

~22nd APRIL 2002~

Good evening. (*greetings*)

Before I speak with you this time I ask that you feel the bond which joins you all. I would like you if you can, to feel the energy become much stronger within this room. (*pause*) Can you feel the difference now?

Lilian: Although my eyes are shut, there is a swirling in front, a light swirling.

Can the others feel the change of energy please? Try to feel it if you can.

Margaret: In my hands and my arms.

George: I have a heady feeling which I think is energy.

Sarah: I have almost a lifting feeling.

What about the other gentlemen. Are you feeling it also?

Paul: I think so, but it is difficult to find the words.

Yes. Let me continue then my dear friends. I hope that last time gave you some more to think about. We spoke, did we not, about *energy*, the term which we call *thought*? You have been utilizing that energy this time when you give thoughts for those in need; this you understand. Before I continue, does anyone need to question about what we spoke last time? (*no questions*)

Lilian: As I see it, thought is everything.

Yes. Have you *felt* it as everything?

Lilian: I can't say I have felt anything.

That is what we will continue with this time. You understand *thought* and how powerful it can be. You use thought many, many times throughout your living, but mostly you are aware (*unaware?*) of the unconscious thoughts which are sent out at all times from each one of you. I have told you my dear friends that it is most important that you take full control of your thinking, and I believe that the majority of you have tried to do so, although I hasten to add that you are bound to fall at times, only because you are humankind, and humankind at this present time of evolution cannot be perfect. That is why we come to help you so many times, not only in these small gatherings, but as you know we try to influence all leaders in your world—not only your world, but in other worlds. I do not apologize for once more saying to you that it is the most powerful thing that you possess. As Spirit continues, so does thought—it goes hand-in-hand as you would say on this

Earth. You cannot have one without the other, in fact it coexists as one energy.

Paul: How would you say the difference is? I was beginning to think that Spirit and thought were the same thing.

Yes, you are correct, but remember that the Spirit is evolving at all times. Thought has always existed as energy. We are coming to complicated matters now, but I will try to explain it simply for you. The problem lies because you have a human brain and the human brain perceives thought to be separate from the Spirit; but all energy which exists is but one energy but on different and various levels. Are you following me thus? (*silence*) You seem confused. I know it is a difficult topic but let us take it slowly, slowly until your understanding is such that it becomes much clearer. With the human brain you think of thought as something which is emitted from the human brain—the thinking of the human being. You understand this? (*affirmations*) But what *thought* is, *true* thought belongs to Spirit, not to the human brain. Of course there is a form of thinking, that is why humankind has been given a brain, so that the thoughts of the Spirit may be '*changed*', if you like, and transmitted through that thinking brain—but that is not the thought of which I speak. Call it '*intellect*' if you like, call it '*thinking*' if you like, but they are separate from what we are calling *thought*. Is this clear or are we confused?

Paul: That's clear.

George: Yes, I think the brain thinking is more of a mechanical construction, (**Yes—**) whilst the spiritual thought is more of an evolutionary item? Part of the evolution of the human kind of Spirit, yes.

Lilian: Would it more intuition?

No, intuition comes to you from the thought pattern. You have to separate the—let me put it to you this way: Imagine the human brain as a series of mechanical—what shall we say '*instances*' that work automatically within the human frame—I use these words only to simplify it for you. But thought is the all-existing energy that belongs to the Spirit. Thought cannot be destroyed because it *is* Spirit. But where the confusion comes I think is that you think of yourself as Spirit and, of course that is so, but what is Spirit if it is not energy? Is it becoming clearer now? (**Yes.**) Are you sure,

because I would rather stop until it is clear in your own thinking.

George: Yes, I think we have three words: Thought, Energy and Vibration. Would I be right in thinking that they all go together, they are all relevant?

They all coexist, but of course, as you know, vibration can be used at different frequencies. The energy to which it belongs is but one energy—it is a creative energy. Thought, I would say to you, is *all* energy, but when you start to think of thought and intuition coming to the human brain, then it has to be used on a different frequency range. Is this too complicated for you my dear friends, because I feel as if you do not quite understand yet? It is a confusing subject, but you have to remove yourselves from the way that you normally think, but you are restricted because of the human brain and all thought and thinking has to function through this human brain; that is the problem. Again I would say to you, try to perceive it on a spiritual level and then and only then will it seem to become just a little clearer.

George: Yes, this may not be quite right thinking, but I'm beginning to think of the spiritual thought more as a living, growing, fluid thing, while the brain output is much more of a mechanical, **(Yes.)** non-fluid nature.

Yes. When the lady speaks of intuition, of course that is the human brain picking up the spiritual thought—the spiritual energy; but it has to be transmuted in some way and because of humankind having freewill, it is often placed to one side. But that is why you are here. But my purpose in speaking about thought, is to help you to understand the wider issue of energy and until you can leave behind the human thinking and allow yourself to be that spiritual energy which you are, then we will always have some difficulties. But my dear gentleman friend has explained it quite succinctly I feel for your understanding. Perhaps we should leave it here for now and I will endeavour to clarify these words in order that they become more acceptable to you. It is a difficult subject, but I felt perhaps it was time to introduce you to wider thinking.

Mark: I can see that it is helpful to know the difference between the rather crude and limited workings of the human mind/brain and the purer

thoughts that come through. I can see it is helpful to think about that.

Yes, in your thinking will come understanding and it is entirely open to each one of you that you think clearly and long about my words, because only then will the Spirit be free to experience what we call true spiritual thought or spiritual energy, whichever you would prefer—but thought is energy. Perhaps it would be kinder to you if we would discard the word 'thought' and speak only of the different vibrational energies that exist. Always we find the human words to be most cumbersome in understanding. It is always a problem for us to try to help you to understand more easily the workings of your own selves. After all the humankind/the human body is but a mechanical vehicle which is used but for a very short time. But it is for your own *good* shall I say, that you recognize that you are far more than this mechanical vehicle.

Sarah: I remember when you first came, Salumet, you said to us when we are in Spirit that all communication is done by thought, and I am finding it helpful imagining myself to be back in Spirit, completely away from this Earth and then to imagine how I am going to communicate, and then that is spiritual thought, not physical thought.

Yes. It is a barrier for you, these human forms, but with—I will use the word again, 'thought' you can recognize your own being, your own form of energy, your own vibrational energy and use it successfully.

George: There is one other question which might connect here: we talked recently about the random event generator machine which seems to detect collective consciousness thought—it seems to detect the energy. Would that detect just the spiritual output or would that also include brain output? Would that help clarify things?

I would say to you my dear friend that anything which tries to capture energy cannot always be *pure*. Therefore I would say to you that not only would *spiritual energy* but also *negative energy* would be picked up. Do you understand?

George: Ah yes, and the negative energy would connect with the human brain output. **(Yes.)** Thank you that does help clarify.

Mark: The negative energy is also very powerful, isn't it?

All energy has its own intensity. Yes, you are correct.

Mark: When you feel that someone is angry with you, it is a very powerful—

It is tangible, would you not say? (Yes.) That is the intensity of the energy. Would you give this instrument some water. (pause while Lilian gets a cup of water) Is there anything else you would like to discuss?

Lilian: Are you still not ready for the names?

No, I will return to those. I feel that this 'energy talk' was more important, while it remains fresh in your mind. Although it was informative for you to know about the names, it is not a teaching as such. It mainly was for pleasure and understanding for yourselves.

Graham: Does the process of meditation help you heal the *spiritual thought* as opposed to the *brain thinking*? Does it help you to separate the two, to understand which you are embarking upon?

Yes. True meditation my dear friend excludes the human brain. If you are in what you call meditation in the proper sense, then all human thinking should be quiet.

Graham: This must be a good thing to do for us. Of course because then comes forth the Spirit, that true part of you, you understand? (Yes.)

That is why we always encourage you to have quiet times, not only for your benefit, but so that those in our world can come closer, because what happens to you is that your energy is *quickened* and ours *lowered*, in order that the two can communicate. But that is where you will find your *true self*, in the state of deep, deep meditation; not the meditation of the light kind, because the human thinking is still rather close. The meditation I speak of is the one where you do not exist in the sense of feeling. Do you understand? (Yes.) Where the human form no longer belongs to you, but only that energy is left which we call Spirit. That is true meditation my dear friend.

Graham: When we try to achieve this, you shouldn't strain for it or reach for it, but just to calm yourself from within.

All you can do is to call on us for help if need be. You do need quiet space, you do need to develop a quietness within yourselves which comes only from practise. Most people find that everyday thoughts intrude; it is only with

practise that these can be dispelled. (Thank you.) Ask for help to still your mind when it is difficult.

Are there more questions?

George: Perhaps this is more general, but your raising of our awareness through our teaching, would I be right in thinking that this keeps prophecy on course rather than changes any prophecy?

Yes, I understand what you say. All I will say to you my dear friend is this: that energy does not stand still, that prophecies made can also be changed, because energy is not static. But what I would say to you is this my dear friend: That what you are thinking of at this present time is quite right, that the prophecies made are on a direct line of evolution. But I want you to understand that what is said today, because of freewill without all of the planets, can change; you must always remember this. Many prophecies have been made that have not come to fruition, and again, there have been many that have. What I want you my dear friends to understand is something a little wider than what is given. We have broached this subject before when I told you that what belongs to what you call 'the future' can be changed. Do you remember? (*affirmations*) I hope your knowledge of these things is greater now than then and that you understand that many, many prophecies which have been forecast have been correct at the time of saying, but do not be disappointed when these are not fulfilled, because again with the energy of thinking, all energy is transmutable. Does that answer your question my dear friend?

George: Yes thank you very much.

I would just like to say my dear friends before I do leave you this time, I wish that each one of you could see the colours of your own thinking within this room. I am sure you would be truly amazed, because each one of you is so different—your energy patterns—and yet you belong together in that union of thought and energy which first brought you here and which belonged to you in previous times. But when you understand energy thought more clearly, you will understand what I am saying to you now. There is unison and yet each one of you is apart. My love for you my dear friends grows more each time we meet. (*thanks expressed*)

George: I think that is wonderful. When we read through the transcript we shall feel more in tune

with what has been said. I think this quite often happens, we hear it from you and then we read through the transcript **(Yes.)** and that reinforces.

Yes, I feel so often that my words to you are repetitive but I do this for good reason.

Mark: That's our fault, isn't it?

I would not say *fault* my dear friend, but you are of course quite young in understanding. All of you have much to learn and again I am grateful for the time which you have given to me in love; and with these parting words I will leave you.

(thanks and farewells)