

~9TH SEPTEMBER 2002~

Good evening. (*greetings*)

This time my dear friends there is amongst you a quietness and stillness which is good to see. This time we would like to take you a little further along the subject of which we have spoken last time. I know each one of you had some difficulty in seeing the true self and this time my dear friends I would like to help you to go a little deeper. I would like you to think about yourselves as all of existence. I would like you to think of yourselves with a *nucleus*, which is within the heart centre. Do you think that you can achieve this? (*affirmations*) I ask you then my dear friends not to think about the mind which belongs to the thinking, but to go within and find the mind which is within the *heart*.

When I speak of the heart, I am not speaking of the physical organ, or even the etheric counterpart, but to go even more deeply to that spiritual aspect of the heart. Do you understand my dear friends what I am asking you to do?

Margaret: Not really.

You have a heart my dear friend, you know this. There also is an etheric counterpart of the physical heart—you must understand this, because that is what exists when you come to our world—but even more so there is the spiritual aspect of the heart-mind and that is what you must try to seek, if you are to become aware of truth, of knowledge ...

George: And a kind of dialogue can develop in this I believe.

Yes, that is what you must attempt to do.

George: Yes, I think I have just the beginnings of this.

I can confirm that for you. (Thank you.) This my dear friends is not an easy thing to achieve, but if you wish to continue on the spiritual pathway, this is what you must try to achieve. Each time in your quiet moments, put aside the brain-mind thoughts and go the heart-mind. Do you understand? (*affirmations*) You will need time to go within; whilst you are doing this, I will be working with this instrument. I will this time be trying to superimpose upon the physical features that of another. It might be that it is seen by some of you when you come from your deep meditation, but that will be what I am trying to achieve. When you feel ready to speak,

I will leave it to our dear lady friend to speak quietly with you all, until such time as I begin to speak to you and we can discuss what you have achieved. Are you happy my dear friends to do this? (*affirmations*) I will leave it with you my dear lady and I will return towards the end of our meeting and speak with you. (*pause, while we began our task*)

Margaret: I can see a pink cloud going across the sky, very pretty, and I feel happy.

George: Yes, earlier today I had a sort of beginnings of dialogue which began with a sort of apology for not talking in this way earlier, and it seemed to be pointed out that I had a communication with the centre earlier but in a slightly different way and I said that it would be good to do this again, and I was left with a wonderful, joyful feeling and it seemed to come from within. This time I was tempted to ask questions about stone circles and I seemed to get a response which I—it wasn't my thinking—it was about a 'then and now' aspect of stone circles. They were rather different then at the time of construction, than they are now in their relation to the Earth's energy. They related to the Earth's energy in a particular way then, but not quite the same now. It went a bit further than that, but that's how it worked out.

Jan: I had the same feeling as I did last week. This pulsating feeling I had last week and a feeling of being attached to an umbilical cord.

Sara: A feeling of lightness and peace and I felt the heart energies twisted around and I think that it blends with the mind energy; it seems as though ...?

Sarah: I had this—I don't know what it was, was outside then inside, outside, inside and then it and I was all becoming one. I felt there was somebody with me as well, an angel type of person.

Lilian: (*addressing Salumet*) Would you like to hear what people have experienced?

I wish to say only this to you: Each one of you should have been aware of an inner truth not previously given to you. The heart-mind gives to you only those truths that have always existed. The heart-mind focuses on that energy within, which can give to you all that you desire. I hope each one of you has achieved a sense of what the heart-energy is about and that it gives to you the ability to become as one with all things. If

you have any questions, I will answer them for you before I leave you this time.

Jan: The pulsating feeling that I experienced last week and again today, I believe is the heart-energy. I also experienced today being attached by an umbilical cord to what I can only describe as the core of something. I don't know how to describe that core.

It is the core of your soul.

Jan: And I saw it as an enormous rock formation.

You are my dear child (*the tape ran out and had to be turned over*)

Jan: I think I am beginning to see.

It is a humbling experience for you my dear child.

Jan: Very, and for that I am very grateful.

No, you should be extremely happy.

Jan: There was that feeling with it.

But also there comes with it ...

Jan: Difficulties.

Difficulties, yes.

Jan: I experienced that as well.

But that is part of your journey.

Jan: I did begin to go on a journey.

Yes, and you can continue your journey at any time.

Jan: When you speak to me Salumet, I become very, very hot, as last week, and my head grows and this pulsating feeling becomes me. That's all I am now, is a pulsation, that's it. **(Yes.)** And a voice, and that's it.

Yes, but you must try to direct the heat, the energy from the head.

Jan: Where should I direct it?

To the heart-mind

Jan: So back inside? **(Yes.)** Yes, I can see that, yes it's now turning inwards. Thank you, I can do that.

You can achieve it.

Jan: I also met myself.

You have always known your true self, but what you have done is confronted that truth that has always existed.

Jan: Thank you very much and my loves goes with you.

George: Would I be right in thinking that this soul connection can simply be a joy and it could also be a means of accessing knowledge?

You can achieve all that you desire by communicating with that deep within heart-mind energy.

Sara: Does it have a colour when the energies blend?

All energy has colours my dear friend. You will find that any colour given to you is appropriate for your own individual stage of development. Does that help you? (Yes.) Yes, of course energy contains all colours, believe we have touched on this before, and that all colours have all aspects of other colours within it. Are there any more questions this time? Were any of you aware of the change within this instrument?

Lilian: I could see the light around the face.

Jan: The features kept disappearing for me, completely.

Yes, that is good, that is when we are working to superimpose upon the features. With those words then my dear friends, I will leave you as ever bathed in the love energy from our world, but in saying that, you are capable of enclosing yourselves in these physical garments with your own energy and love. Perhaps it is something you might wish to try. All of you deserve what you have earned and you can achieve it by going inwards. I hope this time has shown you all that by giving of yourselves, you then become as nothing in this world. I leave you now. (*thanks and farewells*)