmos.

Jan: I have a feeling, as I am sure all of us do here, in general people you speak to here in the physical, everybody seems much more aware than they did five or six years ago and television programmes, the media coverage seems to be far greater, which is wonderful, because it enables us to speak more freely and you just feel that people are in touch with one another again. Am I correct?

Yes, Of course that is of course what we are trying to achieve and to come to groups such as yourself, who we know and feel will pass on the words of *truth*. That is what we are seeking, that humankind reaches out and understands his true nature, in order, not only that his understanding grows, that he can be of *help* to his fellow man.

Jan: Yes, I do believe that way, way off in the future, there will be no need for conflict and wars; I honestly believe that that will not be the case, there will be no need as people's awareness grows more and more. **Yes, that is our aim, but I am afraid it is still some way off.**

Jan: I agree, I agree, but it will happen, I am sure.

Of course, it has to.

Izumi: I have to think about the future and I have to decide something and I have fear and I am worried about this. Could you give me some...

Yes, that is why you came to us, because we know and understand what you are feeling. You, my dear friend are a most spiritual being, clothed within a small body. I would say to you that just by being here with my dear friends, there has been an element of strength, of upliftment and courage. These attributes are not easy to come by. What I would say to you my dear friend, is that as you approach your sleep-state, ask your questions and you will be given your answers. If you do not understand my words fully, then my dear friends will explain it to you. But I told you when you came we had been expecting you. And remember, no matter how difficult life's decisions are, the right choices can be made when made in *silence*. Can I leave that with you my dear friend, to explain my words? (Yes.) (pause) Are you all happy, because I wish to continue on new things next time we meet, so if you have questions, please ask me now.

Sarah: Salumet, when you said that we were going to grow spiritually, do you mean us as the human race, or us individually?

Well all is part of the one thing. If you do not grow individually, you could not grow as a whole and the planet could not grow. Yes, I mean all things must evolve.

Lilian: I found it interesting about the children with the disabilities—they really are special.

They are special, of course, because you know you choose to come to the lifestyle that you have and only those old souls feel strong enough spiritually to return to such deformities.

Sarah: And actually often the disabled people are very nice people, very happy people.

Yes, that is because the Spirit shines through. Yes, perhaps it will help you my dear friends to look at your fellow man in another way. (pause)

Lilian: Yes, I think that is all the questions, thank you.

I will take my leave with you this time and give you some time for discussion if you so wish. (thanks and farewells)

~12th March 2001~

Good evening. (general greetings)

I wish to say to you my dear friends, the spiritual light in this place tonight is so very bright. The spiritual light which emanates from each one of you is indeed something to behold. I know that you are not aware of this, but please accept from me that it is so. (Yes, thank you.) This time most of it will be taken by each individual's own development, but before I leave you to this, I would like to say something to you: Each one of you within this room this time in the coming year of your earthly life, there will be a significant change for each one of you and dependent upon each individual's own awareness and growth, will these changes be accepted or rejected. But what I wish to say to you my dear friends is this,

that these changes coming to each one of you—and I would say it may not only be change for your own selves, but may involve those close to you—but nevertheless they will be significant changes, which should affect your awareness and your spiritual growth. Remember these words, because my dear friends it will only be in retrospect that you will *see* and remember my words this time. Each of you are going forward in your life's plan, and although there have been instances of hesitation and *displacement* shall we say, most of you are travelling the correct pathway. So keep this in mind also as you progress through this next one of your earthly life, your earthly *year*. All I will say now is that I would like to work quietly this time with this instrument, and if you my dear friend (*Lilian*) will take over and allow those others who wish to speak or those who wish to be guided, and let those who come close by you come a little closer. As I have said, this time will be used for your own individual development and next time we meet I will again speak to you of new subjects.

Lilian: Yes we look forward to that. Perhaps at the end of this year, if we can compare the months that have gone by we shall remember your words.

Yes, I ask that you do please. I go always leaving my love and my light with you. (*thanks and farewells*)

~19th March 2001~

(Unfortunately the tape recorder malfunctioned on this occasion, so no transcript is available. However we did ask Salumet to recap for us next time, so that any new teachings could still be preserved.)

~26th March 2001~

Good evening. (*general greetings*)

Before I continue this time, I ask you my dear friend that this instrument be given a little healing from you, before she returns to you.

Lilian: Right. Will I be allowed to touch her, or just keep my hands away?

Gently, gently away and slowly to touch please.

Lilian: Is it because of the noise? (Yes.) Sorry about that.

Yes, I had to withdraw fairly quickly, which is a little shock to the instrument, but do not be concerned, because there is no need. But I ask only that you do this for us please.

Lilian: I'm glad that there is no need for concern.

Firstly, my dear friends let me say this to you: I have told you that this, your coming year, each one of you will be confronted with a life situation, which you will find is spiritually worthwhile. Yes, I have told you this.

Lilian: Yes. We look forward with interest.

Yes, this will be discussed at the end of this coming year, to see if each one of you recognises the event which will help you to grow. I have told you it may not be what you expect, but *for* each one of you, this is a most important year and I have felt the need to repeat these words to you my friends.

Lilian: I hope that we don't let Spirit down.

You will never let us down. You can only let *yourselves* down. But I would rather say, not let yourselves down, but that you are in a *learning process*.

Lilian: Yes. Does that go for your instrument as well?

Yes, there are no exceptions. It is an important year for all of you.

Lilian: And even our travelling friend? (*Paul*)

All of you who have been touched, will in some way find this year to be one of spiritual growth. Now, my dear friends, I know that there are questions this time, therefore I will refrain from new discussion and allow any questions that you may have to come to me.

Lilian: Thank you. I wonder if I could ask a favour, if you could recap just a little bit on last week's talk, because our tape machine didn't work. It's more with the freewill and how we blend at the end of the journey that we are going to take.

Sarah: Just so we can have it in your words, so it is easier for us later on, to pass on to others.

Lilian: It is so nice for us to read them and think about it.

Yes, rather than repeat all of my words, I have been *pleased* my friends by what has been recalled by your physical memories and so shall we begin and if you ask me specific questions, I will be only too happy to answer them for you.

Sarah: The bit I remember you saying that when we first go over we still need our freewill. But then later as we grow a little more, then we no longer need it and we blend in with the—what was the word you said, it was somebody of thought, the Spirit of thought? I couldn't remember...

The *Beings of Thought*. (Ah yes.) Yes, the blending comes of course, you remember after much time. It is not something that happens too soon. After all, you have much spiritual evolvment to go through, before you reach this stage of blending. But I wished you to know that there is a point in spiritual life, when freewill becomes obsolete. But I do not expect you to think that it will happen before many, many aeons of time have passed. You do not remain individualised with freewill, but although you blend with that *Love Energy*, if you would like to call it that, there is still an individuality about the blending. Do you remember those words? (Yes.) That was the point I was trying to tell you about, that although freewill stops, there is an element of individuality still within that love blending. Does that make sense to you my dear friends? (Yes.) Are you sure?

Lilian: Yes, we accept your words, but often we need time to think about them.

They were the words that I wished you to think about.

Sara: I have a question not related to blending. Can I ask a question about dreams? **(Of course.)** My daughter is very interested in her dreams and their meanings. She is 14 and I wonder whether I should encourage her to keep a dream journal as a first stage of helping her to develop the interest.

Yes, there is no reason why she should not. By keeping such a journal as you call it, it determines the difference between 'dream state' and 'dream state in our world'—there is a difference. But the more you come to realise and keep note of all of these *dream states*, you will come to recognise those that belong and come from our world. Inspiration, judgement, guidance come to you *all* within your dream state. But of course there are also *dreams* that belong to the *physical being*, which are very muddled and are trying to make judgement of what has happened within your lives. So, you must make judgement upon these things and it will come to her. She will instinctively know the difference, if she continues to take note of them. (Thank you.) May I say my dear friends, that each one of you should make note of what comes to you in sleep state, because not only do you come to our world, but you are given the guidance that each one of you seeks and needs, to perfect living upon this planet. Dreams are important to your development whilst you inhabit these cloaks of physicality. Do you understand? (Yes.) So yes, my dear friend, please to encourage your daughter. (Thank you.)

Izumi: I do not have a question, but I am happy to come here.

Yes. This one will have much growth from involvement here. She already *feels* the love and the blending, which takes place within this room. There is much good to come to this one in her life's journey.

Mark: I was just wondering once we become part of a blending and our freewill has become obsolete, I just wondered what the purpose becomes then?

The purpose my dear friend, is that you have reached a state of being, which you have spent many aeons of time seeking and searching for. It is one step closer to the purity of being. That is the purpose. When you leave behind freewill, you are leaving behind that last part of any physical living that you have claimed and at last, when that is left behind, the true Spirit being can go forward. Does that help you?

Mark: Yes, I guess life would be so foreign that I couldn't even imagine how it would be.

This is the difficulty. Perhaps the nearest you will come to it is in the deepest state of meditation that you could attain, whilst in the teaching physical garb. But even that is far removed from the true blending of the spiritual being.

Sarah: Salumet, last week did you say when you reach this state you '*never*' come back, or '*seldom*' come back?

There is no need to return, once that state of existence has been reached. The Spirit if you like, if I may use earthly phrases, is at last *free*. It has no need to return to learn more. Therefore when that stage of being is reached, no you will not return to a physical existence.

Sarah: But you would be able to come back and visit (**Yes.**) the physical in these sort of situations, in these meetings you could come back as Spirit?

You may return of course, because it is much easier to return. But you cannot go forward, until you are ready. But those Higher Beings of course, can come close to the physical living, of course. But I must say that unless there is a specific purpose that is unlikely to happen. Is that clear for you.

Sarah: Yes, thank you. We are talking now about us physical human beings, but people from other planets, although they are more intelligent than us, they would still have to go through this same process?

Of course, because they—although they may be ‘clothed’ in different garbs, may I say, they are still operating on a modicum of freewill, even though it may be entirely different from your way of thinking. There are of course much more spiritual beings on other planets, but the process remains the same. All are going forward in the same direction; you must remember this. It matters not where your placement is within the Cosmos, all are seeking that *purity*, that *Love*, that *Higher Being*, which we all belong to. So, yes, you are correct in your assumption. (Thank you very much.)

Margaret: I don't really dream a lot or I don't *remember* dreams, but I walk a lot on my own and *this* is when I get my ideas. I don't know if this is different from anyone else.

No, it matters not, you are all individuals. What *is* important is that you recognise when what you are given comes from our world. People find their own little niche for development, for gaining help from our world. Some people dream more vividly, others need to have quiet moments, others are just *aware* at all times. You are all human, you are all individual, therefore it is only right that you find your own way.

Margaret: Thank you very much. I have been asked by a friend who is very concerned about all these animals that are being slaughtered. (*following the outbreak of 'foot and mouth' disease*) I tried to convince her that the Spirit would go on, and would I ask you that you are sure that it does go on?

We have discussed this and it is difficult for those people in your world, who have no knowledge of the continuance of life. All Spirit exists and all those animals who you are so concerned about. Of course the Spirit goes on, but it is not individualised. Only those animals who have experienced a bond of love, a closeness with a human being, remain individualised within our world. The animals will go to a pool of Spirit, where the Spirit remains for some considerable time. But as in humans, they do not suffer.

Margaret: I tried to convince her, but it will be in black and white now, (*transcribed*) when I show her our record of it.

Yes. She will not be convinced, because she lacks your knowledge. (Thank you.)

George: The Spirit planes that are close to Earth, some of us call the astral planes. I think it would be true to say that in those planes, we have some kind of body or individuality and freewill would come into the decision-making about reincarnation. But beyond those planes, some of us refer to that region as the *Causal Planes*, there would be losing or loss of individuality, there would be energy bodies, with some degree of connection and that is the region where freewill would be becoming lost. Is that fair commentary?

Yes, that is correct, but of course it takes many planes of existence. Of course when the Spirit remains close to the physical, of course it cannot forget all that has existed and that includes freewill. But my dear friends, freewill belongs to Spirit for some considerable time. You are correct, freewill is gradually erased, not as something to be disposed of, but a *gentle, gentle* inspiring thing. You are *inspired* by those greater beings in Spirit, who help you to blend to the greater cause of life. It takes many aeons of time for that freewill to be completely disposed of, even on the plane of existence of which you speak. Even with the blending and the easing of the freewill, that individuality still remains for some considerable time, until such time as the Spirit being realises that it is of excess to its evolution. It is a very, very gradual process my dear friends. We must speak at another point again about *energy*, because this is the forerunner of that topic. It is a blending of all energies. That is the fact of it, but it is much more complicated than I am able to explain to you at this present time. Is that helpful to you my dear friend?

George: Yes that is. We always tend to over simplify things in our attempts to grasp.

Yes, but it is necessary for your understanding to do so. I hope by just introducing a little more knowledge to you, then you can go that little bit further in understanding. (Thank you.)

Sarah: We are only one aspect of our Spirit that has come back here, that goes back over and then goes up into these different levels. At what stage do we totally blend together with the rest of our Spirit?

Yes, you are beginning to understand. (Good! —chuckles) Yes, when the freewill is ready to be disposed of, then you will join with many other aspects of your being. That is the point of joining, not with all, but with part. Again I am approaching something that we have not discussed as yet, but which we will do.

Lilian: Can our friend ask a question about her son, or is that too personal?

I will try to answer.

Jan: I have a very troubled young man at home, who listens to his dream state. So it is strange that you should have brought that up this evening, or one of my friends did. He receives his motivation and inspiration and his guidance in his sleep, but in his physical being, he finds it very difficult to break through—he wants to, but something mentally stops him from doing that and I wonder how I can help him?

Yes, I will return to what we have begun with my dear friend and that is freewill. You cannot help him in his spiritual quest. You can offer knowledge, advise, whatever you may wish, but he is the one who must recognise and deal with his own knowledge of life. I know this is not what you wish to hear, but it is best for him. He will reach a point of recognition, of understanding. At the moment there is too much going on in his physical living, but that point will come when he will be able to go forward. Do not think that inspiration and guidance that he is given is wasted, it never is. It is retained by that Spirit being, for when the time is ready for it to blossom.

Jan: It is very frustrating to watch, when I know that he receives it and doesn't seem to be able to use it.

But my dear friend, can you not see that this is also a life lesson for you?

Jan: Yes I have only just appreciated that.

Yes, I cannot put it more clearly than that for you, but you too are learning from his experience.

Jan: We do seem to be connected rather more than just the fact that I actually gave birth to him physically. Am I correct?

You are. I do not intend to tell you in which way or in which way to go, because as you know, that would be interfering in your life. But I will tell you that there is a deep bond, which has existed for many, many lifetimes between you.

Jan: I had a feeling that was the case.

But you must allow him to go forward on his own. I know it is difficult for all of you, when you are involved with what you call 'children', but remember my dear friends, children are only on loan to you.

They are Spirit beings in their own right. (Thank you very much.)

Lilian: Can I ask a question of something that happened to my daughter? **(Yes.)** She has got some painful legs and she went to lay down in bed to rest the legs and ask for help from Spirit, and then she saw what she could only describe as a mist on the room. That would be Spirit would it? An indication to her?

Why is she surprised?

Lilian: No I don't think she perhaps was too surprised.

No, she has, that one, the ability to see. On the occasion you speak about, she was not seeing clearly, partly because of her pain, but of course it was spiritual help, which was surrounding her at that time. All of you must and should be aware of those helpers who come to you in times of need. When your cries for help are sent out, you are never, ever my dear friends, left alone, even if at times of distress, it does seem so. But I have to say, it is your lack of seeing, and sensitivity, which denies it to you. Do you understand? (Yes.)

Sara: We cause our own confusion and troubles.

Yes. It is not that the help is not at hand. It is just that the mind is closed to it. Do you understand?

(affirmations)

Sara: Yes, can I ask a question about health? **(Yes.)** I know that you have talked about health before many times, but I felt strongly this week that emotional turbulence is very closely linked to ill health. **(Yes.)** I think it always seems to precede, well in many cases, not all obviously. Is that right?

I have said in past times that—and I will state it simply for you: The power of your mind, creates dis-ease. Therefore the power of your mind can destroy disease. It is as simple as that my dear friends, but it is up

to you *all* to try to achieve the best that you can. And only by cultivating the process and use of your thinking, can you take full charge of your health. It is something, which you are all capable of.

Sara: It is possible to go through the whole of life with perfect health, if the mind is...

If the mind is healthy.

Sara: It is humanly possible to have a whole, healthy body?

There are those souls who have that kind of existence, but I have to say that mankind as a whole, is less than well suited to good thinking. That is why you need so much upliftment and help from our world.

Otherwise we would not need to come to you.

Sara: And we are only here, because we need to refine aspects of ourselves.

Yes. Look to yourselves for all ways of thinking, even to your way of judging others. Your way of thinking about other people, will tell you what is lacking in yourself. Do you understand? (Yes.) Mankind has much to learn, but that is our purpose that we help mankind to help himself. That life, although clothed within these physical overcoats, can be good and can help you so much in your spiritual journey. It is my dear friends, up to each one of you.

George: Could I return to the subject of those from Spirit helping us? It occurred to me recently, that both Jesus and his mother, Mary, continue to help us. Mary still appears in vision around the world. It seems unusual that a master should continue in this way, with the aid of his earthly mother as a kind of teaching and helping duo.

But why should it be surprising to you? Firstly, my dear friend, let me say this to you: Two thousand odd of your years is but a blink of the eye. Do you understand my meaning? (Yes.) In all of time it is *nothing*, and why should it be so strange to you that two people—one whom you would call 'master', because he became so well known upon your Earth, but the mother that he comes with, is part of his own Spirit. They are but two beacons of light, which belong together.

George: Ah! Yes, they certainly work together so well.

And they have chosen to do such work. Remember they are still operating with freewill and again you have returned the question back to where we have begun. And, with that my dear friends, I feel this time, that I will withdraw and allow you to think carefully about my words this time. (*thanks and farewells*)

~9th April 2001~

Good evening. (*general greetings*)

I would like to say this time as you have joined together and have asked for much help for those in need, let me take this opportunity to say to you, my dear friend, our dear lady who has been absent from us, (*Sara*) she is being taken care of. All of those peoples that each of you have given of your love for healing, will be given help. But they will be given the help that *they* need and perhaps not what you would desire for them. This is an issue we have spoken of many, many times, but what I would say to you my dear friends is this: **The loving thoughts that you send for healing for another human being, is the greatest gift that mankind can give. I hope that you fully understand how strong each one of you become, each time you give love to another human being in this way, because my dear friends, not only are you physically asking for help, but you are allowing those in our world to also seek and help those in much need. So, it is a two-fold issue here. Can you understand this? (*affirmations*) Therefore if I may say to you, '*thank you*' my dear friends, for what you do for those unknown to many of you, but still in need of much help from our world.**

I wish this time to speak a little about why you come to this learning planet. Have not you wondered my dear friends, if you are but a spark of the Divine Being, Creator, Universal Light—call it what you may—have you not wondered why, if you are such a spark of Divinity, why do you need to come to a learning planet?

Lilian: Yes I have wondered.

You all have wondered? May I ask you please, individually if you like, what has been your own conclusion?

George: I feel it is a route to obtaining—well this is a human thought really—a route towards perfection. But then the *divine* is perfect anyway, but in some way that perfection has to become more extensive, if we manage to progress *our* little perfection here on Earth. I think that's the best thought I could come up with.

Yes, I thank you for it. Does anyone else have thoughts on this?

Margaret: I have often thought why do I come. But I come because I felt so—I don't know how to put this—helpful to other people in some way. If there's a question, I try very hard to answer it. I don't probably answer it properly sometimes, but I feel I am doing some good to somebody as well as myself.

Yes, thank you for those words. Anyone else have any thoughts?

Jan: Yes, just one popped into my head and that is to experience the giving and receiving of love. **(Yes, yes.)**

Mark: I wondered if it was something to do with becoming more conscious of yourself, if that had an evolutionary effect, **(Yes.)** by becoming more conscious of yourself. **(Yes.)** I am wondering, because in Spirit, it seems you're *Thought*, whereas here we're *Thought* and we are *physical action* as well, so it seems like a very direct kind of learning.

Jan: I think I know what you are trying to say. Physically, we have to experience...

Yes, it is an experience. Experience is the word, but it goes much deeper. Does anyone else—what about you?

Sarah: I was just thinking that our main object is to become one of the whole, **(Yes.)** and in working on the planet, we are all trying to work together to become a whole, so that is the learning curve of trying to work as one.

Yes, thank you for those words. What about our dear friend?

Lilian: I have wondered why—you have told us other planets are more aware spiritually and I wondered why this planet is not more aware. It's becoming more aware, although I suppose there has to be a starting point.

Exactly, but I think you fail each one, to understand my question if I may say so. We know you are here. You have the task of growing spiritually, of evolving with this planet. This we already know, but if you are already part of that Divine Spark, why is it necessary?

Mark: I had one other thought: You can take cuttings from a plant and you can multiply, so could it be along those lines?

Yes, you are beginning to understand my friend. We are coming to that—yes, you are part of Divinity, you are Divine Spark, of course you are. But the purpose of returning to a learning planet is a little difficult to explain in earthly terms, but I will try for your understanding: Let us once more return to that precious stone, which so many of us use for explanation in your world. Let us take that beautiful diamond, which has many facets to it. Let us take that fundamental stone, which you call rock, which you call diamond. As each part is taken from that whole rock, what do you on this planet do to these 'sparks', shall we call them, of rock? You take them, you polish them until that same part of rock becomes an ever-gleaming, beautiful, individual stone, but it is still part of the crude rock, shall we say. Do you understand? (affirmations) So that part of the rock, which you have taken, you have cultivated, you have evolved it shall we say, you have made it become a much more beautiful object. But if you put it back to the crude rock, it is still made of the same ingredients, is it not? (affirmations)

Mark: But you have made a greater whole.

Yes, you have created an even greater perfection, may I say. Perfection also comes in varying degrees. This is a difficult topic my dear friends, and I take it slowly, in order that you may understand. Think of yourselves as those small stones that need to be *beautified*, shall we say. You need that learning process, to again become perfection. That is what takes many, many, many, many aeons of time. You are essentially that *Divine Spark*, but what you are doing is becoming even more perfect, if I may put it that way. Do you begin to understand, or is this confusing to you?

Lilian: I think we are beginning to understand. If this planet was created by our thoughts, **(Yes.)** there must have been a decision by a group of Spirit to create this planet for the learning. We must have known that we needed to come here to learn in the beginning.

We have discussed, I believe, that there is a point of Creation, where all things are known, where these things are spoken of. I use those words, because that is the only way I can describe it to you. Yes there is

an *intelligence* behind all things; **Divinity** is not without intelligence. But remember what I have said, nothing is ever static. Do you remember those words? (*affirmations*) Do you remember what I told you that it is ever moving, ever changing? (*affirmations*) Therefore we cannot stay still, so there *has* to be intelligence behind all things, behind any kind of creation or thought or action. These are difficult waters for you to tread my dear friends, but as we go forward, you *will* understand, slowly, each little step of existence, each step towards that Divinity to which you belong. But what I wish you to know, is that you *are* all things, you are capable of all things, you *are* that Divine Spark, but you are that Divine Spark, which needs to be honed and improved, in order that you may return to that greater. Can you understand? Many words have been used here this evening, *love* being the most important one, because without love you cannot go forward. And this you know, I need not repeat myself about that. But I ask you my dear friends, that as you leave this room this night, to consider the few words that we have discussed. To see *yourself* as the Divine Spark, which has come to this learning planet and to find within each one of you, that which you have come to achieve, that task in your physical life, which you need to achieve, to become that shining stone. Do you understand what I say to you? (*affirmations*)

George: Would it be true to say that Divinity continues to evolve? (**Yes.**) And we are very tiny sparks of that evolution?

That is correct, yes. Divinity is always evolving and moving and creating. As I have said, nothing is static. Remember this because it is important for your understanding. You are indeed small, small sparks of Divinity, but indeed you *are* Divinity. All you need to do is to find that true spark within these physical overcoats. Because you see, my dear friends, it is these physical overcoats which hold you back. But again, as someone has used the words, it is a *learning process*, in order that you can evolve; it is a necessary thing for most of you. Do you have any questions for me this time?

Lilian: I was just thinking it's incredible what we have learned from you. I know you don't need our thanks, but...*thank you*.

Just small thoughts, just a few words to make you think for yourselves. That is my purpose my dear friends, in order that I give forth to you new thinking, in order that you too may pass to others the knowledge already obtained. That as your knowledge grows, so too can you become emissaries of Spirit and impart to others that knowledge that you yourselves have gained. The purpose is not to keep this knowledge within this room, (*but*) that the knowledge that is given, be spread far and wide to those who are ready for it. And we all know do we not, that not everyone is spiritually ready for this kind of information. That is where, my dear friends, I give my deepest thanks to you, for the knowledge and the understanding, the love and help that you give to so many others. And I know and I will say that each one of you has taken many, many of the opportunities put before you, and used many words wisely in the name of Spirit. I could not ask more of you my dear friends and I thank you once more.

George: I wonder if I could ask this question at this stage, because I think it relates. Mr John Garvey, a newspaper reporter, is writing something on the book for publication, and he has asked if he may sit in with us one evening, to listen to your words. I said I would seek permission. (*pause*)

Yes, I will speak. All people who have genuine interest in my words are of course welcome. What I would say to you is this: that the gentleman *is* seeking; he has many thoughts, many words to say. What I would say to you my dear friends and to my dear friend who is in charge of you all, that he must be instructed in our ways of quietness and in respect of the dear lady's wishes. I am happy for the gentleman to come, providing he is happy to abide by these guidelines within this room.

George: Yes, thank you. I felt his heart is in the right place and I believe he is seeking.

He is indeed seeking. For all those who seek, we cannot turn them away. The only ones I would deny, would be those who have false impressions, if you like, of what we are trying to achieve. But yes, provided the dear lady here is happy to accept him within this room, I too will be happy to speak with this gentleman. I will leave it with you. (Thank you.)

Lilian: Last week we just had a quiet sitting. Your instrument you are using remembered absolutely nothing when she came back. Could you give us any idea as to where spiritually she had gone and why couldn't she remember?

Yes. Spiritually, she was here with you, *physically* she was removed. That is why there is no *physical* memory of what had happened to her. Remember when first I came that I told you this was not full

control of this instrument? (Yes.) But the time that you speak of, we removed her a little further from the physical atmosphere, if I may put it that way. But spiritually, of course she remained with you. If she did not, she would be in our world. Do you understand? (*affirmations*) So although physically she had no memory, she was perfectly safe and at no time was she allowed to remember, because we were using her for other things. This is much too complicated for me to explain what happens when we remove someone's memory in this way. To work in full-trance, the mind, the brain of the physical being, has to be placed to one side. That is why there is no memory. But last time we took this instrument that I am using, a little further into our world. It has happened before and she has always been unaware of it.

Lilian: It's just that sometimes when she's come back, she's been a little bit weepy and not really wanted to come back.

Yes, but last time was just a step or two further into our world. Remember that she is not *taken* without someone replacing as I am doing now. But last time, although spiritually she remained here, the physical aspect of her was further removed. It is difficult for me to try to explain the mechanics of mediumship to you. It has never been successfully done, but one day I will try to explain a little further. And it belongs to the subject of light and energy, which is always a difficult topic to discuss with human beings, unless their knowledge is so great that they can fully understand and appreciate what I am trying to say.

Sarah: So if Eileen were to go into a full trance, would you still be able to come through her?

Of course, yes that is the purpose. Gradually we take her a little further and although her memory of my speaking is not known to her, she is still aware physically that she is still here, if I may put it that way to you. But in full control, she would have no knowledge whatsoever.

Sarah: And would that make it easier for you to come through her if she were in full trance, or does it not make any difference to you?

It doesn't matter now we have made full progress with her, even though we cannot truly say she is in full trance. There are many misconceptions in your world about the word '*trance*'. There are many forms of trance and I would say that as I work through this instrument, she is almost to the point of what we would call *full-trance*, which means no memory whatsoever. But I have said for many of your years that we are happy in the way that we use this instrument. (Thank you.)

Lilian: I must say it amazes me that she doesn't remember.

Well, can I say do you remember when you are in your sleep state? It is almost the same, it is just that the physical and spiritual are slightly separated. Perhaps that is a better way to put it, because you know that each night in your sleep state the Spirit is removed from the physical body. It is a separation, it is not a severance, but the memory is not always there. It could be if you so worked at it, but again, that is a very individual thing to do and it is down to each one of you to achieve what you can, whilst in these physical garbs. Do you understand my dear friends? (Yes.) I hope I have given you a little more to think about this time. (*affirmations*) There are so many things that we need to discuss, but I try to make sure that all that we discuss joins together to make for your understanding greater. It would be so easy to go from one subject to another, but there needs to be a joining together, if you like, of the information that I give, in order for you to understand. And of course, as I have always done, it is most important that we go over and over and over all that we discuss, because only by doing so, will you have full understanding. Are there more questions before I leave you?

Mark: My wife asked me to ask a question on her behalf. She says she has been disturbed by seeing faces just before she went to sleep and she asked me if you had any explanation, or any way of getting rid of them when she found them disturbing?

Yes. She is not ready for them, but those in our world are anxious to make contact with her, and as I have said to you, in the state of sleep, the Spirit comes to the fore. That is when you are most likely to have what you would call '*spiritual happenings*'. The faces which come to this lady, should not disturb her, but they do, because she is not quite ready. If she is afraid, to silently say, please to leave her alone for now. And when the time is ready, she will accept them. But I would leave it to you my dear friend, to give her solace and comfort, to speak with her in a gentle way and not in an informative way, but a gentle quiet way and let her know that all is well. I would say about this lady that there are many in our world who would like to make contact with her.

Mark: In fact she has a good gift really?

Yes, but she is afraid. Yes, it will come—just give her more time.

Sarah: Perhaps she should think of them as friends and not as enemies.

The gentleman has the ability to reassure her. Perhaps my dear friend, you should look upon this as one of your opportunities. Can I leave this with you? (Yes, thank you.)

Lilian: Any questions Izumi?

Izumi: Questions...I can't. English very hard for me.

Yes. This lady is coming to a time when she will make a decision in her life, which is important to her. I will tell you that the choice that she makes will be the right one and that is happening, because she has joined us here and spiritually, although she does not understand all of our words here, spiritually she is growing. After all, Spirit needs no language, Spirit is all understanding. Although you may not always be aware of this, her Spirit is growing in knowledge and that is what is important for her at this time. (Thank you.)

I will take my leave of you my dear friends. Once more, know that always I am close to you. I am aware of each one of you always, as are those in our world whose task it is to help and uplift you each step of your way. I leave you always with my love. (*thanks and farewells*)

~April 23rd 2001~

Good evening. (*general welcomes*)

Lilian: Nice to be together again.

It is indeed good that so many have gathered this time. Always I feel your love and your welcome; for this I am most grateful.

Lilian: Yes, we are grateful for the love you bring us and the upliftment.

Yes, upliftment is something needed in some of your lives at this present time. Before I continue with new knowledge, I would like, my dear friends, to ask each one of you, what you have learned for yourselves in this these past few months. We have spoken of many new things, much new knowledge and for this time I ask that each one of you speak of what you have achieved, in order that the others may know, because my dear friends, each one of you has grown in your own way, in your own time, at your own individual evolutionary rate. Therefore, if you are happy this time to speak, then I will be happy my dear friends to comment to you individually. (*each sitter in the circle then made individual comments*)

Mark: It is difficult to say really. What you have given me is something that I wouldn't have even thought about, I wouldn't have even considered them. They give me a kind of *hope*, I suppose, because it makes me feel that there is a much bigger picture and I think it has given me more *confidence* in my position in my life—more purpose?

Yes, you would say that your knowledge has expanded spiritually? (Yeah.) **Yes, you my dear friend, until now, have taken each step slowly, but you will find that in this year of your earthly time, your knowledge will be such that you will be surprised by your own thinking. Thank you for your comments.**

Lilian: I know it is difficult for Izumi. (*Japanese guest*)

Yes, it is too much. I know how she has grown, so we will say only that she has gained experience from these meetings.

Lilian: That's amazing really.

No, it is not amazing. We are speaking to her on a spiritual level and it is on that level that we speak.

Graham: Before I say anything, may I give thanks, say thank you. I would like to give thanks to those people on our side and the people on your side, for helping me with my health problems. It feels as though of late, that I have got a lot better and the tremendous upliftment and joy that has given me. (*Graham had been struggling with 'Dystonia'—a so-called neuro-degenerative disease—but he has since made a miraculous recovery!*)

May I stop you there my dear friend. Where is your own self thanks? Who has achieved this? Of course you have been helped by many, but ultimately you, yourself, are responsible for your health. (Yes.) **So I would say to you my dear friend, give thanks to you. Do you understand what I say to you?**

Graham: Yes I do—I will do that. It is difficult to know where to begin with what I feel I have achieved. It has enabled me to understand the position of the human race, where we fit into the grand scheme of things, it has enabled me to look at things from a very different point of view than I would ever have dreamed of, before I started coming to these meetings. I have been able to have spiritual thoughts, tried to think of things in a spiritual way, to have conversations with my wife, who also comes to this group, (*Sara*) about things that would never have been possible before and I find possibly ever more so in my life, as I move forward I am thinking all the time about things, almost constantly through the day. I try to think of things in a slightly different way than I have before, bearing in mind the things that we have been taught and I feel as though it has given me a lot of power and strength, which otherwise would have been lacking and more insight and understanding and compassion to those around me.

Yes, you have picked up much since you have joined us. May I say to you my dear friend that the one you call 'wife' has indeed been a special gift for you in this lifetime. That lady has much spiritual knowledge, even though she constantly seeks, she is what we would call a Spirit of much compassion and love. To this she has brought to you, but also to many others that have been acquainted with her. I would say to you that in this learning process, the biggest lesson for you my dear friend, has been the compassion and the understanding of others' problems. Yes, would you agree?

Graham: Yes, I would.

Yes, thank you for your comments.

George: At a personal level I think I have learned more humility, patience, sensitivity, appreciation of young children. I am feeling closer to Spirit at a different level. I feel I am reaching out to more people, through the book which is now being marketed in a small way, with the help of local newspaper accounts. And there are more plans for reaching out to more people, through what is written in the book and I see that as part of my work for the coming year or two. Yes, that is about it.

Yes, I would like to say this to you my dear friend: You always have been sensitive, but you needed to grow just a little more, in order that that sensitivity be utilised in the proper manner. This you have done, you are following in the correct footsteps of your life plan. You are most intelligent in the intellectual sense, but we give thanks do we not, to those friends of yours in our world, who are constantly with you, enabling you to go forward as you say, in those written words, which need to find a wider audience. We thank you my dear friend for this. We give many thanks to those of you who allow us to come close enough, in order that spiritual work may be given to many, many others; to those who are sceptical, to those who have knowledge, to *all* manner of peoples who are seeking. This is what your written word will do, it will enable many to have within their grasp the words of spiritual knowledge. I would like to thank you my dear friend for all that you have achieved. Thank you for your comments.

Sarah: I am finding it very easy now, to pass on the word when I get the opportunity. I used to find it a little awkward and sometimes it is not easy to express exactly what I mean, but I find it increasingly easy to slip in something about Spirit when I am talking to people. And the other thing I have found, since this operation I have had, it has helped me enormously to sit back and think. Whereas I have always been so busy rushing around I have had time to sit back and think and realise too in my moments of thinking, that maybe I would have been better not to have had the operation, to think that it has helped others around me to grow, whereas they would not have had the opportunity had I not had the operation. So yes, I am seeing things in very different light, to how I did a while ago.

Yes, may I say to you my dear friend, that always in your seeking and in your searching, you have been, if I may say, one who has tended to rush a little too quickly. This time of quietness that you speak of, *is* an intended quietness for you. It has enabled you as you have said, to give time to the quieter thinking time of Spirit, which is quite different from the quiet time of the physical being. Would you agree?

Sarah: I would indeed, yes.

There is much for all of you to learn, but I would say to you my dear friend, you have made great strides in your spiritual unfoldment. This does not happen in a short time, but takes all of your years of living, and these words my friend, applies to all in this room. For all of your years of living, you will continue to grow, to accept knowledge, to be much better human beings, to go forward, as I have said before, to become emissaries of Spirit in order that others may know what truth is. This, my dear friend, is what you have been achieving in this past year of your living. Thank you for your comments.

Margaret: I have two 'thank you's' to say. Sometime ago, I think it was a few years ago, my grandson is dyslexic and you said to have patience. Well, patience is all right, but you have got to be cross with him sometimes. Anyhow, we found a very, very good school and he is now 11 and he is such a wonderful boy and he is so kind and I think it was when you said to me to pray for him and wish him well, and I did and he has come out wonderful. The other thing is that my daughter suffered last year with cancer and I asked for help and she is coming through wonderfully and I would like to thank you very, very much for that.

Yes, I would say to you my dear friend, that the *power of thought*—and I do not apologise for repeating these words—that the *power of thought* is the most powerful thing you will ever have. To use that power of thought in a positive manner for good of another human being, enriches your own life. Not only do those people that those positive thoughts are aimed towards, not only are they helped, but you my dear friend, also benefit from that positive thought. I would say however that this positive thinking must be used on a wider scale, to be used for *all peoples*, not only for those who are close and whom you love.

Margaret: I do pray for other people.

Yes, but the most important people you can give thoughts for, are those who are most in need, not only in your world, but also in ours. For this dear lady, we thank you and I would say that you have learned well, how to use your thoughts for help. We hear them and we hold them and I take this opportunity to *thank you*. Thank you for your comments. (Thank you.)

Lilian: Well I do like to read the transcripts of your teachings over and over and I am still amazed at some of the things you have told us. I hope it has made me a better person, more understanding, patient—I do try hard and I'm sure it has made me a kinder person.

Yes, I will speak with you my dear friend and I will use your own words: *You are amazing!* You my dear friend are what we would call a most generous and simple soul. Life is not always easy, for all of you, you have your moments of distress, of illness and life in general seems difficult, but my dear lady, we wish to thank you, for giving the opportunity for all our other friends within this room to come together, because without people like you who are willing to serve Spirit, to help to spread the truth, we could not use you in the way that we have. You, my dear friend, should be thankful for all that comes to you, but we too, are thankful for your dedication to the work of Spirit. These thanks are not given lightly, because as I have said to you, without you, we could not continue this kind of work. I must say my dear friends, and to all of you I speak, since I have come to you, I have seen how the lights around you have grown brighter, I have watched each one of you with your doubts and then to see those doubts disappear. I have seen each one of you when you have spread the word of truth to others, I have seen how you light up, when the acceptance of truth comes to those who you know have been in the darkness of not knowing. I say to you my dear friends, there is much to achieve and I will say there is much good to come to all of you and there is much for us to achieve within this room. But once more I must say to you, '*slowly, slowly*' and again I will use the word '*patience*', which I know to you earthly beings, is a word that is not always used properly, but it is a word which my dear friend—*(pause)*—Forgive me my dear friends, but I feel for this time that I must withdraw from you. I ask that you continue in the good work that you do and that next time we meet, I will speak with you on some new truth, which I hope you will find most interesting. *(thanks and farewells)*

~30th April 2001~

Good evening. *(general welcomes)*

I said last time that we would speak about new truth, but I give welcome to the gentleman who comes to us this time. *(John from Basingstoke Gazette newspaper who wrote article on George's book)* And I feel it would be best if we had an evening of discussion and questions in order that he may see what truth is about.

Lilian: That's a good idea—he's a little apprehensive.

We welcome all who seek truth. I would say to you my dear friends, that your thoughts this time have reached me. I hope that those of you who have been seeking answers will find them soon. Let us begin

this time by putting a question to you all. What would you suppose that—what is Cosmic Law? We hear so often from your world that question. So my dear friends, I put it back to you.

Mark: To me it seems like it is the backbone to everything—the thing that holds everything together, but I can't be very precise about it.

Sara: Is it the laws by which man can live happily, effectively and progressively in this world—well, not just in this world, they originate from your world—the laws by which we try to live?

Yes. You are told so often by those from my world, that you should abide by Cosmic Law, that Cosmic Law is perfect, and of course, it is. But I wish to say to you this time my dear friends, and as always, my words are simple to you: Cosmic Law is just one thing, it is a balance of all things—of light of darkness, of good of evil. All aspects of living must maintain this balance, if you are to live your lives in this physical condition. Therefore I would say to you: *Cosmic Law is balance*. Would you agree? (Yes.) I would wish you my dear friends to think of this truth, because that is what it is, to think simply and you will abide by those laws so much more easily in your lives. Do we have questions my dear friends?

George: Would it be true to say that Cosmic Law arises from, or is intimately bound up with the process of evolution? It would embrace the physical laws of the Universe, but I think these physical laws would only be a small part of Cosmic Law. Cosmic Law would embrace the wider spiritual evolution (Yes.) with its karmic process and whatever other processes are involved in evolution of spirit. Is there sense in that or am I talking rubbish?

My dear friend I have not found you to speak so far what you would term 'rubbish'. (giggles) But of course in your learning, you need to take full facts, before you can come to the correct answer and this I would say you do very well. You cannot have a Cosmic Law, which does not allow the evolutionary process of all things physical; of course it is bound together. Cosmic Law governs all, not only this planet, but the words themselves tell you that Cosmic Law includes *all*, all that has been created. Therefore you have to allow that all things physical, physical evolution not only of *mankind*, but of the *planet*, has to be included within the Cosmic Law. So of course, your assumption is quite correct. Cosmic Law not only allows the evolution of mankind, of nature within this planet, but of all the planets within this Universe and the many others which exist. The whole of the Cosmos has to be within that greater Cosmic Law. There cannot be any separation. Do you understand? (affirmations) Cosmic Law has to be perfection, otherwise what point would there be to it? It would not make sense, would it? (No.) Perhaps I would say to you my dear friends this: That if you can see yourselves as you *are*, as you exist at this moment in time—the *physical being*—you are a whole Cosmic Law within that physical being, because you have the balance of good and bad, light and dark, all within the physical being. You are, as your scientists have already discovered, you are that *microcosm* of the *macrocosm*. Do you understand? (affirmations) You are the tiny part of the whole, but that tiny part *can be perfection*. It is not easy to become perfection, and certainly not within *one lifetime*, but you have the energy and the power to become so. Do you understand my dear friends? Am I making this simple enough for you to understand? (affirmations) Do we have any questions?

Jan: Well, my question has just been answered, because I was going to talk about the good and the bad and the light and the darkness in our physical anyway, and that certainly answers my question.

Would the gentleman (John) like to ask some questions, because he is seeking and I do not wish to be too complicated in what we discuss this time.

John: I would rather listen just for the time being, if that's alright.

Let us continue then my dear friends with any questions that you would like me to answer for you.

George: I think our perception comes into this, as well. I was reading recently of a more Catholic view that God punishes. This came out in 1917, when Mary appeared in a vision at Fatima. She indicated that we would be bringing World War II upon ourselves if we did not change. The Catholic view of this was that God would punish us for our wayward ways, but I think the more mature view is that we are directing our own evolution and we were evolving into a condition of WWII and directing that ourselves. So our perception is such, in the simple sense that God is punishing, but in the more mature sense we are leading our own evolution. Is that a matter of perception would you say?

Yes, well we must return to more simple things my dear friend. I have already spoken extensively and for your own understanding, we will use the word 'God', but you know that I prefer to use the more

visionary words if you like, like *Universal Love*; that is more apt than the word that you use and know as *God*. You are restricted by this Earth's religions. Each has its own way to what you call God. We have discussed this many times. You also know my dear friends, that mankind has been given what we call freewill and mankind has to be responsible for all that happens on this planet. You are the keepers of this planet. Therefore it is necessary for me to say that that responsibility has been much neglected in many of your past years. Mankind is responsible for creating much negativity within this planet and mankind must take responsibility for it. I have told you when first I came to you, that the time had come for the truth to be known, that the Spirit of mankind had to be touched in order for this planet to return to what it was meant to be. Man has abused knowledge, man has abused energies given to him, scientists have ignored advice and help that we have tried to give. Therefore it was imperative that many of us from our world, came to this planet to *touch* the Spirit, because ***only when the Spirit is touched will mankind realise what it is that he has to do***. You have the freewill to accept or reject truth.

Jan: But Salumet, there will always be those who accept and those who reject, because that is the lightness and the darkness, so that will always exist.

Of course, that is the purpose. Lightness will always overcome the darkness. But as I have told you, they are but reflections of each other. I do not wish you to see lightness and darkness as opposites. They are in your *physical* thinking, but spiritually you must see the wider scheme of things.

Sara: So, the crises that we have are manmade, but they are also part of our evolution. **(Yes.)** We learn from the darkness that we create, and it's on-going.

Of course. You cannot have one without the other. They are but energy and they are but reflections of each other, but because of mankind's freewill, he has the power to accept or reject. Do you understand what I am saying to you? (*affirmations*)

Lilian: So out of the disasters, as we call them, a lot of goodness comes. We can see that.

Yes. Only as you grow, only as you evolve do you see this. But I must return to the question put by the gentleman, because he speaks of *perception*. May I say to you dear friend, perception belongs to the physical brain, not to the spiritual mind, so you must be careful when you speak about perception. When the Spirit is touched, the mind comes forth and understanding is greater. You must not confuse intellect with intuition, there is a difference.

George: Yes. Going back to that event in Fatima in 1917, that was a time when I think the Spirit was very much touched.

Yes, that was the reason for the visitation, that it was needed at that time to make people *understand* what was happening.

George: It seems to have been a wonderful demonstration and it's a pity that mankind didn't heed the message that was delivered then more strongly, but on reading about it, the Spirit certainly seems to have been touched, **(Yes.)** the Spirit of many.

The Spirit of many was touched indeed my dear friend, but not enough. It was indeed a time of great darkness on your planet, but I believe you would agree that since then, much has happened, that mankind has opened up spiritually and emotionally and mankind in this time is now beginning to realise what his plan upon this planet is.

George: Yes, and even then at that time, Mary indicated that it was important that Russia move away from atheist communism, **(Yes.)** which has since happened. It seems to have been a very important message for the last century.

There is upliftment, there is knowledge given to many in this world, but it is a slow process. You must remember that *time* as you know it, means little to us in our world. As we see it, much progress is being made. Mankind *will not* destroy himself, because at last truth is becoming known. (Thank you—)

Jan: Salumet, something I learned the other day—I separate the two rightly or wrongly—evolution of the Spirit and evolution of the planet, are two separate issues to my mind. What I learned the other day was, I'd always been a great believer in mankind having a part to play in the destruction of this planet, but I learned that the evolution of this planet is an revolving thing, as evolution implies, that every so many million years, it goes through the same process to rejuvenate itself and our part in that at this moment must be so minute—I don't really know what I'm saying—

No, I understand your words my dear friend. Why should it surprise you? Mind consciousness—you imagine every human being upon this planet, you imagine the power of the energy of each individual as a force of energy—has much impact upon the evolution of this planet. Of course there is separation of planetary evolution and human evolution, but the two are intertwined, you cannot separate them. Although they go along a separate evolutionary path, you cannot separate the two, they belong together. Do you understand?

Jan: I feel that I want to say yes.

But you cannot.

Jan: No, I wouldn't be very truthful if I said yes.

I would not want you to be untruthful. Let us try to clarify it for you. What do you not understand?

Jan: Well, the perception that I have had, my mind or brain over the past 10 years regarding the destruction of this planet with global warming, etc. has now been completely quashed from what I heard a number of scientists say. What is happening for example on glaciers, happened one million years ago almost to the day and it's following its normal cycle and that we haven't had anything to do with that at all. And it got me thinking, that although we should take responsibility for that, in one way it is not our responsibility.

Yes, but it *is* your responsibility.

Jan: I know we can't shut our minds off to it spiritually and just ignore it, **(Yes.)** but at the same time, if it were to destroy mankind—I don't know, in millions of years to come, there is a possibility that life will balance itself out again and life will start again on this planet.

Yes, we have discussed this. I do not believe you were here when we discussed the evolution of the planet and what mankind was up to, but let me say briefly to you my dear friend, again you are using the brain to make, what the gentleman calls *perceptions*. What you must do is look from a *spiritual* aspect.

You do have the power—mankind has the power upon this planet to change many aspects, but it cannot change the overall Law of the Cosmos.

Jan: I think that's what I'm getting at Salumet. I've come back to an initial—you see where I am coming from?

Yes, I do my dear friend and I am trying to clarify it for you. Mankind can change many things on this planet, but he is not totally responsible, because the planet has its own evolution. But you have to understand that they are entwined, you cannot separate them. I know this is difficult to understand, but you must try to look at it from a spiritual standpoint, otherwise it becomes confused. This is something we will return to at another time and I will go into it in more depth. It is a difficult subject, because you do not have the ability to understand. You cannot until you evolve yourself, you cannot see the wider picture. This is always the problem when we bring knowledge to you from our world.

Jan: We are always looking for a scientific answer!

Unfortunately—and I mean no disrespect to great minds upon this Earth, but scientists are changing their views slowly. You have two schools of thought: the traditional scientists and the scientists of what we would call this '*new age*'—new age of knowledge and truth—who are beginning to understand that the physical, the planet, the Universe, is not what it was initially thought to be; that without the knowledge of Spirit, mankind cannot go forward. As I have told you on many previous occasions, mankind has lost so much, mankind for many, many thousands of years upon this planet, has taken backward steps.

Jan: Spiritually?

Spiritually. Always I speak spiritually. I should remind you, but I expect you to understand by now, but I forget sometimes that the human thinking is apt to forget so quickly. Always, always, as I have told you, when you have any kind of problem, when you are confused about any issue, sit quietly and let the Spirit come forward and always you will find that deeper answer. We cannot give you all of the answers, because you are *not* ready for it. We can only go slowly, use simple words, in order that you understand what we are trying to give to you, in order that you can go forward and give this to other people. You know this is our objective, that you are emissaries of Spirit, that without your help, it would be much more difficult—and always I thank you for this.

Sara: Can I just add something to that? So although the planet is evolving physically, we as human beings have to learn to love and attune ourselves to the planet as it evolves and perhaps that's where the two meet. It's not enough to scientifically analyse what is happening, we have to love it at the same time, to love the planet and that is what is missing.

Yes, love—love is *all things*—not only the planet, but all that exists within it. We have spoken about Nature Spirits, we have spoken about all aspects of life upon this planet. You have to become and recognise each aspect, not only of the vegetation, but *all* aspects: the *land itself*, the *ground*, the *Earth*, the *sea*—*all* things upon the planet—you have to become attuned to them to truly understand what it is about. You are quite correct.

Sara: So the big gap that we have at the moment is between the *analysis* and the *love*. We need to have the love, the genuine love of the planet.

Yes, you need to give spiritual love. Do not confuse spiritual love with physical love. Always think spiritually and you will have the finer answer to your questions. I know I speak so often of this my dear friends, but it is important that you look with spiritual eyes rather than physical. Do we have more questions?

John: I was interested in the evolution that we were talking about earlier. Is evolution just down to natural selection, or is there more to it than that, because it seems to me that natural selections can't account for the vast array of diversity that we have around us. Is it guided in some way, or is it really just down to natural selection?

No, you need to understand my dear friend and I know you are new to these many truths, but there are *many* aspects of guidance outside of this planet. When you realise the vastness of the Universe and let us take this one Universe that you are aware of and the vastness of all the other universes that exist, how can it be just natural selection on one small planet? There is guidance from without, that is for sure, that is truth, but it is within the plan of the whole Cosmos. It is not a selected planet. It is a planet of learning for human beings, but there are many such planets within the Universe. This is something you would not be aware of. But there *has to* be guidance, there *has to* be perfect law. Therefore I would say to you, you are correct, it is not down to natural selection. Do you understand?

John: Yes, thank you.

Mark: John was talking in the car that he looked up on the internet and found a reference to Salumet talking in America. It was spiritual—

When first I came to you my dear friends, I did say that what was given to you would be reiterated all over your world by many teachers. (Yes.) I cannot comment upon the name, I am not aware at this moment in time, but I would say to you, names mean very little. When first I came to you, I did say that I was a conglomerate of beings, therefore single adaptations of names matter not. If the truth is being given in another land, then that is what we are trying to achieve. Remember also my dear friends—and I will not enter into this at this time—that we can be in many places at the same time. Do you understand? (Yes.) But my dear friends, I will thank you once more for your questions. I hope I have helped you in your understanding and I look forward to our next gathering and know always that I am close to you and those who are there to guide and uplift you stand close by you. (*thanks and farewells*)

~14th May 2001~

Good evening. (*general greetings*)

Firstly let me extend a welcome back to our dear friend.

Paul: Thank you.

I hope, my dear friends, that this time you have felt peace surrounding you, because we feel that there is some need of it. Your healing thoughts too have been received and will be dealt with. This, my dear friends, leads me to the discussion which we will have this time. It is about *thought* once more—that very important thing in your lives. We have spoken briefly about Angels of Thought, have we not? (Yes.) I would like to tell you my dear friends, a little about their work. There are many workers in our world, whose task it is to deal with the many thoughts which emanate from all people. I have told you in past time, about those people who intercept thought which is negative to another. Do you remember?

(affirmations) Yes, I have also spoken recently about Angels of Thought. They are beings who are in control of all workers of Thoughts. But I wish to tell you this time my dear friends, about those Angels of Thought who work within our world, who help many people. Their work in our world, includes work within what we call hospitals—that is your earthly word for those places of healing within our world. I believe we have spoken briefly about the many colours, about the openness of these healing places. But what we have not discussed, is the work of those beings within these healing places, who are there to help *all* who are in need. The Angels of Thought, my dear friends, have worked and take control if I may use that word, in these healing places. They are responsible for the thoughts, which emanate from the people who are within these places of healing, because remember, when you depart from this earthly plane, when you are unaware of your passing, when you are in one of our healing hospitals, still the Spirit is *thinking*. Do you understand? (Yes.) The Spirit is unaware, but is still able to think, much in the same way as when clothed in the physical body, the Spirit is still active. This, when in Spirit, is just another dimension of the spiritual body. Do you understand? (Yes.) I will go slowly, because it is a new aspect of our teaching. If you do not understand what I say, please stop *(me)* now, and we will discuss it.

Lilian: Does everyone understand? *(pause)*

You seem a little confused.

Sarah: There is just one thing Salumet. You said the Spirit carries on thinking although it is not aware that it has died. Surely it does know that the human has died. Is that what you meant?

No. When the physical garb is left behind, if there has been a traumatic passing, if there has been great illness, then they are not aware of their passing. The etheric body is, how shall I say, is affected by the physical passing also. The etheric body is in a state of existence closest to the physical. So the etheric body is the one which will need spiritual healing in our places of healing. Do you understand? (Yes.) But within the etheric body, there lies many others—many stages of existence. Do you understand? In the same way as the Spirit is separate from the physical, so also is the Spirit separated from the etheric body. You have many bodies within the Spirit body. Do you all understand this? *(some affirmations)*

Lilian: No, that's a bit puzzling to me. Anyone else understand?

Sarah: I understand that there are two: there is the physical and then there is the etheric—

You have the emotional bodies, you have the many other types of spiritual essence. Do you understand? (Yes.) Until you understand that my dear friends, I cannot go on with the explanation.

Lilian: So similar to the physical body, the emotions, all that goes with us here.

Remember, there is just one part of Spirit. You are made of many, many finer bodies. That is why you pass from one plane of existence to another. You leave behind that part of the Spirit which is no longer necessary and you become lighter and lighter and lighter, until you become that that pure energy, which I have touched upon on another occasion. Do you understand my dear friends? *(affirmations)*

Sarah: So, once you get into Spirit, the etheric body is changing, the Spirit body is changing more...

Yes, it cannot stay still. Do you understand?

Sarah: Yes, but the human body to the etheric body, there aren't any stages there?

No, that is the closest to the physical state of existence, you understand? Therefore the Angels of Healing, are making contact with the finer essence, shall we say, of the Spirit, in order to help it understand the conditions which it finds itself in. These Angels of Thought, possess the ability to heal with thought and colour and many, many more ways of spiritual thinking, which are much too complex at this stage of your development to understand. But their task, as you can well imagine, is a more important one.

Lilian: And quite difficult at times?

It can take much time for the etheric body to awaken and realise that it has returned home—yes of course. Much depends on what has been learned on this earthly plane, you understand? (Yes.)

Lilian: So when 'rescues' as we call them, happen, does that help the Angels of Thought in their work?

The Angles of Thought will not be really used for that kind of work. There are many, many other beings who are involved in what you call 'rescue work'; the difference being is that these people who come for *rescue*, do believe that they are still physical beings. It is being worked upon at a different level in those cases. So the workers for *rescue* from our world, are much more aware of earthly conditions and so forth. The Angels of Thought are hierarchy of thoughts, who are dealing with the Spirit and not the

etheric body as such. You see, they operate on a higher level of existence. Do you understand my friends? (*affirmations*) This is a little complicated for you. I do feel perhaps at this point, that you do need time to soak this small piece of information and gather it together in your thoughts and perhaps we can discuss it further on another occasion, because it is important that you take this slowly.

Lilian: Would everyone that leaves this planet, would they have to go through this process, or would some of us maybe not need it?

No, no, only those who have had traumatic passings to our world, would need healing in that way. Most people pass to our world of Spirit, accepting and knowing what has happened to them. It is only those, as I have said, passed under difficult conditions, who require healing.

Sarah: I was just slightly confused about the people who still believe they were in *our* physical world and those people who were going for healing. So the people who still think they are in the physical world, they haven't necessarily had a traumatic passing?

Yes, it could just be their time to go.

Sarah: right, because I was slightly confused about the difference between the people...

If I may interrupt you my dear friend—if you could imagine someone who has been very ill for many of your earthly years. This has to affect the etheric body also, because illness is passed through to the physical from the etheric and emotional bodies and even more spiritual bodies. This is a little understood thing within your world and a little understood thing amongst those in your world who call themselves *healers*. They do not fully understand all that is necessary to create a *physical* healing, because you see, this dis-ease of the physical body, begins in *Spirit*—as all things do—and manifests itself through to the physical body. Do you understand? (*affirmations*)

Paul: When you say it begins in Spirit, does it begin with *thoughts*?

Yes, of course. Thought is the most powerful thing. It is thought and mainly wrong thought, which starts off many of your earthly diseases.

Sarah: Sometimes we have brought diseases with us from a previous life, haven't we?

But still they have manifested from the original thought. Yes of course, you are correct, you can bring them with you and that is *why* it is advisable—and advisable only for that case—to find out what is holding you back in this lifetime.

Lilian: It's a pity there's not more awareness of it in everyone.

Yes, but you see, whatever you think, eventually passes through the spiritual body and manifests into the physical. I feel it is something not fully understood, that as human beings you have this feeling that the physical is the only body which creates disease, but of course, the mind belongs to the Spirit, does it not? (*affirmations*) Therefore think along those lines my dear friend and perhaps it may become a little clearer to you.

Paul: Would you say the diseased person has to change their *beliefs* and then their thoughts will change? They do not change beliefs, but they have to change their *way of thinking*. It is the thought *pattern* which is at fault. Let us take an example and perhaps you will begin to understand a little. Let us for example say we have a person who is highly critical not only of others, but of themselves. And have I not told you that you have love for yourself, before you can extend it to others? (Yes.) So let us take this emotion of being over critical. People of that thought pattern, usually have the type of disease in your world, of the body becoming gnarled—I am trying to get the condition—yes you call it *arthritis* in your world. That is because the thinking becomes reality and that criticism begins to twist and become embittered and shows itself into the physical body. Therefore the way to dissolve that type of dis-ease, is to learn to love, not only your fellow man, but yourself. Can you see the pattern? (Yes.) If you try to follow this line of thinking, I feel it will be a little easier for you. It is the power of thinking.

Sarah: So children who come over with arthritis, they have brought it from a previous life?

Yes, yes. That is probably—I do not say all—but that is probably why they have returned to this lifetime, to undo that pattern of thought. It is a *powerful* thing I say to you. It is something each one of you should consider most seriously, because you *can* change what you think. And have I not told you in the past my dear friends, that if you constantly find fault in another, then look inwards to yourself—therein lies the fault. I feel from you that for this time I have said enough. I would like you to dwell upon my

words my dear friends, because *thinking* is so important to the kind of living that you do and the power that it *has* over all other people that you meet.

Lilian: So with the right kind of thinking and the thoughts, our physical bodies could stand us in good stead for as long as we are here?

Yes and you would have the ability to help others as do the Angels of Healing in our world. After all, that is what they are doing with the power of *their* thought.

Lilian: So, although the body gets frail, which I guess is natural, that it can keep you...

Of course, it is part of your physical evolution. You cannot live here forever. You have to return *home*, but your purpose here is to learn all of those things, which are only for your own soul's growth, that you may return *home* and say that you have learned something; that is your purpose of living. But your purpose of living is not only for yourself, but for your interaction with all other people who come into contact with you. You have great responsibility my dear friends. When you meet with others, you do not fully understand or grasp the effect that you have upon others in your world. That responsibility is a great one. Do you have any questions before I leave you this time?

George: I think we are beginning to grasp the connections between physical ailments and Spirit and I was reading something recently about buildings in the latter days of Atlantis, which were described as *between a hospital and a temple*, (**Yes.**) where spiritual connections with healing of physical matters were looked into. This came out of past readings of one Edgar Casey. (**Yes.**) I think he was probably a very genuine individual, but the idea of something between a hospital and temple, for the purpose of healing, rather stuck in my mind and seems to connect with what you are telling us now.

Yes, I can say to you, this gentleman was a *man of vision*, but I have to say to you my dear friend, that these ancient people, have, or had, a much closer unity with Spirit. Their knowledge was so much greater than it is today. Therefore their knowledge would have been such that they would have understood spiritual matters much more deeply.

George: Yes I can see that.

Yes, they were much more aware of the spiritual aspect of man, and of course, healing and places of healing, would have been influenced from our world. Yes, thank you. (*Lilian then asked if anyone had more questions*)

May I say just a few words to the young gentleman, that he has felt closer to his own Spirit on his latest journey. (Yes!) Yes I think you would agree.

Paul: Yes. (**Yes.**) It was a very uplifting journey. (**Yes.**)

Sarah: Could I just ask one more? Going back to these Spirits who have just passed over, we do have *rescues* with people who have been handicapped all their lives and by the time they leave here, after the *rescue*, they feel they have lost any problems they had. Surely these people would have suffered spiritually as well?

Not in the same traumatic way. They would have lived their lives on this planet, as handicapped, as you say, people, but let me say, most of these badly handicapped, as you would call them, are usually old souls, who would be much aware when they returned home, of their existence shall we say. So their handicaps would no longer be with them. The people I speak of, are people who generally would have no knowledge of Spirit, who have been ill for many of your years and the spiritual light has diminished to such a degree, because of the illness of the physical body, because you cannot separate the two, while it is enclosed with physical garb. Do you understand? (Yes.) You cannot make the connection I feel. The etheric body suffers with the physical, therefore when it is released to our world, still it is confused and the Spirit needs to be healed. It is the Spirit which is being healed, not the physical body.

Sarah: I remember you saying to us once that the Spirit was aware of *all*. When you said if we want to wake up early in the morning and then we suddenly wake up, and you said that it was the Spirit who had woken us up, because it is aware. How much is the Spirit aware and not aware? So, in this case the Spirit isn't aware that it has been traumatised, as it were.

I think you may be confusing Spirit and soul. We have discussed that it is the soul, which has many aspects. You have many Spirit bodies, but the soul is the unit to which you return, the soul is all-knowing. (Ah.) I think you are a little confused, but you understand now. (Yes, thank you.) It is the soul,

which is what you are working towards. That is the all-knowing part of us all. Is that helpful to you?

(Yes.) Are there any more questions before I leave you?

Lilian: I was just thinking that there is so much to learn.

That is why it is important that we go slowly, that you ask questions while we are discussing it, so that your understanding becomes clearer. And as you piece together all of this knowledge, then you will see the wider scheme of life and how life goes on in our world. There are many planes of existence within our world and it is important that you understand a little of how it works. There are too many confusing theories that go around your world, which confuses people. So it is better that whilst you have the opportunity, you ask about anything you are not clear about.

George: Perhaps I am over-simplifying, but one perhaps could say that long illness can drag down the Spirit, can diminish the spiritual light. (Yes.) But this can be recovered, with the attention of those in the hospitals.

Yes, it can be diminished, but of course cannot be extinguished; perhaps that is a way to put it to you. It may be drained of energy for some time, but it will come to full glory, if you like, with the help of those loving beings, who surround it at all times.

Sarah: So the loving beings, as you call them, whilst these people are in these hospitals, really what they are trying to do is to get their thought patterns right?

Yes, that is the importance of the Angels of Thought. That is their task, that whilst they remain in these hospitals, not only is the Spirit strengthened, but the thought patterns are helped to be changed. They cannot change them for them, but they can help and encourage. Do you understand? (Yes.) I will leave it there for you now my friends. As always I stay close by each one of you. I am aware of *all* that is going on with your lives. I will always be close by. (*thanks and farewells*)

~21st May 2001~

Good evening. (*general welcomes*)

It is good that you give out healing thoughts to those in your world, who are in need. May we say to you my dear friends, that when these thoughts are given, that you give an *address* for these people, because as you may well understand, there are many, many people in your earthly plane, with the same name.

Lilian: So the name then followed by the address.

It helps. Of course, we can find out, but it is helpful to us if we have the right person in the original thought pattern.

Lilian: Yes, we'll do that.

My dear friends, I have been aware of much thinking from you since last we met, but this time I intent to stay only a short time with you in speech. I will of course remain to work with this instrument, but what I wish to say to you this time, is this: there will be an evening of personal development for each one of you. I feel my dear friends, that these intervals of self-expression and self-knowing, are for your own spiritual growth, as well as the knowledge which I bring to you. Therefore I will leave it with the dear lady (*Lilian*) to speak with each one of you, and I urge you please to give what you see, or what you feel, or what you sense. And do not be afraid to say, because anything unusual would be from our world this time. I wish to say to you my dear friends, I ask of you before we meet next time, that each one of you, because of your dedication and work, that it is time for your own initiation of spiritual growth. Therefore I ask of each of you, to devote one half hour of your daily time, in sitting quietly and you will become aware, each one of you, or your individual *Guardian Angels*. This will be my gift to each one of you, but of course it is dependent upon your willingness to do so and to sit quietly. We will begin next time, by speaking of what you see. Your Guardian Angel remember, is the one who came with you on your Earth journey and the one who remains with you throughout your earthly lives. Not all people are able to meet with their Guardian Angel, therefore I give this gift to you, with all of my thanks and my love. But you must do it each day, you must give one half hour of your daily time. You have the ability. All I will say to you is this my dear friends: do not seek too hard, allow your heart to be open and all will come to you.

Now, I will continue to work with this instrument and I ask each one of you to allow those close to come to you, to help you with your individual development. You will feel upliftment this time, before you leave this room. As always my love goes with you. (*thanks and farewells*)

~4th June 2001~

Good evening. (*general greetings*)

This time we will discuss what has been happening to each one of you since last we met.

Lilian: You mean, did we see our Guardian Angel?

Yes. I feel this time, after we have spoken together, that we should sit quietly and see what help we can bring to you this time, but firstly let us speak about what you have each experienced please.

Lilian: Shall we start with you Mark please?

Mark: I think I got a glimpse of an old artistic looking man with a long beard, but I don't know if it's got anything to do with the Angels, but it seemed quite vivid—it was only for a moment.

Yes. Remember my words to you, that the Guardian Angels that each of you should see, would be the Guardian Angel who comes with you in birth and who stays with you throughout your physical lifetime, until such time as you return. Do not become confused with those celestial Guardian Angels, who have never trodden on this Earth. So I would say to you my dear friend, that the gentleman who came to show himself to you, has always been with you. As we continue through this evening, I hope that each one of you will elaborate upon what you have been given. We will try to help you all we can.

Sara: I didn't see anything visually, but I felt tremendous benefit throughout each day and I can improve my meditation a lot more, but I felt peace, great peace and more detachment throughout the day. And when the challenges came, I didn't feel particularly emotional about them. So I did feel the benefit.

Yes. I have told you my dear friends, that if you wish to develop these spiritual gifts, and remember that you *are* Spirit, not physical beings—that is but a reflection of your Spirit—you should sit quietly for some part of your daily lives. Of course, this is entirely up to you and your freewill. But as you have experienced this time, much benefit comes from returning *home*; to leaving behind the physical living, which includes the unrest, the rush of time and many other physical attributes. It is only when you are *quiet* and *go within*, do you come forth in Spirit, and this is what you have come to understand. But there is no reason my dear friend, that if you can achieve that state of consciousness, why you should not come to know that Angel who loves and protects you and would be willing to come forward if you only but ask.

Sara: Yes, I shall, I would like to see. And thank you for the gift, of in a way making me make more effort, because it's a wonderful gift.

Yes. Although my mission here is to bring to you all knowledge, it *is* of importance that each one of you develop that spirituality, whilst in these physical overcoats—that is what is important. Please always to remember that first and foremost you are Spirit. After all, you would not neglect to feed your physical being, therefore why should you neglect that true being, which is Spirit? Why would you neglect to give succour to that being? And the way forward my dear friends is to go within your quietness. Do you understand? (*affirmations and thanks*)

Paul: Yeah, I've definitely felt the benefit of spending a bit more quiet time than I usually do, trying to do this goal. Just right at the end really, I had one—I thought I heard a voice say, '*I'm here*' and just the face of someone with dark black straight hair and oriental features came and a couple of birds, like seagulls or something, were above—I don't know if that...

Yes. Do not doubt my friend, what you are given whilst in the state of meditation. Only if you willingly accept, can you receive more. I can tell you that it was not your imagination and I will leave it there, because I hope that this evening will bring to you much more information. (Thank you.)

Sarah: Yes, I didn't see anybody either, but I did a couple of times feel that my Guardian Angel was coming within me. I felt sort of '*combined*' but I didn't actually see anybody.

It is all important when you *sense* these things. After all, you *are* joined together—this Guardian Angel who comes with you in each successive lifetime, who stays with you throughout all of your troubles and your good times in this physical living. To sense that joining together, is the first step of recognising that

you are not alone. So do not be disappointed my dear friend that you had no vision—that will come—but to sense in that way that you did, I would say is most acceptable. (Thank you very much.)

Margaret: At the end of the day I did mine, (*half-hour meditation*) and I found that by the end of the time, I was breathing much easier and longer and I felt that there was somebody there. I didn't see anybody, but I *felt* this power of somebody there.

Yes. The sensing is good, it is part of what you are. As the lady I have spoken to also *sensed* rather than saw. Each of you are developing at your own individual rate of development. Therefore it would only be natural that you each felt something different. After all, if you all had the same experience, would it not be rather—how would you say, suspicious? (*affirmations*) Yes, so look upon the experience as a good one and such that it gives you the opportunity to realise what you can have. When the breathing slows down as you have put it, that is when healing takes place within physical bodies.

Margaret: I realise that, thank you.

Yes, I know you have, but it is important for each of you to know and understand this. (Thank you very much.)

Lilian: For myself, the energy, especially in my hands and lots of movement with the hands, which I do get sometimes, if I sit quietly. I didn't see any faces or anything, but before the end of one of the half hours, there was like—almost like a white—I'll say 'blob'—my eyes were shut, but I could see this white very briefly, but no features at all, but lots of energy.

Yes. I am sure that your Guardian Angel will not be offended to be called a 'blob'. (*giggles*) But if you had continued, I can tell you that—and again I will use your word 'blob', would have formed into a vision. So you see the importance my dear friends, of sitting a giving time, each day. All too often we hear you say, 'we do not have time', but again, think of my words. You are Spirit and you should be taking care of that part of you, which is the *real you*.

Lilian: Yes, that's worth remembering.

You have given yourself time, each and every one of you, because I have asked it of you, and for this we are most grateful, but cannot you see how important and how much better your lives would be, if you could devote some more time to this meditation? (*affirmations*)

Sara: Yes, it's obvious to me now that it's important to put in the time.

Yes. We of course cannot make you, but we can encourage and try to help you along and as I have said to the young gentleman, the *more* that you can *accept*, the more you can be *given*. So again my dear friends, we will devote this time, to helping each one of you, and if we may kindly ask our dear lady here, if she may place her hands in yours while you meditate, perhaps you can tell us what you are feeling, what you are seeing. (Yes.) We will do our best. There are so many who surround you, who wish to help you; to help you to develop spiritually, to help you in your daily lives, to bring you that *knowledge* which you seek. But it is *all within*, if only you will go and search for it. So my dear friends, as I sit quietly with this instrument, I ask each one of you to quietly meditate, and after a little time, our dear lady friend will come to each one of you, to place her hands upon you. The power within will help each one of you. Quietly ask that you be given what it is you need to know.

Sarah: And when it's Lilian's time, would it help if I put my hands in hers?

I will ask the lady to place her hands upon mine. (*thanks and farewells*)

~11th June 2001~

Good evening. (*general welcomes*)

There is from you much love this time, but there are those amongst you who are in need of some upliftment this time. It is good my dear friends for all of you to join together this time, and before I continue I would like to say to our dear lady friend (*Izumi*), not goodbye, but that we wish her well in her onward spiritual journey, because that is what has begun and it will continue for her. Last time my dear friends we had an evening of individual development. I trust that you have thought about this and I trust that some of you have continued with your meditation times. (*affirmations*)

Lilian: Yes, I suspect we all have.

It is important at this stage of your development that you should attain some discipline in your lives. Do you remember my dear friends, that I told you, not only is it important that I bring truth to you, but that you seek your own development spiritually? (Yes.) Therefore, because we have others with us this time, I feel it would be good for you all if we devote some more time to this objective. Would you agree my dear friends? *(affirmations)* To have discipline within your physical living, solves all of life's problems for you. I hope that you are beginning to understand. Not only do you need the quiet time, but you need the discipline of your thoughts. And now we have reached the point where you must recognize those who are around you, to help you and uplift you and to guide and to teach you, because it is not only I who comes to teach you, but those who stand close by you also. So, I will leave it with this dear lady, *(Lilian)* to explain to the others what they need to do. I will work quietly with this one, but at the end of this meeting there will be one who will wish to speak to you all.

Lilian: Thank you. Should we go through the same procedure as last week, with the hands? **(Yes, yes.)**

After a period of quiet, Lilian went round to each member of the group and placed her hands on theirs for a few minutes. After a period of meditation, one came through Sue:

(general greetings)

From each one here we are extracting a fine skein of energy from you all here. We are taking a fine, bright cord from each one and we will place them like this over this arm—entwine the skeins. Are you with my words as I speak? Are you with me so far?

Lilian: Yes, you join them together.

It is like the plait of the hair, yes, you understand? (Yes.) Each skein of energy is to be mingled with the energy of another, until each one of these wonderful friends have a common bond, which will be used for upliftment and enlightenment at times of sadness or illness or worries in the mind. Do you still appreciate my words?

Lilian: Yes, we understand so far.

We are storing this amalgam of your innermost energy and it will be a powerful, powerful source of light and love, because it has come from each one of you and you all share this bond of spiritual love and acceptance. Are you still understanding my words? (affirmations) It is a bond, which can never be unravelled, shall we say. The bonds will grow tighter and tighter as your Earth time progresses. It is difficult I know for you to quite comprehend exactly my meaning, but I have to tell you that it is something that has been planned for some time. It is an important part of this group's development and association with each other. You are aware I am sure that other parts of your souls have been together as a group in previous times. Am I right? (Yes.) Let me tell you then that in different times, a similar thing has been achieved with the same parts of souls. So, try and understand that in the aethers, there is another entwined ball of power, which has come from you all and is continuing to help your previous parts. Do you understand me? (Yes.) Difficult I know but perhaps the Master will be able at some time to explain a little more fully. Be proud my children that such a ball of love has been produced from yourselves. (pause) It is complete.

Lilian: Could you explain your part in this?

My part? I am the voice who has told you, that is one part of my understanding of what you are saying, 'why am I here for this?' I am what you in your words call 'lighthouse keeper'. I have the knowledge to use these balls of entwined energy to guide darker feelings into the light. You understand me? (Yes.) When any of you are low spirits for whatever reason, it is within my power to use the entwined power of love to guide you into its beneficial love. Do you understand me? It is the only way I can give you information in way that perhaps you can understand and follow. (Yes.) I have obviously simplified it; it is more complex and more extraordinary than you could imagine, but I could not expect you to understand fully what occurs with this entwined energy. So will you accept my words as lighthouse keeper?

(affirmations) Lighthouse keeper in your world is in charge of the beam of light, which helps the passing ships, am I right? (affirmations) So I use the light of love to help the passing Spirit and mind and thought waves. Is that simple enough for you? (Yes.) But as I say, perhaps our dear friend, your Master, will be able to give you some more information at some time. I will see what can be done in that matter. Now, I leave you. I am sure it will give you what you say: 'food for thought'. Question as you have always been told, question, do not just accept it, question and then things will become clearer to you. But I say this to

you just this once more before I leave you, dear friends, feel proud, feel proud that you have the knowledge and the love and the commitment in the love for each other here, that such a thing can be done. A small piece of you will always burn brightly and will always be part of each other. Imagine like you would, twins or triplets or quads, I don't know if there is a word for all of you, but you have the umbilical cord and you are sharing it. Do you follow me? (affirmations) I leave you now to think and discuss and ponder, and I am sure you will be asking questions at your next meeting. The greatest love surrounds you and is mirrored and is sent back. (thanks and farewells)

Finally one followed through Eileen, calling herself Betsy, who has been visiting the circle from Spirit realm, along with many others, for many years, also listening to the Salumet teachings, though we have been unaware of her regular visits. She encouraged us further with our individual development. She also mentioned that Leslie oftentimes comes back to visit the circle too, which we were all delighted to hear.

Betsy departed with the following prayer: May you always feel love and compassion in your hearts for your fellow man, and not only for your fellow man, but for yourselves, because without the knowledge and the understanding of love and compassion for yourself, how can you love another? May Love always surround you my good friends.

~25th June 2001~

Good evening. (general greetings)

Lilian: I can switch the fan off if it disturbs you?

It does not, but I will try to raise the voice level for you.

Let us give thanks to the Great Creative Force for this quietness and stillness which we share this time. We ask that we be given some understanding of the unity, which you have with that Creative Force.

That brings me my dear friends, to what I would wish to say to you this time. I know that you have found meditation time in the past weeks to your benefit, would you agree? (affirmations) Why do you suppose that we asked you to concentrate on this meditative time? (pause) I will tell you. You have reached a point, my dear friends, in your individual developments, when it is important to recognise the unity, which you share, not only with each other, but the Creative Force to which we all come from. That is the purpose of your meditation. I will say only this to you, my dear friends, that it is now up to you whether you continue, or discontinue these quiet times together, with that Creative Power. But I would say to you, that should you continue, your wisdom and knowledge of energy would be great, your understanding would expand and your own spiritual knowledge would therefore come to the fore. I wish now for each one of you, my dear friends, that you begin to recognise yourselves, not in the human form, but that bundle of energy patterns, which you truly are. That is the purpose of your meditation. I will not speak to you as individuals, I will leave that with you and the freewill which you have been endowed with. But what I would say to you, is that not only would you blossom individually, but you would gain in being within this group, you would grow as one. So I ask you, my dear friends, to think upon these words, think deeply and you will have your answers.

Lilian: I'm sure we will all sit in our quiet times.

I have been with you all at many stages of your living, with your many questions, with your fears and your worries, and yes, my dear friends, you do still have these fears, these worries of human living, and constantly you are knocked backwards by them. But that is part of the soul's growth. But a question I hear quite often is: 'Why must there be so many reincarnations, and how does it work?' My dear friends, I could use few words or I could use a great many words in explanation. But what you can achieve in your meditation time, is to recognise within yourselves, the energy patterns that belong to you, at this present moment of your development. Remember you are but constant vibration—energy which is never still, and like human living, the soul is often knocked backwards and has to regain itself and go forward. Perhaps I can explain it to you a little, by making some comparison to the waves in your oceans. As the waves come forward, they are moved backwards constantly—forwards, backwards, until

it gains such an impetus, that on going forward, it gains new ground. That is what the soul is trying to achieve. That is why you reincarnate into many lifetimes, in order that you can gain the momentum for the Spirit to grow and to go forward. Do you understand my dear friends, what I am saying to you? *(affirmations)* Are you aware of the importance of your meditation quiet times? *(Yes.) (tentatively)* You do not seem too sure.

Lilian: Is there any explanation for as I sit quietly, I get this very heavy feeling from the energy? It is a recognition of the energy, which is both *you* and those who come close to you. It is as simple as that. But it is the *awareness*, my dear friend, which is important. You will experience no doubt, many sensations, whilst in the human form, but it is the *awareness* of what you *truly are*, and the unity with that great power, which is important. Once you have recognised the unity, then all things become possible. Are there any questions my dear friends?

George: In talking about the many reincarnations, we are very often I believe, talking about tens of thousands of years, perhaps hundreds of thousands of years, *(Yes.)* so that there are many today, who had past lives on Atlantis. Perhaps I could mention this, and misuse of power was one of the problems in the days of Atlantis, so we understand. *(Yes.)* Could one see our recent confrontations with the nuclear bomb, as a chance for those same souls of Atlantis, to re-work that old problem? Does that connect with what you have been saying?

Yes, those who existed at the time of which you speak, would of course have to readjust to the conditions which they have caused. After all, everything is *cause and effect*, as you know.

George: Yes, and the learning that goes with that.

Of course, any opportunity that would arise within this world, for all—I rephrase—not *all*, but many of those souls, to redress the balance of their existence. They would take the opportunity for some situation within this world, to do so. And yes, that could be one of the opportunities open to them, because mankind has abused the power, which he has been given, throughout the existence of this planet. Not only did the people of Atlantis, but many civilisations on this planet, have abused power. And I will give you one example and that was the people known to you as Egyptians, who had much knowledge also and who also abused that knowledge. There are many situations within your world, where these peoples could return, in another form, to redress the balance of their abuse. I will not say *all*, because that would not be correct. There would have been many opportunities for them, but of course, when so many are involved, then very often, they *choose* to return as a group, to redress that balance. Do you understand?

George: Yes, that's very interesting. I would imagine one of the problems of those ancient times, was slavery and I'd imagine that similarly, there was a particular slavery problem in our 17th century and onwards. Perhaps that could be seen as a chance for the same souls to rework the old problem and find a solution?

Yes, it becomes difficult when you speak of individual cases, such as you have stated, because remember that man has been evolving for many, many aeons of time. You do not always have the full picture. Those who you are speaking of, who have been enslaved, do please remember that for some at least, that would have been their choice of living. So you must not always assume that there was wrongdoing—they would have been redressing their own balance. So you must be careful in your thinking. But I hope that makes it a little clearer to you.

George: Yes, one must view the situation from all directions.

Yes, do not be fooled into thinking there is only one answer, because there is only one answer, because then you will go into deep waters and you become bogged down with wrong ideas. Always look inwards, see these conditions from the spiritual viewpoint and the picture will always seem clearer to you. Is that helpful? *(Yes, thank you.)* The further we go into our teaching, the more difficult it becomes to understand. But you will find that the more you go into your meditation and your unity with the power-head, the more you will *see* more clearly, *understand* more clearly. In fact, that Spirit which you are, will bring forth the understanding which it already has. Do you understand? *(affirmations)*

Graham: Meditation is new to me and it's quite an interesting experience. About a week ago, I meditated one evening and I really felt I was in a different place and it was very exciting and I haven't yet managed to

be as disciplined as I need to be, but it's certainly a very encouraging experience and it is something I haven't forgotten and it will be with me and I'll certainly do my best to meditate in the future.

Yes, may I say my dear friend, you say it is new to you? (Yes.) That, it is not, it is innate within you, because you see, you are Spirit and what you are doing, is allowing the true self to be exposed. So although you feel that in this lifetime it is new, it is not, it is the connection to your own soul.

Graham: Yes, thank you.

But the more that you can do this, the more will be that your understanding will grow. In fact, I may go so far as to say to all of you, my dear friends, that at some stage of your quiet moments and if you have united with your own Spirit, it can also become a little painful, because everything becomes so much clearer, that sometimes the truth is rather shocking to you. And I do not mean that to make you afraid, but it is to be helpful to you, in understanding what you truly are. Do you understand? (*affirmations*) So if this should happen to you, then you will realise, my dear friends, what is your purpose, because nothing can be hidden from you—that is what I am trying to say.

George: That brings back to me something our dear friend Leslie used to say, that we should *accept* and always be prepared to *accept* and somehow the fear goes.

Yes, if you cannot accept, you will constantly live in spiritual darkness. You will always have fear of living, you will have so many negative thoughts. But when you reach the point of knowledge, of knowing yourself, all of these fears are dispelled, all that is negative disappears and only energy of light will touch and surround you. Do you understand? (*affirmations*) There is so much to you, my dear friends. I am trying to help you, in getting to know yourselves. And in doing so, it has the effect in your physical living, of making life—not easier, in the human aspect of living, but it makes your understanding of living so much easier. Do you understand? (*affirmations*) Do we have more questions please? (*no further questions*)

I will say this to you: The purpose of your coming together in this time of living, is my dear friends, to go forward with truth, with light, with knowledge of all that you have gained from our meetings. But before you can do this properly, you have to know yourselves. It has taken many lifetimes, my dear friends, when you have met before, when you have come together. But in this lifetime, I *can* tell you, that you have agreed to be open to all that you meet, in order for the truth to be given. That is the purpose of your meeting in this lifetime. It is not for your own self-worth and development, it is that you go forward, that you take the teachings, the light, the truth, the knowledge which you have gained, and you spread it throughout this world. There are many, many people, who will be doing the same. When I first came to you, I told you that many from my world had gathered. And this I believe, my dear friends, you will see throughout your world, at this time. There are many teachings going on, which will collaborate what I have been telling you. But at this point in time, as I have told you previously, this year in your earthly lives, is a most important one. Each one of you will have trodden a different pathway, but ultimately you will spread the same words. That is why we come together, to give thanks to that Creative Force, to try to comprehend the Truth, to try to understand every human being on this planet, with love for all of your fellow man. You my dear friends, have that ability, you my dear friends have given of your time, have devoted yourselves to my words. But now it is time for those words to be given to others. That task, my dear friends, belongs to each one of you, in your own individual style, in your own individual way, to take it forward and to spread the Truth. That is why, my dear friends, I chose to come to you, because individually you are so different, and yet you are united in Spirit. You have total commitment to your own Soul and this is what you must come to recognise. It is important my dear friends, and this is the last time that I will speak to you about meditation. You do have your freewill, but you also have that innate knowledge of why you are here. Let it come forward and use it please. May that great Creative Love enfold each one of you, in Love and Light, with wisdom and above all, (*long pause*) may each one of you feel the blessings which come from many in our world, to each one of you. I know my dear friends, that as you leave this meeting place this time, there will open out to you, a new understanding of all that is happening. I must leave you this time, but I hope that my words have given you something to think about.

Lilian: Yes and our love goes with you and all of our friends as well. (*thanks and farewells*)

~2nd July 2001~

Good evening. *(general greetings)*

I would like to begin this time, by saying—*(long pause)*—forgive me, my dear friends, adjustments are being made this time, but I will say to you all, that there are many who wish to thank you, for your healing thoughts this time. I only wish that you could see your own colour vibrations, which have reached out to our world, in your healing thoughts. This is something we must discuss, because although we have touched upon colour and healing energy, we have not explored this to its fullest. Therefore, my dear friends, I will discuss fully with you next time about that. (Thank you.) Because it is a little more difficult this time, I will work quietly with this one. It may be, my dear friends, that you may become aware of some light formation around this instrument this time, as I work to take greater control. If you do, then please discuss it quietly, but there will be another to speak with you through another instrument. As always, know that we are all united in our spiritual awareness. *(general thanks)*

Lilian: Thank you. We'll look forward to the next time.

One then followed through Sue:

It is kind of you to greet me, I was not expecting to use instrument for voice. I have come, how would you say, as protector for the lady who sits beside me. I am here to oversee the work, do you understand me?

Lilian: I see, yes.

But I am happy to speak to you for a short time, if you wish it. (Yes please.) Would you be interested to hear what my purpose is this time?

Lilian: Yes. Is this the first time that you've come?

No. No, I am how would you say, 'normally about,' when the dear lady is taken. But it is rare, in fact I have never spoken here before. May I say to you it is an honour for me. I have spoken in other circles and meetings in your world, when my work was of a different kind. So yes, I am used to using the box. And I'm used to having the strange feeling, you understand? It is a strange feeling, to be back using the physical. Now my purpose here. Although the lady is perfectly, perfectly safe, you do understand that you have no worries there, have you please? Say them if you have. (No.) You have no worries, that is good. I can assure you that the lady is as safe as if she was sat here herself, quite normally. Although she is perfectly safe, we do have to take great care of the 'space' where she was, do you understand what I say to you? (Yes.) Although you are seeing your dear lady friend, as you saw her some few moments ago, it is not the same. Do you understand me? (Yes.) There is on our side, a 'void', because we have removed the lady to another place. Do you understand me? Please stop me if you do not understand.

But it is vital, it is vital that when we return the lady—no not the lady, the Spirit of the lady; when we return it to the physical, that the void has not been violated. Is that a word you understand? (Yes.) It is vital that there are no others, who have stepped into her physical shoes, do you understand? (Yes.) Because although we are in Spirit, please do not think that there are not others, that would not try to do this. They are always under control, but when something like this occurs, and it has occurred, though very rarely, it can be a problem; not a problem for the Spirit that is returning, because all we do is keep them to the side for a little time. This lady's Spirit is armour-plated, if you like, there is nothing that can touch it. But we have to remove someone who has stepped into her shoes; not this lady, it has never happened here. But I say to you, it has happened on the very rare occasions. Therefore this 'void' has to be protected, and that is my work. I am able to speak to you now, because I am not alone here, there are others who are doing the same work and my presence will not be missed, for a short time. Do you understand? Have you any questions?

Lilian: If someone does slip into the medium's shoes, it can be put right, can it?

Of course. It is, how would you say, a small irritation, but one that could be a bigger problem, if it was not well guarded.

Lilian: With help from both sides? From us here in the physical?

If—yes, if it happened, then yes we would be asking for your help also. It is a little complicated to explain, because if it happens, we would ask for your help individually, at the time. It would be—let me put it in a way you would understand—a battle of wills, yes? (Yes.) But good will always overcome bad, you realise that, because it is just a matter of surrounding the Spirit that has stepped into the wrong

place and with the power of thought, removing them to another place. No harm comes to them. Sometimes—in fact nearly always, it is more mischievous than an evil intent, you understand? But I have to say—and I'm sure you are well aware from all the teachings you have been given—there are Spirits that need control, if you understand. So, have I explained myself, my work that I have been doing—have I explained it fully enough for you to comprehend? (affirmations) But I must reiterate, it is not any problem at all, to your dear lady friend and to our dear lady friend. There is no question of, how can I say for you to understand, two spirits in the same body. That cannot happen, that cannot, cannot happen. We just keep the lady, or whom so ever it may be, to one side, until the problem is dealt with. And when all is safe and secure once more, then we slowly bring the lady back into her physical being. She is unaware of any problem, any delay, because as you know, she is unaware of having left her physical body. So that is something else I hope, that is of interest to you and will give you discussions in your own time. But I must make quite clear, it is NOT a serious problem. Every one of you here, regardless of the work you do, your meditations are always well guarded. Nothing, nothing is left to chance, you understand me? (Yes.) It is as I said before, like an armour-plating around you—any bad arrows are just dropped away, like a fortress, you understand? (Yes.) It is a fortress of great love and there is nothing that can penetrate love, I'm sure you have been told. (affirmations) Loving thoughts, the power of loving thoughts, is the greatest, greatest protector of all time, not just in our world of course, but in your physical beings. So as I leave you, I just say to you, as I know you have been told many times, please try to avoid the negative thoughts. Yes, always think of positive thoughts, always send out love, which you would expect in return. Yes, yes.

Lilian: Yes, I'm sure we do all try our best.

Oh, no one is perfect, dear lady, not in your world and certainly not in our world. There is always room for improvement. Anyone who says to you that they never ever stray from the path of loving thoughts, well we have to take it with a little pinch of salt. Yes, I have my little joke, but you understand me?

Lilian: Yes, we don't suddenly become saints?

Is there such a thing? I'm not so sure. Some people are close to it, I will not deny that. But I have to say, not in your world. Dear friends, I thank you for your time and hope I gave you some food for thought. (general thanks) I leave you now, with my love and the love of all those you cannot see, but that are in this room with you.

Lilian: Yes our love goes to them and to you as well. Thank you.

One last thing dear lady. Take care of yourself. Please try to rest a little more than you have been doing of late.

Lilian: Right, I'll try.

Yes, I know you will try, but please try just a little harder.

Lilian: I need reminding sometimes. Thank you.

Look over your shoulder from time to time and maybe someone there will remind you to do just that. (There then followed a 'rescue' through Jan, before we finished.)

~23rd July 2001~

Good evening. (general welcomes)

This time my dear friends I will take the opportunity to speak with you about the many thoughts that pass into our world. Each thought sent to us is never lost as you all well know, but what I feel you are unaware of, is the colour vibrations of thought. I feel my dear friends that each healing thought that is sent to us, comes from a colour vibration. Is anyone aware of this or not? (general 'no's) You know that thought is but energy and that there is a range of intensity of thought—I know you are aware of this, but what you fail to recognise is that the colour energy reaches us before even your spoken word. All too often those in our world will hear from you, 'why are my prayers—which after all are thought—why are they not answered?' We have discussed briefly my dear friends, about the power of thought and the intensity of thought. Some of you will recognise that in colour thought, there is much disparity of thinking. But what I would say to you my dear friends is this: that every colour that you are aware of on this plane, each colour holds all other colours within its range. This is not widely understood, but you

know that light is pure energy and that as your so-called colours deepen, then that density increases. It is but vibration as you understand it, and so is colour in the same *range* of thoughts. Am I making sense to you my dear friends, because if I am not, please stop me and we will discuss it, until your understanding is greater.

George: Yes, I think you are telling us that our physical colours with which we are familiar, have different wavelengths. I believe you are making a case for thought being on very similar lines to the physical colours, which we understand better.

Yes, the intensity of thought will bring the lighter colours to us. Do you understand this? This is what I am trying to teach you. That is *why* some people will say, 'my prayers are answered.' It is because the intensity of the thought travels on the lighter colour vibration. Do you understand? (*affirmations*)

Sarah: No, I don't quite understand. Why should they think that their prayers have been answered, just because it is on the lighter...

It is the intensity of the thought, the *love* of the thought, the *power* of the thought.

Mark: Would it be what they mean is that their connection has been made, they know that they have made their communication, (**Yes.**) rather than necessarily knowing the outcome. (**Yes.**)

Lilian: I think you once said that with our thoughts, when we hear of a disaster and our thoughts are really very sorry that this has happened, this is our most powerful prayer.

I believe I have told you that one of the most powerful prayers, or thought, or vibration—call it what you will— is the pure love of a mother for her child. That is the closest you will get to the most powerful thought, because it is LOVE, Love in its purest sense, which creates that stronger thought vibration. Do you understand this? (*affirmations*) So many people send out thoughts to our world, very often for their own needs; where do you suppose my dear friends that would be placed in the colour vibration of thought?

Sarah: Fairly low.

Yes. It is difficult to speak on the scale of higher and lower. We have had this problem before, in explanation, but it is the only way I can bring it to you for your understanding. Let me take an example for you. Let us take the people on your Earth plane who are instruments of healing from our world. Sometimes they become aware of many variations of healing colour, but these colours come from our world and not from the physical. They are therefore much lighter in vibration, they are stronger and they are different from colours in your own world. We have heard you say, 'why is it necessary for colour at all?' Colour is part of *existence*, colour fills your earthly life as it does in our world. It is but a vibration, which shows itself in beautiful *colour*—that is all. Colour in your world is limited, but I do feel that human beings benefit so much from the beautiful colours in your world. (*affirmations*) That is why it is important that colour be used correctly by mankind. What is better for the peace of mind of mankind, but to see the beauty of nature's own colours. But they are all of the same energy, they are all part of the same. So, what I wish to say to you my dear friends, about your healing thoughts, is that to give those healing thoughts with pure Love, to leave behind the emotions and to ask only that help be given to those in need; then it will be. Would you like to ask any questions please?

Sarah: Two things you said Salumet. You said that the colours of nature were all of the same vibration, did you say? (**Energy.**) Energy—so if you get a pale flower or a very dark flower, that's no reflection on the intensity of the energy, or is it?

It *can* be, it *can* be. The most beautiful of your earthly flowers I can tell you energy-wise, are those which you would call *white* flowers, because they are as close to pure energy as you will find. But that is not to say that the denser colours do not have their use upon your Earth. All things are here for a purpose and of course the Nature Spirits of your world, who come to tend your Nature upon this planet, use these colours wisely.

Sarah: Do the Nature Spirits—if there is a dark flower or a light flower, would they *choose* which colour they were going to look after, because they need that colour to look after? How does it work?

There is a hierarchy amongst the Nature Spirits and there will be some form to *tend* to all colours within the flower colour spectrum. It is not as simple to explain as you may imagine, but in the most beautiful of your earthly gardens, you will find that the colours which are put together—and it is influenced by the Nature Spirits—to those who form your earthly gardens, they put together the colours of the flowers,

which produce the most beauty for that part of the garden. Do you understand? (*pause*) No. We are speaking about something which is difficult, I know, but I feel for now, what you need to know and to understand, is that (*within*) the variations of colours within your planet, there is a need for *all*; but they belong to the same energy, but they have different vibrations—that is all, that is the only difference.

Sarah: What was this that you said, that each of our colours contains *all* other colours?

All, yes—all aspects of all colours within the one colour. This is little known and understood, but I will tell it to you now, in order for your understanding of later discussion.

George: In relation to flowers, I suspect that Dr Bark and his flower remedies, I suspect that Dr Bark was sensitive to some of this healing information?

Of course, otherwise he would not have been so successful, if he had not heeded that inspired thought. All of these people within your world who do good, are inspired from our world and he was quick to recognise the information given to him.

George: Yes, I think that connection will help in some way to cement our understanding to this.

Yes, yes, I know it is not always easy to accept what I say to you, but my purpose is not to *convince* you, but to make you think, to get you to think *spiritually*, not with the earthly brain. I want your *spiritual* being to become aware of all of these things and to understand to a greater degree, what it is I try to tell you. If that is achieved, then I am happy for you.

George: Yes we gladly accept this. (Thank you.)

Lilian: So, would I be right in saying that from white, the other colours come?

Yes, you will see within the purity of white all other colours.

Lilian: It just struck me as strange, that not with flowers but an emblem, we have a white dove for peace, which I think is pretty much all over our planet. But it is a *white* dove.

Yes, white is purity. Mankind recognises white as purity and it is the finest of energy.

George: I think that part of our confusion is that thinking physically, we tend to think of a red colour, say, as something looking red, because all other colours are absorbed and it is only the reflected colour.

That is correct.

George: But thinking not at that level, thinking spiritually, I think you are informing us that the nature of colour is rather more complex than that.

Yes, to have the density, let us take your example. If we have the density of what you call the *red* colour, how does it succeed in creating the density, if there is not within it the other colours, to lead up to the density? Perhaps you can focus your thinking that way for your understanding.

Sarah: And yet you said with white that it contains all colours and...

Let us perhaps move from the flowers and let me again use for you, what you call the diamond, which is clear in your world to look at, but if you look within, there you have the range of all colours. Think of these things with individual colours, think of each colour as a diamond that contains all other colours within it. Do you see what I am beginning to tell you? Is there a little understanding?

Sarah: Yes, I understand that. It is just that you said how could the darker colours be dark, if they hadn't absorbed all the other colours. I was just slightly confused, because the white had all the other colours in it, as well and yet it was white.

But that is the quicker vibration. White contains the many aspects of all colours, but it is vibrating at a higher rate. You have to think of colour as vibration—that is all. As you are, you are just one mass of vibration my dear friends, but yet each of you is different, but still the same. It is difficult I know, but think about it please. It is just another step forward in your understanding of Spirit.

Sarah: May I just ask one more thing? My mother sees the days of the week in colour. Does that have any connection with her Spirit seeing colours, or is that just a strange phenomenon?

That is just her own spirituality and the way that she focuses on earthly things, it is nothing more than that. It is probably easier for her to remember in colour. Are there any more questions please on this?

Lilian: Going back to the absent healing when we sit and think of healing for a certain person. We basically need to think of love towards them, that would help?

If there is no *Love* given, if it is just a name and an ask for help without that deep feeling of *Love* to help, then the thought does not go so far, that is all. But all thoughts are taken for healing.

Lilian: Basically to feel love for all our fellow brothers and sisters.

There should be unconditional love for all your fellow men, of course. That is why the mother's love for a child is so great, because it is *unconditional*. If only mankind could feel that kind of love for his fellow man, then this planet would be a much, much better place.

Lilian: Have you any questions on your healing Sara?

This lady is doing well as she works at the moment. In fact I can say to this lady, that soon—and I do not mean 'soon' in your time of thinking, but soon there will come to this lady much inspired thought about colour. I believe she already feels some kind of affinity with certain colours, when she works with them. Is that not so?

Sara: Yes I am beginning to have more sensitivity for colour with healing.

Yes, you will be helped. (Thank you.)

So my dear friends I think I will leave you this time, I will leave you to think about what I have told you.

(general thanks) Yes, try to see what colour your thoughts are. (thanks and farewells)

~30th July 2001~

Good evening. (general greetings)

This time I will begin by asking you if my words to you last time have been considered.

Lilian: I'm sure we have all considered them and especially Sara, who is not with us tonight.

Your healing thoughts have been gathered my dear friends and it brings me to what I would like to say to you this time. I have told you of happenings which will occur on your planet in time to come. But what I wish to tell you my dear friends, is that within the next 10 years of your earthly time, many advances will be made within your medical professions. These can only be good for mankind. But what I also wish you to know is that until mankind recognises Spirit within, there will always be unrest within the human frame. The time will come, but as yet that is not soon, but the time *will* come when mankind will find within himself the perfect body, if he so desires. There will in time to come be many more healthier people, because the Spirit will come forward and knowledge will become greater. The information from our world to those within your medical professions will be greater. I am sure my dear friends that you are not unaware of the change of attitude towards what you call I believe, 'complimentary therapies'. (affirmations) This of course is not new. This planet has always been provided with the cures to many of mankind's unrest and disease. It is only that in your time, much of it has been forgotten. But as in all things, a new awakening has begun to change many attitudes and ways of thinking. But as I have said, mankind has to realise that physical living should no longer be the power struggle that it is within your planet at this present time. Until each individual finds that Spirit within, until that recognition is greater, then mankind will always struggle with the many aspects of human existence. Do you have questions for me this time?

George: I was just thinking that there are 2 types of struggle. There is the political struggle, which connects with our wars and there is a sort of domestic struggle, because I think we have all made lives a little too complicated for ourselves within the family structure and people get a bit confused and overwhelmed sometimes. Perhaps this is again due to losing our spiritual centre. Is this a way to look at it that there are at least 2 areas of struggle: the large political struggles and the smaller struggles and confusions within the family?

Yes, I of course do agree with you my dear friend. We have spoken of times of the struggle between your governments upon this planet. I have told you that always we are trying to influence those who are in power and that is still so. More difficult is what you call *family struggles*, because what we find in our world, is that we cannot interfere too much in the lives of individuals. But I would like to add to your list of struggle and that my dear friends, is the all-important one, the *individual struggle*. Of course your physical living involves communication and existence with human beings. Of course this is how it should be, because without the love of your fellow man, there would be no point of physical existence, because you are here to learn to co-exist and to love each other unconditionally—this you know. But the *individual struggle* my dear friend, may I say, is the all-important one, because until each individual

realises their own potential shall we say—I am not sure if that word is the correct one, but that is a word I use.

George: Yes, that is the one that would connect with the life path.

Yes, thank you. Then I would say until the individual is content and knows the Spirit within, you cannot be in a position to make others happy. Does that make sense to you? (affirmations) Therefore I would say to you this: First and foremost, you must look within. Only then can you look around to the family structures, which have been created, only then will you begin to understand each individual within that group and only then can you understand the wider issue of political unrest within your world. I hope that is helpful to you. Are there more questions please?

Graham: I am sure this question has been asked before, because there is a lot of discussion about it in medical circles and it is the subject of *genetics* and the issue of interference of genetic makeup and altering life itself. Are there any perspectives you could give on that please?

Yes, we have discussed this before, but what I will say to you in simple terms my dear friend, is this: That all information comes from our world, but what you must always remember, is that mankind is endowed with freewill. Whether they use or abuse is entirely up to them, although we try to influence from our world. But we cannot interfere with the process of freewill; this is always the problem. All we can do is to try to touch the soul, the Spirit of each individual person, that they will automatically know what is right and what is not so good. But always because of your freewill, there will always be instances of abuse. We have given in past times the problem of nuclear weapons and the knowledge that was given and which should have been used for the good of all, but was in fact misused. It is always down to mankind's freewill. (Thank you very much.)

Paul: I would like to ask a question. It is about the work of Carlos Casteneda. Reading his books, it is very inspirational the way he shows the potentials that seem to be hidden for people and then his particular group, their aim seems to be to die a different way from normal people, whereby they cross over without—I'm not sure exactly—they call it crossing over I think, into the '*third attention*'. I wondered how different that kind of death is, where they appear to instantly skip into a Spirit world?

Yes. There is no secret about this my dear friend, but firstly let me say, always you will be drawn to many different aspects of living, because that is the Spirit's way of finding truth and knowledge. And because each one of you is so individual, you will become interested in various aspects of what you call *spirituality*. What I would say to you my dear friend is this: There are those in your world who have the capability of slipping from this life to ours. To those people it is a natural process. To others, there is shall we say, an '*ego trip*' to try to develop these powers. I would say about this group of people that you speak of, that they are in fact no different from those in your world who commit what you call *suicide*.

Paul: I can't understand the connection there.

Because they are attempting to come to a dimension to which they do not belong. It is an analogy, do you understand?

Paul: Yes I can see that.

It is an interference, perhaps that is a better word. Is that clearer for you?

Paul: A case of learning to run before they can walk?

Yes, perhaps they is wiser words for your understanding. I would not say it is wrong in the sense of suicide, but it is something they should be aware of, that if they are not careful, they can go from one dimension to another too quickly, and in fact, they can expel their physical living far too soon. Do you understand?

Paul: Yes I think so.

George: I think this is something that Don Juan and the Yaqui Indians have developed and pursued. I think I am correct in—

Paul: It's not really a Yaqui Indian thing actually. (*Don Juan was Yaqui, but the teachings did not come from that culture*)

No, it is different. The Indian races are quite proper in what they are doing, or what some of them attempt to do. What the gentleman is speaking of, is moving from different space dimensions, am I

correct? (Yes.) Yes, there is a difference. This is something we have not spoken of as yet, and until we do, your understanding will not be great, but I will come back to this. You are speaking of different dimensions of time are you not?

Paul: I guess time comes into it.

It certainly does.

George: I think in the book it just mentions different dimensions—

To travel to another dimension my dear friends, time has to be involved. You cannot have one without the other. Is that a little clearer for you? (Yes.) But I assure you I will return to this for you, in order that everyone within the room understands what you are speaking of.

Paul: I just wondered then whether you would say perhaps his group and the group that went before him were perhaps *rushing things* then?

I would suggest perhaps, but we cannot say they are wrong, because to them they were doing what they felt is right, so we must be careful in our judgement, but if you have to have my reply, I would say that they need to be a little careful in what they are going into. Is that helpful for you?

Paul Yes it is, thank you.

But we will discuss this at another time.

If you are happy, what I would like to do is to allow each one of you to come close to those who stand close by you this time. Open your minds, open your hearts and you should be aware each one of you, of who is standing close by. Try not to focus too hard, but just allow yourselves to be open. Perhaps individually you can say who or what is there, or if you do not sense who is with you, perhaps you can tell our dear lady what you are feeling.

Lilian: Just before you go, 2 requests for visitors. One from Mark's brother David, and my daughter Dawn, if and when she was able to come.

Yes, she is not new to this, we will accept her. Yes, as to the gentleman, he is taking another pathway, but we will welcome him. Always I will say to you my dear friends, that unless any of the people within this room has objections, then I am happy to receive them. As I leave you, know always that I too, am always will you. (thanks and farewells)

Leslie Bone who passed on 2 years previously, then came through Eileen:

Hello my dear, surely you haven't forgotten me yet? I can't get the voice right. (pause) Hello Lilian.

Lilian: Hello.

You don't know me, do you?

Lilian: Does it help if I put my hand there?

No—it's Leslie, Lilian.

Lilian: Hello Les! (*chuckles*) Sorry, you know me! You're very, very welcome.

I'm very emotional.

Lilian: How are you getting on, need we ask?

Met Roy, (Lilian's husband now in Spirit) had a good chat.

Lilian: Good! Give our love to Ruth, Roy, Graham, there are so many.

So many you would not believe.

Lilian: There are lots of reunions for you. You are busy no doubt. (**Very.**) Are you? It doesn't surprise us.

Breathing difficult this time. Bring the dratted conditions back. (people who return often temporarily bring back the previous health conditions)

Lilian: Yes, that must be a real nuisance. (**Yes.**) I understand you visited the other group as well, the Wednesday group as we call them. We know that you visit and probably come and listen to Salumet's words.

(moving head to view others) Hello everybody. (general greetings) I tried really hard to get the voice, but I can't do it, so please accept me for who I am. I have taken quite a long time to come to you, but I promised I would and I am here.

Lilian: I guessed you would make it one day, we hoped.

Sarah: Your voice wasn't far off Leslie. I recognised you when you came through, I thought it was you.

I was trying to make an impression on Eileen's face, but it's a bit smaller than mine was and it's not easy.

Sarah: Well, I had my eyes closed so I couldn't see you.

I wouldn't have expected anything else, my dear. If they were open, I would have wanted to know why.(chuckles) Anyway, I'm here to let you know that everything's fine. I follow everything you do and let me say that you are doing a grand job.

Lilian: All thanks to you that we're on the right track.

We'll have none of that Lilian! (chuckles) You know very well it's not the people but the work. (Yes.) That's what's important and I told you it would carry on, didn't I? (Yes.) Well I have to tell you that my time came to an abrupt end as you all know and it was my own stupid fault, but there again you know me well, and I had to keep my eye on what was going on. But never mind, it's what I wanted and it's what I got. But I did have a surprise. It was my father who met me and it was a lovely surprise I have to tell you. Of course it wasn't long before I met everybody else and I can assure you it was an emotional meeting. I can only tell you my dear friends, that everything you imagine it is, is better than what you imagine. I cannot begin to explain just how wonderful this place is. I wish I could, but I can't at this present time. I am hoping that as time goes on, I can perfect the voice for the recognition, and that I can superimpose my face upon—(the tape came to an end and was turned over)—Thank you so much for all that you gave, all the dedication and the time that you gave to our meetings. I can't begin to tell you all of the people that you've helped and all I want to end by saying is that I am supremely happy and I have to go, because I can feel myself beginning to fill. (tears?) I will be back, hopefully with recognition for you. And so much work to be done. God bless you all my friends. (thanks and farewells)

Paul: I can see a white flower. (near Eileen) I don't know what type of flower. A little bit like a daffodil, but it's not, it's not a white daffodil. There is a red flamey bit in the middle.

Eileen: Oh I feel quite emotional, I'm sorry. He was all right until the end. I could feel my face being twisted all over the place and I thought, what on Earth is coming! I wasn't sure who it was and then I could feel like I was—you know he breathed very heavily—and I could feel it on my lungs and I thought, somebody's got breathing troubles. Then the face went again and I thought, who is it? When Lilian spoke, I felt annoyed that the sound wasn't what I wanted, if I can put it to you that way. I felt that he wanted it to be different. (we then discussed excitedly the visit of our former leader, over a cuppa)

~6th August 2001~

Good evening. (general greetings)

As we come together this time, I have marveled at the Spirit within each one of you. I am happy my dear friends to see how you have grown in such a short space of time. Each one of you knows by now that you are not just an empty vessel, that each one of you should be an interactive part of all that exists. Of course you have your own minds, but you should be attuned to the Universal Mind. How many of you can say that this is so? (pause) Not yet, my dear friends! In the past months of this, your earthly year, I have tried to uplift and encourage you in stillness and quietness, in order that your Spirit may develop. This, of course, it not without purpose, because to be emissaries of Spirit you have to be attuned to us quite closely. You are not only channels for speaking of knowledge, but you are channels for those of us in our world who also need help in their own development. To this purpose my dear friends I ask that this evening be given as a thank you, not only to yourselves, but to those who come close to you, that you will allow this time for communication with those who wish to use you. You are knowledgeable enough my dear friends, to know that in your own individual style, you will be used in whatever capacity is suitable for you. But what we can achieve in these group meetings is to unite with love, to allow those who come to you, that extra energy which is needed for communication. If you are not aware of how you have grown in these last months, then do not despair, because I assure you my dear friends that it is great. We have spoken of colour, we have spoken of the Elementals which surround you in your world, we have spoken of much love and harmony within your world. But that is what I wish you to achieve my dear friends, harmony within yourselves, but also to transmute that harmony and to become the wider love of the universe. It is not beyond you; I do believe that your understanding has reached a point when all things are possible, that your hearts and your minds are open to all that we can bring to you. It would be easy to give you much phenomenon, but what purpose would it serve you individually? Rather we

would that you—each one of you as Spirit, develop that whilst upon this Earth plane, to such a degree that you no longer question the communications and those who stand close to you, because, yes my dear friends, there are still fears, there are doubts, whether you wish to admit to them or not. But I say this to you, each one of you within this room is guided, is loved, is protected. So, my dear friends, for this time, I will leave you with our dear lady friend. I ask you to open your hearts to those who are with you, and let me assure you there are *many*. It is a gift to each one of you, please accept it with love and allow that spirit within to come forward. Next time I come to you, I hope to elaborate on some of the topics which I have brought to you recently, but for this time my dear friends, take pleasure in those communicators who are with you in this room. The dear lady will allow time for you to go into your quietness and will come to each one of you, and please my dear friends do not be afraid to acknowledge what you see, or feel, or sense. *(general thanks and farewells)*

One followed through Sarah:

*Why have you all forgotten this wonderful place? The place I am talking about is quite unlike your room here. The place I am talking about is the **space** between your world and ours. This space is available to all of you at all times. You need only prepare yourselves for a short while and you can enter this space. This space will make all your thoughts come together. It is a space that is available for humans and Spirit alike. This is space where the two can communicate at all times. Try to imagine when you are in your quiet time, that you are arriving in this space and you will all find it much easier to communicate with the Spirit world. We are trying to communicate with you all and this area is the most available for us all.*

~13th August 2001~

Good evening. *(general greetings)*

It is good to join with you once more. We will endeavour to bring one to you from our world to speak with you about conditions and we hope that we may be able to use our dear lady friend here (*Sue*). I wish to say to you this time, your Earth planet at this time has many traumas to contend with, but I wish to say to you, fear not, because it is part of the planet's evolution that this should be so. I know I have no need to tell you, because your understanding has grown so much, but I *feel* it helps you individually, to be reminded of these things.

Lilian: That's true.

As your planet evolves at this present time, so too is everyone present going through metamorphoses of some kind. I told you earlier in this one of your years, that each one of you by the end of the coming earthly years, would have grown in some way. It is on the same level as your planet Earth is at this particular time. As the planet evolves, so does humankind in its own way. I will this time, my dear friends, before I depart to allow the speaker to come to you, this time I am happy to answer any of your questions.

Lilian: Thank you. Before we have any questions, I would just like to say our old friend from 2 years back (*Les*), came through to say hello to us last week and he seemed very happy. **(Yes.)** I am sure you knew, but it was very nice.

George: You spoke to us some time ago about the projection of Spirit into matter at the time of the Creation. **(Yes.)** It occurs to me that since that first time, there would have been a number of projections of Spirit into matter. **(Yes.)** For example, to initiate the five different coloured races on our plane, **(Yes.)** and much later when Jesus came to Earth—I guess he would have been a projection into matter in a similar way?

Yes, what you have to understand my dear friend, is that because vibration has always existed—that is why I have spoken briefly this time about the evolution of this planet, because as the planet evolves, so also must the projection of matter from Spirit as you put it. That also is evolving to take place with the evolution of the planet, it has to be so. Do you agree?

George: Yes. Would it be correct—as the early man that we think of as *homo-rectus*, would it be correct to think of him as a biological vehicle into which later projections of Spirit could be made?

Yes. Spirit has always been, no matter what the form, but again I say, it was necessary for mankind to evolve in order that the Spirit grow—that is the only reason for mankind. Do you understand? (Yes.) Spirit is in everything. Do you understand—whether it be your woodlands, your animals, or the human race—you have to understand that it has to do not only with the projection of Spirit that has always existed, but the evolution of the planets and of the Cosmos and so many other refined things.

George: Yes, so Spirit projection and physical evolution go hand-in-hand?

Yes, yes, that is a simplified way of putting it, but it has to be. I hope you agree. This is a difficult topic for your understanding, but I *feel* if you can understand that Spirit moves throughout all of Creation and that humankind is evolving all of the time, then perhaps your understanding can be a little greater.

George: Yes, thank you, that's made a better picture for us.

All species that coexist on this planet, have had their moment in time. Do not believe that Spirit belongs only to mankind, otherwise your thinking becomes *stilted*, it becomes *introverted*. You must always my dear friend, look with those spiritual eyes for your understanding to grow. Are you happy with what I have said?

George: Yes, indeed, that does clarify. I wonder if I could also ask about—I was reading Edgar Casey on this, and he mentions past lives of Jesus and a number of past lives of people known to history and I imagined Jesus evolved to his state of perfection as a result of a number of past lives on this planet.

Of course, and may I say to you that the essence of the one you call Jesus still exists. Does that surprise you that the essence of this being is present here upon your Earth at this time? (Yes.)

Lilian: In a physical form?

Yes. Remember what I have told you, you are not *one being*. Would it not seem natural that Spirit as developed as the one you call Jesus, has trodden many lifetimes and continues to do so? Remember there is no perfection that you know of. Do you understand this my dear friends? (Yes.) He has been revered as the greatest one, but he is but one of many. If you can hold this in your thinking, then you would understand more. The being known as Jesus upon this Earth, does not wish to be revered. He came to do work which he had chosen to do. Mankind has placed him upon a pedestal; but the essence of his being still continues to do good within your world.

George: One particular reincarnation that has been mentioned is that of Akhenaten in Ancient Egypt. If that indeed were an incarnation of Jesus at that time, it would solve a number of historical riddles for us.

Yes, you see, there is always problems when what you call 'religion' interferes. The Spirit is always present, the Spirit will return to continue work, and I can tell you that the one known to you as Jesus, has returned *many* times, not just one part, but *many*, because in his *own* development, he *has* achieved much.

Lilian: So would he still be a teacher of sorts?

He would be a spiritual teacher, yes. He has attained the knowledge to such a degree that he cannot return to what you would call normal life. He would always be in some form a spiritual teacher, whether it be in the form of male or female. Do not forget this, because it is important. I can tell you that he *is* at this present time a female. Is that helpful to you? (*affirmations and thanks*)

George: So would it be his same soul aspect, as opposed to, in the case of the Dalai Lama, different aspects of the same soul?

Always it is an aspect of the soul. It is never the *same* aspect.

George: Not necessarily the same?

Of course not. The essence of the being that was called Jesus, would have been one part. Although the essence of his being will continue, it need not be the same part. You must remember this also, otherwise there will be much confusion. Do you understand?

George: Yes, our understanding increases with your teaching. Thank you.

Thank you. I try to keep it simple, because it would be too easy to use complicated words, but how much your understanding would *take* those words, I do not know. Therefore, when I first came to you, I said that we must go slowly and simply and that is what I am trying to achieve and I have to thank you all, because you make this, my work so easy.

Lilian: That's comforting.

Sarah: Last week somebody came through me and said that there was a 'space' where Spirit from your world and human Spirit could meet. Could you just clarify that a little?

Yes, do not be confused by words. All it means is that consciousness in our world is lowered, consciousness in your world is raised. There is a *meeting point*—that is all that it meant. It does not mean that there is a vacuum, where our world and your world meet, after all, everything is intertwined. It is but a raising of your consciousness and a lowering of the consciousness from our world. Are there more questions or do you wish to hear from our dear friend, to see if they can bring you a little more information? I endeavour to enlighten you; if I can achieve that in one meeting with you, then at least I am endeavouring to do what I came to do.

Lilian: Well you do that and more. (*affirmations*)

I will leave you as always encircled in my love, and I will sit with you until such time as the communicator comes to you. (*thanks and farewells*)

Communication through Sue:

Good evening to you. (*general greetings*)

Forgive the delay, but I was also taking instruction from the master. To be able to communicate in this way, you are very aware I know that conditions on both sides of these have to be compatible. You are obviously well taught in this matter, am I right?

Lilian: Yes, we understand that.

For the different phenomena, different conditions apply. Again, I am not trying to teach you something that I am sure you are already aware of, but the word 'conditions,' is a word which applies to so much and I am here this time to tell you if you so wish, what some of these conditions entail. (Thank you.) All of you here who have been used in speech, I am sure, could discuss how you feel when you are taken over, I shall say, by a Spirit person, but I am quite sure that each one you would have a different view, a different feeling, a different set of circumstances, because each of you is different, each of you possesses different aspects of spirituality. That is only to be expected. Am I right?

Lilian: Yes, I see. So is it right that the two have to be compatible from your side and here on this planet? They have to be on the same wave length?

*I understand your question and in part it makes an easier transgression, but let me say how many of you on this Earth are on the same, shall we say, wavelength? Everyone is an individual, so, no, you do not have to be an mirror image of the Spirit to enable you to be used for whichever Spirit needs to come. I say to you, and I am sure the lady I am using will not be offended if I say to her that our compatibilities are very wide, and that is no disrespect to the lady, but I am able and willing to come through and use her. The problems can arise with emotion—that I am sure you are aware of. Emotion causes some problems in communication. The conditions then can be, how we say, a little 'rocky,' you understand? (Yes.) Let me try to explain it more simply. Imagine you are in a little rowing boat and you are heading towards an island in the middle of a lake. That is your goal, that is what you are aiming for—you have planned it. Fine, everything is going to plan and you set off in this little rowing boat, knowing exactly what will happen, knowing that you will reach the island and everything will be fine. And so conditions are perfect. Suddenly there is a wind springing up from the west and the surface of the lake, which was still and tranquil suddenly becomes a little choppy, and you see the island ahead of you and you are still making progress. But all of a sudden you start to veer to one side. You cannot make a smooth crossing, something has rocked the boat. Are you understanding me so far? (*affirmations*) So, with the best will in the world, you may have a communicator who is coming through the channels nicely. The communicator on your side feels relaxed, happy, in control. The communicator on our side of life is the same, but who knows why on your side there is a little breeze, yes, a little blip—who knows what has caused it, but suddenly the communication is not quite as free as it should be, and just as you are having to control your little rowing boat, so the Spirit communicator has to control the channel, yes? (Yes.) Conditions vary so much from what you would call second to second. So, you could have two people who you would consider compatible and on the same wavelength and there would be something, something that could block it, block the communication. You could have someone who is totally alien to the channel, totally alien—someone that you would never expect to have anything to do with that person and it is a nice, smooth, easy crossing and through. It is so much to do with conditions, which, on our side of life, can*

also be as difficult as yours. On your side of life you have stresses, heat and weather, do you not? (affirmations) You have people feeling less than perfectly well and these are conditions on your side of life. On our side of life we have a tunnel. It is a tunnel, which leads by a thread, to the communicator on your side of life. Now the communicator in Spirit is going through this tunnel. They are drawing themselves towards their goal—their island in the middle of the lake. They know where they are going, they know who their communicator is; they know this. But suddenly the tunnel starts to widen, the path is not totally clear-cut to the island, there is slight fogginess. This can be due to several things on our side. It could be that the communicator has not been sufficiently trained, the communicator possibly has not been given the right information that they are to impart to you. Do you understand? (Yes.) And in some cases, it is sometimes entirely the wrong communicator for the job. Are you understanding me? (Yes.) I know there are other forms of communication, which do not require the physical voice and those conditions are totally, totally different. It takes many, many, many of your years and can be equally as stressful on our side of life. In that respect the communicators have to be trained for many, many of your years, do you understand? (Yes.) They have to use what you know to be the voice box and it does not suit all communicators. It is a very heavy and dense material that is used. Again, conditions have to be the right conditions for the job. It is like saying in your world, it is no good the large gentleman playing heavily, it is no good for him to walk on thin ice, he will go through it. A little child can possibly run across it quickly, it is no problem. Conditions—but you can help us. It is a difficult thing I ask and I know the master has spoken of it many times, but I ask you something, each of you: How clear, how clear are your minds? Are they clear and free or is there always a little thought, ‘what you did, the day you've had, the work you're doing, even just listening to someone like myself, querying and answering questions in your mind?’ All of you have little things going on in your mind and in your thoughts. (affirmations) I am saying to you, if you could all train your minds to be like this light tunnel that we have on our side of life, well lit and empty—I'm sorry that is not a good word, it is not a good analogy, but do you understand me? (Yes.) Free from the little tentacles of thought—my goodness me, we would shoot through those tunnels if those conditions were right on your side. But, let us say this: Life is not like that, is it? So we have to make use of the best conditions we have for the communication. But over the years and the aeons of time that spiritual matters have been discussed in this way, I would like to think that most communicators, whether they are on the same wavelength as their instrument or not, most communicators have managed to bring information, laughter, happiness and help, am I right? (affirmations) So, there is no such thing as perfect conditions for communication, but if we continue to work together through love and light and harmony, then we can all continue to bring the message of Spirit into the world. Do you understand me?

Lilian: Yes, it certainly helps our daily lives and all the way through our life.

And that my dear friends is everything. That is the moral of this communication this time. Unite together in love, in harmony and light. Always send loving thoughts to receive loving thoughts. Open your hearts, so your conditions can be the best that is possible and we give you eternal thanks for enabling us to come to you in this way.

Lilian: Yes, and may our thanks go to you as well. I think I can safely say for all of us that we always feel uplifted, when we have had our meetings and meeting with you.

Let me say in reply to that, that all communicators when they leave this room, for whatever reason they have come, whether they come to listen, all peoples also have upliftment. Can you understand that, Spirit also receives upliftment from you? It is not a one-sided affair. You give to us exactly as we give to you. So, dearest peoples, always feel proud to know that you bring love to the Spirit world.

Now, conditions are a little shaky now. We all get a little shaky with time, do we not? (affirmations) I thank you for your time and your interest. I hope I have been able to give you a little more information that you can keep in your hearts and refer to if necessary. (general thanks) There will be more communication on matters of spiritual conditions another time. Whether it be myself or another, I cannot say, but we wish to talk to you about the conditions surrounding those who are in need of your help. We wish to bring you more insight into what your powers of prayer do, and how they are received on our side of life. So, that is something hopefully that you will look forward to. But for now, I leave you

with love and thanks of all Spirit peoples and all peoples who are light and energy and love. You one day will all achieve more than your hearts could imagine. I hope that all your loving thoughts remain on still waters. (thanks and farewells)

*Finally one came through Eileen with a soft gentle voice, thanking us for our time. She said that we were being given knowledge that some in our world (Spirit realm) still do not have. She added: **So I am here to thank you from all of us who come close to you. There is more for you to achieve, not only in knowledge, but as the speaker before has said, phenomena can happen when conditions are right. And there is no reason at all, why you people in this room, cannot achieve such things. It will come—be patient.***

Lilian: We are very, very grateful for what we have, with our friend coming with his teachings.

You cannot ask for more I have to tell you. I also listen to this one in our world—not often, but i have been given the opportunity. So I would say to you, listen carefully, listen carefully and accept graciously, because when people such as yourselves are chosen in this way, it shows that no matter what your development is in this lifetime, it shows that spiritually you are growing well.

She then brought this meeting to a close, with blessings and with love.

~20th August 2001~

Good evening. (general greetings)

I hope my dear friends that you are aware this time how smoothly you have blended together in this meeting place. I know that mostly you are unaware, but this time you should feel that the coming together is strong. As this year has progressed, not only has your Earth planet developed, but so too you also my friends. I told you that this one of your earthly years would bring to each one of you, much individual learning. This has been taking place. When we approach the closing of this one of your years, we will discuss what you feel you have attained, because rest assured, each one of you has been through some form of metamorphosis. If you are not aware of it by now, you will be by then. We have spoken recently much to do with your meditation time and what you can achieve from it. I have left that to each individual to develop or leave as they so desire, but I would like to add one more thing to our discussion on that topic. Have you my dear friends, considered that your meditation time is not only good for you as individuals, but meditation is a service to our world?

Lilian: Yes, I can see that now you've said it. It didn't occurred to me before.

George: I think some of us see this as *hope*, that there *is* this two-way connection.

That is why it is important for you to consider not only your own development, but also to consider what you are giving to those from our world, because in your states of meditation, we can come close, as you well know, to give the opportunity to those who need to work through you. In that way you are devoting your time to *service*. I would like you to consider these words. It should my dear friends, give another dimension to the word '*meditation*'. I will this time, take questions from you. I know we have done this many times in this year, but there has been purpose behind it. It has given each one of you the opportunity to enrich your own individual knowledge. We have much time, have we not? (Yes.) We have indeed time to consider many new visions and structures in this work, but it is, as I have told you my dear friends, important that each one of you also, are given the chance to develop also, and that has been the purpose this year of your living. So I will take questions from you and we will end this meeting once again, with the opportunity for each one of you to allow someone close to become even closer to you.

Graham: It's a very different type of topic and I ask this question because of what we saw on our TV, concerning the information we are given by our governments. Some people are suspicious that we do not always receive the truth from our governments, for many reasons. One particular topic came up that was fascinating to me and that was the Apollo missions to the moon. There has been some doubts that the Apollo missions never actually happened. I wonder if you could confirm whether man has actually landed on the moon or not?

I take your question. There are many space travellers, not only in your part of existence, but in the wider scheme of the Cosmos. But yes, I understand your question. I will confirm it with but one word and that is '*yes*'. They have, *they have*, if only they were allowed to speak with their hearts, they will tell you that

much was known and seen by them. Always there is a power struggle on your earthly planet, when you speak of individual governments. It is, I am sorry to say, the cause of many destructive acts within your world, when these governments face each other in disagreement, but I will confirm that yes, man *has* landed upon another of your planets.

Graham: Thank you for confirming that, it's a great relief in a way. (*chuckles*)

George: Adding to that, I think you told us once before, that information about that mission has been withheld by governments.

Yes, governments of course *believe* they are doing what is best for their people, but it is a power struggle. There *is* much deceit and there is much that is withheld from the ordinary people. But the time is coming when people will not accept only what is said to them, because their understanding is growing from the *heart* and from the *thinking*.

George: Yes, I imagine it is only right for people to attempt to bring this out into the open.

Of course, and may I also say to you, it is one of the reasons why your religions—many as they are upon this planet—why there are so many disruptions and so many disbeliefs, so many doubts, so much negative fear, because the people now are becoming more spiritual in their *thinking*. To you my dear friends, this may seem a large statement to make, but I will say to you that this planet Earth is becoming ever more spiritual as time evolves. Too many times as I have told you previously, has mankind destroyed himself. When first I came to you, I said many from our world had gathered and we would this time, not allow any destructive force to interfere, or to cast doubt upon what is the truth; and that is our purpose this time. I hope that is helpful to you. (*affirmations*)

Lilian: You did say that we are visited—I am just confirming that I've got it right—that we are visited by people from other planets at this time.

It has always been, but let me say, what you do not fully understand I believe, is that there is *life*, not of your form, but the capability of travel within the Universe has always been. Remember your planet is but young one, in the scheme of existence—you cannot forget that. I know that these are difficult things to explain, because your understanding really is not wide enough, but all I can tell you my dear friends, is that you do not exist alone.

Lilian: It would be so interesting to meet someone from another planet.

That is your wish? Then you must make it your reality.

Jan: I do believe in my heart that recently I have been taken over to the other side in my sleep-state, and I do remember being brought back by a loved one and vividly seeing this person. Am I correct in this belief? **Let me say this to you, that in your what you call sleep-state, is when the Spirit is freed from the heaviness of the physical being. Each one of you has been to our world—*each one of you*—and I speak not only of the people within this room, I speak of *all peoples*, whether their belief is as yours or not. Each one of you, as you quietly are in your sleep-state, come in our world, either guided by those who stand close to you, or by those who have loved you upon this Earth plane. This is not unusual, but what I would say to you my dear friend, is this, that if the desire, the willingness to meet with those in our world is great enough, then the memory will be retained. I believe this is what has occurred with you, but all of you are capable of this.**

Jan: This just seemed *more* than a dream. (**Yes.**) This person was actually in the room with me and rubbing my face and telling me to come along (**Yes.**) as if they were bringing me back and it was wonderful and I now know that I wasn't imagining it and I welcome it.

No, if it had been nothing but a dream of the physical kind—and of course we are on slightly different waters here, because you can have dream-states which are nothing to do with being in the world of Spirit. But when the memory is so strong, when the desire is strong, then you can be assured that you have probably been with us and can remember what has taken place. I would say but one thing to you my dear friend, give thanks to those who have protected and loved you and returned you safely.

Jan: Yes I did thank them, it was a wonderful experience again and I know I'll be protected.

Yes, it is within all of you. As I say, each one of you returns home, each time you enter that sleep-state. It is an opportunity for those who stand close to you, to show themselves, to *show* themselves to you as they *are*. But of course, being clothed in the physical being, means that you have to return to these

conditions. What most people upon this Earth lack, is the memory. But all of you are protected, have no fears about this.

Sarah: You very kindly tell us that we're progressing well and you give us little bits of information and encourage us, and you have also told us that this is a two-way thing in learning also. Do you have someone giving you encouragement in the same way as you give us encouragement?

Yes—thank you; not exactly. Yes, remember that as you are aware of me now, you are probably thinking of me as a human being. This is not so, I come as a form of information. I am but a part of many. Of course there is a higher scheme of intelligence to which I must account, but it is not in the same way as you imagine. It is much too complex for me to begin to explain you how this takes place. It is an instantaneous knowledge, if you like, it is a *knowing*, it is a *sensing*, but of course *always*, always, I have told you that we are expanding, and that applies to what I am, to what you are, and to what the greater intelligence is—it is never static. I hope that is helpful for you, although I understand it is very vague.

Sarah: Yes thank you, but you know straight away.

I understand, yes. (Thank you.)

Lilian: Would our old friend from 2 years back, (*Les Bone*) would he be aware of you in Spirit, now that he is there also?

I am not available in the sense that you speak of. I have taught much, but not in *this* form. He may be aware of what I am, he would be aware that I still come in this form, but it is not like meeting one of you. We have touched upon a difficult topic here and we must take it slowly. He would have an awareness, but not a *knowing*. Does that make sense to you? (Yes.) He would be aware that I still come to teach, but there would not be a '*seeing*', shall I say.

Sarah: Would he be able to hear what you are telling us?

If he so desired yes. There are many who come, who surround you, who are brought here to you, to this room, to listen to my words. It rebounds not only on the earthly plane, but in our world also. Does that make sense to you my dear friends?

Lilian: Yes, sometimes we are aware of others being here besides ourselves.

What you need to remember is that just because people have come to our world, you have to remember that their awareness is to a much lesser degree than your own.

Jan: Silence?! (*giggle*)

Yes, silence. Does it mean that you do not understand?

Sarah: Yes.

Jan: No I think we do understand, it just took us back.

Sarah: No I don't quite understand actually.

Jan: People that have passed onto the other side, to the Spirit world, do not necessarily know as much as we do in this room, spiritually.

Sarah: If we were to pass over, we've got this knowledge. Do we not take this knowledge with us?

Jan: Of course we do, yes.

But you would have someone who has no spiritual knowledge in a lifetime, who will return home and take that '*no*' knowledge with them. Do you understand? (*affirmations*)

Lilian: We don't change immediately.

No, therefore it is imperative that they also begin to hear and understand, before they can join their group souls.

Lilian: Yes, so they would be brought back to a place like this.

Yes, if they so desire. Remember, they still have their freewill. You must not forget, you must not always assume that the transition from this physical condition to the spiritual being, is immediate, that all understanding is there—it is not. It takes considerable time for each soul to alter and to join the group soul to which it belongs. There is much progress to be made.

Jan: Our knowledge will increase and increase and increase over the years—I'm talking about people in this group and people like us on our planet—then when we go over to the other side, our knowledge is obviously going to be so useful, that are we going to be used and carry on this work? Are we going to be put to work and used as teachers?

I understand. Please do not try to make a self-appraisal, because you will fall short of what it is about. You are but one part of your being, you are but one part that has come to physical existence. You will, depending upon the life you have led, the lessons that you have learned—all of that is dependent upon how quickly you return to the group soul, and then the decision is made as to what you will do with the knowledge gained. Some of you may well teach others, some of you may well decide to return to another lifetime on the physical planet, others of you may progress spiritually and go forward in our world. There are so many options open to you, but always freewill remains with you, for much, much, much time. You do not suddenly become a shining spiritual being. Do you understand?

Jan: I did not mean it to sound quite as arrogant as perhaps it came across, but...

I did not take it as arrogance my friend.

Jan: But our personalities still remain in Spirit, even if the freewill of our souls decides to come back, does it?

The essence of being will always remain, not the personality. You must be careful that you do not confuse the two, my dear friend. The personality remains when first you come to our world, until such time as you realise what has been achieved and then you will be helped and guided to use that freewill for the betterment of all. Is that a little clearer for you?

Lilian: Yes, we shall be helped and guided and shown which is the better way to go.

Let me ask the lady, because she has not replied to me.

Jan: Well, yes, I can take that and I can understand it, but what confuses me I suppose, is this question of *time*, **(Yes.)** because as you so often say, time in your world means nothing at all. During my lifetime for example, I could have very close by me, people who have passed on who I know are with me. Do you understand what I am saying? **(Yes.)** And yet they remain with me for like 80 years of my physical life here. **But it is but one part of their existence. This is what you are not understanding I feel, that it is an essence of the being that remains with you, *not* the being that you knew whilst on this planet; it is an essence of the being which remains with you. It may well be that they also have returned to this earthly plane. Do you understand?**

Jan: Yes, now I do.

I know these are complicated issues, I know sometimes that it seems confusing, I know sometimes it seems contradictory, but that is why my dear friends, we must go slowly with these things, in order that your understanding grows. Slowly that may be, but in time you come to the realisation that what yesterday seemed to trouble and confuse you, today it is clear and makes sense to you.

Jan: It is certainly true that spiritual growth is quite a difficult path. It is not easy and for my own personal feeling, you go along a foot and come back 3 feet and you can meet yourself coming the other way! It's a fascinating and wonderful journey!

But you cannot achieve that without some kind of trouble on the way. That is part of your plan.

Lilian: This is what helps us to grow.

Of course, if all was smooth, what would be the purpose? But you can of course *smooth* your own pathways by the power of your minds, because my dear friends, you are first and foremost Spirit. You have that innate knowledge, and you can use it, you can smooth your pathways, not in the way that you would expect, but in the way that you can travel those difficulties, with a quiet mind, with love in your hearts, with a mind that is *beautiful*, with a thinking that is *graceful* and with love that is *never-ending*. I will withdraw this time, leaving you within my light and love, knowing that I stay close to you and I say to you, please be aware of those who are with you in this room now. (*thanks and farewells*)

~27th August 2001~

Salumet only spoke briefly this time, saying that conditions were not good, but that new information would be given next time.

~17th September 2001~

Good evening. (*general greetings*)

Before I speak with you this time, I wish to hold you in love that come with me, I want you to feel that love energy which enfolds you all—thank you. Now my dear friends, let me say this to you: You know and you *feel* love, which encompasses you all, (Yes.) when all around you there is fear and sadness. Therefore my dear friends, I want you to realise that at any given moment in your living, you can seek that *peace* and *love*. I will go on to what was attempted here last time. Each one of you present, felt love in some form or another, do you agree? (*affirmations*) And I told you that I would explain it to you this time. But what I wish to say to you my dear friends is that now since last we met, you must realise why I felt you needed some extra strength. You were unaware at that time, but it was given to you, to strengthen and uphold you. What I wish to say to you now is that I would like to know what your response to these, what you call *sad events*, how you have viewed them this time. (*Sept 11th New York Twin Tower attack*)

Paul: I think they're symptoms of the world as it is at the moment, still out of balance.

Yes, I will not remark until each one has spoken, thank you sir.

Sara: I tried not to get too involved with it, but to send love and light and prayers for the people left behind and for those passing on, but I tried to be more detached and not buy into the drama and really just do constructive things and continue living. **(Thank you.)**

Margaret: I'm just so sad that people have to do these things, because the world is a wonderful place, if you are pleasant to everyone. It brought back horrible memories of the war, when I was a 17 year old girl and the last few days it destroyed me, but now I'm getting over it and feel that we have to fight back and try and make people realise this is a wonderful world to live in. **(Thank you.)**

Lilian: For myself, the immediate reaction was to say a prayer, or to help those who had died or those who were injured, the helpers, to say a prayer for those in whatever way they could be helped. Then as the days have gone on, I'm been very touched by the love and prayers from people all around the world. I think that has touched me—sorry as we were for the happening, there has been a lot of good response from the ordinary folk, I feel. **(Yes, thank you.)**

Sarah: I felt a great sorrow in a way for the people who did it, because I felt that they were misguided, but I also had in the back of my mind your words, 'never to judge anyone'.

That was what I have waited to hear, thank you. I know the dear lady here, (Sue) was not with us, but she would have received strength, therefore I would like to hear also her response please.

(Sue was too deep in trance to reply)

We will leave her. I will speak to the others. You understand my dear friends, why I brought to you some love, upliftment and strength. (*affirmations*) All of you know that the happenings within your world will always continue, until such time that spirituality touches each one. But until such time, these things will happen on this planet. It gladdens my heart to hear that not only were your prayers and thoughts with those who after all, have come home to our world and are perfectly safe, but it gladdens me to hear that your thoughts have been with those that you call the perpetrators, because you see my dear friends, they too need *help*. It shows to me and to those who surround you all, how much you have grown, when you can sit here and say to me that your understanding is greater than it would have been many of your years ago. It is an indication of how much you have grown. There *is* much sadness, much fear, much anger within your world, but as one of you has said, it has strengthened many of your countries, many of your politicians of like mind. Think for a moment my dear friends spiritually rather than physically. Remember that I told you, all of life is vibration, that *like* is attracted to *like* and those people who you call perpetrators, are of like mind. They are the dark seeking the light on the spiritual level. Remember this, they are trying to grow in their own way, for whatever reason is within their thinking. But I can say to you, the words I have heard from each one of you, makes me glad to be amongst you, my dear friends, because I can see you as you truly are. There is much anger in your world from many people. I would say to you my dear friends, think about *them*. Try to dispel *hatred*, *anger* and all these *negative* ways of thinking. Try to bring to your world *Love* in the pure sense, and that is a love that is given unconditionally to *all* of mankind, not only to those that you consider to be *good*. After all, no matter what a person has done, no matter how wrong it may seem to you, once more I say to you my dear friends, you *cannot judge*, because you do not have the full picture of life. I know these things are

difficult for you to grasp at times, but it is up to each and every one of you to call upon those of us who stand close by, who are able to influence and to help, not only those who are in tune with us, but all of mankind—but we need your help; we have always needed the interaction with mankind, to do the best for not only this planet, but many others. Remember this planet does not stand alone, it is but a small part of a greater whole. *Mankind* does not stand alone, it too is but a small part of a greater whole. All these things my dear friends I remind you of, because it is important. As we are approaching one of your yearly ends, perhaps you will remember my words that this would be an important year for each and every one of you, not only in an individual way, but in spiritual growth. I think you are beginning to understand what I have been telling you, that each piece is being placed together for greater understanding, that each one of you in your own individual growth, is coming to the point of realisation of what you truly are. When you can separate yourselves from all the many happenings on your Earth, then you understand that the Spirit is to the fore. That is not to say my dear friends, that you can ignore what is happening, you cannot, because you are part of it. But where your strength lies is in your knowledge, in your love for humanity, and in having the words of our world come to you. I will leave you this time, because I feel that those who are by you this time, continue to give you strength, love and upliftment. I ask you my dear friends, to think further about my words this time, to look at yourselves and to try to continue to understand what place you have in this lifetime on this Earth, on this planet Earth, which has many troubles, but you will, *will* my dear friends, overcome it. *(thanks and farewells)*

~1st October 2001~

Good evening. *(general greetings)*

Before I speak to you, I bring to you light of love which each one of you should feel. I ask you my dear friends to accept this great love from us all. Please to give some minutes to feeling this. *(A few minutes' pause.)* I hope my dear friends that you have felt the love which has cloaked you all this time.

(affirmations) What I wish to say to you this time is that on your Earth plane there is much fear. We spoke last time about this. You know full well that mankind will not destroy this planet, but it does not stop the fear growing amongst mankind, who are without the knowledge that each one of you has. What I would say to you is this: that the time has come for you my friends, to show by example the way to live your lives, to show to those people without love in their hearts, with fear, with so much darkness within, that there are lights in your world who can create much good and much love. But we hear you say, 'what can we do?' I say this to you, there is much you can do. No matter how much I have told you, no matter how much you have felt within these walls, there is still a little doubt and a little fear. You may not acknowledge that this is so, but remember those of us in our world can see your true colours. I say this to you, my dear friends, *be not afraid*. What you can do for others is to show your strength of love, of hope, of joy of living and growing spirituality. This at this present time, my dear friends, is your gift to humanity. I will stop for a moment. *(A cat entered the room and started meowing.)* I will say, all are welcome, but as yet I have not brought together the animal kingdom! *(chuckles)* But they are an example of love that can be given, I know you understand. But let me continue with what I was saying to you. In your thoughts of good for healing, the light that you give out is strong, it is good, it is received. I know all of you truly feel this, because it is so. What you can achieve at this present time in your planet's evolution is to surround it with love. It is imperative that each one of you gives of your thinking, not your time, your *thinking*, to promote your love within this planet in order to dispel negativity, which is being created at this very moment. Do you understand my dear friends what I am saying to you?

George: I think you are indicating love in its various aspects of talking to people in terms of prayer, in terms of meditation...

Not only that, but by terms of example of your own attitudes to living, because people on your Earth learn from example. It is a primitive form of learning, but it is so, and each one in your own individual ways can achieve this. I know that each one has problems, but they are minor in comparison to the whole. Please try to keep this to the forefront of your minds. But your love, my friends—it is needed at this time, not only for your immediate communities, for those people who you come into contact with,

but for all mankind, because, as I have told you in the past, like attracts like and so it applies to negative vibrations. That is why you must help us from our world dispel this, to bring about the vibration of love. It seems a simple task, does it not, but I can tell you this is no simple task. It needs your dedication, it needs your own self-approval, it needs joint effort, it needs the band of love which cannot be broken. That is all I wish to say to you this time. I know my friends you will endeavour to create that love vibration wherever you may go. You are now strong enough, uplifted enough, clear-seeing enough to achieve what you will. Do you have any questions for me?

George: Going on from the destruction of the World Trade Building, and bearing in mind your teaching to us tonight, it appears to me that much good can come of this sad time. It is a time for perhaps the western world to rethink its standards and its way forward. In our various ways we have probably contributed to this situation. I take your point about not being fearful and this again is a good test and it is important that we go forward without fear, with love instead. As it has been such a traumatic happening, it is perhaps a good time for us to pause and think, and out of this I believe much good could come. Do you agree with that?

Yes. I would say this to you: Let us not speak of division within your world, let us not speak of western civilization, eastern civilization, let us speak of the world as a whole. What I would say to you my dear friends is this. You view this planet as part of your own evolution, you view this planet as being your whole existence for this lifetime, what you can achieve, and do not doubt it. Do not separate good and bad; remember that all belongs to the same—that is important. What you can do and what you must understand is that karmic debts can be dissolved. Remember not only do karmic debts belong to humankind, but also to the lands without your world. I say to you, you need to see the wider scheme of life for your understanding to be greater. I can tell you that this is a karmic debt, but you will not understand this unless you look at the wider scheme of life. The positive, the negative—remember all belong to the same vibration. Try my friends to see with spiritual eyes and of course if you ask me the question, is there good coming from what you call evil, then of course there must be, because there always has to be balance, but that is why it is imperative for you to use that love which you have, to keep that balance. And, yes, many of your countries in the world at this present time have joined together for what they call ‘good’, but of course they have not always been fair, in the eyes of this, our world. Do you understand? (affirmations)

George: I think we have all had inner feelings that part of the direction of the way that we have been going has been questionable. We have all had these inner doubts, I think, and it is not difficult for us to see the karmic direction.

Yes, I would say, if you have these inner doubts, then please to listen, listen to what is being said to you, because that is the spiritual aspect of yourself which is speaking to you. I know it is always difficult when we speak of *good* and *bad*, *positive* and *negative* and all of these things, but until you reach that understanding of clear seeing, of further vision, of being part of the whole cosmos as opposed to part of this planet, you will always struggle with what is *truth*. Do you understand? (affirmations)

George: I think you have talked to us in the past about light and dark energy and I think we can see very clearly today how these are connected.

I know it is not easy, but if I keep reminding you then it will become clearer for you. I hope that has helped you.

Sarah: My son was saying, if you have good and bad—I was explaining to him that everything was balanced—you cannot have one without the other—if we are working towards a perfect world where everybody has love, the opposite of love is hate, then where does the hate go? Is it all combined in love? I think that is perhaps the answer, but could you just give me an answer for him?

It would be dissipated into positive energy. Let me say this to you, again you have to look at it from the wider view. You have to think of all existence and not this one tiny speck of a planet. You must remember that you are but one drop in the ocean. There always will be positive and negative energy. Because you have the balance, you should not always assume that throughout all of existence that negativity as a vibration is *bad*—it is not, it is part of existence. We are coming to deep matters here, matters which you are not ready to understand, but I would say with this young man to continue to

think the way he does. He has an intelligence of life which may surprise you. Always to question even if he does not find what he considers, and I say he *considers*, to be the correct answer.

Sarah: Yes, he does surprise me with some of the things he comes out with.

He will because he is a soul who is seeking. We will see him here, but not just yet. I hope it helps, but whatever you say to him, he will not fully understand at this present time. It is not something that is easily explained to you, because the understanding for you at this moment is not great enough. He must look beyond physical living, he must look beyond planets, he must look towards existing. All is energy my friends, all vibration is energy. When you become integrated into that love energy, you do not make separations, you just *are*.

Lilian: This may seem a strange and simple question, but would the cat that has just walked in, would it be attracted to a light as well as the human beings?

All animals have a vision that mostly human beings have lost, and yes, they are more sensitive to vibration than mankind. The animal kingdom still relies most strongly upon their senses. It is something you human beings could learn much from. I would say to you that the creature is a little insecure. The little creature seeks much. (*Salumet's voice started to fade away.*) Speak to the creature mentally. I will leave you this time, because the instrument I am using (*Eileen*) is becoming a little depleted. Know always we are with you. (*thanks and farewells*)

~15TH OCTOBER 2001~

Good evening. (*general greetings*)

I am happy to be with you once more. My absence last time was necessary, because in our world there was much wise counsel to be had. I would like to tell you in advance when I will not be with you, but sometimes this is not possible, but I know my dear friends that you found last time to be of interest. I would like to say to you this time a little about your *thinking*. We have spoken many times on this subject, but I feel that at this time there is so much confusion, so much doubt that it is important that I speak again to you about the way of your thinking. Remember that your thoughts are *living things*. Remember that the power of your thinking is the most powerful thing that you possess. These words I have uttered to you many, many times and I do not apologise for reiterating them to you. My dear friends, before you can help others, you have to take control of your own thinking. When you are in full command of that, then you are able to assist others. Do you understand what I say to you?

Lilian: Yes I think we all understand, but for myself I find it quite difficult to control my thoughts sometimes.

Yes, this is the problem with humankind, that our words are accepted at the time of speaking, but then that which you call memory fails you and the words simply slip away and sometimes are forgotten. Would you agree? (*affirmations*) That is why it is imperative that I continue to remind you of that word '*thought—thinking*', because the thought goes forward with you and I know that you fully understand this. Would you like to ask me questions about this please? (*pause.*) Do not be concerned. If there are thoughts afterwards, I will try to impress you with my own thinking. I know it is not always easy for you to have questions at this particular time.

Sara: Can I ask a question about parent and child bonds? Is it natural for the bonds to remain very strong throughout the whole of the human life, for the parent and child bonds, or do they sometimes change.

You do not *belong*—I believe that is a word you would use—to each other. It is a bond which is there for this one lifetime in the parent/child way. It may not always be that way, but may be changed in another lifetime to that of other relationships, shall I say. The bond need not be strong, that is not the purpose of it, that is not the purpose of living. The child is loaned to you for this one lifetime, so do not assume that there will always be strong bonds between parent and child.

Sara: But it's down to freewill really, isn't it, between both parties?

All is dependent upon the freewill that all of you have been endowed with, of course, but remember what I have told you that there *is* a contract between you, if I may use that earthly word, before either of you come to this form of life. But what you have to remember is that once you are joined with a physical body, then the thinking becomes rather distorted, may I say, and freewill will kick into place and

many things can be altered; because you know that not all tread the pathway that they have chosen to go. But because there is a child-parent link, I would say to you my dear friend, think of each other as Spirit and not as the physical beings, then the understanding will be fuller and the understanding for this lifetime will become greater, which will enable you to work together in that true mission which you have chosen. When you speak of parent and child you are speaking of a power struggle, which should not be. Whether you are 40 earthly years or 4 earthly years should matter not. A parent's job in your world is to guide, is to give to that Spirit the love which it comes for, the guidance which it seeks and the knowledge which it is trying to obtain—but you do not own. This is difficult for many of you, but again I say to you my dear friends, think spiritually.

Sara: And it is true also in families, we often have a very limited view of family, but souls are sometimes older, parents can be younger souls than children. (Yes.) There is so much variety I imagine in families. Remember that the child can teach you much, if you will but allow it and allow—and I return again to *thinking*—if you will use but clear thinking, that a child can bring you much knowledge, much happiness, but if you are only thinking along *physical* lines, then you will only come across difficulties. I know it is not easy to always think on a spiritual level, but my dear friends I have told you often enough that only will all of this life become clearer to you, when you begin to look and act as the Spirits that you are. You do not change, it is only that you have become restricted within the physical garb. This is the problem always and that for most of you, the spiritual memory has been erased, but you know the reason for that, that you would not learn otherwise. And of course there are exceptions as you full well know, there are those children who bring to this lifetime memories from our side of life, memories of previous times, who grow to adulthood and they are the ones who become your developed mediums, as you call them, in this lifetime. Does that help you? (Yes.) Do not always assume that struggle between parent and child is negative, it is not. It is the outworking of karmic debts sometimes. I know it will give you something to think about. I know you have concerns my dear friend about raising of your children. I know sometimes you do not fully understand the ways of young children, but I say to you, they are teaching you.

Sara: Yes, I'm sure of that! (*giggles*)

So I will leave you with that. (Thank you—)

George: I have been reading about the Indian Saints and Yogis and going beyond their *physical* restrictions—I picked that phrase up from you. Some in the past seem to have done very wonderful things and they seem to use a technique described as Kriya Yoga. I don't know what that is, but it seems to involve deep meditation in the lotus position with cessation of breathing and cessation of heartbeat. One can only admire what they have achieved in going beyond the physical. Would you wish to say anything to us about that and is there anything special about the Yoga position in meditation?

Yes, I will say this to you, that names, positions mean nothing to us. What I will say to you about these people is this: they have not achieved greater things. What they have done as a group or a nation of people is that they have retained—which should be natural to all of you—those spiritual gifts that all of you could have, if you but spent the time and the dedication to the Spirit rather than to the physical living. They have not *gained*, but *retained*. Do you understand? (Yes.) In the same way as I have told you, many, many people that have existed on this planet at many times, they have gradually lost all those spiritual gifts which are natural to you. These people have *retained* the knowledge and have bettered themselves with the use of it. I would say to you, because they use what you call '*yoga*' and different positions of sitting, etc., it matters not because this can be attained in any quiet moment. It is not the position of sitting which creates that which they achieve, but it is the *deep meditative state* which achieves it; it is the *inward knowing* of who and what they are. It has been passed from one to another. The knowledge of this has been *retained*. That is the easiest way I have of explaining it to you. It is not that they have anything *special* or *created* anything special, it is just that they continue to use that knowledge which has been lost to most of you on this planet.

George: Yes and I imagine their past lives will be counted in this in their development.

Yes, it is not so much *development*—I would not use that word, but it is an inward knowing, it is a certainty of knowing, it is knowledge that has been retained down many generations. But it is their physical way, their outward way of showing by doing what you call a *yoga*, but that is not what creates

what they do: it is the *inward knowing* and that can be achieved by anyone if they were so dedicated to it. Do you understand?

George: Yes, thank you for explaining that. I couldn't help but wonder.

Yes, you do doubt sometimes your own thinking, and I would say to you that your thinking is by far correct most times. You are a deep thinker my dear friend, but I am always happy to clarify any point for you.

George: Thank you, that's always reassuring to hear.

Sarah: My son thanks you very much for the information you gave him last time. **(Yes.)** Going back to the mirror image, he wondered if this planet also has a mirror planet, and along that thinking, last week someone came through me and said that people from other planets were also helping us on this Earth at this time. I wondered if there is a mirror image, is it the people from that planet who are helping us at this time?

I understand this question and I will thank him. He is forward-looking this young one. Let me say this to you and I have to say to you my dear friend and I hope it does not feel like a chastisement, I do not mean it to be, but I have told you in past times that all things have an etheric body and that includes the planets within the cosmos. Do you not remember? (No.) No. It would pay you well sometimes I feel to read some of my words, because I have explained to you that there is a mirror image of every planet within the cosmos, there has to be.

Lilian: Why does that have to be?

Because if you see yourselves as a solid being, you know full well that the etheric body is that which cannot be readily seen. So too, is that within your universe, that all planets have an etheric body, a mirror image—That is the way of life. When this planet has naturally extinguished its 'lifetime', shall we say, it does not disappear, it will—now we get to difficult subjects, but I will try to explain it simply for you—that energy does not disappear, only the *physical* part. Do you understand? (Yes.) These are deep matters, which I do not feel again that you are ready to receive, but it is the *energy* which will remain and the *etheric* part of this planet is what will remain. Do you understand?

Lilian: It remains for all time?

It will emerge and be drawn into the cosmic energy. Does that make sense to you? (Yes.)

Sarah: I understand that, and just the other part of my question. These people that are helping us from the other planets, are they anybody in particular or just as a group?

There are many peoples who are on other planets—we have discussed this before. When any planet is struggling—has karmic debts, all of the cosmos is used. You cannot isolate yourselves, you are not belonging as one Earth.

George: Yes, I think this principle has been discovered scientifically, that if a particle, if an electron does something unusual, it influences many, many, many others, so on a small scale scientifically, the principle is known. I don't think we have applied it to planets and other worlds.

Yes, yes, thank you. I was struggling for earthly words for explanation. All is known, all is known in your planet, of what is true, of what is natural, of what is in existence. Your earthly planet is but one minute dot within the cosmos. It is not singular, it belongs to *all* energy. Try to imagine my dear friends that you are but one drop in the ocean. All of those droplets are responsible, are part of the whole. You cannot my dear friends, you cannot separate. You are limited in your thinking, you *cannot see* that this tiny learning planet is so young in existence. It is cosseted by many, many older planets of existence.

The time is coming that this young man (*Ben*) will look for more explanation. He is far-seeing, his understanding is growing and soon you can tell him, I will speak with him. I will tell you when.

Sarah: I'm very pleased to hear that, thank you.

But I wish to leave with you this time my dear friends is again to think of the power of your thought and to reach out from this planet and search from within yourselves to see how far-reaching you can go. I thank our gentleman friend (*George*) for his help in seeking for words. Always this is a difficulty for us from our world, that sometimes we are limited in having to use earthly words for explanation. So again I

thank the gentleman. I will leave you this time. I feel that you have much more to think about and I do not apologize for repeating those words. As always I stay close by and all you need to do is to call my name. (*thanks and farewells*)

~22nd October 2001~

Good evening. (*general greetings*)

I wish to say to you this time my dear friends, a little about the progression that is open to mankind upon this planet. At this time when there are many fears, which we have already discussed, what I wish to say to you is this: Although the world to you seems quite a small place, because communications between you all on this planet, have become so advanced that you can speak to another human being on the other side of your world. What I would say to you is this my dear friends, in the next 100 of your earthly years, many what you term '*discoveries*' will be made, but of course, you know all things first come from our world. There will be many discoveries outside of your planet and I have to remind you that this is already happening, that many stars are being observed, which have not been seen before. Advances in medicine will be great for mankind, advances in communication will also be great. There will be new knowledge, which surfaces from your oceans. Many new energies my dear friends will be discovered, that will help to uphold the living of mankind. As by now you know, all energy has always existed, but it has taken many thousands, thousands of your Earth years, for them to be individually discovered by mankind. I say to you my dear friends, that there is much that is still unknown. I am not here to give you names, these will become known to you, but what I am to say to you, is that remember my words as each new discovery is made. Of course, you will not all be on the earthly planet in 100 years hence, but I can assure you that there will be discoveries made whilst most of you remain. This brings me to another topic of whether you think this is progression for mankind or not. Provided new discoveries are wisely used, then of course it can only be for the betterment of mankind, but as you all full well know, mankind has a history of abusing what comes to him. But again I have told you previously, that in 1000 of your years to come, will find a new development with man's consciousness, that life as you know it now, will be transformed, I have to say for the *better*. (*thanks expressed*) Already there are many, many in your world, who *know* and understand what they are, as you my dear friends, know and understand the *true* meaning of *who you are*. I do not say that you are fully aware—of course you are not—each one of you is developing still. But what you have, you must guard well, because you have the knowledge that enables you to shine *forth*, firstly from your own Spirit, but *ultimately* to reach many others, to *give* the knowledge which you have. I will pause there for any questions that you have about what I have said to you.

George: Could I ask a question about new discoveries? I have the feeling that if new—I think any new discoveries would apply—if new discoveries bring science and spiritual matters together—and I think this has already been happening to some degree (**Yes.**) —I feel this can only be for the good and will bring a greater understanding of all things.

Yes, science my dear friend, does as you have said, has a foothold on spiritual matters. They at last cannot deny what is before them. They cannot deny what is used, what is placed in front of them. For so long have scientists disassociated themselves from all things spiritual, not because of any negative forces within them—because the purpose of their work has ultimately been for *good*—but they have been blind in their assessments of what is placed before them. *That* is changing quite rapidly I would say, and your scientists will in time to come, become philosophers in the sense, that they will present the facts of spirituality and what there is to be attained from energy. Do you understand my words my dear friend?

George: Yes, I think this all sounds very good.

It will—they will accept—their awareness, their growth of consciousness, must grow with their knowledge, and this will be so.

Lilian: The stars that our astrologers are already interested in, is there life on these stars?

No, no, you must not always assume that all that exists has life form. It has life only in as much as that all things are living and moving. But no, you must not make that assumption.

Sarah: My son has been looking on the internet and there is a group of people who say that they can go backwards and forwards in *time* and they talk about the 4th *dimension*. I can't remember the name of the group.

Yes, names matter not. Much is spoken in your world, many names are used. We have discussed many groups, many have been mentioned within this room. I will say only this to you: There are people on this planet who have the capabilities of knowing *all*, but when you speak of returning to another time, what they are doing is returning to another time *in their subconscious thought*. Do you understand?

Sarah: Yes I think so, yes.

They can of course go forward in time, but if they say they are in another dimension of time, it is only within their thought pattern. I think this is a little difficult for you to understand. They *can* go forward in time, but they cannot *return* in the *physical sense* in time—only within their thought patterns, which is of course only a form of energy.

Sarah: And this 4th dimension that my son was talking about?

It is just another step. Dimension is only a word.

George: Could I ask a question about dimensions? **(Yes.)** Theoretical physicists have theories about other worlds, with different numbers of dimensions. **(Yes.)** We are familiar with our own physical world with 3 dimensions and apparently linear time. In Spirit you have told us how time is different. **(Yes.)** I was wondering if the dimensions of Spirit are different. I imagine that in near Spirit realms, where body and form persist, perhaps these will still be 3 dimensional realms, but in far Spirit realms, such as your own Salumet, I imagine form will not exist as we know it. **(Yes.)** Would there be a dimensional difference in that realm?

I think that first we must define the word 'dimension', if you are to understand what I am saying to you. What is dimension? It is nothing but a transmutation of energy. Do you understand? (Yes—) All is energy, all these dimensions you speak of, are but a transmutation of the same energy. When you speak of the level that I come from, then all of this energy would become part of—there is no what you call, 'dimension'. We are in a difficult subject here my friends, for your understanding.

George: There is no dimension—yes.

It is beginning to make sense to you my friend—I can feel it. You understand just a little more than the others I feel.

George: Yes, it helps to see it more as a transmutation of energy. Thank you for that.

Yes, again the difficulty comes with the words of your planet. I have to use the words that you are familiar with, but they problem is that you do not understand our world fully enough for the explanation. But I will return to the lady (*Sarah*) and say that whatever group of people you are speaking of, I will say this to you: I have told you that mankind has the capabilities if he so desires, to leave what you call this earthly dimension, but mankind does not have the capability of going *backwards*, and that is what they are saying they are doing. They can only do it in *thought*. Do you understand? (Yes.) The only way it is possible to return to a former time, is through what you call a *mediumship*, and what is spoken through mediumship, by those who exist in *our* world. Does that make sense to you?

Sarah: Yes it does, thank you.

All of you can take yourselves forward, all of you can be aware of other times, but you *cannot physically* return to what has gone before.

Lilian: Does it boil down to the power of our thoughts again?

I will stress once more, the most powerful thing you possess is the power of your thinking. We will return another time, when I feel that you are more able to accept my words about—and I will use your words, 'dimensions'. But again, I will say to you that dimension is only energy, but the transmutation of energy.

Paul: Could I add something to that? **(Yes.)** I think some people have described that dimension or transmutation of energy, as the *illusion*. **(Yes.)** The world has been assembled for our benefit, but we don't see the energy in it's true form, we see it transmuted into trees and the physical—

You see what you *feel* to be reality. This my dear friends, is not reality. Reality will be when you return home to our world, then all will become clear. Then and only then, will you be able to see what you call *dimension*, in its fullest form. Remember my words my dear friends, energy is ever-changing, it

is not static, but you are able to see with spiritual eyes, all that has been and all that will be. I know it is a difficult concept for you, but I ask you once more to think about it.

Mark: When you can do that, see into infinity, as it were, then there isn't really a dimension.

That is what I have just spoken about. When you come to what you call my dimension of time, there is none. Do you not see, it is like a ladder of thought. If you take the top of the ladder to be the all-knowing and the bottom rung as the blinkered vision of life—if you are blinkered how far do you see? You see only what is ahead, you cannot see what is to the side or behind or above you. Do you see what I am trying to say? (*affirmations*) Again, the unfortunate thing, is that we are limited by your earthly words, because as you full well know, that the word 'dimension', to each of you, you all have your own vision of what dimension is. And again, I have to disillusion you and say, look with spiritual eyes, for the understanding. I hope I do not leave you too confused my dear friends, but it is by slowly going over old ground, that your knowledge and your wisdom will expand.

I will leave you this time, and I know that I have given you more food you thought (*affirmations/thanks and chuckles*) and until we come together once more, know as always I stand close. And again you see, those earthly words, 'I stand close', they do not make sense, do they? It is something for you to think of and to consider. (*thanks and farewells*)

One followed through Sue, bringing gifts of flowers for the group.

~29TH OCTOBER 2001~

Good evening. (*general greetings*)

I will take any questions you have this time.

George: You talked to us about *thought* recently. It occurs to me that there is a great deal of influence on our *televisions* and in our *newspapers* and this is a great influence on the way people think. We have a term *brain-washing*. Sometimes perhaps we are too much influenced by our media and I would guess this means that we need to be careful and go within and acknowledge some areas of media news, but be circumspect—it perhaps just shows the importance of going within and not being too carried away with it. Does that make sense?

Yes, I understand what you say my dear friend. Let me say this to you: I have told you thought is the most powerful thing that humankind possesses and of course you must be careful that you do not see yourselves as victims to another's thoughts. You have the capability of directing negative thoughts which come towards you. This we have spoken of briefly, but, yes of course, those of you who fully understand the workings of the spoken word and the thoughts which are emitted outwards to all peoples, must use your own thought to protect yourselves. Do not feel my dear friends, that although you are constantly bombarded by your media on this planet, that you have to take on board all that is given out. You cannot destroy the thought patterns of others, but you can have them 'intercepted' if you like—if that is an understandable way of putting it—but of course you put it quite succinctly, when you spoke of going inwards. That, of course as you fully understand, is the way to protect yourselves from any negative thoughts, and that is why also it is important that the powerful thoughts of goodness and love must be given to those who are vulnerable, who have no knowledge, who are in darkness spiritually—that is why you must help to protect your fellow men. So, do you understand, there lies another great responsibility?

George: Yes, thank you for your thoughts on that. Yes, that helps.

You must not take on board the negativity of thought, but you must exude all that is goodness and light and love. This I cannot repeat to you often enough.

Lilian: Especially at this time.

This is but one moment in your evolution. There have been many times upon this planet, when mankind has almost become self-destroying. That is why my dear friends, it is important at this time, for people of your understanding spiritually to work closely together with those from our world, who at this time *will* succeed, although it will not be in the shorter time of your earthly time, but we *will* succeed in bringing to this planet, a form of love and peace hitherto unknown to your world. (*thanks expressed*) But as you

know as human beings, always there seems to be a price to pay for anything of *good*. This of course is not necessary, but because of the way your planet has evolved, that all too often seems to be the case. So my friends, I will say to you once more, go inwards as my dear friend here has said, go inwards, know yourselves, therein lies all of your answers to the problems of this world, this planet, therein lies the answers to all of your life problems, therein lies the Source of Love—and let me tell you, when that Source of Love is reached, nothing can destroy you.

Sarah: My son said after I told him the words you had given him the other week, he said he thought he could understand now, why our planet should not be destroyed, because it would upset the balance in the cosmos. It is not ready to go yet and it would upset the balance. I think he's on the right track.

Yes, I have told you for one who is so young in your world, there lies words of wisdom. I will talk with him in the time to come, but on such a young person there is an old head, I believe that is one of your earthly expressions, and it so aptly says what we feel. He has an innate knowledge, which may surprise you. Although you yourself have developed greatly and yet you have not developed to the stage that this young person has already attained. So I say to you, do not be surprised by anything that he says. It may not always be correct, but there is a wisdom within, which cannot be still. (Thank you very much.) I feel that for the rest of this time we will give to some self-development my dear friends, whilst I shall continue to work quietly with this one and I will ask only that there be no sudden noise. That is all that I ask of you, but open your hearts and minds to those who stand close to you. It is time my friends that you became aware of the one who is ever close, and as of yet, you are not aware. Open your hearts this night and let us see what can be achieved. I thank you dear lady (*Lilian*) for all that you give and I will leave the rest of this time in your most capable hands. (*Lilian asked one final question, concerning a new guest visiting the group, before we said our thanks and farewells*)

~12TH NOVEMBER 2001~

Salumet had problems coming through the previous week, due to the noise of fireworks. We were however set a task to think about over the week: the difference between Twin Souls and Soul Mates.

Good evening. (general greetings)

This time before I speak with you I ask you dear lady (*Lilian*) that you place your hand on each person's head for a short time and they should feel love energies flow through them. Then I will speak with you. What you have been given this time, will help to sustain you all, in the coming days in your everyday lives. (*thanks expressed*)

Now my dear friends, let us continue and I hope that last time did not disappoint you. It is not that there are problems for me to come to you, but the problems lie in the instruments which we use.

Lilian: Yes, we realize it was rather a noisy evening.

Yes, and we must protect the instruments from any sudden physical shock. You understand, I know. (Yes.) So, my dear friends, shall we take up where you left last time?

Lilian: Yes please. It gave us something to think about.

And I have watched your struggle with it. Has anyone formed an opinion which they feel is the correct answer to the question?

Mark: The idea we were thinking about was that the Twin Souls were twinned from the beginning, maybe, and were together in Spirit for a long time, following a pathway with a similar energy, maybe with a similar mission, I don't know. Whereas the Soul Mates—using our language, it sounded a bit like they were a less—perhaps met together at times, but perhaps weren't so identical and on such a similar path?

Yes, I thank you my dear friend for your comments. Let me say this to you, that earthly words become much confused when spiritual matters are spoken of, but we know that your earthly words have to be used in descriptive language in order for you to understand. The problem lies that one avenue of ideas becomes what you term '*the normal*'. I am here my dear friends to tell you this time what the difference is. I have told you previously that the soul mate does not often meet in the physical world—that statement still stands. I will not change those words, because you see, the soul mate—without becoming too involved in highly technical details, because my friends that indeed would be foolish, because you

would not understand. Again we are speaking of energy. The Soul Mates were created together for all time, from the beginning of what you know as time—and that subject is much too complicated for us to discuss here. I could speak of molecular energy, I could speak of all kinds of energy, but I feel that for you would confuse the issue. Soul Mates were created together, they vibrate on the same electromagnetic wavelength; they are counterparts of one another. That is the simplicity of the Soul Mates, that they are energy which are vibrating on the same energy line. Do you understand?

Lilain: Yes, it's a bit complicated, but, yes.

It is an issue of words again. That is why true Soul Mates do not meet in incarnations except very rarely—there is no need when they vibrate at the same frequencies. Does this make sense to you my dear friends? (Yes.) Now we come to Twin Souls. This indeed should be the term that you use, instead of your 'Soul Mates', which is used most often in your world, because Twin Souls meet many, many times in different incarnations and their purpose is in recognition, in coming together to try to form and create and blend into one energy. That is the purpose of their coming together.

Lilian: So each of us would have met a Twin Soul in this lifetime?

All of you in this room are Twin Souls. You have met in other times, in other lifetimes. And what is your purpose in coming together?

Lilian: To iron out any differences we had in past lifetimes.

Yes, and that is what the Twin Souls try to achieve. If I can put it to you in a more basic way of your understanding: why do you call a twin in your world?

Lilian: Because there are two.

Because there are two of them, yes, that come together to try to form the whole. But they are separate, are they not? (Yes.) Therefore can you see that they are but two energies that need to come together to blend, but they need not necessarily do so at the same time? Are you understanding my words? (Yes.) If not, please let us discuss it now.

Lilian: It doesn't necessarily mean two? It can mean a group as well? When we say twins we think of two, but it can be all of us in this room?

You are Twin Souls, yes. You have met—each one that you meet that is necessary for your spiritual growth, you have met before.

Mark: Meaning you've been 'twinned'.

Yes, thank you for those words, that is helpful. You see always is this difficulty of your earthly language for spiritual matters—but it is the Soul Mate which can never be parted, which are together, because of the vibration of their frequencies—it is exactly the same. They are exact counterparts of one another, that is what you must remember of the Soul Mates, but the Twin Souls are working at different vibrations. Try to see it my friends as energy working at different frequencies and perhaps your understanding will come.

Sarah: So this is why we are all taking different lengths of time?

Yes, that is why you come together, that is why we have the term 'Twin Souls'. It is hearts coming, trying to work together, recognizing each other.

George: Just to clarify, would I be correct in saying we are all aspects of Soul that are meeting. As aspects, we are representatives of the Soul.

Yes, you are correct. You are one aspect of the whole, yes, which incarnate in any lifetime to develop and grow spiritually.

Lilian: So these Twin Souls could include quite a lot of people/souls, whichever you like to say.

It is the reason for the attraction between people in any one incarnation, any one lifetime. It is thought to be the attraction of only two in your world—this is not strictly correct. This is where the misconception comes in, but if you think upon my words, I feel that this time it will become clearer to you, but you must think of it as spiritual energy. Think of the different rates, after all, all is vibration, is it not? (Yes.) You have accepted this my dear friends, but there are different frequencies of vibration, you agree, and that is the only difference—that the Soul Mate vibrates on the same frequency, there is no difference whatsoever.

Sarah: So with the Soul Mate, there are more than two Soul Mates as well? If with the Twin Souls there are more than two, then there are many Soul Mates, are there?

No—but they would be in *two*, they would vibrate as *two* only, at the same frequency. That is why you will not encounter a Soul Mate very often in a lifetime, because there would be no *purpose* in their incarnating into the physical body, with two vibrating at the same frequency.

Sarah: So why should they sometimes come together?

For a *purpose*. There is always a purpose and a reason for them if that should happen. There is an agreement between them if it should happen, but always there would be a strong purpose behind it. It may well be that one needs the '*backing*', shall I say your earthly word, of the other in one lifetime. They may need the *strength* of the other to operate in your world.

George: Would there be a purpose in creating Soul Mates in the first place?

Yes, I will say no more, but yes that is the—

George: Not just a matter of *chance*.

No, there is no such thing as *chance*. All has a purpose, but with the Soul Mate, they have been created from the beginning, in the knowledge that whatever they are come together for, will be used at the right time. You can never separate the Soul Mates.

Lilian: So when we pass into Spirit from the physical, how soon would we meet up with our Soul Mate?

You may never meet your Soul Mate for a long time. You are thinking along physical lines again. This is where the difficulty arises. You *must* think of *energy*. It is difficult, is it not? (*affirmations*) Let us assume that each one here is a radio frequency, but you are *all* at a different vibration of frequency, but still you are blended together.

Lilian: Yes, it's something are going to have to think about harder.

Mark: Yes, '*twinned*' Souls is a little bit of a confusing term. I was thinking '*united*' Souls was maybe slightly better, because you are united for a particular reason. You are uniting to blend your energies, (**Yes.**) whereas *Twin Souls*, gives the impression—you think of incredible likeness between the two, when we talk of twins, (**Yes.**) which isn't exactly what we mean.

I have to inform you my dear friends that these are earthly terms, they do not come from us. These are words that have been given to information from our world, for the understanding of people such as yourselves, who have chosen descriptive words to make their meaning known. All I can say to you my dear friends is this, always when there are questions in your mind, think spiritually. That is my purpose here. I want you to *think* along spiritual lines for every happening within your daily lives. If you are to find the answers of life, you have to know yourself for what you *are*. I have said this to you many times and by going within, you become that vibration which exists without all of the outer earthly garb. Then and only then will your understanding increase. Has this helped you my friends? (*affirmations*)

George: I was just trying to think of an example. I believe Jesus and Mary are aspects of the same soul, of the same energy. (**Yes.**) Would they also be Soul Mates?

Yes, that is the simple answer. They vibrate at the same frequency.

Lilian: So they were two, who actually met in the one lifetime.

And for a purpose. Is that helping you to be clearer? They will not be separated. I have told the gentleman that there is in existence many beings—(*There was then a pause for a minute or so, before Salumet said quietly and slowly:*) What you are not grasping is the way in which energy transmutes itself. Therein lies the answers to all of your questions. I need to withdraw for now. Please allow instrument to return slowly. (*thanks and farewells*)

~19TH NOVEMBER 2001~

Good evening. (*general greetings*)

As we come together this time, I feel amongst you a heaviness of Spirit which I will try to dispel for you before you leave this room. (*thanks expressed*) I know my dear friends that you cannot always achieve spiritual lightness, that many problems surround you in your daily lives. But I say to you once more, you have the capabilities to overcome all obstacles which stand in your way. I would say to you this time, that if you remember my words some many months of your time ago, I told you that this year of your earthly time would be of great significance to you all. What I would say to you my dear friends is this, that over the coming few weeks, I ask that you look inwardly, because I will speak with you on what you

have achieved, not physically but spiritually. You may associate what you have achieved with some physical happening, but that is not the important part of your achievement. What I would like you to discuss is what you have achieved spiritually in this last year of your lives, because, my dear friends, even if you are not aware of it, each one of you has grown, grown so much that indeed to see your light would stagger you I believe. That is not to say that there is not much more to be achieved, because always you are growing, as all things are expanding. So my dear friends, I will leave this with you, and know that within the next few of our meetings, I will come to ask you to discuss with you, what you have achieved. Already I can feel the doubts of what you have achieved, but I say to you, place those doubts to one side, go inwards and see my dear friends what you have become. I know perhaps that many on this Earth at this time of disruption and unsettlement, wonder how their light can grow brighter, but already I have said to you that firstly you must make each individual light stronger for the purpose and the good of the *whole*. Remember these words and it will help you to understand better what you are about. I feel my dear friends that this evening you would all benefit from a little self-exploration, a little upliftment and a chance to see what spiritual gifts you can develop. Therefore, I will say to you this time, if you have any questions, I will take them now before departing from you and allowing each one of you to be used individually in your own individual styles, and for this I will leave this in the capable hands of our dear lady here (*Lilian*). Do you have questions this time?

Sarah: Last week, Salumet, you stopped rather suddenly and Eileen, your instrument, said she remembered seeing a pinnacle of light which she hadn't experienced before. Could you perhaps tell us what happened last week?

Yes, I was aware that the instrument had some awareness of what was happening. Up until now she has only been aware of the returning back to the physical being. You know I believe, that when I step into this instrument, I am using *her* voice box, *her* body shall we say—although that is not strictly correct, but for the sake of understanding that is how we shall put it to you—therefore she is not aware of where physically or spiritually she *is*. She is placed to one side, in order that I may speak with you. What happened last time before she returned, was that her spiritual awareness has grown to such an extent, that on the point of return she was aware of being in—what shall we say—the spiritual light. It is as simple as that, although to the instrument it was something quite special. It was not, it was only her awareness was awakened. If you wish you may repeat my words to her, but it is only that her spiritual awareness has awakened more.

Sarah: And also Sue, who was sitting to Eileen last week, a control came through her, which we couldn't really hear, but she said to us that she thought you would be able to tell us what was said. Were you aware of that control?

Lilian: Or what was the connection?

At this moment I cannot tell you what was said. I will look to it for you and tell you next time, but I will say this to you my dear friends, that that lady (*Sue*) is used mainly for energy for the purpose of my coming to you. She is not the only one of course, energy is taken from each one of you. You are not aware of it I know, but it has to be so in order for me to utilize the energy to use the instrument.

Lilian: Yes, the voice was so low that we couldn't quite hear what was said.

I will find out for you. (Thank you.)

Mark: This is probably a bit too hypothetical, but a friend of mine came and asked—he said he had been given the question for his homework—what would be the experience on the Earth if hypothetically the moon physically suddenly didn't exist, what would be the reaction in the Universe and on the Earth?

Yes, I understand your question, but yes it is something that is, of course, never going to happen. Therefore it would seem to me my dear friend, *pointless* to waste energy upon these presumptions. I do not wish to be evasive, but there is too much that needs to be given.

Mark: Yes, I did wonder if it was a bit too hypothetical.

Of course there is no harm in these presumptions, if that is what they so desire, but for the purpose of my teaching, I find that it is important that my time be used in an instructive way. You understand I hope. (I do.)

I will withdraw my friends this time and allow those who wish to work with you to come. You are all in need of upliftment and that will be my aim for you this evening. (*thanks and farewells*)

~17TH DECEMBER 2001~

Good evening. (*general greetings*)

I feel that now we can speak—instrument has slight irritation to throat; I will see to it. It is good to come together with you this time.

Lilian: Yes, we've missed our meetings.

Although all of you are not present this time, I will continue with what we spoke of last time. Do you remember my dear friends that I asked of each one of you that you consider what it is that you have achieved during this past year of your earthly time and why? (Yes.) I will listen to each one, but I will wait until such time—as well as refraining from telling you—until such time as all are present, of what indeed you have achieved. Remember, I ask what you think you have achieved, not on the physical level, but the *spiritual* level. But of course as you well know my dear friends, that whatever happens on the spiritual level, reflects itself upon the physical being. Therefore, you can relate your feeling exactly to me and I will but listen this time. Also, my dear friends, we have reached that time of your earthly year when I withdraw from you for some short time. It is necessary that I withdraw at these times in order not only to review my own work, but also to take counsel and to see what we can achieve in time to come. As always, I feel what you would call on your Earth a little saddened by the parting, but again you know that always I am nearby. (Yes.) So my dear friends, I will leave this conversation in the hands of this dear lady, (*Lilian*) whilst I quietly absorb what you have to tell me. (*Lilian then went around the group asking each to comment*)

Mark: I was thinking along the lines—I feel *lighter* I suppose and more *in touch* with people possibly. I feel slightly less bogged down with thinking about the future and I feel a sort of contentment or resignation to my path, which feels better. I don't feel as distracted, although I don't feel I get enough quiet time either, I really need to get more quiet time to develop further; it is something that I really feel I need to work at. I'm doing it more than in recent years, but still not enough, I know that. I feel more aware of *myself* generally and my actions.

Paul: The travelling part this year springs to mind first. That seemed to get my twinkle back a little bit more. There was a lot of humour on that trip and maybe I wasn't so restricted by some of the fears I have had, those perhaps diminished a bit and so the opportunities that perhaps have always presented themselves, *weren't* cut off—I made some of them happen a little bit more and since then I have continued and begun to just put a bit more time into the meditations. I think I sense that there are a few sort of—if there is a problem I can get to it a little bit more now in meditation—a bit more practical really. Usually the benefits are beginning to show a bit more quickly sometimes, if you go into meditation. I'm aware there's a lot more in there to untangle. I think I've been untangling a lot of my past in meditations, getting rid of a few of the old *cobwebs*.

Sarah: Like Mark, I know I don't do anywhere near enough meditation, that's first and foremost what I don't do, what I *should* do. I have also realized—you said that your thought process has a boomerang effect—so do your actions have a boomerang effect. I don't know if they are linked, but I can appreciate that. I find it a lot easier now if people have problems, to see a spiritual side to it and perhaps put in a word that very often goes down well. People react well very often to what I have said, even if it is only a few simple words. I feel life easier to cope with, with the knowledge that I've got and that's certainly helped a lot this year. Things are much easier and the knowledge I have been given I find very easy to accept and it seems on many occasions easy to pass on. You see things differently and I try not to see the negative side of things, I try to see the positive side. Whereas there is doom and gloom in various people's lives and I try to say to them to see a positive side.

Lilian: I have remembered that we have been told that it is a learning planet and the last few weeks I have certainly learned a few lessons, at least I feel I have. I have got things wrong and tried to work it out, and so on.

Margaret: I feel that I have come to understand myself a lot better, regardless of what people say to me. I do enjoy my walking, an hour a day, or sometimes longer. I thoroughly enjoy my thoughts as I walk along. And I feel I have more *patience* than I had before with people. I listen more carefully. I don't always

give them the right answer—I don't know why, but I try to tell people to have more faith and to be a bit more spiritual, which they don't understand and I'm not really capable of telling them how to go about it. You have to think for yourself, I think, on those sort of thoughts and I am just happy with my life and that is something to be thankful for. I have learned to be patient.

Yes, of course to hear your words poses many questions. When we discuss together, when all are present, and we *will* be hearing what they too wish to say, you may be surprised my dear friends of what you have actually achieved spiritually. Oft times what you have achieved spiritually does not come to the forefront of your thinking. So I would say to you that mostly you are unaware of what has been achieved. This past year of your earthly time has been an important one, not because of any event which has occurred upon this planet, but in the scheme of existence. There is no one individual who lives within a body, who has not in this past year of your time grown in some way. You are surprised by those words. Let me say this to you my dear friends: You know that this planet you call Earth is but a small part of the whole. (*affirmations*) This past year of existence has seen a new beginning in the *karmic life* of this planet and this cannot be so if the planet's inhabitants do not also evolve. That is why I told you earlier in this year of your time, that by the end of it, each one of you would be slightly changed—and it has been so. I would ask you now my dear friends to reflect upon the words you have spoken this time. Consider them well, look deep within and you will see new beginnings. Of course you well know that each one of you, because you travel different pathways, will individually develop differently. But all I will say for this time, is that friends your achievements are something that you can be pleased about.

Lilian: Thank you. I feel we don't always see them ourselves.

You do not, there is so much doubt and fear and self-denial with you human beings, that sometimes when the light shines brightly, you yourselves are the very ones to dull the light. Do you understand my meaning?

Sarah: Is it the doubt that dulls it?

Yes. Too many doubts, too much fear, too many of life's problems that *crush you*. (*affirmations*) But now you must go forward and as some of you have said, the recognition of being stronger spiritually, is a great achievement for you. So do not doubt that which comes from within, because that inner knowledge is what you truly are. Let no one place doubt within your minds as to what you can achieve. Would you be surprised my dear friends, if I was to say that *all* of you, all of you, including those who are not here with us, have in part achieved that spiritual gift of *humility*? Do not think of 'humility' in human terms, but try to relate humility in the spiritual realms. That is something also that you can ponder upon—humility—what is *spiritual* humility?

Lilian: Is it similar to teaching physically?

Not at all. Think carefully and long about that question I have raised with you, because my dear friends, when next I return to you, I will be looking for your answers. I repeat to you, *what is spiritual humility*?

Lilian: Yes, we'll think about that when we sit quietly and try to come up with the right answer.

Do not allow doubt and fear to come into that equation. Now my friends, before I leave you this time: *I ask that you join with me in giving thanks to the all purposeful Creative Force from which we all come. We give thanks for these times of learning together, we ask that each one of us may know Truth and Light within our daily living. We ask that Love and Healing surrounds this planet of learning that it may someday become a planet of pure Light and Love.*

I ask you my dear friends that as I leave you, that you become as one within this power force, which is within this room. (*thanks and farewells*)