

~20TH January 2003~

Good evening. (*greetings*)

It is good to join with you once more. I hope that the time apart has given you time to think and to look forward to all that is to come. When last we met we spoke briefly about how each one of you has grown in your own awareness, in your understanding and in your own spiritual knowledge of yourselves. I hope my dear friends it gave you food for thought. I hope these weeks apart has given you time to consider where you are at this moment in time. Before I continue, there is one who is with us this evening who has been giving out a little fear, fear not for themselves but for others. I would say to you my dear friend, there is no room for fears, there is no room for any negativity within your lives. If we are to continue onwards and upward, we must let go of these emotions which hold us back. Therefore my dear friends I say this to you: as we go forward in this one of your earthly years, let it be known that lies ahead much good, much joy, much upliftment throughout this, your earthly planet. (*positive responses*) I know there will be many who will doubt these words, but it is to you my dear friends that these doubters will turn for reassurance, for upliftment and for any knowledge that you wish to impart to them. As you know, never have I interfered in your lives, but always you know I stand close by to help and uplift you in any time of trouble. I am sure by now each one of you is aware of the times when you feel that upliftment within your daily lives. (*affirmations*) That is of course not to say life does not throw at you hardships or sorrow or any other of the physical emotions, because as you well know my dear friends, it is in troubled times that the soul comes into its own. Therefore my opening words to you this time is: be joyful, continue to look forward and upward, look always into the light of love; never look backwards, because in doing so you are holding yourselves back. I say to each one of you, look not only to others, but firstly know yourselves. That was my parting words last time and they are my words to you now. Where are you? Where do you stand at this moment in time? Who are you and how do you play your part in this, your earthly planet?

Find the answer to those questions and indeed you will be channels of Spirit. My heart is full that I am with you once more, that we may begin this earthly year knowing that there is to come to you, this group, new knowledge for you, but again remember my past words: no knowledge is new, only to those who need to obtain it whilst in these physical garbs. Therefore, when I say 'new knowledge', I mean knowledge which you will regain, but which you already know as Spirit.

So, my dear friends I will answer any questions this time if you have any, but next time we will speak about subjects not yet touched upon.

George: Following on from what you were saying, we stand and see ourselves as we are, but part of that self-awareness connects with others I believe and I have been aware recently of links with other people, several others. One, in fact, in New Zealand is a priest, a third generation priest who was part of a group in the 70s, such as ourselves, and the one who came through to that group was St. Stephen, the first Christian martyr in the 1st century. And you have told us that like attracts like, and it seems to me that St. Stephen coming through to that very much Anglican church-orientated group seemed very appropriate. Would you wish to comment on that or say anything about that group in New Zealand? I would add that the person I have been in touch with has written a book about the channelling that happened within that group.

Yes, I thank you for your question. I have told you my dear friends in the past that when the soul/the Spirit reincarnates into any lifetime, they reincarnate in the knowledge of where and who they will be, but you know that Spirit has always been, the soul has always existed. Do you remember my words when I explained—and I believe you my dear friend (*George*) was the questioner about 'did Jesus still walk this Earth, did the Holy Mother come to this Earth? (Yes.) My reply to you then was that the soul has many aspects. This to you all must be the source of all of your knowledge, that there are many aspects to the soul which reincarnate into physical form. You understand me so far? (*affirmations*) Therefore the connection with St. Stephen and

the friend that you have mentioned, is not new by any manner of means. All who reincarnate, reincarnate for a purpose and of course they will return to the physical form to those places, to those people where their purpose of life is most needed, for the purpose of the soul; not because of any name, not because of any denomination, but for the growth of the soul. So, if you keep this in mind it will perhaps be a little clearer for you to understand. Remember, there are many, many aspects to the soul and remember it is not who or where that individual life goes to, but the reason behind the coming to this physical life. May I say something to you my dear friend whilst we are speaking?

George: Yes, please do.

That if you are to achieve in one physical life, all that you have to in physical garb, then the understanding of the being has to be the understanding of *who* this individual is at this point in time. You have to accept that any one being is not alone, but is but a part of a whole, a whole being whilst on this Earth. Do you understand? No man stands alone. As each one of you within this group is connected, we call you a group of light, a spiritual group, because there has in past times been many connections with you, but each individual here is connected to the rest of this earthly planet. Do you understand what I am trying to say to you?

(affirmations) You need to see the fuller picture.

George: All humanity is connected (Yes.) and I imagine some connections are stronger or more to the fore than others.

Yes. Therefore in answer to your question my dear friend, if your friend in the far-off country has connection with one from our world called St. Stephen, so too have many others that capability, because of this one connection. But I understand your question. Of course like is attracted to like—this is a fundamental issue when first you begin to recognize that you are more than the physical being. Yes, like will be attracted to like, but so too are the opposites attracted to you. Have you thought along those lines? Why should this be? Because *all* things, *all* life is connected. We are moving into deeper matters, but I would like you to think about it just a little.

George: Can I mention one other detail? My friend Michael in New Zealand, he found that he has the ability to type a question on a piece of

paper and a book reference will then come into his mind, and he will go along to the library, look up the book reference and he will find that it is the answer to the question that he typed. (Yes.) They got into the way of thinking of this as 'the library angel'. Would you care to comment on that?

Yes, that is good and humorous I feel, but let me say this to you my dear friend: That is *not* something that is unique, *you* could be capable of this also. I already feel your doubts, but let me say...

George: It is a matter of listening within, is that correct?

Yes, this is the lesson that I try to teach all of you that you must go within if you are to find the self, if you are to find the *true* self, and only by going within can you allow those others to come to you to influence and to help you. It is because he is an open channel, a very good open channel, but it is not something that only *he* is capable of. It takes time, it takes dedication and it takes listening to those who come to you to give you that inspiration which you seek. You will find my dear friend that there will be many more connections around the world for you to make. You will find as time continues that the evidence each is given will eventually be collated together and each little bit will come forth as truth, will come forth as knowledge that has always existed, will come forth as evidential knowledge to each one in connection. All of these happenings will take place, because your world, this Earth planet, no longer will be static; it must grow in spiritual knowledge. There are many avenues through which this knowledge will come. When first I came to you did I not say that much would come from far places, much to uphold the things that I told you and this my dear friend is what you are now embarking upon.

George: It is a journey with much joy. Thank you. There is much spiritual joy to be had by you all, but again my dear friends let me say that the bulk of the work belongs to each individual. We are limited in what we can bring only in as much as we depend upon your silence and your dedication.

Sara: You were talking about being an open channel and as I see it we all, presumably are open channels, in particular with regard to different areas. I have had the experience of

sitting at the piano and having a piece of music arrive complete and just playing it once only and having it as a complete piece. Presumably with dedication and time that would be more effective and that could happen more often?

Yes, of course. And what you should realize my dear friend is that the inspiration of music is close, if not one of the closest things to our world.

Sara: I am always of the fact that it's nothing to do with me, I know it comes from your world, because I've never been able to understand how I do it anyway, because my fingers have a life of their own. When I am peaceful it comes through.

Yes, because you are an open channel. But, do not be harsh about yourself. Without you allowing those people who wish to inspire you to come, without you being an open channel, that would not be possible.

Sara: Thank you. I feel very grateful and humbled by the help I have, because I know it is often there and I only feel frustrated sometimes that I can't do more, but I think that in the future I will have more time.

Yes, it will come. Your physical life at this point in time is busy with other things, but knowing what is possible, that is enough for the time being. Do not become frustrated, because it blocks the opportunities for those who wish to inspire you.

Sara: Yes, I do feel very contented generally and I know that children mustn't be hurried, they need time too and they are most important at the moment.

And do you not agree that music is a language of its very own.

Sara: Yes it is, but I know that it relates to feelings entirely; my feelings seem to become expressed in the music.

That's right, but let us differentiate between feelings and emotions: Feelings belong to our world—that is where the very best of sound and what you call music comes from.

Sara: Once when I was sitting in the house, I was discussing music with Graham and suddenly we both heard what sounded like celestial music from your world (**Yes.**) and we knew it wasn't from our house at all, but we felt that someone was simply encouraging me, because I was expressing doubts at the time about my ability to find enough time and then this beautiful music was played.

Once we have an open channel, we are loathe to let them go, therefore in hearing this music, those who wish to inspire you were letting you know that those doubts were unfounded.

Sara: Well I am very grateful too, because it brings me great joy.

And it brings those spiritual gifts of upliftment and happiness into your household, when this music is used as a channel to our world.

Continue on this pathway and you will be amazed by what can happen.

Jan: I came here tonight with a question for you and I think whilst I have been sitting here I've been given the answer. (**Yes.**) So thank you, but I would like to voice it if I may: I've not doubted at all, doubt is the wrong word, but wondered sometimes if I could define between my imagination, my physical imagination, and what I feel is being impressed upon me. I get flashes of people or events sometimes and I think to myself: 'Am I imagining that or have I seen that?' While I've been sat here tonight the same vision I had just recently has been shown to me again. And while I'm sat here, I'm so cold and so nervous and I'm wondering if those feelings that you say come from Spirit and why I'm feeling shaky and nervous at this moment are because that's what's being impressed on me. I can't explain it any other way.

Yes. Again I will say this to you my dear friend that when you allow yourself to become an open channel, you will experience many things, not always understood by you earthly beings; but always because you are human these doubts creep into your thinking. The more you doubt, the less can be given to you. So what I would suggest to you my dear friend is to allow these thoughts, this clairvoyance, because that is what is happening to you...

Jan: And that is what I desire or wish, if I can use those words that is what, when I meditate, I ask for.

And that is what you are given, but because it makes no sense, as you would say, you then begin to doubt what you are given. In being given clairvoyance—clairvoyance means only clear seeing—it matters not what the clear seeing is, it is important that you accept what is given to you. In that way, in accepting you can be given much more. Then, and only then, can we begin to work with you as a channel for clairvoyance, when you alone have accepted

that what comes to you is from our world. Do you understand? (Yes.) I know how difficult, and you my dear are the one I spoke of who has had the fears. You do not recognize it as fear, but that is what it is. You have a disbelief of what is being given to you, you are afraid that what you see is not true.

Jan: I think it comes from the baggage or past lives and especially the early part of this life being told that what I was seeing was not so.

Yes, but now in this lifetime it is (*Salumet's voice becomes stronger*) time for you to understand that you are part of all things, that you are part of all vision, that you are part of giving clear evidence of our world to others. Therefore in this lifetime I say to you my dear friend, now is the time to put to one side any doubts or fears that you may have.

Sara: Yes, we value your input every week, we miss you when you don't come, and I can vouch for the fact that some of the evidence you gave recently was true for one of our friends.

Jan: I just feel very emotional at the moment—I'm not sure why.

Yes, because at this moment you are being comforted, you are being shown the pathway that you must follow. There is much love that surrounds you.

Jan: Yes, I know I hear people talking to me all the time.

But you must take control. You have control of what you allow and what you do not allow into your life. This begins with being an open channel, which what I am talking about this evening, but when you become an open channel, you must take responsibility for all that comes to you, because not only do you have inspiration from our world, you are open to many areas that lead to our world, many areas that have to be controlled. Do you understand? (Yes.) If my words seem harsh to you my dear friend, they are not meant to be. I am here to tell you this time that now is the time for you to take control. You must in your quiet times protect yourself first, you must ground yourself afterwards, but most of all you must offer yourself only for that clairvoyance from our world which is in the name of goodness and the light. Do you understand?

Jan: Yes, thank you.

I will help you in your sleep state.

George: Could I just mention something which I think connects. I was in meditation and our old cat who passed on nearly a year ago, there was suddenly a wonderful image—well more than an image, I think—but a resplendent image of our old cat and she was on a piece of furniture rather high and I raised my hand to touch her fur and I came out of meditation at that moment with my hand in the air. That is such a strong memory.

Yes. Do you not see my dear friends as we speak here this evening of how much each one of you have grown in your own individual lives? Can you not see that there is opening before you your own individual developments that we placed much emphasis on last year? (*some affirmations*) I would like to say to you my dear friends that each one of you, your light shines ever brighter and I hope as we continue onwards with more information for you, that you devote your time not only to what I give you, but to your own being, because when you know yourself, when you know where you are and at what part of time you are at, then you begin to know all things.

Jan: Can I share with the group please what I saw and what's being impressed with me?

If you so wish.

Jan: I think it would help if you don't mind. It happens a lot when I am walking the dogs, that's my time, and I was walking through out local woods and I looked to the side of me and I saw this group of people—you don't see them physically, you just see them as a picture—it is difficult to explain. I thought, '*Is that my imagination or have I seen a group of people in the woods?*' I felt that they were medieval type people with sacking on and what have you, and each time I've gone past that is where they are. And tonight as I have been sat here in silence that is what I have been seeing: the same group of people in the same spot. So it has made me feel better to tell you.

I would say to you this that any area as you have mentioned—woodland, open spaces, by water, hills—all of these areas in your world are areas of power, that is where much of life's inspiration comes from.

Jan: That's obviously why it happens to me in the woods.

Yes, because those who wish to show and inspire you are aware of this, but you must begin if you wish to continue on this pathway,

you must take control, *you* must say what you want and ask the question. But always you must protect yourself and then ground yourself where you know the power to be the strongest.

Jan: And you can do that purely by power of thought?

Your power of thought by now should be sufficient to enable you to do this. Remember how much I have told you about the power of your thinking.

I feel this time that have spoken enough.

Sarah: Salumet could I interrupt and ask one more thing before you go? (Yes.) Could my son come and join the group? You said he could at some stage. Is he ready to come now?

Yes, I remember. Yes, he will be welcome now.

Sarah: Thank you very much. He will be pleased.

Sara: Can I ask? I have a friend called Rachel who is keen to develop as a healer. She's interested in coming. She is 30.

Can we say for this time, ask me next time I come to you and I will give you my answer. I will leave you all my dear friends with a blessing from that eternal light from which we all come. I give thanks that you have all been inspired to come here together this evening. I hope my words have given you a little more to think about *(The tape ended but Salumet went on to thank Lilian for letting us use her home for our meetings and we closed in the usual way.)*

~27TH January 2003~

Good evening. *(greetings)*

I will begin this time by saying to you, when you hear the words 'seek and you will find', what my dear friends, what is it that you seek to find?

Jan: Truth.

Sara: And wisdom.

Margaret: Happiness.

Lilian: And love.

Sarah: Our purpose of being here.

Each one with a different answer. I would say this to you that each one of you, whatever you may seek, *that* is what you will find; but if we take that question to a spiritual level, what then would your answers be?

Jan: Ourselves and home, going back home.

Sara: Our true selves. Our Spirit selves.

Jan: Our soul.

Lilian: Is it an unfoldment?

These are all good explanations of what you seek.

Sara: Pure love and light.

Yes, what you seek is that which will never be known to you. You seek to return to that great energy from which we all come. Unconsciously, that is what you seek. So many times in your world we hear people say: 'Who or what is this Creative Energy?' Or to use another phrase better known to you: 'Who or what is God?'

Lilian: Yes that is a very common one.

We will use that one for your understanding.

Again I say to you my dear friends, who or what is God? Have you found your answers to that question?

George: Yes, I think we have a number of possible answers. This Creative Energy is one expression, Love is another. An interesting one that was voiced in the New Zealand group that we mentioned last time, is the Space Between—that is the space between everything there is that we detect.

And also that which you do not detect. It is all things, it is all being, it is all creative, it is a creative energy which in the terms of physical speech is difficult to explain to you, but I hope my dear friends that you have reached the point in your own development that you can now stand and say, 'I know a little from whence I came.' Would I be wrong to say this to you? *(general agreements)* Would you like to continue my dear friend?

George: Yes, it occurred to me that the *space between*, although that covers an enormous amount, it does not cover quite everything. (Yes.) As you say, the Creative Principle is in absolutely everything, more than just the space in between, but it's good to view the space in between as being included, because scientists for so many years have regarded space as being nothing at all. Yes. Your scientists have now realized, of course with the inspiration from our world, that all that they have placed their trust in has now been shattered, that their thinking now has to expand in order for them to accept truth.

George: Yes, happily some are expanding in that way.

More than you would imagine, although many are still afraid to voice what they have found, but yes it is becoming much more acceptable within that sector of teaching, that all of life cannot be placed within a small box. What I

would like to say to you this time my dear friends, is if you are to achieve that knowledge which you seek, then you have to become in touch with the *feelings*, not so much the thinking, or the words or the physicality of anything in this world, but you must go within and find the *feelings*, because in the *feelings* there lies all of Creation. But I hear you say, but we all feel so much so differently. Let me say, that is part of your own individual evolution, but in *feeling* you become part of that Creative Force. Do you understand? (*affirmations*) Does anyone have any comments to make?

Sara: I think it's possible to access every human feeling if you look inwards to your own. Even on a day-to-day basis you can identify many feelings (**Yes.**) and then you have access to others. **Yes, but I do not speak, my dear friend, of human feelings. I am speaking of those inward feelings that you obtain when indeed you do go inwards, because in going inwards you find all that becomes reality. I have told you on previous occasions that this life that you lead, this human form on this planet is but a dream state, it is not reality, and if you wish to seek then you must be in touch with those feelings which come from within. Is this making sense to you?**

Sara: Yes, I do understand now what you meant. Yes that's the detachment that you then have that comes from going within, isn't it? (**Yes.**) You can feel detached from emotions (**Yes.**) and feelings which you have around you.

Always I feel for you that the difficulty is in separating human, physical attributes to that of the Spirit. It is something which has grown much within all of you, but as yet is still very immature. You each have much to gain by thinking deeply about those inner feelings, because when you are in touch with those, then truly you only begin to understand what life is about. Do you have any questions?

Lilian: Yes, when we say 'God', thinking say of the father figure, it's always been and always will be, is that right? There's no beginning and no end?

When you use your word 'God', it is but a name.

Lilian: Yes, I understand that.

It is a name that has been given to you. You people of the Earth of a certain denomination as in all other religions, we have spoken of this, but what mankind needs to do now is to leave behind all of these dogmas and creeds and to

find what is *within*. (*pause*) Yes, let us continue. Have you more questions about what we are discussing? (*no questions at this time*)

Let me place one thing before you. As you begin your meetings here, always you ask for help for those who are sick or in need of help. Always these thoughts are taken, always they are received by those who can help, but what would you say if I said to you that the Great Creative Force needed no asking for help? How would you react to that statement?

Sarah: He knows all, he knows everything so he would know that these people needed help. (**Yes.**)

Sara: It would demonstrate that we had stronger faith perhaps if we didn't ask.

Yes, you have spoken wise words, because I want you to understand that in asking for *help* you are kind of *disbelieving* if I may use that word, you are disbelieving that the Creative Force can make all things happen. I do not say you are wrong, but what I want you to try to understand is that all of these things are on a much deeper level than up until now you have previously understood.

George: I think you are saying that if we go within and if we are sufficiently deeply in touch, (**Yes.**) then we have a certain bonding and confidence which requires no asking to be present; it just is. **It is, and I would say to you this my dear friend, and of course it depends on your own freewills and what you have carefully achieved so far, but I would say this to you, that the proper form, we shall call it *prayer*, is to give THANKS. Do you understand this?**

Sara: Can I just tell you something Salumet in response to that? (**Yes.**) The last 3 to 4 weeks—I forget the time—I have been on a daily basis counting blessings in written form as well as thought and I have been astounded by the support and love from friends and family. It has been like a whirlwind and I couldn't help feeling there must be some link between; there seems to have been a very positive change in our lives in the last few weeks and I was relating to this thanksgiving, daily thanksgiving which I have been doing.

Yes, you have given a good example of what I am telling you. In giving *thanks* you have accepted that it can be done. In asking, what you are doing is in fact doubting. Does this make

sense? (*affirmations*) **I know it moves from the normal way of thinking.**

Sara: It makes perfect sense to me, because I felt over the last few weeks that I have finally understood about the power of the mind, (**Yes.**) because I realize now that it is—I don't want to make the analogy of a computer, but it is as if we must programme our own minds and realize that we have to take great care to input them with good thoughts.

Yes. The power is within you all; that first and foremost is what you must understand, that each one, each one of you on this planet must be responsible for that power within. And you can utilize it for the benefit of others only when you understand the workings of that Great Force. I hope this has given you something to think about my dear friends. It is not as complicated as some would have you believe, in fact I would say that Truth, Love and Light are the most simplest of all things. It is only in the understanding of yourselves as Spirit, that will bring to you an even greater understanding.

Sarah: Salumet, when you said to us to ask for help whenever you need or want help, did you say that, because at that point we would not have understood?

You would not have understood what I have told you now. You see, each step along the way has been slow in order that each one of you can absorb the information in your own individual ways, but I feel now my dear friends that we have been acquainted long enough for me to give you just a little more.

Sara: Many spiritual writers at the moment are using the word 'decree'. Is that more appropriate, do you think, or is that relevant?

It is only but a word.

Sara: It's asking still, isn't it?

Yes, you know how I feel about the human form of words. It is the most difficult barrier to overcome, but yes, I would like you to go beyond that word, I would like you all to go within, to find there within the power that each one of you possesses.

Sara: Trust and faith?

Not trust and faith but *knowing*. Not trust, not faith, because those are negative words; it is an *all-knowing*. Do you all understand what I say? (*affirmations*)

George: Yes, I suppose it could be seen as a deep feeling rather than a faith.

It is *feeling* and that, my dear friend, is the word, and we have to use it as a word for your understanding, but *feeling* encompasses *all*; it encompasses your thoughts, your words, your deeds.

Jan: The way you have put it is exactly the same way as my husband the other day and I were talking—and he has never sat in the circle—he just described how he felt exactly the way as you have just done.

Yes, he is wiser than he knows.

Jan: I said that to his mother (*Lilian*). It was like having you in the room, it was amazing, it was like a light bulb moment.

Do not forget that those who do not accept this work or whatever you wish to call it, they are still Spirit. They have that inner knowledge, the same as you do, and that at moments in their lives will come forth these inspirational words for others without them truly knowing what has happened. That is why you must never judge another, you do not see their Spirit, you do not know how much they know. Do you understand what I say? (*affirmations*)

George: Yes, and I know that there is one group who, instead of asking for help for another, they consciously place the problem into God's hands. **Yes, that is the way to ask for help, because in placing the problem to that Great Creative Force, it will be dealt with. There will be no interference from your feelings and your thinking and your thoughts.**

George: So that is really a nice way to do it?

Yes, yes. As I say I would prefer to give thanks on all occasions, because in giving thanks you are saying that you know it will be done, there can be no doubts, there can be no interference and it is just an *all-knowing*. So, perhaps my dear friends when next we meet and you wish help for others, perhaps that would be the way forward, that prayers of thanks can be given. And, as our dear lady friend has expressed, she has found quite a difference in what she receives by doing and giving thanks.

Sara: It's very exciting, actually, it's very exciting. **Not only is it exciting for you, it is powerful.**

Think carefully my friends; it is another avenue of thought for you, but you are ready for it.

Lilian: So what you just told us about giving thanks, could that help in any way, remembering your words, when healing is taking place?

All healing should begin with thanks. Is that what you mean?

Lilian: Yes, I just wondered if the thoughts of the healer would...

There should be *no* thoughts of the healer. The healer is but an instrument, a channel, that comes from that Great Creative Force. All that a healer offers is either their mouth, their words or their hands. The healer should have no participation and *does not* have any participation in the healing; that is between the person and God, if you like, or as I prefer: Creative Force.

George: Yes, and only Creative Force can take into account karmic considerations. **(Yes.)** Do the karmic connections to illness—I imagine they would come to an end at some point when certain things have happened. I sometimes wonder if the karmic consideration would be for a whole lifetime, or is it likely be lifted at some stage during a lifetime?

I do not like the word 'lifted', as if each individual can be exonerated; that is not how karma works. It will be released when the soul recognizes what the karmic debt is. Then, and only then—of course with the Creative Force's help and inspiration, in any one lifetime or another will the soul come to the realization that the karmic debt must be paid and released. Remember freewill; you must always remember that we have been bestowed with freewill, not only in this human form, but the soul retains freewill. Do you understand? *(affirmations)* Of course the Spirit can be helped to release karmic debt. There can be inspiration, there can be a change of thinking, but the Spirit must release their own karmic debts.

Sarah: When people are healed through—for example when they go to Lourdes and they become well after being ill for so long, is that maybe when the Spirit has recognized what it has done wrong?

A healing that you speak of can only take place when the Spirit is touched, but having the connection with the life force, inspires the Spirit to work for good, but no healing can take place until the Spirit is touched.

Sarah: So this is why you said to us that sometimes people could be healed and sometimes they are not.

Yes. The desire alone to be healed is not enough, especially as we are speaking about

karmic debt—that is something to be worked through by the Spirit alone. Always there will be help and upliftment, but a healing will not take place whilst there remains karmic debt. Is that clear for you? *(affirmations)*

George: Yes thank you. This is an area we have had some difficulty in understanding. Yes that does clarify, thank you.

Jan: When you use the help, when you're asking for help, it has a different effect on the physical as well as the soul, because when you say 'thank you', the word 'thank you' has a different philosophical effect. I have been asking for *help* and with that asking for help comes that almighty stress actually, because you are not quite sure where to end it: you are asking help for yourself, you are asking help for other people and to suddenly stop saying that and say 'thank you' has a totally different effect on your soul. And I think probably Salumet was so right that now was the time, and with whatever is going on in the world at this moment, rather than say we have all got to help with positive thinking, just to say 'thank you' for what is actually being done that we can't feel as yet.

We need to give thanks for what you are, for where you are, for all problems that you have and may I say to you my dear friends, we have spoken only briefly about sound, but let me say this to you: When you say 'thank you' and you mean it with all of your being, listen to the resonance of that sound. Try it now if you will and really listen to the vibration of the sound. Would anyone like to try that?

Jan: It's a deeper vibration within the body. **(Yes.)** It's much, much deeper; it's not as shallow as 'help'.

It is part of your being. I would like you, if you would, when you leave this room, when you are in your quiet moments alone, say 'thank you' and feel what is within, and perhaps next time we will discuss what each one of you has felt. Take this into your lives, give thanks my dear friends and see how your lives will change.

George: Yes, the 'thank you', the second syllable sounds rather like the 'Aum' vibration.

It is a sound that is your very being. *Feel* what you say. You do not even have to say the words out loud, but this is something I will come to at a later date that words become unnecessary when you are in tune with that inner self.

Lilian: Then maybe if there's something that really we'd rather not do but know we've got to, we should say 'thank you for the privilege of doing that' would help there as well?

All thanks is never left unnoticed. I will leave you this time with those thoughts. It is something for you all to cultivate. It does not come easily to human beings, unless you have reached that point of all-knowing, of that stillness within your lives when you know all things are possible. Take my words with you, think carefully about what I have told you and I am sure before we come together next time that your thinking will have changed.

Lilian: I think you're right. I can feel it already! (*chuckle*)

I will leave you as always with much love and comfort and knowledge that we will come together again, and let me end by saying 'thank you' for allowing us to come together in this way. (*thanks and farewells*)

~4TH March 2003~

Good evening. (*greetings*)

There is with you this time a stillness and a gentleness which is good to feel. Last time that we met we discussed healing thoughts and we spoke briefly about healing and giving thanks. I hope my dear friends that you have pondered my words.

Lilian: Yes, I think I can speak for all of us.

I said to you that we would discuss what each of you felt when you gave thanks, instead of the way that you have done thus far. Would anyone like to speak about this?

Sara: I think we feel more confident and more powerful when we give thanks and we feel that everything is being taken care of. It strengthens our belief I think.

May I ask you a question? (Mm) Do you believe that the Creative Force is like a parent to you all, who offers assistance and takes care as you say of all things? Is this how you conceive that all-consuming energy?

Lilian: I think I would say 'yes'.

Sarah: Yes, I think that's a good way of putting it.

Lilian: It's a simple way to look at it, for our understanding, or mine anyway.

Would anyone care to differ?

George: I see the Great Creative Force as a comfortable, enfolding thing, a little like resting in

the living heather; it's a nice place to be and I think it also goes along with seeing ourselves differently as well. In healing or not healing if that is necessary, an illness, it's like seeing ourselves from afar and seeing not just the physical body, and not just the physical body enwrapped in the Spirit, but seeing it on a different timescale, which might require the Spirit to return to soul or the Spirit to go to the next plane. I think we must see ourselves on that extended timescale in respect of any healing which may or not be the next best thing.

Yes. I would like to say this to you my dear friends: We have reached this point in time with what I have told you. I have watched you grow, I have watched your light shine, but we are approaching times when your understanding must be fuller. When I spoke to you of giving thanks, we have stepped forward in all that until now you have understood. Would you agree? (*affirmations*) I would therefore put these words forward to you. The all-consuming energy you are part of; you may be separate for a short time, but still you are that part of the whole. As part of the whole you have all knowledge, therefore when you give thanks you are not giving thanks to one separate part, you are giving thanks to that which is within you. Let those words sink in just for one moment.

Sara: Because we are a part of the Creative Force. **You are part of the Creative Force, so in the same way you have all knowledge. What I am about to say to you is this—you have heard many words, but what I say to you now my dear friends is this: As part of the Great Force with all knowledge, you come to these lifetimes not so much to learn what you do not know, but you come—and some of you come many, many times as you have been told—you come to relive what you already know. That, my dear friends, is the true purpose of life. Do you understand? (*affirmations*) Are you sure?**

George: To relive what you already know because while we are in these physical bodies ...
... all memory is erased.

George: Yes. The knowing is more of a feeling within which is a guiding principle.

What I would further say to you my dear friends, if you truly were to know yourselves, there would be no need for the continuation of lives that you now have. That is why I said in giving thanks it is the knowing, it is free from any

doubt, it is free from fear. After all, thoughts, deeds, are motivated by only two things: either *love or fear*, and we have spoken of these.

George: Yes, I see a common thing that we see: greed, that is a fear of poverty.

Yes, in any area of human life you will find many decisions are either made from these two emotions, love or fear; even deeds which people see as good are sometimes taken because of fear. Love is freedom, fear is restrictive. What I would like you to try to understand is that in knowing yourself you must be free from all fear, and you already have that within you. If you wish to become as one with that Creative Energy from which we all come, and after all so many times people say, 'our thoughts go unanswered'—this you know to be not so. The way to have your answers is from within: not by deed, not by word, but by *feeling* from within. This, my dear friends, is what I would wish for you now at this stage of your developments to try to cultivate. That is why within the silence you are united as one, where all of your answers will come to you, where all that is known can be released to you. Am I making sense to you my dear friends? (*affirmations*) So, now after those words, do you still feel that the Creative Force acts as a parent to you? What would be your answer now?

George: At least a parent, rather more than a parent I would feel.

I would say, 'not at all' as a parent'. A parent restricts, a parent chastises, a parent controls; that is not what you are.

George: Yes, I was thinking of something more *ideal* in the way of parents.

Sara: We have freewill so we can make enormous mistakes if we wish (**Yes.**) and it's up to us to seek and find the wisdom to go beyond.

But if you have all knowledge within you—that is the difference—you need not go outside of yourself.

Sara: You can find it within.

Yes. Now you are beginning to understand. We must go slowly with these things I tell you, because it has taken us some of your years to reach this point of teaching. If there is anything you do not understand, then I am happy to repeat my words. Can you tell me now what anyone else felt when they give thanks instead of asking, which I told you created negative doubts.

Sara: I find, day-to-day, when I find my mind becoming negative, now I quickly give thanks for blessings instead and I have an instant feeling of positivity, I feel much better almost instantly and I can stop my mind from becoming negative more easily and quickly. (**Good.**) Because I have been writing my 'thank yous' for my blessings, I think I am beginning to programme my mind to think more quickly of them every day so I stop the negative trend sometimes more easily.

So you are becoming in control of your thinking.

Sara: Yes, at last!

That is wonderful.

Sara: It is wonderful for me. (*said with chuckles*)

I feel your amusement. Can I but ask one more question of you? (Yes.) When you feel this, in which part do you feel this energy?

Sara: I think it affects my whole being, it is not just my head I don't think, I think it's possibly my heart too. It depends how still I am, if I'm not very still, I don't think I would notice especially where it was.

May I ask each one of you in turn to say 'thank you' and to tell the others where you feel the 'thank you' is. You should feel. Can you do this? Try it my friends and you will know.

(*each person spoke it out aloud*)

Paul: I get that tingle in my stomach.

Sarah: Yes, I get it there too.

Sara: I think it's the heart.

What about the others?

Lilian: I realize there is so much to say thank you for.

But when you say those words 'thank you', where do you feel that love?

George: Heart and *throat* with me.

Would you say it together, then perhaps you will find that each one of you has the connection.

(*the group as a whole all said 'THANK YOU' several times*)

Sara: Heart.

Yes. The heart and the solar plexus, because it is the seat of all emotion. You should feel it each time you give thanks for anything within your lives.

Lilian: It's connecting with the Spirit side of us each time?

It is part of Spirit, not connected to it; you *are* Spirit, therefore it is part, it is natural for the Spirit to give thanks for its *existence*.

Sarah: That's the thing that came to mind; it seemed absolutely the right thing to say.

Yes, you are correct. It becomes the more that you give thanks for all things—it is and becomes Spirit. You *are* Spirit and it is unique to the Spirit, if I may say, in the sense that it is the correct thing to do whilst clothed in these bodies. It is freedom, it is given in love, which as I have said a few moments ago, is freedom. Only fear is restrictive. Whenever you are faced with choices in your world, stop just for one second and your highest thought will always be the one of love. Do you understand? I know this is new ground for you, but I feel you are ready to expand and to grow and to know yourselves more.

Sarah: Salumet, when you said '*your highest thought is love*', would that be the thought that comes first?

For now, I will say it is your first thought. We have not spoken about the thought behind the thought as yet, and for now that is not something I will speak about, but your first thought is normally the thought that is given in love, yes. When you know and recognize the true self, then you will feel within which thoughts are of love and which are of fear. Remember that some thoughts you will convince yourselves are done for the betterment of others or yourself, when in fact they are done from fear. Think about this my dear friends, think about your world now, think about your politics, your scientists, those who are trying to save the Earth. Think of those people with their decisions and see for yourselves those which are done from love and those decisions taken through fear. It will help your understanding.

George: Yes, I think where it becomes difficult is the ego gets a little bit tied up in this. One can see people making very good decisions for the planet and then perhaps writing about it. A little bit of ego seems to have to come into it to get people to read what they have written. It is because they do not understand who and what they are and from whence they come. In the same way as you have been asking for help and healing for others, but in the asking you doubt that it can be done. You see, in the same way you are fearful for many things, because you doubt what the outcome will be. Do you understand?

George: Yes I think I follow.

It is difficult I know, it is changing many things which you have been accustomed to feeling and thinking.

Sara: Yes and many writers and many people in the media and in the world at large think in a cynical way because ...

...they are afraid.

Sara: ...they are afraid and they don't see the bigger picture for themselves or for anyone else.

George: I can see that the development of the ego can result from the fear of being say a non entity.

Yes, and of failing.

George: Yes, but I have the feeling that one can usefully harness just a little bit of ego to help a good thinking process along.

In the physical sense, yes, but only in the physical sense of course. I would not wish to take from you any of your life's experiences, but, oh my dear friends how you suffer needlessly! I would gather you up and hold you so many times when I see your reactions because of fear. And in the same way that parents stop the exuberance of their children, because they are afraid they might fall, they might do this, they might do that. It is the *fear* of the parents. The Great Creative Force has no restrictions. *You*, as part of that Force, know all things, *understand* all things, but it is entirely up to you because of freewill to find the true meaning of yourselves. If only I could give to you in just a few words all that you need to know, I would do so, but that is not my pathway for you. My desire for you is that you find yourselves, truly find yourselves, that your understanding becomes so *great* that there is no need for myself or others who come to teach, to tell you these words. I know you might find it difficult, but my dear friends you *are* perfect beings, but we all have doubts, do we not?

George: Mostly about our own abilities I think.

Yes, which is a negative, fearful thought. Try to take these two words and look at them in your lives now and how they have affected you in times gone by and see if you can change your time that is to come, and then my dear friends you would be even brighter stars in this dark, dismal Earth of yours—you would be beacons of light that may never be extinguished. You have plenty to think about this time, I am sure of that.

George: Yes, could I ask you a question which may connect with this? (Of course.) A contact I

have in the north of our country named John, is knowledgeable of meditation and he studies similarly to ourselves and he asked the question: could he meditate with us when we do so here? He would be far away in the north of our country, but he is wondering if he could link with us in meditation and I wondered if you could advise on that and give any useful pointers.

I would say this to you: the desire to join with us can only be good. I ask only that in the meditative state that he closes down on any connection with others who may come to him. Being without this room allows other to come forward. Do you understand?

George: Yes I do and I am sure he would understand too.

Under those circumstances, we would be happy for him to join with us.

George: Thank you, I will see that he gets this transcript.

But he must close down from others who come to him whilst I speak. I am sure he will be guided and I will see to it that he understands the words. It may be also that in his state that he will be able to confirm things to you that until now you have been unaware of, but we will speak of that at a later time.

George: Yes, he's knowledgeable. He has written a book on the Spirit communications concerning Jesus.

Yes, but that is why I ask that he make no connection with other people whilst I speak. Do you understand?

George: Yes, thank you, that is good advice.

Whilst you are enclosed in this room whilst I speak, there is a protective ring around you. Perhaps this will be clearer to him and outside of that protective light, there always is possibility for others to make communication, but of course it will be controlled if he so wishes.

George: That's wonderful to know, thank you.

Are there more questions before I leave you?

George: I do have some more questions if that is in order?

I am happy to answer them if I can.

George: There is another contact named Paul who lives on the Welsh island of Anglesey and I would describe him as an author and a powerful psychic and he is able to channel the ancient site guardians and some of these guardians have had Earth life, some have had life elsewhere. I don't think that we've mentioned ancient site

guardians—I am talking of ancient sites that are spiritual places such as the stone circles—I was wondering if you could say anything about the guardians? There is one in particular named Jobe, whom he channels who is from Sirius. Are you able to confirm that this is possible?

There are many forms of communication. There are many who communicate through many channels. Let me say this to you my friend: There are still within your Earth many who protect; this has always been and always will be while this planet travels through its evolution. George: Yes, and I think they look after the lay-line energies as part of their work.

Yes, I can confirm that for you. This does happen. It is not something I have approached with you, because we have spoken only briefly about angels, elementals and I would say that these protectors are people of different (*Salumet paused and the breathing became deeper—the voice then became stronger*) **They have not come under my teachings, because their purpose are clear for channelling through others. But I say to you my dear friend, the protection and power they bring to those who channel, is indeed very strong. (pause—voice returns to normal) I can tell you my dear friend that there will come to this gentleman another of the Earth protectors not as yet known to him. You can inform him but he will soon become aware.**

George: Wonderful! Thank you. One thing I picked up is that—I think we knew this already probably but—the lay-line energies are in the process at this present time of being upgraded and one of the protectors' duties is to watch over that upgrading and I think that is one of the energies used in crop circle formation that we talked about.

It is also the energy used for travel for other life forms. Remember, energy comes from one source, but in many shapes and forms. Earth protectors are a group who are dedicated to the survival and the evolution of these energy lines. Always there has been areas on this planet where energy is much strongly felt by others; it is the unseen work that continues. It has continued from the time when this Earth was created and it will continue till the end of this Earth's time, which of course, as you understand, there is a time and an end for many things.

George: Yes. Most valuable work as far as we're concerned.

But the Earth protectors are not widely known about and it is not something that teachers speak openly about, because too many people ridicule these things. It is only given to those people who are ready to accept, but I am happy to confirm for you that of course there are protectors.

George: That's very good to have that confirmed, thank you very much. I am sure that Paul will be very happy to know that another will contact him.

His work is not yet finished.

George: That's good news.

I feel that this time I have spoken enough. I hope my dear friends that you can feel the energy which is here with you. I hope that each of you has been aware that not only my presence, but that of another has been quite significant in these past minutes.

George: Yes, we've noticed a change and a small detail, but the extra energy sometimes shows itself with a little whistle in my hearing aid—so it is physically manifesting! *(laughter)*

I do not know whether to congratulate you or to apologize! *(more laughter)*

George: In any event, it is entirely accidental.

Lilian: I would like to apologize, because I don't always hear what is said and like George, I think I need a hearing aid.

(The tape was turned over at this point and some words were lost. Salumet said that he found it difficult to jest with us, but could feel our amusement at various times.)

I will leave you this time hoping that my words will bring more in realization what you are about and how much more you have to discover. I will leave you with our words and our 'thank you's'. *(thanks and farewells)*

~10TH March 2003~

Good evening. *(greetings)*

I thank you for your love and your welcome this time. I would like to begin this time by saying that my words have impacted upon your consciousness, because we are aware of how many thanks have been offered from you. We are aware that there are those with us this time who have not discussed what they felt about saying 'thank you' and before I continue this

time, perhaps it would be in order for those others to discuss with you what they too have felt. Yes.

(Lilian then established who had not been at the meeting last time)

Let us hear from her lips what she feels when 'thank you' is uttered.

Margaret: I always feel pleased to know that someone has been pleased with me so they say 'thank you'. I like saying 'thank you' to people, because it is just one of those things that I like saying. **(Yes.)**

Jan: Using the word 'thank you' in my meditation and just quiet moments rather than saying 'help' has been received—it seems to come from a deeper vibration within myself rather than 'help'. I can only describe it as my soul receives those thanks and they seem to roll off the tongue much easier than *help*. I now know that I don't need to ask for help at all, because if I was to ask for help I would be doubting, and I'm not doubting now. That's basically it; I have just felt very much more *one* saying 'thank you' rather than 'help', if that makes sense.

Margaret: I'd agree with that.

Yes, so you understand that 'thank you' is to yourself; that is what we discussed last time.

George: It seems to be a very nice way to begin the period of going within, to give thanks. For me it seems to put things on a very personal level and the very word itself seems to have a subtle vibration.

Yes, and remember that sounds do vibrate. We have not gone deeply into that yet, but we will. But yes, each one of you in your realization of the word and giving thanks has come a long way. Last time, my dear friends, I spoke briefly about all of life's experiences, that decisions made by you were formed by either from love or fear. Do you remember my words?

(affirmations) **This duality reigns throughout your human existence. Love and fear are the creator for all deeds. What I wish to say to you this time my dear friends is going a little further along the road of life's realization of finding yourselves. We have discussed that each one of you, as I also and all who exist, are part of that Creative Force. What I am about to say to you follows from what we have discussed in previous times. Most of you I would say, feel that your existence upon this planet is for learning purposes. *(affirmations)* Yes, I hear**

unanimously. What I am about to say may puzzle you, but I hope not, because it is one step further for you to take in your understanding. As aspects of that Creative Force *you are* all-knowing. You agree with that statement, I know. As all-knowing beings you would say to yourself, *'what do I need to learn?'* Does that make sense to you? Would that be a human equation? (*affirmations*)

George: Yes, I think you have said before that knowledge and wisdom are growth factors. We can grow in respect of knowledge.

Yes. Let me take you a little further along this road of discussion. As all-knowing beings, the power of all-knowing is within you. You understand this? (*affirmations*) Yes. So, in human terms there should be nothing to learn. Do you understand? (*affirmations*) But in a sense you are learning and the problem here is using your earthly word 'learn'. Yes, in a sense you are learning, but what I would say, is you are relearning that all-knowingness. Do you understand? Do you see where I am coming from? (*affirmations*) Therefore, this is not a school of learning as you imagine, but for the purpose of your understanding thus far, that has been the way of teaching you, because you can only go forward when your understanding has reached a point of more knowledge. Therefore, the purpose of all life is to relearn that all-knowingness which you possess. You *are* all-knowing beings, but you have come to this physical world with memories erased. I would like, my dear friends, to put forward to you three words: CONCEPT, EXPERIENCE and KNOWING. Does that mean anything to any of you?

Paul: I think maybe our knowing is more conceptual at the moment, but as we live we get the experience.

Yes, you are correct. You cannot exist with just the concept. For your understanding let us take an example, shall we? You may think that you are tall, but how would you know unless you have the experience of being short or what short is—you cannot make the difference, you cannot differentiate between the two. In the same way you may think that you are good and kind, but until that thought has been expressed by deed—do you understand what I am telling you? You need to have the experience.

George: We are living the idea.

You are living the idea, thank you my dear friend for helping me with those words. Always I feel restricted by your earthly words, in trying to keep them simple for you, in order that your understanding is greater. But yes, the idea has to be lived, before you have the full knowing. And that is what life is about for you all. Does this make sense to you? (*affirmations*)

George: Yes, it's an interesting concept.

(*chuckles*) An interesting fact!

Sarah: I think it makes more sense than just saying we are here to learn.

Yes. Is there anything you would wish to know further?

Sarah: I keep having in my mind that you say that things are ever-changing and therefore each time we come back each experience is going to be different, because things are ever-changing. It's never going to be the same, is it?

But if you would only realize that there is no purpose in continuing to return. If you could reach that point of *knowing*, there would be no necessity to return. It is the not knowing that brings you back to experience and re-experience the same things. Do you understand what you are saying? (*affirmation*) So what I am trying to say to you my dear friends is that you have the power within yourselves now to make of life what you will, but you are all-knowing beings, there is no doubt of that, otherwise how can you say you are the essence of the Creative Force?

George: Yes, we can't really tap that all-knowingness without affecting our going within. Yes, that is true and that is the purpose of your lives here. Remember some time ago I told you that you have helped to create this world?

(*affirmations*) **And that is how, because you are sparks of all-knowingness, all knowledge. It is within my dear friends; that is why it is most important for you *all* to go within and to find that all-knowing being which you *are*, but you cannot achieve it without the experience.**

Paul: So, you could say experience helps us to get to know what we *know*.

What you *are* and what you are *not*; that is what experience achieves. Because, remember the duality—always there is duality, whether you say, 'light-darkness, love-hate', all of existence is duality. Therefore you need with the concept the experience to make that knowledge. Do you understand? If you do not, this is the time to

discuss it together. I am always humbled by your silence. (laughs)

Lilian: I was just thinking, we are all-knowing and it's within us all there is to know, so in this lifetime that must have come to the fore with each one of us here, because we are ready to accept what you tell us?

You are travelling the right pathway, let me say that, but I have to say this my dear friends, that you hurt yourselves by doubts, by fear, by not going inwards. Each one of you is responsible for your own life's pathway. You may find that difficult to believe, but if you accept that you are all-knowing then you must accept that that has been your choice. You see how the jig-saw, as you would call it, begins to piece together?

George: Yes, I have the picture that the all-knowingness is with the parent soul, and it is our responsibility to have good connection with that parent soul, with the all knowingness and by our living of the idea we are sharpening that all-knowingness that is with the soul.

Yes, you are returning to what you already know, but your purpose here is to experience in order that that all-knowingness can be fulfilled. And yes, your purpose here is to return to the whole essence of the soul in order that these factors may become as a whole.

Jan: Am I right that when you feel happy or sad that that's the reaction that our soul is giving us? If you please your soul, you can feel such elation and if you are on the wrong path, that inner voice is saying, no, no, no, no, no! Is that your soul is not being very happy with the choices that you are making?

We discussed last time that the highest purpose of your thinking is with love. Any other decision would be taken from fear. So therefore the elation you feel is that highest purpose expressing itself. You are correct in that way of thinking.

Jan: I understand completely what you said first of all tonight about that there are two emotions—if I can use the word 'emotion'—the love and the fear, and if you take away every other human emotion we are encumbered with, those are the two that do matter, they really do, because with everything negative comes that fear. **(Yes.)** And sometimes I think it can be the most powerful and that's when listening within, the love can shine through, but only really by listening within.

The umbrella of love covers all emotions. From the umbrella of love stems fear; love and fear are dualities, but all of the minor emotions that you human beings concern your lives with are mainly coming from fear. We discussed this last time, but yes, it is something I would wish you to think about on many occasions, when you are about to do some deed of which you are unsure, then you must go within to find that answer which comes from love.

George: I was impressed by the school children who were demonstrating in London against war, and I think their action came from love: love of people, love of planet, love of peace.

Yes, but you must be careful always as I have told you in past times, of making judgements about other's decisions, because you cannot know why those decisions have been taken and whether those decisions have been made in love or fear. And sometimes my dear friends I have to tell you that decisions that you feel are wrong, to the individual soul they have been done for the right purpose. Therefore it is difficult to pass judgement on any other being, because you do not have that wider picture. But the soul *is* all-knowing and has the ability within this human life to make all of life's correct choices. But I have to tell you that there have been so many misconceptions given about the soul and the structure of the soul, that these ideas—and they have been taught also by many people you behold as *wise*—that there are so many misconceptions that it is little wonder that the soul returns to the physicality so many, many times. But the time has come in groups such as this, when the truth must at last come to the forefront of all thinking. We are *here* my dear friends on a mission, in order that this world and the souls within it recognize that all-oneness, that all-knowingness, that experience of love which belongs to you all. So many times in the evolution of this planet has mankind denied his true self; so many times so many words have been used which have confused and restricted mankind in his searching, that the planet has on many occasions been on a very precarious way of life, that it has been necessary for those of us who come to you in love to multiply in numbers at this time of your existence, in order that the truth may be renewed and that each of you be reminded of who and what you are. Each individual here

knows within what needs and should be done. You do not need words my dear friends; if you but realized that all is within you, that all that you need to know lies within. And if you are to stop this constant return to earthly conditions, then you have that power within you to do so. I feel this time that you need to absorb my words, to think carefully, but not to think with that logical mind, but to quietly go within and find yourselves. I will leave you this time to think about what I have said this time. I would like you to ponder my words and next time if you have questions to raise then we will discuss them. You will find as time continues my dear friends that we will take things slowly, because what I am bringing to you now for your understanding is of a much deeper nature than you have to this present time been given. Therefore, I leave you all as ever with my love and ask only that each one of you gives to yourself the love that you need. (*thank you's and farewells*)

~24th March 2003~

Good evening. (*greetings*)

Before I speak with you this time let me give thanks for all of you. Let me say thank you for the choice that each one of you has made in coming together this time. By now I know you are a little more comfortable in giving gratitude rather than having those thoughts of asking. I feel each one of you is now beginning to understand the energy behind a word. Would you agree with me? (*affirmations*) There is so much in your lives for you to give thanks for, but you have taken but one step closer to that *Force* of which you are part. As your awareness grows, so too will your understanding of your own lives. You will not doubt my words when I say to you my dear friends that what you call 'heaven' is also part of your existence here and not something that you should strive for outwardly. Do you understand my words? (*affirmations*)

George: Yes, I think your meaning might be: living with a strong soul connection?

Yes, because with the all-knowing comes the pathway that is indeed heaven as you call it, and that is your earthly word for God-connection. Yes, heaven already exists, but it is up to each one of you to become aware of it here and now.

After all, I will use an earthly word again: that is what you *strive* for. May I say this to you: why *strive* when you already have the knowledge? I pause there in order that you digest the meaning of those two words. Would anyone like to comment?

Paul: I think where some of us fall down is thinking that heaven can be achieved with certain material things, whereas it's a state of mind, I think you're saying.

It is not just a state of mind, it is the all-knowing part of you that already exists. Do you see the difference? (*pause*) Each one of you on this Earth, except for the ones you call Masters, Masters of seeking, strive for what you call spirituality or searching for the God-energy. What I tell you this time my dear friends, there is no need to strive, because you already have that knowledge within. All too often we hear it said that only the Masters in your world understand what it is like to be part of that all-encompassing energy. So many times we hear that is why they put to one side all material areas of their lives. I say to you it is not so much that they place to one side, they do not suffer because of it, but it is because their awareness is such that they know all material goods, or neglect of these things, lead them to the energy from which we all come. I say to you my dear friends that each one of you *has* this awareness, but it is up to you to bring it forth in order that it may be used.

George: Perhaps it could be said that the *striving* comes in bringing it forward.

That would be the only correct use of that way of thinking. We could use it in that context, yes, but you should not *strive* to seek what you already know; you should not strive to find what you already have; you should not strive to understand who and what you are, because all is already known to you. Can you see where I am leading you my dear friends? We must take small steps in your understanding of what you are and what you seek. And again, the word '*seek*' is one of your earthly ones for your understanding.

Paul: So if we manage to attain this awareness, is it something that we can then *continue*, as opposed to a state of mind which is a bit transitory? This inner-knowing is more permanent, we can live it through our daily lives.

This inner-knowing continues throughout all of your existence. It is this all-knowing that you need to find whilst on this Earth. We have spoken briefly that it is not so much that you need to seek yourselves, as to return to what you already know. Last time I spoke about that awareness growing within you. We cannot go too quickly, because what I am telling you now has taken many of your years to reach this point for your understanding. It is important that each one of you takes in and understands each step as we go forward. Each of you, as you know, are at different steps of your own growth, therefore it is important that you understand my words as we go slowly. If you have questions or doubts—and remember when first I came to you, I told you if any of my words were to sit with you uncomfortably, then you must let them go, until such time as the realization comes that what I bring to you is truth. Do you understand?

(affirmations) Are there questions you would wish to ask?

George: I will just observe that the way you've taught us, it is rather like a natural process, like the opening of a flower. When the flower is fully opened, there is all-knowing.

I like your description very much—

(affirmations)—and think of the beautiful flower that is opening; remember how many veins within one petal and then you may have some idea of how much there is to understand, before you reach the middle of the beautiful flower. That is why we must go slowly, slowly. I could of course bombard your minds with many things, much that you would not understand, but what would be the purpose? As we go slowly each detail will become clearer to you and this I see as time continues. I see your light so much clearly from when I first came to you. I only wish that each one of you could look at all of the others and see how brightly you all shine. I am sure you are aware of how many situations each one of you has encountered and given food for thought to others. I would like to say to you that each one of you my dear friends are seekers of truth, but this you already know. But there are many types of seeking, and when I call you *seekers of truth*, I believe I am right in saying that you are seekers of the *one* Truth. Perhaps I could compare you to one in your religious book known to most people and whose name was Moses. He was but a seeker of truth. He was the

one who introduced in that religious book what you term 'commandments'. I would like to say to you this time—and it may surprise you, or at this time in your growth it may not, that as a seeker of truth he brought many words to many people—I think you would not disagree with that—but what I would say to you my dear friends, that the words that he brought to this world were not 'commandments'—that Great Creative Forces does not command—but issued forth words that should have been '*commitments*'. I would like you to ponder those words this time and perhaps when next we meet, we will discuss what you think I mean. Would anyone like to comment briefly?

George: So we are thinking of what we might call 'the ten commitments' as a pattern for living? I would feel more comfortable with that, yes. Of course 'ten' is but a number. There were many words given that were to enable mankind to *seek out* the truth, the truth that already existed, but which mankind at that time in your history needed to hear.

George: It is just that ten of those commitments were written into the book as commandments. **Yes, and named as commandments. I would say but one thing: why would the Creative Force who is all-knowing—and we are part of that Creative Force—why would he need to command part of himself? That is what I wish you to think about.**

Lilian: Yes, I see what you mean. If the knowing is within us, why did we need to be told?

That is for each one to ponder. I feel this time I have said enough on that, but I will give you the opportunity my dear friends to speak and we will discuss it next time. Are there any questions for me?

Graham: I can hardly talk; I hope you can understand me; I have got a cold. I was reading from a spiritual Master called Seth, who said that in Spirit world there is a belief that there is never an excuse for violence and I thought about those words with the war that is going on at the moment. I was wondering if you could confirm that that really is the truth that there is no excuse for violence under any circumstances?

Firstly let me say this to you: that when placed upon this Earth each one was given freewill, free choice. How your world is at this present time is because of the actions of each one of you: the thoughts and actions of each one. Now I hear

you say, but we do not want war, we do not wish this, we do not want that, but it remains that because of the way mankind has gone forward, he has created for himself all of the existence of these problems on your planet. Mankind has to accept responsibility for the state of the Earth planet at this time. The Great Creative Force—and so often we hear: *(Salumet's voice becomes stronger)* **Why does he not step in to prevent these what you call disasters and wars? Why should the Creative Force do so? You have been given freewill, you are responsible even if that responsibility lays heavily upon you. The Creative Force has given each one of you the answer. It is simple: mankind needs to go inwards and to speak to his brother gently and with kindness. But that Great Creative Force has to stand by and see those images of himself taken to his own hearts and minds all of the destruction which happens upon this planet. You each have the answer within you, but I have to say my dear friends that mankind on the whole has ignored what he knows. Remember, that consciously mankind might justify these wars, but deep within he knows the answer. I hope that has answered your question my dear friend.**

Graham: That was a wonderful answer, thank you very much.

George: Could I go back to the stone circles that we have talked about before and you said there was religion connection and energy connection. **(Yes.)** I thought further about that and I am wondering if it would be correct to see them as Sun Temples where in past times in ceremony people recognized and welcomed the spiritual energy of the sun and its connection to nature? **You speak of the spiritual sun or are you speaking of the physical sun?**

George: I speak of the spiritual sun.

Yes, thank you. I am pleased to hear you speak of such. Always there has been connection with mankind on this planet. This planet was endowed with many energies, energies from all aspect of this Earth. When you speak of the spiritual sun, that is what belongs to Spirit and it is the spiritual sun which encompasses all things in you what you term your earthly nature: in storms, in water, in trees, in all of existence. Many of these storms upon your Earth hold many mysteries not yet unfolded. When I came to you first, did I not tell you that much had still

to be discovered? *(affirmations)* Gradually, gradually mankind's awareness is becoming raised in many areas of living. Yes, the spiritual sun is imbued on all of these things and in many places upon your planet. Without that spiritual sun this planet would not exist. It is a simple statement, but one that is so true: Mankind could not exist without the spiritual sun. Within each one of you exists a counterpart of the spiritual sun. Within each one of you, within that heart area, there is a spiritual sun which shines forth for others to see. You are but small rays of spiritual sun. Do you understand?

George: Yes, I think it was the practice of the early North American and South American Indians to begin the day by facing the sun and, in a sense, taking in or breathing in the spiritual essence of the sun, and then breathing out to spread that Spirit to humanity, and that would make sense.

Do you not see that this practice still exists? It exists within this room each time you meet. Have you not been aware of the change of breath when you are going deep within? (Yes.) What is that if it is not the spiritual sun? It has become lost in the passage of time, but it is not exclusive to the race of which you speak. It is mankind's right to know of the spiritual sun; it is just another way of connection to that Creative Force.

George: Then it's not surprising that religious ceremony in past times has been built around this.

Again I say to you, so much over your earthly time has been lost, but that is our purpose in returning at this time, that for once the truth will not be denied, that awareness will grow, that each individual will find himself, will find himself to be the spark of all Creation. That is our task in teaching you, that the truth will be upheld. I know at this time upon your Earth there are many troubles, but keep in mind my words to you, that in time to come this will become indeed a heaven on Earth; but mankind needs to become awakened to *this* fact. I will leave you this time my dear friends. As always I give thanks for your time and your efforts to come to listen to my few words. If only you could know how much joy it gives us in our world to see you grow.

George: Equally, I must say, it gives us joy I must say, to listen to your teaching.

As always I feel humbled by your words. I will leave you now until next we meet. I will leave you in the hands of our dear lady friend, (*Lilian*) who gives much to each of you and I am sure you give your thanks for her.

Lilian: It's a great pleasure to have the meeting in my house. Until we meet again. (*thanks and farewells*)

~7th April 2003~

Good evening. (*greetings*)

I am pleased to join with you once more. I hope that you can feel the peace that I bring to you all. (*affirmations and thanks*) We also give thanks to those dear friends who have not joined us this time. When last we met we spoke quietly about what is given to you, what truth is given to you now and what truth has been given by many on this your planet by many, many people. When I left you last time we spoke briefly about what you know on this Earth as your 'Ten Commandments'. I assured you my dear friends that the information given should not have been 'command-ment' but should have been looked upon as a form of 'commitment' by each soul. I asked that you ponder my words and that we would discuss this time, our next meeting, what you had thought about. Would anyone like to ask me anything or would you like to discuss what you feel?

George: I would just like to say that your term 'commitment' feels much more comfortable and certainly I see the logic of this and I'm sure it goes along nicely with the idea that what we have in the past called the 'Ten Commandments' as being a *guiding* set of principles for our living. I think we've probably all taken it as that anyway and I agree the idea 'commandment' seems to be a misnomer with not quite the weight of meaning that it should have.

Of course when I spoke to you about the 'Ten Commandments', that is only one religion known to you. Of course, throughout all of earthly time, truth has been given to many nations, many people and each have their own source of knowledge and truth. But what it does mean is that which has been given has amongst all nations the same aspect of truth, which comes from the Creative Force. I chose the 'Ten Commandments', because it would be known to

you all, because of the religion of your time. Would you like to comment on any one of the commandments given and focus rather on why it is a commitment rather than a command?

Sarah: It's Love thy neighbour as thyself. So that's in a way, not having any bad thoughts, which is what you've told us, and it makes you focus on good instead of bad. That is part of what you have been teaching us, the thought that is so important—good thought.

It is not only the thought which is important, it is that you must now have the awareness, you must have the all-knowing experience, because in loving your neighbour you are loving yourself, and in loving yourself you are expressing that God-force which is all-loving. Do you see? (Yes.)

George: Of course the overriding one I think is: 'Love your God with all your heart, with all your mind, with all your soul. I think if one lives to this then everything else follows.

Of course, because we will use the word God for your convenience, but you know it is a much wider picture. (Yes.) Yes, if your awareness is such that you love that God-force, then what you are doing is saying 'I am *aware* of *who* and *what I am*' and if that awareness is there, then of course you must understand that you are part of the greater picture of life.

George: And other commandments such as 'Thou shalt not kill,' they seem to be, or that particular commandment seems a mere *detail* embraced within the love principle.

All is embraced in the love principle, because if you are love itself, there would be no need to harm anyone; so the important word for these commitments is love, awareness, thankfulness of beginning to know yourselves. Each one of you has the responsibility of taking those commitments and working through them, seeking, searching in order that you may know yourselves. It all sounds so simple does it not? (Yes.) But full well you know that as you tread each step in life that sometimes it seems more difficult. The more awareness you gain, the more difficult life seems to be at times.

Remember what I told you: you have to experience life. That is the secret, but in gaining the experience then you have that fuller awareness. Do you understand? (*affirmations*)

Lilian: The harder times we are experiencing at any given time makes us more aware of our failings.

It should make you more aware of who and what you are and that you are that all-knowing—all-knowingness which is part of the fuller picture. It is not easy my friends, but if we return to what we call the 'Ten Commandments', they were given to the people of that time, whose minds were not completely open to the truths. Therefore to be commanded to them was a natural progression. It was easier for them to take those words of truth and to use them for the betterment of mankind, for that particular time. As in all cases with other nations, they have their own Masters, if you wish to call them that, who came at specific times onto this Earth in order that the people would accept what was truth. Truth has never altered, but men have; and in this time of your evolution on this planet and especially amongst groups such as this, mankind is now beginning to awaken once more. Mankind for too long has existed in quite a great deal of darkness, because they have not accepted truth. Would you have any comments? Would anyone like to speak?

George: Yes I can see the consistent truth as received from Silver Birch and White Eagle and from yourself, to name three recent teachers of truth. I would comment that you are able to talk to us about *certain items* which previous Masters have not mentioned, such as UFOs, space travel and corn circles. These are all very modern things and so I can see the present teaching embraces more details of knowledge, I would say. Each one who has come to this planet teaches to the ability of the pupil. You must know and understand that throughout your earthly history mankind has varied so much. There have been many civilizations, as I have told you previously, whose knowledge was far greater, but in the course of time for whatever reason has been extinguished. There also has been on this planet many people who have been simple in their lifestyles, but who have had great knowledge and truth. But each one of us who have come to this planet for the betterment of mankind has always taught to the ability of those to whom we speak. And yes my dear friend, you mentioned the modern areas of living, which is of interest to man, and that is as it should be. When I came to you, I came to you in the knowledge that each step we took would be a single, simple step, that my teaching to each of

you, each in your various degrees of understanding, would be simple, my words would be simple and my teaching would be understandable. I know that my approach to you my dear friends has been the right one; I have seen you grow so much. I have appreciated your tolerance and time with me, I have seen the hearts of each one of you shine forth, not only in this room, but when you are in your everyday lives; I have seen my teachings to you come to fruition through your very words to others. Therefore, I accept that my simple words to you my dear friends are all that is needed, because in those simple words, I see come forth from each one of you understanding and knowledge. Would you wish to comment?

Sarah: Yes, there's one thing I would say. You said to us just now that with the knowledge, each step gets more difficulties, but on the other side, with your teaching it has helped me enormously to get through the problems, because of the understanding and the knowledge which you've given to us, and so for that I am very grateful. That is because your awareness of life has grown, your awareness of who you *are* has grown. When first I came to you, I am sure that you would not recognize yourselves now, but life back when first I came to you was troublesome at times, but that is why you have grown so. You have not only taken my words but you have experienced them. Do you see? (Yes.) I could say that each one of you within this group, now knows and understands that life is a great responsibility upon this planet, that each one of you accepts not only for yourselves, but for the whole of the planet that mankind has a great responsibility. In accepting that responsibility, what you are doing is accepting that you are part of all Creation. That is profound my dear friends.

George: I think we feel the responsibility; we are aware of so many deep connections; we experience all sorts of synchronicities and recognize them I think for what they are and they in themselves seem to indicate a vast connectiveness.

Yes. You can delay knowledge, you can delay truth but not for long. Each individual is given in any one lifetime the opportunity to recognize and to grow. And you are quite correct, there are so many instances within your life, which I know sometimes amazes you, but it is as it

should be. This planet at this time my dear friends, although you feel it is troubled, this planet is growing, this planet has much to give; the people of this planet are being bombarded with the Truth. So, never despair, there is no room now for such emotion in your lives. You must recognize always what you are, that you belong to the Creative Force—you *are* part of the Creative Force. You have responsibilities and you are going forward with all that I give to you. Therefore again this time I would say, look to those words given as the 'Ten Commandments', look to them through new eyes and see how you are committed to them.

I think this time that it is not necessary to speak more words to you. These commitments of life should to each one of you possibly have different meaning, but to each one of you these commitments are the next step forward in our growth together. Therefore my dear friends I ask that you think a little more deeply about them. Perhaps next time you will tell me what you feel within your hearts before we move on with some more fresh words. I feel the love and the power that is here with you this time. I say that you are not alone. I say that as you leave this time, there will go with you many others who will help you with your thought. I leave you now my dear friends. I give thanks for your time and your love. *(thanks and farewells)*

Another followed through Eileen, in a strong, powerful voice:

What beautiful people you all are. *(thanks expressed)*

Paul: *I'm sure you're not too bad yourself.*

Unfortunately that is not true. My disfigurements caused much distress to others and this is my time of release. So I hope that my face does not offend you.

Sarah: Not at all, it's the person that counts, not what you look like.

Lilian: We know that's not so important anymore.

No, but this journey needed to be undertaken for me to release my past and you are beautiful understanding people and I have chosen you, so that I may return and release these dreadful, dreadful disfigurement.

George: We can only regard that as an honour.

Paul: Yes, it's a privilege to have you. It's pleasing to be able to assist.

Lilian: It feels good to think we may have helped—so it's a two-way thing.

Indeed you have helped, in allowing me to use one of you. I of course know that the disfigurements are not necessary, but I needed this physical return to release me.

Lilian: I see. Well the lady that you're using will be more than pleased that you've used her—a very kind lady.

I have been brought to you by one known to you and I'm allowed to give his name: Leslie.

(expressions of joy and requests to send our old friend our best wishes)

I feel so emotional that you should all be so happy to know who is with me. *(more expressions of our high regard for our dear friend Leslie)*

George: So do you spend time with Leslie?

No, he has only brought me here. *(George then asked if this was part of Leslie's healing work)*

He says he never stops! *(chuckles)*

George: That sounds like Leslie!

Now he tells me enough is enough.

Lilian: Well, best wishes to the both of you.

Thank you all, thank you all, thank you all.

(We expressed our thanks and as Eileen returned she described the huge contorted feeling in her face that she had felt.)

~14th April 2003~

Good evening. *(greetings)*

It is good to join with you once again my dear friends. I hope that thought has been given to what we spoke about last time. I know that each of you will have considered the words that we used. My hope this time is to listen to you to see what you have understood and what you have felt within your hearts about what we called 'commitments'. My purpose this time is to listen to you quietly whilst you discuss what you have come up with. I can say to you that as I work quietly with this one there will be one other before the end of this evening who will come to speak to you. I hope that you may find it of interest. *(affirmations)* Therefore, my dear friends, I will listen quietly to each one as you speak but I will not respond to it because I will be working quietly with this instrument. Therefore you know by doing so there is much work going on.

Lilian: Yes, could you tell me which instrument the other person will be coming through?

I feel it will be this lady here, (Sue) but of course whoever is able to accept and take will be the one. As always my dear friends, know that I stand close by.

Lilian: So we'll discuss quietly between ourselves. My opinion was that the 'love' one was really the most important, because if everyone was committed to love, surely it would override all the others.

George: Yes, that is one of my feelings. There is another overriding feeling that the commandments as such, if I can still use that word, were given to the Israelites who had been a people in slavery and they were a much down-trodden people, and it was a code of living to raise them from where they were. I have just got the feeling that they were not in a good situation to develop spiritually before that time, because they were in such terrible slavery. So perhaps a fairly rigid set of standards was a good way to raise their opinion at that time and in later times they have continued to be good reference. But there was a later set of values that came during the Sermon on the Mount from Jesus: I think they were the beatitudes: blessed are the meek and blessed are various people with their qualities. So perhaps the Sermon on the Mount came as a later refinement to the commandments. I don't know if anyone has any thoughts on that?

Paul: I found them a sort of mixed bag in a way. Some of them seemed of a deep level; others, like 'thou shalt not murder', 'thou shalt not steal' seemed sort of preaching to—covering different spectrums of society. Some seem very obvious things you shouldn't do. Other things seem more moving on further.

George: Part of it is most amusing in today's world like, 'thou shalt not covet thy neighbour's wife, nor his manservant, nor his ass'.

Paul: That's still relevant today, as they all are I suppose.

George: Yes in today's world that is probably equivalent to 'thou shalt not covet thy neighbour's Aston Martin'!

Lilian: It struck me, if in everybody the overriding thing was love, it would kind of wipe out all the others.

Margaret: But don't you think it is greed too?

Sarah: I think that they are what Salumet has taught us in many things. Salumet said to us that

being angry and greedy and all those things aren't good things, so that's one of the things that he has taught us that were being taught then. And I think that some of them are also trying to, for example the one with the idol, get them to be spiritual and not to be physical. So, the underlying thing is trying to get the spiritual bit to come through and of course at that time they wouldn't have understood it, so they had got to do it in a way that they *can* understand.

George: In so many state-related churches they still have idols today. (*affirmations*)

Paul: Yes that was quite a shocker reading that. It is one of the early ones.

Sarah: Yes, it's the second one, I think it is.

Lilian: They do the sign of the cross, they bow to the altar...

Sarah: The sign of the cross isn't so bad, but the actual...

George: The frequently seen 'Jesus on the Cross' is, I can't help feeling *an idol*. It is spelled out too that there be no idol in gold, no idol in silver.

Lilian: But there again you see, Salumet said there has to be good and bad to balance.

Sarah: But also, George, I was thinking of the Buddhists and in Thailand I saw the gold Buddhas. You could say that's not good but, on the other hand, the people have given what they have to create these Buddhas. So that is a good part of it that it has been a 'giving'.

George: I am sure perception comes into it. We can see it as an idol or we can use it as a focus point.

Lilian: The best commandment/commitment that one could pass on, say to a child or to whatever, would be just say 'listen to the inner self' and we should get it. I don't know...

Sarah: I think it's difficult. When I've spoken to friends of mine and said, 'listen to your inner self'... I think we've been lucky with our teaching that it has gone gradually and we have learnt to listen to our inner self, but I think some people would find that very difficult to know where to start.

Lilian: Even before that, each and every one of us—we could imagine each and every one of us knew what was right and what was wrong.

Sarah: Yes, your conscience.

Lilian: So I suppose they just don't listen to that inner self.

George: It might be an interesting exercise to try and formulate the set of standards equivalent to today's world.

Lilian: I have a feeling that our Prime Minister would call himself a Christian.

Sarah: He's a Roman Catholic.

Lilian: Yet he was happy enough to send out soldiers to kill. I find that a bit strange.

Margaret: They are always young people who have to go out. It is so unfair.

Lilian: It's one I can't begin to understand.

George: One of the statistics that came out very sharply today, someone said in debate, that 50% of the population in Baghdad is under 14. Certainly there are a lot of children in the hospitals.

Margaret: I want to know where they get all the money from to buy the bombs and all that. Where does it come from?

Sarah: Going back to these commandments, can we remember them all?

George: Don't bare false witness.

Sarah: In other words, don't lie.

Paul: Don't envy, sort of thing. Don't take my name in vain. Does that mean, don't speak of Spirit lightly?

Sarah: I am not quite sure, actually. Could it mean not using it for false purposes? Could it mean that as well?

Paul: Or without sincerity, I wonder.

George: Yes, don't just set yourself on a pedestal for being a Christian.

Paul: That's the thing. Like 'thou shalt not murder' seems simple, but for a lot of people, meat is murder.

George: Thou shalt not commit adultery.

Sarah: But then going back to the murder thing, Paul, Salumet said to us that we should be vegetarians, but if we want to eat meat we can, so you could still say it is some sort of murder, isn't it?

Paul: I suppose it will evolve. As you develop you will perhaps read more into each commitment.

Lilian: Only eat meat if you were truly, truly hungry. I do think if you were really starving, anything would be on the menu. I could be wrong.

Sarah: Even those people who crashed in that plane, he ate the other one, didn't he?

Lilian: Yes, you know, it is easy to sit here and say don't eat meat or fish, but if I were starving what would happen?

George: Anything is on the menu except cannibalism.

Lilian: Just fade away!

Sarah: But even then, George, after that plane crash, the companion had died and he had nothing else to eat, so he ate the companion.

George: As Salumet has said, everything is possible. The adultery one is very practical I suppose and it can just make life too complicated.

Lilian: I would say that's quite a hard one especially... in all times... they're all quite hard.

Sarah: Today it doesn't seem to be a problem so much. I don't know if that was one for the times or...I suppose if you've promised something in marriage, then you have promised it.

Lilian: Even if they become priests or whatever, they still—and what would that be called?

George: Salumet said something about that too and something to the fact that marriages aren't designed forever. They're for journeying together, but it doesn't have to be forever. I think he said something like that.

Sarah: Salumet said that? (Yes.)

Paul: This other Bible we had was a really big one and for some of them it said quite a bit more. For that one that talked about 'don't make idols', it also mentions about also not even building buildings using shaped stone, because as soon as you have cut the stone, you've sort of mutilated it. That made me think, it's better to worship nature outside like the Druids did and the American Indians. Worship trees and things like that.

George: Of course they did use uncut Saracen stones.

Lilian: But we shouldn't worship these things, we should just love them, surely?

Paul: Yeah, 'love' is a better word than 'worship', yeah.

Lilian: I must confess I didn't have a Bible. When I moved here a lot of books went out and the Bible went too, to my sister-in-law's jumble! So, ok, my mother's got a big one, but I thought I'd forget that one and I look at the children's one.

Sarah: Going back to not cutting the stones, it probably would depend whereby you were. If you were out in the snow and standing there for some time to go, that might not be very practical, so to have some sort of shelter seems appropriate.

Lilian: You meant a dwelling to meet?

Sarah: Yes, a church. I can't see there's a problem.

George: I suppose there is a difference between living and survival. A reasonable situation and building a great edifice and raising huge funds through taxation to do that. That's how the formal church began in Roman times.

Paul: I'm trying to imagine how would Jesus or Buddha or all these people (*Masters*) have gone about their daily worship/religious ideas, and I can never really see them going inside a church to meditate. I always imagine him finding a tree or a quiet area in a park or something, or a bench, or even just in his house. There is nothing wrong with a church, I suppose, but...

Sarah: It does provide a meeting place, doesn't it? At any time you wish to go and pray, just to have a building. A cathedral is perhaps a bit excessive...

George: A meeting place is logical—an all night edifice, there seems to be some question about that...

Paul: Keeping it *humble* seems to be one of the messages of the commitments...

There then followed our expected guest through Sue:

(greetings) I have not wanted to interrupt such interesting words. My time here is limited and I do not wish to interrupt, but I have something that may give you a lighter food for thought. Your discussions on commitments are quite deep and you are having to stretch your minds, am I right? (affirmations) I am quite sure in the coming meetings the Master will give you more food for your thoughts in this matter, but the little I have come to say to you this time is on a lighter nature, not quite so woolly. (holly?) I could not even begin to teach you as the Master does; I would never even try. My purpose is not to teach you deep knowledge. Do any of you sing?

Lilian: Yes, we have one.

Sarah: I did a bit.

Lilian: There's usually another one but she is off not feeling very well this evening.

The lady here that sings, does it lighten your heart when you sing?

Sarah: Yes, yes it does if I sing the music that I enjoy, yes.

Yes. Do any of you here wish you could sing?

Paul: I try to sing sometimes. (*chuckles*)

Margaret: I can't keep the tune very long.

George: Yes, I think we all probably try to and I can appreciate there's a certain joy. It has been said I think, that song is an expression when ordinary words are not really enough.

That is a very succinct and profound thought, but your first word 'joy', yes joy. Music brings joy. You have troubled times in your world.

Lilian: Especially at this time.

Indeed, but the sound of music, of being able to express yourself in song will enable you to rise above the problems. It is a heart and soul-lifting experience: music, song and those that can do these things.

George: I imagine that includes the birds; they seem to do it rather well.

Birdsong is from Spirit. Can you appreciate that? Birdsong is a gift of Spirit. Music is a gift of Spirit. Does that make sense to you?

Paul: Yeah, I think it's too beautiful almost for it to be a manmade thing.

Lilian: Of course different people enjoy different sounds to the music or the singing.

George: Yes, I have sometimes felt that birdsong is a great gift. One can be amongst trees and the birdsong makes the world a beautiful place.

Indeed. A gift from Spirit to lift your Spirits. I am speaking very lightly. We could speak in great depth, but that is for another time. But I ask you if you can FEEL music, FEEL the vibrations, it can help you in so many ways. There is a healing colour to music. Does that make any sense to you? Music has colour. All music, whether you consider it to be the lowliest or just a cacophony of noise, it has a healing colour.

George: Does that relate to the colours of the auras of people listening to music and how that music changes the colour of the aura?

Were you able to see auras, you would see a changing the spectrum of colour, yes you would, and more so with those that are in need of some spiritual help. I say to you, the sound of music can be far more beneficial than your potions and powders. In your world unfortunately, they are used far more than they are necessary, but we can do little about that. Certain of your powders can be like poison and we are hoping in the eons of time that these will be replaced. We are moving on now to deeper things, which it is not my purpose to speak of.

George: I have read of one who cured herself of cancer through listening to music, so that is very much in line with what you are saying.

Yes, the power of the healing colour of music.

Sarah: There is of course Evelyn Glennie, who's a percussionist, who is stone deaf and she plays with very well-known orchestras. She's excellent. ***Indeed, therefore is that not proof positive that her gift comes from the spiritual side of her? Whilst she is playing, her deafness is put to one side. She is unaware of this in the physical, but it is with her Spirit ear that she plays this music. Music is a powerful healer. I leave that information with you and hopefully it will be of benefit to you in times to come. (thanks expressed) All music, I repeat, whether it be birdsong which is from Spirit, or whether it be the native drums of your jungle area, all has the power to heal.***

Paul: It's all vibration.

A very good word my friend; vibrations which show themselves in sound. When you all come to our realms, the music you will hear will be nothing like you have ever experienced in this world. We have healing areas—it is the only word I can give you—an area where music is a constant source of healing power. We send lost souls into this music and it envelops them like a soft down, and the Spirit which is troubled absorbs the vibrations of music. That is something I hope one day someone more learned than myself will be able to talk to you about in greater depth.

George: Tibetan Buddhist ceremonies have some very strange sounds, which one would hardly describe as music, but I suspect those vibrations are very subtle and may well be healing and reaching Spirit.

What you consider to be a strange sound, to another may be as the song of the mistle thrush.

Sarah: It is the same with language. Each language sounds different to each person, so that must be true with language. The voice is vibration, isn't it?

Were you to be spoken to in a language known only to the, shall we say Inca tribes, it would be a cacophony of sound, would it not? (Yes.) But to the Incas it would be melodious and understandable. You are right, it is the same with music, which is why I speak lightly now, but some music to young people in these times is most unacceptable to the elderly people of these times. But that has gone on generation after generation, but to each one they can hear wonderful music. Let each one accept their own

music and let it do its will to their Spirit. We must all learn tolerance in these things, must we not?

Lilian: Definitely. It's something we could do with a little more of.

Sarah: But you also, when you hear things enough times, you get used to them and then you begin to like them just because you've heard them so many times, because it's familiar. ***Think of that not as physical but spiritual. The Spirit is rejoicing in that sound, because it is bringing joy to the Spirit.***

Lilian: I was just thinking of lots of sounds which we take for granted, like the buzzing of a bee or the purring of a cat, which is all very pleasant. ***Those sounds, like the birdsong are musical, therefore come from Spirit. I leave you to think on that. May you hear your music through all the days of your life. (thanks expressed) Thank you for allowing me into your room. It has been a privilege. (thanks and farewells)***

~21ST April 2003~

Good evening. *(greetings)*

As I have been here quietly I have given to each one of you some small upliftment this time. *(thanks expressed)* We were most interested in your conversations last time. It was comfortable to be with you and to listen to the words that you had to express to each other. You may have wondered my dear friends why I have raised that particular subject with you. After all, we have made many references to religion in our talks over time. I now feel that your understanding of my words 'commitment' has taken hold and that your understanding is a little clearer. But why, I wonder, do you suppose I used the word 'commitment'? Mankind, after all, has been guided by many throughout its evolution on this planet.

George: Yes, *commitment* tends to be self-guidance I would say.

Yes, and that my dear friend is where I am leading you to. I told you I believe that it is time for you all to begin to know yourselves; and how, my dear friends, can you begin to understand and to recognize the true self without that commitment, that responsibility of life. That is the key word now my dear friends for you all: '*responsibility*'. Do you see that each

step leads to another, that *commandment*, although used in those far-gone days, was useful for the time. But that Creative Force by all accounts would never command, because what would be the purpose of commanding that self-creation? Do you understand? (*affirmations*) Therefore my dear friends when mankind was placed upon this planet, not only to discover oneself, the true self, the spiritual self; the purpose of life was that the human being recognize that spiritual self, whilst clothed in the physical body. But, to do so you must endeavour to take all responsibility for *life*. I told you recently in your time that mankind is responsible for all that happens on this planet. That responsibility my dear friends is a burden to some, but to you of some knowledge, I hope that responsibility shows you what you are about. Do you understand my words?

(*affirmations*)

George: I think joy and pride can be coupled to that responsibility.

Responsibility should bring forth much love in all that you do. Too often we hear: '*Why are there so many problems?*' I will tell you why, because mankind has *refused* to accept responsibility. That may seem to you my dear friends a very sweeping statement.

George: Yes, it seems almost as if the Spirit part of us is endeavouring to train the biological part of us so that the material human gets it right in the end.

When responsibility is there then physical life becomes so much sweeter for you. Physical life holds no problems for you, and I do not mean that all is, how would you say, rosy?

Margaret: Hunky dory.

Hunky dory... (*much laughter at that phrase*) I am not aware of that one.

Margaret: My children used to say that they were '*hunky dory*' when everything was going right. I will accept your words dear friend. Yes, but when mankind has realized individual responsibility and, after all, responsibility spreads to all of his neighbours, his friends, all that he has contact with: responsibility is not alone. Therefore, I would like you to look at this word '*responsibility*' within your own lives, then I would like you my dear friends to express what you feel to the further field of all of mankind. If you think of the word now, what comes into

your hearts? Would anyone like to express what they feel within their heart?

Sarah: I would say '*caring*'. If you care for everybody then you are taking responsibility and helping at the same time.

Lilian: Not to move away from our responsibilities, as easy as that would be.

George: Caring/parenting/being part of.

Margaret: Showing people love and care.

Paul: Taking more care, yes, taking more care for the Earth and all the life on the Earth.

Graham: I think responsibility is a method to extend your love.

I like that expression. You have given me good answers my dear friends but all of those answers in a way are connected to physical living. Responsibility also includes the nurturing of your souls. One cannot be without the other, and I do not apologize for returning to that word '*love*'. Before each one of you came to this lifetime, you expressed with love what type of individual life you would have in order for the soul's growth: that is responsibility. You chose the people to be born to, you chose conditions, you chose places: *that* is responsibility, because it was done by the soul. Do you see the difference? And when the soul is aware of all of those responsibilities, then it manifests into the physical life.

George: I think there are two types of responsibility ensuing from that: the responsibility and care for the planet and the responsibility for the soul's further growth. Yes. The soul's responsibility is, of course, much greater, if I may put it to you in that way, but only in so much as the soul will continue. The lifetime on this planet is transitory, but is of utmost importance for you all to experience life. You do not come to this planet without the knowledge of what each one of you has to do to keep this planet beautiful, but as I have said, mankind has fallen down many times, but within each one of you lies that love which can encircle all things. The responsibility lies with you my dear friends, in so much as each one of you all have spiritual power which enables you to do anything that you so desire. And again, here is where responsibility enters. When you have such power, you have the responsibility to use it wisely. I would like to give you one example perhaps of how mankind does not use his responsibility. So often in thoughts we hear:

'Why does this happen?' 'Why cannot we help more?' Let me say this to you, the example I will give to you is simple: So many people on this planet who come to our side of life, because of lack of food and water. Shall we place a figure just for example? Let us say we have forty thousand people who are dying at this time. What is mankind's responsibility? Why can they not be fed? Why can they not have water? And yet mankind brings to this planet fifty thousand new lives. Can you see where responsibility lies? You have the answers, but you do not have the responsibilities. You have to, my dear friends, look at the wider picture if you are to begin to understand what I am telling you. I am taking in your silence. Would anyone like to comment? What I say seems simple, does it not? But indeed it is most profound.

George: Yes, as a planet we are squandering resources, we are producing monetary funds and spending those funds on the wrong things. I think we are all aware of that. We are not able to see all of the wider picture. This came up in connection with the Iraqi war when we are not always able to understand the wider picture, but I accept there are plenty of pictures which we are able to see and understand.

You are not, my dear friend, responsible for another human being's thoughts or actions. The responsibility you have is in developing your own soul, your own spirituality to be able to see what you truly *are* on this planet, whilst in these clothes. It is not easy and I do not say these things to you to make you wonder, but I tell you these things in order that your consciousness be raised, that my words although difficult at times to understand, will gradually creep into that consciousness which gives to you a wider vision. Do you see?

George: Yes, and we can change the world by changing the consciousness.

You can change this world by changing yourself. When mankind learns to talk to his fellow man in *peace*, then we will begin to go forward. Mankind must put to one side differences in religions, differences of culture and mankind has to recognize the Spirit within. It is possible and gradually we are going forward, but at this point in time, my dear friends, my purpose is that each one of you has a little more understanding. You *are* beacons of light, as I have told you previously, but we desire that that light be of

such clarity that it cannot be extinguished. I hope you understand my words. Now you see the purpose of using the word 'commitment' rather than 'commandment'.

Paul: In helping the needy, we're helping them, but perhaps even more so we are helping ourselves to grow.

That is most important. Always I have told you, that you must go within. I have stressed these words to you on many occasions, because if you do not go within, **you are without**. They are simple words, but they mean so much. Think about them my dear friends and your understanding will be greater. We feel so much love for each one of you who gathers here. We do not often find the dedication which you as a group of people have given. It is part of your responsibility that you come together, and this you do with good and open hearts, and it is there for all of us to see, but it is our hope for you that in this lifetime, not only do you come together, but that you grow so much that the soul within is forever outside in your daily lives, in all that you achieve, because when the soul shines forth, it does not matter what conditions life brings to you, they will just become part of your responsibility, they will be dealt with and you will not give more than a thought to these very conditions. I feel such deep love for each one of you this time, and there are so many around at this time, who wish to come and stand by each one of you. I will say to you, to each one, that when you leave this time there will be much upliftment in your lives. (*thanks expressed*) I feel for this time I have spoken enough words for you. I do not say to you, I say for you, because in your own individual ways, you will take those words, you will digest those words, and you will make sense in your own way of those words. As ever my friends, I will leave you, knowing that I will always be available to you if you so need. (*thanks and farewells*)

~5th May 2003~

Good evening. (*greetings*)

The warmth of your greeting grows ever stronger; for this we thank you. It is important my dear friends that there is joy in your lives—not joy of good happenings, but joyfulness in all of living. Love and joy are closely connected and

it is most important that you understand that no matter what your life brings to you, that always you sustain joy in your lives. So what is this joy I speak of? It is joy in knowing who and what you are, joy in just being: that is true joy. Without joy within your heart, all other aspects of living become as negatives in your lives. So I would like you my dear friends to consider what joy there is within your hearts. This may seem a simplified question, but I assure you it is one of great magnitude. When you *feel* what joy truly is, then you will come to these meetings with a completely different view. I know you are saying: *'But we cannot feel joy at all times.'* But this I say to you my dear friends: *'yes, you most certainly can.'* But that is what I wish you to consider this time.

George: Yes, I think you can sometimes see joy in people's faces and I have a picture of one known as Rinpoché who was referring to the Dalai Lama who was across the room and he was saying, *'Look at the Dalai Lama, he is not laughing at some joke, he is bubbling with joy.'* And one could see it in the light in his face, he was joyful.

Yes. Yes, that is a good example for the others to think about. But I do not wish you to think of others, I wish only for you to think of joy within yourselves. I will give you time to consider this deeply and we will discuss it next time, and know and understand that love is the all-consuming thing in your lives, but as I say, *joy* is coupled closely to love.

Sara: Can I just say something Salumet?

Yes, of course.

Sara: I think that for myself I think that when I do things which bring me joy as well as all the things we try to do daily for other people, when I follow interests that bring me joy, then I find it much easier to access joy generally. I think if I want to sing and I sing, or dance or do something which brings me pleasure too, then I think I access the joyful part more easily. And children also help to put me in touch with joy, because they're very joyful and enthusiastic naturally. **(Yes.)** I think that they remind us not to be complicated and to just take each moment and be whatever we feel at any given moment.

Yes, of course you know and understand that children are much closer to our world, therefore just *being* exudes joyfulness from children; that is what you must look for. It is absent in so many lives of today, because human living has dulled

that very presence of *utter joy*, and remember I have said, joy is not *obtained* by physical happenings; joy is of course from Spirit, but manifests itself into human existence. That is the aspect of yourselves that you must look to. It is not a simple question, so I will leave it with you and will be most interested in hearing your words. Of course I am well aware of what you are going to say, but the others may not be. So, next time should make for interesting conversation. Do you at this moment in time feel just a ray of *joy* being placed upon your souls? *(affirmations)*

Paul: Yes, I just felt it.

I hope my dear friends that you are aware, because the joyfulness within this room is ever-building. It is there for each one of you to access, to soak up and to retain. It is a condition which will see you through this earthly life without fear or without any doubts of what life holds for you. If you have love and joy, you have all things. I hope my words make sense to you. *(affirmations)* As I have told you my dear friends, this year of your time will be devoted much to your own growth and in doing this I must allow each one of you to take each little step in your own way, and my purpose in all of this is to play the part of adviser for you if so needed, to encourage and to uplift you. Of course I will bring you more new information, of course when I feel that you are ready to absorb, but it is important at this time that each one of you takes and accepts what we bring to you for yourselves. As you grow my dear friends, much, much more can be given to you. Not only will your awareness grow, but your understanding will become greater and you will be surprised at how little you have known in the past. I will be working with this instrument on many occasions quietly, therefore unless you have any questions for me, I would suggest that perhaps our dear lady friend who takes you on a meditative journey, takes you on one and each one of you be open to what is given this time. You may be given my dear friends some clues of what you have been. I know in past times I have told you that who and what you have been is not important—that

is still true, but this particular time it will give you a little more understanding of who you are and what you must be. So please accept my dear

friends, all that is being given to you. Are there any questions before I leave you?

George: Yes, could I go right back to the very first time that you came to us and you gave us a name to know you by. You explained about how names are taken by Masters who come to teach, and we understand that. There was a little doubt at first and we thought *Salumet* or *Salufet*, something like that, and we settled for *Salumet*. **(Yes.)** Can you tell us something of the derivation? Is the name relating to someone who once lived? It sounds Persian, but I wondered if you tell us anything about the derivation of it. It's a little thing that has bothered me for quite some time.

Yes, I know. I will be happy my dear friend to discuss this with you. Yes the name of Salumet was not the name first I gave to you, but as you know, names from our world have little meaning, but I know of your interest and I will be happy to discuss it with you another time. If you so wish I will make time at our next meeting with you—at the end of the meeting I will be happy to give you what you wish to know.

Lilian: When you first came we didn't perhaps pronounce the name you gave quite right, is that right?

The energy at that time was more difficult to control and it was quite an event for us to come to you, as you now understand. We had waited many long years to make this connection.

George: And I believe there was a considerable amount of fine tuning after that time to make communication better.

Yes, always this 'fine tuning' as you call it still continues. That is why it is important that I work at times with this instrument. I know you appreciate and understand that communication is not as simplified as some people would have you believe. But I will make this promise to you my dear friend; you will have a full explanation of your question.

George: Thank you. Could I also ask a question about—you talked to us about the pyramids and they being star pointers and you have made certain statements such as that they were not intended as tombs. And there are many incredible details within their construction and I appreciate that the details are too much for simple application—as simple as being tomb—it has to be something much more complicated than that. I think you indicated direction pointers in space. I think the complexity of the internal

construction, suggests a process of dematerialization and connected with space travel. We know that we can't satisfactorily travel in space unless dematerialization happens first. Is there anything you would be able to say about the complicated layering of different types of rock within the pyramids, which obviously have I would say some energy application. Is there any you could say about that or can you say that part of their application is dematerialising?

Yes, let us first take dematerialization. To you it seems such a strange and unusual happening. To those of us who know more, it is a natural happening. That is first and foremost what you need to know.

George: Yes and I imagine that goes with a much stronger spiritual development.

Yes, of course. You have enough knowledge at this time to understand. I told you when first I came that all of these 'great happenings', as you call them, were quite natural occurrences and that people of your past times, had much more spiritual knowledge than many do now. Yes, originally those of greater

Knowledge had those—we will call them '*points of light*', *points of light* because all structures are light and energy; this you understand. (Yes.) The pyramids were built as points of travel for those who came from other worlds. The drawings you speak of within the walls of these great rocks came later; they came from *man* and *man's* assessment of what they should have been. We are speaking of two different things here. It is a topic which we can enter into again another time if you so wish, but you must not mix the original construction or dematerialization within, with what you find in the inner walls of these structures. I will clarify it for you and make it a little more easier for you to understand. There has been much written, there *has* been much controversy, but I will tell you *why* and *how* and *when*, so that your understanding will be greater. Are you happy that we should do this? (*enthusiastic agreement*)

George: Yes, that's very interesting. There seems to have been a time of...

There is a lapse of time.

George: Yes, there was a time of very early knowledge, **(Yes.)** when the major pyramids would have been first built...

Yes, and mankind has not been correct in his timing.

George: Yes and then there has been further usage of the pyramids since their original construction.

Yes. You must always bear this in mind, but we will go into more detail. (Thank you.) But for this time I feel you need to devote yourselves to what is available. I will leave you now my dear friends. Be open to what is being given to you and you may be surprised by who and what you have been in past times. Do not try too hard. That is always, I will not say 'fault', but a little of your eagerness. Be open, be relaxed and let those come close to you, and as you receive the information, please speak with our dear lady friend, (Lilian) speak amongst yourselves, because the very vibration of your voices will bring us even closer. My love for you all grows ever deeper. (thanks and farewells)

We then went 'within' as instructed, to see what was there. Some only got a little detail. Paul described a sort of Arabic or 'biblical' figure with short dark curly hair. Eileen had a much more detailed vision of someone who appeared to be living outside of a city slum, in rags and with rats running over feet. There were feelings of anger and despair, with the thought: there can't be a God, he would not allow this.' This was a past life memory of course. The name Thomas was given.

~12TH May 2003~

Good evening. (greetings)

Let us give thanks this time for this joining together, this meeting place and all who enter into it. We give thanks for all of those things which enrich your lives, which bring comfort to you and allows that Spirit within to grow. For all of these things we say, 'thank you'. I am happy to join with you once more my dear friends.

Lilian: We're very happy to have you once again. **So many discussions have we had just these past months of your time. Slowly you are beginning to blossom, blossom in your understanding of all that I have brought to you and all that I endeavour to bring to you. I hope this time my dear friends that you have brought with you not only love, love for each other, but love for who and what you are. Last time we spoke briefly about joy and the joy that you feel deeper within. Do you remember? (affirmations) I said that we would discuss this next time and although I know what is within your hearts, once**

more it will be beneficial for the others to hear what you have to say. Would you like to begin with someone my dear friends?

George: Yes, I thought about joy and the opposite condition of being gloomy, and there are a number of things that help us to be joyful and I think one of those things is the increasing awareness. The more we are aware of the wonders of the Earth and Spirit life, the more joy we are able to experience. Another factor is meditation and strengthening the union with soul. There are other things such as laughter and music and birds song and all these contribute to joy, but I think above all is the increasing awareness.

Thank you for those words. If you noticed you started off by describing joy in physical terms, by describing what you call *gloominess* as opposed to joy: this belongs to the physical condition. I of course, always speak to you on a spiritual level. You then continued my dear friend to describe those attributes of Spirit which indeed do contribute to joy. We thank you for your words.

Lilian: Would you like some more answers?

Yes, it would be helpful for each one to express what he feels joy to be.

Paul: When I was thinking about it I felt it must come from when you have no judgement. Then the joy seems to come; like smiling within at the world and yourself as well in the world.

Yes, may I say that those words do make one want to smile. Smiling *within* are wonderful words to describe joy. I thank you too for your words.

Lilian: Have you talked to Sara (*Graham's wife*), Graham?

Graham: Yes I have and I agree with George and Paul and particularly the lessons that I have received here and the opportunity to think about things in a way that I never would have done without your guidance: it has given me enormous joy which I cannot begin to express. I've also felt joy from quiet times, particularly with painting. I enjoy my painting and these quiet times where you're alone and can be lost in your thoughts again is a time of tremendous joy. Sharing experiences with other people again brings me great joy. In fact, I would say that more and more of my time I would say that I am in a joyful state than I used to. So I am very grateful for this.

Yes, I thank you too for your words and the important part of your words as far as Spirit is concerned is the word 'sharing'. Thank you.

Margaret: I have surprised myself this year, very much so. I always wanted to be with somebody, but now I find if I go walking for an hour, most days, and I look at the flowers and the trees and the birds and it gives me new hope. I don't know whether that's good or bad, but it's very good for me to be contented with the life I've got.

Therefore you have joy within.

Margaret: Yes I have, yes.

Yes. You see the correlation of the words that each of you have spoken? Are you beginning to see the connection to joy? (Yes.) Thank you.

Sarah: I felt with joy that it was also an inner thing that we're happy beginning to know why we are here; there's a joy of that recognition. So that is another feeling of joy. But I also felt it was a thing—an aspect that is—because you have joy within, it is that that you are giving to others that they are also recognizing that is making them happy too. It's the trigger between making somebody else joyful and your inner joy that is coming out.

Yes, it is that governing force from within. Yes, that is perfectly true; joy comes from within. Each one so far has discovered that joy does not belong to physical conditions. In thinking deeply my dear friends, you have come to this realization. I thank you for your words.

Lilian: As for myself, it's the joy of the spiritual teach which you have brought and the growth of Spirit within. On a day-to-day basis in the physical I am not always joyful, but spiritually, yes it is, thanks to you for your teaching.

Yes. In recognizing the difference from joy within and joy of everyday life, to recognize that difference is indeed a step forward; to you also, I thank you for your words. I would now like to continue just a little about 'joy'. You cannot extricate joy from love: joy and love go hand-in-hand. But what is this joy? I feel my dear friends that love is easier for you to accept, because you see the expression of love so often within your physical lives. Therefore love to you is more natural to accept. But joy, joy is in just *being*; joy is in the learning process of knowing who and what you *are*. No matter what physical conditions you have to bear, and each one of you as you full well know have different life styles, but that joy that comes from within, is in

beginning to realize and recognize who you truly are and why you have come to these physical conditions. You should shine as beacons at all times my dear friends. The joy from within should overshadow all physical problems in your lives.

Lilian: I think with the knowledge we have gained, it does.

Yes, and that is why now I have broached with subject with you, because your understanding now is so much greater. Until now these have only been words to you, words that you have barely given any recognition to, words used in the physical sense of being happy or unhappy, when in fact joy encompasses you at all times; but it is the recognition that brings it forth. Do you understand? (*affirmations*)

Paul: Is it like we have joy all the time, but we don't realize it?

You have joy at all times within. It is up to you in your physical daily lives to allow that expression of joy to come to the fore. I will now say to you something which I feel that some of you may want to dispute, but I feel at this time I am sure my dear friends you will accept my words. The most loving of people are those who are self-centred. Would anyone wish to comment on what I have said?

George: We could probably put more than one interpretation to the word 'self-centred'.

That is the clue to what I have said. (*chuckles*)

George: One could see it as a link with oneself or well-centred to one's soul body perhaps, but the other meaning might be a person who is rather egotistical.

Yes. Again we come into your physical language. Yes, this is always the problem. Let me explain to you what I mean. The most loving of people are self-centred, and yes my dear friend, you have touched upon the very essence of the word 'self-centred', because those people who are self-centred, recognize who and what they are. Let me give you some examples. Why in your world do so many of your relationships fail? Why do you suppose this happens so often in your world? Because you do not look at one another as the special entities who have come to this world to evolve. So you join together thinking that together you become as one, that you create a whole; but what happens my dear friends is that you become two absorbed in the other's daily living. Why do they do this? Why

should they not do that? When what you should be focusing upon is the growth of your own Spirit. When two souls come together, they should allow each other that freedom of joy and love which comes from within. I am afraid so often that you human beings stifle the spiritual growth of another. Now, do you begin to understand my words? (affirmations)

George: There was a teaching by Kahlil Gibran, who said two people should be as the pillar of a temple: stand together but a little way apart. **Yes, support but do not suffocate. That is not his teaching, that is an eternal truth, but many have spoken words of truth as I have told you in past times.**

George: Yes, he is one who was aware of the truth.

There are many who allow this to happen, but I have to say, they are not the majority of humankind. So, when I say to you, 'self-centred', do not use those words as you do in the physical sense. Always look to the spiritual meaning of my words, but I know if you were to leave this room this evening and say what I have said to you, many people in your world would be horrified. They would say, 'but that is not love.' I say to you my friend, it creates love and joy and happiness. Again there is no judgement, there is only love and joy from within.

Paul: Does that connect with the idea that you have to have self-acceptance and love yourself and then you can see the love in the world as well, but if you hate yourself you can't see the good things in life?

How can you love anything else if you do not know and understand and love the self? (quiet affirmations)

Sarah: A couple of weeks ago, Salumet, you said somebody else would come through and somebody came through Sue who said that song was from Spirit. Did you help that person or suggest maybe that person came through, because in singing it brings the joy out in us, it helps the joy to come through. Was it a pre-planned visit?

You are speaking of joy in a physical sense. You are already well aware of the joy of musical energy. That comes from Spirit, that is part of Spirit which belongs to you all. It is sad that in your world you have to be reminded that music is part of your soul. Music flies on the energy of Spirit: it is part of the soul, it is part of all

Creation. So yes, that visit was intentional for the purposes of understanding. Are there any more comments this time?

Lilian: Could I ask a question on a totally different note? The instrument that you use, we think that she was experiencing a past life which we talked about last week. She appeared to be perhaps in a city maybe a couple of hundred years ago, what we call a down and out. (*poor homeless person*) It was quite a distressful experience, I would say. Was she experiencing a past life?

In one word, yes. It was told to you that these things would be tried last time and each of you had some experience, if not the full life that was being given to you. Of course you were told these lives are unimportant, but it was for the benefit of your own understanding. But yes, you may tell this instrument that what she felt was indeed one of those lives.

Lilian: Perhaps possibly she was the one who was strong enough to accept that.

Do not differentiate between you; you are all capable of much. You are given what you are able to take at the particular time that it is given to you. You all travel different roads, but you are all going in one direction. That is why in this year of your time, much of the time will be devoted to individual development. It is not that I do not wish to bring more teaching, but it is imperative that your own soul's growth is raised as we go along, in order that I can give you more and more that you may understand. Do you see? (affirmations) There is much for you to continue to think about: love and joy, and dare I repeat, self-centredness! (soft chuckles) I would like to end this time by speaking just briefly about the question asked last time by our dear gentleman friend. Would you like to place that question before me for the benefit of those who were not with us?

George: Yes, I refer back to the very first occasion when you came through to us and you gave us a name to know you by, and we understand about names that the Masters give to us, because we have that way on Earth with names. The conditions were not perfect, but it sounded like Salumet or Salufet or something like that and we settled for Salumet. I asked if we could have something about the derivation of that word. Perhaps you could give us something about where that name came from?

Yes, I understand. All too often you human beings need names for recognition. This we know and understand. You understand also that in our world names mean so little, except in the etheric body, which is newly come to our world and names are kept in order for recognition purpose. As we continue, we forego all bodies, all names and we are recognized by our energy, our light; this also you understand. When first I came to you, I know the name was not perfectly clear to you and that name of Salumet was acceptable to you and that is the name which I accept when I come to you. But when first I came to you, I told you that I was a conglomerate of beings and this is so, that has not changed, but in order for one aspect of that soul to come to these conditions, there had to be a name given in order that I would be recognizable to you. When I say 'I', I do not speak as a single entity. I am speaking for that conglomerate of being that is all-knowing, all-growing and always evolving. When it was decided that we must come to you as a group for the purposes of information and growth, you were not chosen lightly. I told you that it had taken many, many years of time for me to come to you. Salumet, it was indeed Salufet when first I came. We decided that Salu—if you were to consider 'Salu', what do you think of? It means greeting, it means good health, it means many things. It means I bring to you truth, health, knowledge, greeting.

George: We have the word in our language 'salute'.

Yes, 'salu' also means in your language many things. I did not come to you as many others have with names of those who have trodden this earthly path, but I can say to you that many of those who have given names, they are but pseudonyms, they are indeed much greater souls, but always names are given for recognition only. One aspect of the beings from whence I come to you has indeed trodden an earthly pathway, but to give you a name, a time, a place would be of little use to you, because that being was not one with recognition; but no matter was indeed a great soul. But one aspect of this conglomerate of beings has indeed trodden an earthly pathway. Another aspect of this self has lived on other universes, on other planets. So you see, the knowledge which I bring is indeed varied and wide. I, to you my dear

friends, am but a voice from afar, but the knowledge and the love that we bring to you is eternal. *(thanks expressed)* It is a privilege to work with you my friends. You were not chosen lightly. There was much discussion and as you fully realize and understand, that to return to such heavy vibrations, especially at the beginning, was not always easy.

George: So the various aspects which you represent would be from several planets and... There are those who have never trodden on any planet.

George: Yes, thank you. I was trying to search for the word: 'pure energy'.

Yes, pure energy is part of the conglomeration. It is difficult my friend to explain to you how these processes work, but let me assure you that indeed what we bring to you travels on the love vibration, and we have felt that *that* is all that you need to know. Always I have said to you: never accept what you feel you cannot until your understanding is great enough. We knew that you would question many things that were said.

George: I think I can say that in that very first time we felt the love in the voice. It was just there, we felt it.

I thank you for those words. After all that is our purpose that not only do you physically hear the words that I speak to you through this instrument, but that you sense and feel that all-encompassing love and joy. For this we will be ever grateful to you all. *(we agreed that we were all very lucky/privileged)*

Sarah: Salumet, just a thought. You teach us and you come to a very heavy atmosphere to teach us. (Yes.) Do you teach in Spirit as well?

Yes, but of course it is much easier. These conditions are not of the best, but we have adapted well and I do firmly believe it is because of the love energy that is emitted from all of you, the love that you give out to me as the voice of Salumet. So, in ending these words, I would like to *thank* each one of you, thank that Great Creative Force for the opportunity given to us in coming to know each one of you. I know my dear friends that when the time comes for you to depart these physical bodies that the knowledge given to you will radiate from your very beings. You *will* be prepared, you *will* accept and you will recognize that love energy

which has come so closely to you. I hope these few words have satisfied you my dear friend.

George: Yes.

I know you are one who considers and thinks deeply, but there is only so much that we can give in order for your understanding to be there.

George: We are grateful, because it does help us to visualize the great privilege that we receive.

Remember what I have told you that names given are so often only pseudonyms for greater beings. I will give you one example, because I know it is one of recognition to you and that is White Eagle. You all believe him to have been a great Indian, but of course he was much more. I will end this time with those words. I know that my words have been taken and accepted by you and for this once more I give you my love and my thanks. (*thanks and farewells*)

~9th June 2003~

Good evening. (*greetings*)

Although words have not been spoken since last we met, I assure you my dear friends that the link with you all is still strong. (*happiness expressed by sitters—several prior meetings had had to be cancelled*)

George: That's nice to know.

I hear the dear gentleman's voice, and I would say to him that I promise to speak with you about the pyramids, but I hasten to say this to you: I will not speak this time, but I have not forgotten what I have told you and in some near time to come we will discuss this with you.

George: Thank you, that would be very interesting. Yes, I have my thoughts on that. I expect you know something of my thoughts anyway.

Yes, I am well aware, that is why I wish to speak with you in order that you understand that I have not forgotten.

George: I am sure you wouldn't forget.

Our 'memory', as you call it, is not apt to forget! But we will speak about that subject as we will broach many others in the coming months. I wish only to say to you my dear friends that over the next few weeks of your time, each one of you should feel a great upliftment within yourselves, because we are making preparations with you all. So, be aware of those innermost feelings in the weeks to come.

Lilian: I will pass that message on to your instrument as well.

I know you do not always *feel* or understand how we work with you, but let me tell you that there is always purpose behind our actions with you. If there are any urgent questions, I will be happy to answer, but I would like to work quietly with this one (*Eileen*) this time, in order that we restore some balance to her.

Lilian: There was just one lady that's shown an interest in coming, (*Sue—a friend of Graham's*) and she lives in Reading. She does understand this work.

I have to say, we influence those who become interested in this group. Therefore of course the answer not only lies with us, but as I have said before, if each one of you is happy to invite another, then so be it. Already I feel you have forgotten that I told you many would come and many would go.

Lilian: And your instrument was impressed—we've probably mentioned this before but I will mention it again—before you actually spoke to us, (*pre-1994*) Eileen was impressed to write down that people from around the world would come to listen and yes, that's certainly happened. I wish to say to you, as time continues my dear friends that each one of you will become much more *intuitive* as you call it. I would prefer to call it '*spiritual awakening*', but of course you know and realize that you play the biggest part in that development. We can help you so much, but we cannot interfere and this you know well.

George: I was only reading about some philosophers very recently. You have been talking to us about innate knowledge and an alternative word used by them is 'a priori knowledge' which is the same thing. I didn't realize but it is clear that a number of philosophers from Plato two and a half thousand years ago, right through to Kant who is a particular one, who recognized the innate knowledge that comes to us 'through the gates of heaven' is the way that he put it, which seemed quite apt to me, and right through to an Australian philosopher in 1938. So, over that period a number of philosophers seem to have got a good understanding about innate knowledge.

Yes. I have told you my dear friend that there are many in your world at this present time and times that have gone by; and after all, two thousand earthly years is but a short number.

There has always existed those humankind, who have extended knowledge and whose thinking is a little greater than most.

George: Yes of course. Two thousand years seems quite a long time to us, because it's a good proportion of the time during which we've had written records.

It is but one wink of your eye. (Yes.) Yes. Now my dear friend (*Lilian*) I will leave with you the rest of this evening's work. I will tell you once more that there are many who are willing to come to you. It is now available to you; much energy, much love, much understanding of what you truly are within. If you would but open those hearts and minds, there is so much you could achieve within this room. I therefore will withdraw this time, but as always I enclose you with my love and light. (*thanks expressed*)

Lilian: Thank you. Our love goes with you.

I would leave only saying that the instrument will need a little time at the end of this evening.

Lilian: Yes, we will help her.

One followed through Sarah:

We will begin by taking a little look at the thoughts that each one of you is currently transmitting. We are receiving many different ones from you. The 'gate' from which I come, is the one that takes the important requests and sorts them into the appropriate—perhaps I should say 'files'. We as you know, do not permit any bad thoughts to go to those who are vulnerable and likewise, some thoughts which may be of good intention, are also perhaps not appropriate at the time of being sent. These thoughts are never discarded and can never be got rid of, but are kept and at an appropriate time, will be forwarded to the appropriate recipient. So those thoughts that are being transmitted this evening have already been put into the correct 'file', and are being dealt with in the correct way. My purpose this evening is to do a joint exercise. These thoughts that you are putting forward, we wish you to try to do one thought together and to impress upon the one who is sitting to my right hand side—we wish you all to have one thought which we wish you to direct to this lady and we will tonight see if she can transcribe these thoughts for you. This exercise is a simple one, but it is one to show you how important your thoughts are. So, if you would like to transmit just one thought to this lady, we will in a few moments see if she has

collected them in the correct way. These thoughts can be transcribed in a different way and sometimes the thought that is put forward comes out slightly differently. This is not because your thought has not been accepted, it is simply because the thought from the person receiving it, has put a little of her own thought into this idea, this thought and it has become slightly altered. But the general idea, the general theme, should be the same. So let us just try this exercise for a few moments. (There was a short pause of 1 or 2 minutes, while we attempted the exercise—we didn't do very well, but our guide encouraged us nonetheless with our efforts.)

~23rd June 2003~

Good evening. (*greetings*)

It is good to join with you my dear friends.

Lilian: Yes, it's lovely to be together.

As we came together this time I observed each one of you. I was observing the light which emanates from each one of you. I know that when last we met each one did feel some upliftment in their lives, but as always in human living, these things are so quickly forgotten and gone from you. But, my dear friends, from each one of you there is a light which is now shining which can never be extinguished. It is the light of ever-growing knowledge, it is the light of union with that true self. It is our purpose, as I have told you that each one of you in this time of your earthly year will find and grow spiritually. To this end this time, or part of this time, will be given over again to individual development, because what is to come over the next few of your years, will need understanding that comes from within. It is simple to utter words to you, for you to listen, to try to digest those words, but unless that knowledge is taken on board and digested spiritually, then it means very little. So do you understand my dear friends the importance of your own individual growth?

Lilian: Yes I think we all do.

Because in your individual growth you come together as a group, which becomes stronger as a group, even although your own individual development is so varied. After all, that is our task that when we give knowledge to you, that you are able to utilize it to the best of your abilities, that the truth that is given to you at this time is passed to others in the process of

your everyday living. I know my dear friends this you already do, but to become *aware* of it is indeed another step forward for you. Therefore, when we have these individual development evenings, do not feel it is because I do not wish to give you more teaching; it is part of the overall picture of the group itself. I would therefore say to you my dear friends that if there are any questions this time, I will be happy to answer them for you, but I would say that we must devote some time this evening to allow those who are standing close to you to come forward and help you all individually.

George: Perhaps I could observe that we have continued as a group now for 10 years and it's most refreshing that I notice you're looking ahead several years in terms of the next development. That is very nice to know, thank you.

I know that when you speak of earthly years, to you my friends it may seem some considerable time, but it is but one blink of your eye. There is much to know and to learn, and after all, my purpose in coming to you is not only to give you teachings, but to bring you together as that group which has existed in many times in many forms, but in this existence I want you to be more *aware*. So you see, it is a double-edged purpose that we have. What would be the purpose in giving you information if you know not what to do with the information, if you cannot take into your hearts and souls that eternal truth? So, it *is* of great importance, and I did tell you earlier in this earthly year that a great deal of this time this earthly year, would be given to individual progress. Can any of you within this room say that you have not felt to some degree some form of progress in your lives? Is there anyone who could say this?

George: No—I feel in myself that there has been progress and I am sure that goes for all of us. (*affirmations*)

Sarah: And the way you deal with things in life is much more easy.

Yes, it is that awareness within yourselves, the way you express the Spirit within: *that* is the purpose of development.

Lilian: I think the group that is here tonight, although we are a smaller number as to sometimes, say we are the *old-timers*, I am sure the others would agree that we can feel the love growing between us as the time goes along.

There is a bond with you which will never be broken. You may have other lifetimes, you may have other groups, but there is a joining among you that has existed for a long time, and this is important for you to know. That is why you constantly return to each other. There is no pressure upon any one, to sit within this room, to listen to my words, and my heart is glad when I see you gather and you listen to these simple words I bring to you; and although the words are simple, they have great significance to you.

Lilian: Sarah, do you wish to ask your question?

Sarah: If there's time—it's not really important... **I will take the question my dear friend.**

Sarah: I was just interested, you said about nuclear power—it was something that's been developed and we don't understand it. You also talked about GM foods. I think you said they weren't good, but is this in fact another thing that we have developed that we don't actually quite understand? We haven't quite got to do the right thing with it?

There is much within your world that has come to you under the umbrella of progress. Let me just say this to you my dear friends: The majority of mankind wishes to help each other, but in the past few thousand of your earthly years mankind has developed a knowledge, has evolved to think for himself in a way which is not always best for all peoples. You know that all that comes to mankind originates from the world of Spirit. (Yes.) Although many ideas come from our world, they are not utilized to the best advantage of mankind. The problem is always, as I have said on many occasions, that because humankind has freewill, they can abuse, and do abuse, that which comes to them; but that is their choice. We, as I have said before, can try to influence all for good, but the power of thinking, the power of thinking is so great that sometimes we cannot but help and have to stand back and watch mankind be destructive. It is a process of what you call your *evolution*. We may pick individual topics, and there are many upon which I could comment, but I will generalize for you and say that mankind is reaching a point when all that is coming to him will be used correctly, will be recognized as the spiritual gifts which they were meant to be. Throughout all of your worldly history there have been many civilizations previously, with far greater knowledge than that which is available today,

and have I not told you how mankind have abused that knowledge? (*affirmations*) This still happens today. There is nothing new in so much as mankind still uses that freewill. Remember too what I have told you, that always there are two sides, there is always the positive and negative aspect to all of living. So, what one man might abuse, another will find good with, and this we must trust humankind, and we must influence those who are working for good. We cannot change any pathway which has already arrived. When mankind has made a decision, the thought becomes reality and all we can do is to influence and influence until such time as that knowledge is turned around and used in the way that it should be.

Sarah: If the knowledge is being used correctly...
It will be of benefit to humankind.

Sarah: Yes, but what I was going to say was that if something is used incorrectly, there is a balance and somebody will find something good with it; but likewise, when the good is being used, then someone will find something bad in it, won't they?

Always there will be this balance, yes; you have to look around all of your world in this age to see that. Man goes against man in every walk of your earthly life. What one finds good, another will find a purpose of objection or *misuse*, but what we are striving for my dear friend is that mankind stops and observes and takes inwards all that is given to him from our world. Only then, when mankind listens to the inner voice, will this world indeed become a much happier place. It is *possible*, it *is* possible, but each individual needs to accept some responsibility for what is happening in your planet. You cannot be absolved from it. These may seem to be harsh words, but I tell you, because in accepting that responsibility, you are accepting that you are more than a body of flesh. Do you understand? (Yes.) Try not to, my dear friend, think of any one situation, try not to focus on the negative of any *one* purpose of life, but always strive to see the fuller picture, and then, and only then, will you see what has to be done. These are simple words from *me*, but not so easy to *do*; but if you do not strive you will not achieve. Is that helpful to you?

Sarah: Yes it is, thank you.

I hope my dear friends that you are beginning to feel the love which envelopes you all at this time. I am going to withdraw and work with this instrument (*Eileen*) for some time. I will leave with our dear lady friend (*Lilian*) all of you to go within and see what is round and about you. Do not be afraid to speak out, to say what you *see*, to say what you *feel*, to say what you *hear*, because my dear friends this evening all of your senses will be bombarded by those who stand close. Open your hearts, open your mind and allow it to be close. (*thanks and farewells*)
We then sat quietly as instructed, dedicating time to individual development. Sitters voiced what they 'saw', felt or 'heard'.

~30TH June 2003~

Good evening. (greetings)

It is good to join with so many of you this time.

Lilian: We have got two visitors, a lady, (*Sue*) who we spoke about and her husband. (*Larry*)

To them we say that we embrace them warmly.

They, as you my dear friends, are seekers after truth. As you well know, there are no *new* truths. Eternal Truth has always been and always will be, but mankind is forever seeking what he terms *Truth*. For the purpose of our dear friends who have joined us this time, we will speak generally and I will invite you to ask any questions that you may have this time. I would say only this about Truth: What you harvest in your daily lives is dependent on the seeds that have been sown throughout that human lifetime. But what I wish to say to you my dear friends is that all truth is available to you only when you *go inwards* to those *quiet moments* when only the Spirit shines forth; then and only then, will the Truth of all eternity become a little clearer for you. Therefore I say to you once more, and my dear friends within this room have heard me say on many occasions: all is available to you but you must *seek*, but you will find if you are seeking with love and looking for that light within. Now my dear friends let us have any questions this time?

(Lilian asked our visitors if they had any questions, but they didn't have any at this time.)

George: One that has occurred to me recently. I value any comments you might have on alcohol. A little drinking of alcohol is a very common habit, and especially at the end of the week

people go down to a pub and have a drink and they relax, and for a lot of people I am wondering if that is a good thing and almost a first step to going within to relax from the weekly problems. There's reference in our Bible to 'taking a little wine for your stomach Timothy', and I have also heard it said that alcohol diminishes the aura and anyway I would be glad of any thoughts you have. I am not looking at over-indulgence; I am looking at a small amount of alcohol at times to help people relax. I would be glad of any commentary you have on that.

I feel my dear friend that a little justification may be looked for this time, but what I wish to say to you is that all of mankind has the responsibility for the protection of that housing which you call 'bodies'. Whether or not we from our world approve or disapprove does not matter, because as you know you come to this lifetime with all of those attributes which is to see you forward in this life. You have freewill and mankind uses it wisely or unwisely as you may see it. I would say to you only this: that all of living in this world which at times for many is not easy, whatever can help you to go forward with understanding, with peacefulness in your heart, cannot be totally bad. Therefore I say to you, after all, the fruit upon your trees creates what you call 'alcohol', does it not?

(affirmations) **And who would we be to say that what is produced upon your Earth is *wrong*—it would not be right to say those words.**

Therefore my words to you my dear friend is that those people who need the crutch of alcohol, let it be so, but I hasten to add that all of these substances are indeed *crutches*. Why do you need support to go inwards? All you need is but to close your eyes and focus your thinking. That is all that you need.

George: Yes indeed. Yes, those are wise words. I asked the question because it is such a common indulgence that I am sure it will be of interest to many, many people. Thank you for your words. **Always each one has to take responsibility and remember that these physical bodies are after all that temple for the Spirit. Therefore I would say only this to you all, that you can only do what you feel is best for each one of you, because each individual has the responsibility when they come to our world to see more clearly how they have treated that temple called the physical body. Then and only then will the**

whole picture emerge and the understanding that comes with it. I hope that is helpful to you.

George: Yes, and thank you for the word crutch, because that seems to be a particularly apt word to use.

Yes. All of these substances are unnecessary, but as I have said, we cannot interfere in your daily lives and if someone finds benefit from it without harm to others, then so it must be. As long as they *never* harm another human being, then to them it seems acceptable, then that is how it must be. Do you understand my dear friends? *(affirmations)*

Graham: There was a programme on our television which was talking about a scientific breakthrough on the subject of sleep and the fact that scientists now think they have greater understanding as to why some people find it very hard to stay awake and they spend most of their time fast asleep and it is a real battle to try and stay awake. In investigating all of these things, scientists now think that it is something to do with what goes on in the centre of the brain and a certain drug is released by the brain. Drug manufactures have now talked about creating this drug to have the opposite effect, thereby administering this drug with the intention of keeping people awake so that they no longer need to go to sleep. They have described a society where people are awake 24 hours a day and they never go to sleep. I can't help thinking that this would be an extremely bad thing, because of the link we have with Spirit world during our sleep time and that would be severely interfered with. I would be concerned that this line of scientific effort would probably be a bad thing for mankind. Could you say anything about that please?

Yes. Let me say this to you, that as I have told you many times, your scientists are impressed from our world for all and many, many things in this world. Information gained for the good of mankind, we have to say scientists in this age of your time are not accepting with full love and understanding. I have just said that we cannot interfere in your lives, and this still stands. We can influence, we can uplift, but we cannot interfere. Therefore, if information given to these scientists is abused, then again I bring to you responsibility, but to go further and answer your question, I must say this: that to interfere with the sleep state of an individual cannot be

good for that Spirit, because, as you have rightly said, in the sleep state the Spirit frees itself from the human form. I believe you will find that this state of affairs *will not happen*. The Spirit will always find time to leave the body, to after all be rejuvenated in our world whilst the sleep state exists.

Graham: Yes. If that rejuvenation didn't happen, then I would imagine that the consequences would be awful.

Yes. I will not go into that just at this present time, but it does not leave much for your imagination to consider what the consequences might be. Are you happy with that?

Graham: Yes, that's very interesting, thank you.

Lilian: If we have what we call a 'nap' in the day time, and especially as one gets older, does the Spirit go then into the Spirit world?

The Spirit will always take any opportunity to be refreshed and rejuvenated.

Lilian: Sometimes I have woken up in the day time and felt very cosy.

Yes, that is because the Spirit has been freed from the entrapment of the body.

Sara: I was standing in a very long queue today at the post office and because I was beginning to feel bored, I started to send love to people in the queue—I thought it would keep me busy—then the man standing in front of me, I felt I wanted to project some colour pink around him and then I wondered if I should have been doing this as I didn't have his consent; I just wondered what you would say about that?

Yes, we have spoken before, have we not, about this, that the power of your thoughts are most powerful. But what you must never do is *give* those powerful thoughts to another, unless it is for good reason. You did not know that the person who stood before you was in need, unless it was given to you. Therefore, always be careful my dear friend that you are not interfering in another's life. To send love and healing thoughts, it is a different matter, but when you begin to send *colour*, then we are speaking about something entirely different. So, although your intention was good and honest, you were right to withhold it and to refrain from giving such thoughts.

Lilian: Any questions Sue?

Sue: You have answered my question...

Yes. You, my dear friend, would have much to give to our world, have much to give to this

world, but as I have said, you are a seeker of truth and you are still searching within for *who* and *what you are*. Would you agree?

Sue: Yes I would.

Yes, you could be a worker for Spirit if you so desired. I believe you may have been told that you are capable of healing. (Yes.) Yes, and have you done something about it?

Sue: Yes I have.

Yes, good, but you must go forward and seek.

You need to move forward. You do not become stationary in the knowledge that you have.

Always you must project yourself forward. They come close to you from our world. Yes?

Sue: Yes, I think so.

Yes—no, do not think so, they do. They come very, very close to you.

Sue: How can I learn to recognize those Spirits close to me?

You will begin to sense. There is nothing that you can do physically. All that you can do is allow yourself to become more open. You understand what that means, otherwise you could not heal. (Yes.) It is not always necessary to feel the Spirit around you as long as you provide the hands that are needed; provided you allow your vehicle to be used then all will fall into place. So whatever you give to another, you give with an open heart and mind and we will do the rest. Do you understand?

Sue: Yes, I do.

You are much blessed by those who come to you.

Lilian: Larry?

Larry: Yes. Good evening. **(Good evening.)** Thank you for allowing us to be in your circle this evening. One thing I wanted to ask was a few years ago myself and Sue were involved in a circle and everything seemed to be working fine, but for reasons I won't go into, things have now drifted away and, although we have been going to church and that sort of thing along the way, we haven't really been that involved for many reasons, but do you think it is time for us to start getting back in a bit deeper at this time?

That my dear friend is why you are in this room tonight. (laughter) I would say to you, *now* is the time for you both to go forward. Although you have been involved in previous times, it really was not meant to be, not meant to continue in the way that it was. In the same way as it has taken many, many years of these sittings with

this group, and people have come, people have gone as many more will in the future, there is a time for each one to become more involved. Sometimes daily living interferes with what you know you should be doing. There are many reasons why people don't go forward in this situation, but I can say to you quite clearly my dear friends that this opportunity has been given to you. But we cannot live life for you and you must now recognize and take advantage of what is before you; you must become aware with those spiritual eyes *all* that is placed before you. Do you understand? (*affirmations*) There is a time for all people. For some it begins the moment that they are born, for others it comes later in their lifetime. But for all people, first and foremost you are Spirit and this you must never forget. Both of you I would say have the capability of sitting quietly together and allowing that Spirit within to come forward. But it is not for me to tell you which pathway you must take. I can offer you hope and guidance, but I cannot point the way—that must be your decision. Thank you. (*thanks expressed*)

Lilian: Margaret?

Margaret: We have been praying for my friend Betty and great news, she should be home within a fortnight and she is getting on very well at the moment. Thank you all for praying for her. And we thank you my dear friends for all of your thoughts. Do not forget that you also have played a great part in the help that the lady has received. I have to say my dear friends that I become increasingly aware how different your thoughts to us have become, how much stronger and with so much love they are sent to our world compared to a few of your years ago. If only you could be aware of your own lights, I am sure you would be truly amazed. I have to say to you this time that I have been with you for a short time, or rather perhaps you would consider it in your terms quite a long time. But it is not, it is but a short time. I came to you my dear friends on a wave of love and understanding. I came because the time was right for you all to learn more, and you have accepted me with love, love which at times has nearly overwhelmed me, but I say to you each and every one my dear friends that not only has it been your love, but your *compassion*, your *humility* for your fellow mankind that has attracted me to you. I can say this to each

individual here, it is not just one or two, but it is this whole group. It is indeed spiritual gifts that each one you hold and it is indeed those spiritual gifts that have taken you forward and will continue to help you to grow. And each new piece of information which I bring to you, I am happy for you to dissect, I am happy for your to question and I am most happy when you accept it with love.

George: It is our pleasure to receive. I rather fancied I had a conversation with you recently. I was trying to fathom *personality* and I was looking to yours and wondering if I was right to consider yourself as a personality. I seemed to get something coming back which suggested that I should attempt to define what personality is. Is that not a good question?

George: A very good question, yes! And I felt on thinking about it that personality stems from Spirit and various factors, if I could loosely say that, in Spirit; in which case our personality, each one of us, has a very similar basis to your own, in that, well, yours derives from a much further and more refined and many more refined personalities shall we say?

Yes. We get into difficult waters when we try to define my personality, because as you full well know, I am not one personality. I show myself to you and speak to you as what you define as personality, but I am but a voice for many in our world who bring to you Truth and understanding. But that is not to say I cannot impress upon you the feeling that I am but one of you. Do you understand this?

George: Yes, it's more like you are many, many personalities.

Yes, yes, it is an interesting word 'personality' and perhaps it could be that all of you could think about that and we may discuss it another time. It would be interesting to hear you all speak about your own personality. I am sure you would find it most interesting. (*affirmations and some chuckles*)

Sarah: I think that probably why George feels that maybe our personalities are a little like yours, is because we are all blending together.

Yes, that is one aspect of it of course, and that is something I would have expected to be discussed when we do discuss it. But yes, you are correct, it is the blending of each one of you which creates this idea or thought. But it is a

very good question. Are there more questions this time?

Sara: Yes. I think my little girl is seeing the aura colours. Can you confirm this? I feel when she talks about people she is seeing a colour. She often says she can see a colour with them.

We have said before that your children do attract Spirit children to them. It is because of the energy that comes from them. But I would say and I can say to you that yes this child is aware of much more than you realize; so please try to encourage when you can. (Yes, I will.) I feel this time that as I begin to leave you that each one should sit quietly and see who is with them. So I will leave it with you my dear lady, (*Lilian*) to encourage the others to speak of what they see and feel. Before I leave you this time my dear friends, I say to you, have upliftment in your hearts, be optimistic for your futures and that when you go inwards in your time of quietness, remember all of those people who come to help you in your daily lives. For this we ask that blessings be placed upon them, that your knowledge becomes expanded and that the love that you feel for each other continues to grow. And with those words I will leave you now. (*thanks and farewells*)

~14TH July 2003~

Good evening. (*greetings*)

Lilian: We have a nice full house tonight. I am happy to be with you all once again. As I waited for you my dear friends I was thinking about the workings of your fan within this room and I would like this time to compare you to this fan. You see, its energy is supplying to so many of you—all of its ability. It touches not one but many, and so too do each one of you my dear friends in your everyday living. You know full well that the energy which exudes from all of you, touches many hearts in one lifetime. I am sure that each one of you has grown to the point of *knowing* when you touch another's life. (*affirmations*) What I would like to remind you of once more my dear friends: so often the thoughts come from you, '*what is the purpose of this lifetime?*' You have journeyed far, you have gained much, but let me remind you that not every lifetime is for the purpose of the Spirit that is reincarnated. It may well be that the lifetime is devoted to the welfare of others.

Sometimes my friends you forget that this is so, you become absorbed in thinking: 'why does this happen? Why does that happen?' Always you look for the purpose of events when your own soul is sending you forth to bring help and comfort to another human being. I know as you think upon those words that you will see in your own lifetime these purposes, and indeed many of you have come for unselfish reasons this time. Would you like to speak about those words I have given you?

Lilian: I can see it partly in my lifetime, I must say, especially as I've got older.

Yes, you feel that part of you is given for another. Does anyone else feel this purpose of life?

Sarah: Yes I do also to an extent. Now I am beginning to, not before, but through your teachings which are beginning to make me think differently.

George: Yes, one can give in various directions to other individuals and looking around at other people, there is the possibility of giving to the State and giving to the world.

That is always the purpose of any soul that the *whole* of the energy in this world is given to the *whole* of the planet. You cannot exist upon this earthly existence without giving outwards to all who exist with you. I would like you to think a little more deeply about the existence of this planet, not only *your* existence and why you are here, not only how you have touched the lives of those you have met, but what *purpose* you serve for the *whole* of humankind. To do this my dear friends, you must think more *widely*, to do this you must open your *hearts* and you must be *truthful* to *yourselves*. That is not an easy task; indeed it is the rare human who can look inwards and truly see for himself what *he* is about. But I am asking you this time, my dear friends, to think more deeply about not only your purpose here, but the purpose that you have brought for the unity of the whole planet.

Lilian: Yes, that's a difficult one.

Are you prepared my friends to try to ponder upon this aspect of yourselves? (Yes.) If you are not ready I understand, but I feel the time now is ripe for you, all of you, to go much deeper inwards; to understand the energies within yourself and how they interact with all other energy on this planet. I will leave that with you.

Lilian: We will talk about that next time we meet.

George: I can't help thinking about particularly wonderful individuals like William Shakespeare, who wrote such beautiful wisdom and which has been translated into many, many languages and his plays are still acted on stage, and the energy of that play seems to go out to the audience and it seems to me he is a particular example of how energy spreads exceedingly widely.

His purpose was with his words; that indeed was his energy. That is the way I would like you to try to deduce how each one of you has opened up and allow your energies to go forth. You do not have to have a name that is recognizable to all. After all, within your world there are many who have always been unknown to the mass, but whose energy itself is purity and love and is spread in many directions. So, do not narrow down your views of what energy can do. But I thank you sir for your example, because it is a good one. Are there any questions? (pause) You are all stunned to silence? (chuckles)

Sarah: Mine isn't a question, but I was just thinking that you can affect a lot of people just by this ripple effect. For example, if you just smile at someone one day, they could be feeling unhappy and that makes them happy, they can do the same to the next person and so it carries on. So in that way you could influence people just by a simple action.

Yes, you see already your mind and heart is working along the right lines. Continue to think about those words and we will discuss it more fully next time. It is a stepping-stone in each one of your development. It is imperative that as we go each step of the way slowly, that the understanding that you have becomes greater. This is what we are trying to achieve.

George: May we ask general questions? **(Yes.)** I'd like to mention that there have been reported 'light signs'. We have talked about the signs of crops circles, but there seem to have been signs in light which have appeared around the world, many countries, consisting of a circle with a cross in the centre and the signs in light appear on pavements, on walls... As a symbol, it's a very ancient symbol, I believe, which represents a cross, humanity, and the circle as the universe and the four quarters as the four elements of the beings that look after those elements. It's a very ancient symbol from the past and it's reported to be appearing in many countries at the moment.

Would you have anything to say about the significance of the light signs?

I do, but you have already given what I would have explained to you. Therefore for those words I thank you. (soft chuckles) What I will say to you is this: that light symbols have always existed since mankind has walked this Earth. Light symbols have appeared on stone, on mountains, on water, in air, in fact on all elements of existence. These symbols are not new, but they have been *resurrected*, if I may use that phrase at this time—and it is not new; it has been happening for some considerable time. It is happening at this time, because mankind needs to return to the basics of what living is all about. Your explanation explains the symbol. This is what mankind needs to understand.

George: So the signs at this time would be a reminder for us. **(Yes.)** And would the light beings be producing them?

Always the light beings are the Masters of this universe. (Yes.) You understand? I will speak a little more in detail when I speak to you about the pyramids, because there, my dear friend, is a prime example of when these light symbols were used. I will say no more this time, but I will elaborate for you when we have the evening about the pyramids. I hope it is enough for you this time; but these signs are not new, they have been given from times past.

George: Yes, wonderful! I didn't realize they went back forever, I thought it was something new, but thank you for explaining that.

They are new to the people of existence now. But *new*, what is new?

Lilian: Can you take some more questions? **If there are more.**

Graham: My mother has expressed an interest in coming to the group. Would it be okay for her to come in the next month or two?

Of course. (Thank you.) Provided all are happy and our dear lady friend is happy to accept, then please do accept anyone who bears an interest. I will soon speak with you if I find there is anyone to be unsuitable.

Lilian: It is doubtful that we shall get anyone unsuitable if they are impressed or have a wish to come.

If they are communicating with each one of you within this room, then let me say that their light will be impressed by you, but there are always

those who are out to deceive and their energy and light can be quite strong. That is why it is necessary for *me* to say sometimes if I feel someone was not suitable. They can bring no harm to you, but they can disrupt your energies. Do you understand? *(affirmations)* I will leave you this time. I feel there is more than enough for you to think about and I will say only this: that as we continue to work together, I feel your strength, I feel your joy, I feel your love. For this we are eternally grateful. Now, to continue, let us bring close once again those who stand by you, who wish to use you. Please open your hearts to them, because, my dear friends, they come only to help you in your development.

(thanks and farewells)

After maybe 20 minutes sitting quietly, there was one through Eileen asking for the lights to be dimmed. Another followed through Eileen, with a message for Paul. She gave the name Janice, explaining that in a previous lifetime she was Paul's soul-mate. This hasn't been transcribed, but here is the link to the audio file if of interest:

http://www.salumetandfriends.org/resources/2003_07_14-janice+for+paullr22.mp3

~21ST July 2003~

Good evening. *(greetings)*

As I come to you this time I feel the wonderful peace and energy which all of you have brought in to the room this time. Much is being given to you this evening by those who come close to you. I hope my dear friends you are able to absorb that love which fills the room this time. I would ask you to feel that energy and love which is here. Can you all feel it? *(affirmations)* It is a little more stronger than normally would be here.

Lilian: It is very peaceful.

Sara: I felt it as soon as it began and it felt very warm to me and peaceful and gentle and warm.

Yes. You will all be absorbed into it and help given to each one of you in the particular way that is needed by you individually. *(thanks expressed)* As I come to you each time, I am always most interested to find each time how different your energies are, how your light changes each time we meet and I would say to you this evening you have surpassed all that has gone before. And as we speak of being absorbed by the love and the peace and the gentleness as

the lady describes it, it brings us to what we discussed last time. *(short pause)* And even more silence! *(chuckles)* **Would anyone like to discuss it with me this time?**

George: This is how we see ourselves as affecting the world? **(Yes.)** As I see it, we affect the world to begin with, in several physical ways: the way we pass on knowledge, the way we interact with people and the way we disport ourselves, set an examples and we react in various spiritual ways by connecting with a collective consciousness, by thinking our thoughts, by being a shining light to some degree. I see us as affecting the world in those several ways which are part physical and part spiritual.

Yes, I am happy to hear those words, but might I suggest that rather than use the word 'we' that you use the word 'I' and try to find how your own energy has been utilized in this lifetime?

George: Yes, and I neglected to use the word 'love'—loving people: that's very important.

Yes, it is indeed most important, because without the love energy, all else is insignificant.

You understand that all my dear friends?

(affirmations) **Yes, it is I might say and call 'the ultimate energy that we possess'. But it is not always used wisely and it is important that each one of you recognizes the power that you each as individuals have when you use the love energy that you possess, but even more so when it is used for spiritual purposes. Would you wish to elaborate my dear friend on your own energy?**

George: My own energy is, as I see it, striving to reach out and to bond with people, to express my love, to express knowledge and passing that on to the best of my ability.

Yes. We will leave it there and I will make comments when each of you have spoken.

Would anyone wish to speak?

Sara: I feel that in this lifetime my energy has been a lot to do with communication and I think I am trying to refine my communication. And it seems that what I learn I then try to pass on to others. My spiritual process, like my own personal one, I then sometimes share that with other people. And communication in art forms as well: with music I try to write songs that contain messages which are to do with my process as well. So I think I am learning and teaching as well this lifetime.

Yes. Good. Anyone else please?

Paul: I don't think I can be too specific about mine, but I think I've got a generally calming, peaceful energy, but I don't really know very specifically at this stage how I affect the world.

(Yes, thank you.)

Graham: I think that I have affected the world through teaching, I've done a lot of school teaching in my life and I've learnt a lot from that, particularly in the last few years. In learning compassion more—I hope I am learning compassion—I'm trying to see other people's point of view. I'm hoping that I'm giving that out and influencing other people in that way as well. I'm trying to avoid the sort of reactions that I used to give and to sit back and think well, what is the reason behind this? Why do these things happen? Why do people behave the way they do? And in trying to understand and share ideas about these matters with other people, I hope that I am influencing the world in a positive way there. I certainly feel as though I'm getting better at mastering impatience—I think I have been an impatient person in my disposition and again I am improving in that respect and hoping that I can help other people in the same way.

Yes. It is always important that you transmute energies, yes, thank you.

Sarah: I feel that I am changing quite a lot at the moment, but I think that my change to helping other people, to passing my love on to other people was at the time when I had the children. I began to understand people a little bit better and I think now, with your teaching, I am understanding people better. I think my energy is going to become more and more—I feel passing on your words that you've given us is a very important part of my existence now and I feel that my energies are going quite a lot into that now, and in that way it should help the world just by passing on your words. **(Yes, thank you.)**

Lilian: I think for myself, I probably started to help in a small way through meeting Les and his wife and then you started to come with your teaching, so I've been able to talk to other people about it—some of it accepted, some not, but I hope that is the way that perhaps I have been able to help the people on the planet.

Yes, thank you.

Margaret: I just feel that having come to this group, I have learnt an awful lot of patience and understanding of other people's problems and I try to help wherever I can. When there's a

problem and I just feel happy all the time, which is rather nice.

Yes, and so you see once again my dear friends how each individual has their own ways to go forward in life and yet you are speaking about the same kind of energy. As spiritually you are unfolding, the realization is coming to you through your own quiet times and with my few words I have given to you, you begin to realize that you are more than just a physical and a spiritual being. The gentleman correctly said not only does he feel that he gives of himself, but also he receives; that too you must recognize, because in giving, you are receiving. We have spoken that like attracts like and as you give, you will receive; this you all know and understand full well. But what you are my dear friend is energy, which continues to expand, not only in places like this where you gather, but as you recognize to all those people and places that you have passed on your knowledge—and so the energy of your words grow. And as you do so, the love energy within you expands. But remember, you are like waves of energy that reaches out to our world where always there is connection. Therefore as you give out, you are received and it is given back to you ten-fold. And as this happens you can imagine all of your universe is flooded with the love energy. That is your contribution not only to your planet, but to the whole of the cosmos. No matter what your purpose is this lifetime, you must remember it is the love energy which is important. As the lady (*Sarah*) said last time, the smile, the nod of the head, the shake of the hand, the kindness within the eyes—all of these are love energies. So my dear friends, visualize how many times in your lifetime that these small things have occurred and only then will you begin to have some idea of how much you have contributed. You have knowledge now because that has been your choice, but there have been times in all of your lives when the knowledge was not there, but still the love energy within you grew and was nurtured, not only by yourselves but by those who influence you. So do you begin to see the pattern of your lives? (*affirmations*) Never are you one unit. As you collect here, you are united, but you are united with all of us in our world, all of those people who have known you in times gone by; still the energy and love connection remains. Now do you begin to form a

larger picture of what you are about?

(affirmations)

Graham: Yes, we carry a collective responsibility in this respect, all mankind. **(Yes.)** It's nice when you can smile to a stranger or give way to somebody in a car or something, and get a positive reaction back; it makes you feel very good. It makes you want to do it again and again. **Yes, but do not forget the times when you have helped those strangers who could not smile back to you. In those times of trouble when humankind was in the depths of despair—and each one of you has encountered dark times in your lives, because that also is a purpose in your lives. Remember that all things are positive and negative: you cannot separate them. So now I hope I have explained a little more as to the positive energies that you all exude, and it is not only to do with this knowledge that you have attained this time.**

George: And when knowledge of this energy is more widely known, the world has to become a better place.

Yes, and slowly, slowly that side of thinking, that side of knowledge is becoming more widespread within your world, but this you know my dear friends; I do not have to put it into words for you.

Sarah: Salumet, our energies are expanding...what about the people who are miserable, who are perhaps not doing the things they ought to do? The energy that they have created would stay static?

Yes—no, never static, but restricted. Never static, energy can never be static. But yes, those people who are in the depths of despair and who need the love energy to lift them, yes, their energy is restricted for that time that they are within that darkness of light.

George: There are so many people on prescribed drugs and medication which does have the effect of making them depressed—this is a physical thing, but it seems to make many people depressed.

Yes, and after all you cannot separate the Spirit and the physical whilst you are in this world. Each has an effect upon the other.

George: Yes. This artificial way of accidentally making people depressed seems very sad and something of our times.

Yes, but your world finds it all too easy to deal with people in this way. They are not looking

within. They are not seeing the whole picture and it is too simple to say that you must take these chemicals, which are not natural to the human being, but sometimes necessary.

George: Yes, it is our fault that we tend to treat symptoms with chemicals instead of getting down to the root cause.

Yes, and always there is a reason why the soul is in the state that it is in. I have told you on many, many occasions that each one of you are responsible for this housing of the Spirit, this framework which covers the Spirit, and always people find this most difficult to accept. But, as you well know my dear friends, the power of your thought can change mountains, but this knowledge is not widespread amongst your physicians. It is available to them, but they choose on the most part to ignore it. There are those leaders within your medical profession, who are leading the way, who are showing that mankind is more than a physical body. It takes time, but slowly we are seeing changes and so it must be. But you my friends who have knowledge, who know all truth if you wish to seek for it, those of you who feel the love and support of Spirit as you enter this meeting place, you have the knowledge to be completely well and whole as a spiritual being. It is a great responsibility I know, but it is your choice.

Sarah: The thing with choice, you can pass the message onto people who are ill to perhaps use their power of thought to heal themselves, to help themselves, but they won't listen, so...

Yes, there is nothing you can do. You can offer comfort, you can offer your words of help and advice, but because of their freewill it will determine to how they act upon your words. But you have done what you must in giving of your energy and you can do no more. I know it gladdens your heart when you have a response to what you give, but what you cannot see my dear friend is the energy of light which is given off by you at these times. None of you can see your spiritual light. Perhaps in time to come you may become more aware within this room, but I have to say, there is beauty in your light and I speak for all of you. I am not saying you are perfect human beings, but I am saying that your Spirit does shine forth. It gives you a little more to consider and think about I hope: to see yourself as pure energy and how that energy interacts with all who come your way and with

those you cannot see. Please do not forget them, because they are a big part of your unfoldment. I hope you understand my words this time. *(affirmations)* I feel this time, because of the serenity around you, that I take my leave and that perhaps you go on a quiet meditative journey. If one of you would like to take you, then I feel it would be beneficial for you all to go on a journey to meet those close who guard and protect and love you always; to go on a journey to the inner temple of your Spirit and see who will meet you within. Would someone like to do this? *(Sara agreed to do it)* Until we meet next time my dear friends know that my energy encircles you all. *(thanks and farewells—Sara then took us on a meditative journey)*

~28TH July 2003~

Good Evening. *(greetings)*

I am pleased to join with you once more.

Lilian: Yes, it's nice to have you here again.

I hope that you felt the upliftment given to you last time. *(affirmations)* I would like this time to speak a little about thought. I know many times I have spoken with you about the power of your thinking. This time I would like you, my dear friends, to consider—and let us try to collate the information given to you. I know that you have accepted well my words about the power of your thought; there can be no dispute about that. Your awareness has grown in many areas of growth, it has helped you in your own purpose and sense of evolution in this lifetime. I have told you that thought comes from our world. Therefore you feel that all thought is a spiritual gift that each one has. This you have accepted. Always the thought creates. You would agree? *(affirmations)* What I would like to discuss with you this time is a question that I have heard from some of you is: how do we manage to control the thought process? Because also I have told you that you must be in command of your thinking—yes. *(affirmations)* What I wish to say to you now may seem to be a contradiction on what I have already spoken about, but I assure you my dear friends that it is not. Would one of you like to explain what we mean by 'thought' and where it comes from?

Lilian: I'd say if it's a good thought it would come from Spirit and if it's not such a good one, it would be a human one.

George: One can also say it an energy, it is moving, it is not static, and it is creative. There has to be a subtlety in the shaping of the thought **(Yes.)** and that's where my thinking begins to fall down.

Yes, and that is why we must go one step further if you are all to evolve along the right pathway. Thought is energy which is ever-moving, but how is your thinking shaped? You are in this lifetime in a physical body, you come to this world with your own consent, but your thoughts are guided and shaped by all who are around you. Do you see this? *(affirmations)* Do you understand that the thought is not always exactly who you are?

Sara: Do you mean that we are impressed by those close to us in Spirit, or do you mean that we are influenced humanly by others also?

Yes. Mostly mankind is influenced by those upon the Earth plane, by those who are close to them by whatever situation surrounds them.

George: And would I be correct in thinking that intuition from our soul connection would also play a part in this?

It is also a great part: that is the part of the thought which belongs to the true self. But the part that I am speaking of this time is the thoughts that each one of you *has* whilst on this earthly planet. Let me give you an example. Let us take what is apparent to most of you: religion. You, each one of you, have been influenced in a way that the parents that you have had, the teachers within your world have instructed you in. You agree? *(affirmations)* Therefore those thought processes *are not you*. Do you begin to see what I am speaking of?

Sara: Yes, we are all conditioned.

Yes. Everyone of you have been influenced by many, but as the gentleman has said, the thought that is you, that comes from our world, is indeed the first good thought that you have. This I know you understand, but I want you to be aware of the influence that bears down upon you all, because if you are to become what you truly are, then you have to attain mastership of your thinking, and this is what you do not quite understand of yet. I feel your puzzlement.

George: I think this then connects with going within to improve our connection.

You must focus to make this thought connection. I have told you that there is the *thought*, the *word* and the *action*, but if you are

to attain mastership, you almost have to reverse this learned process, because it is a learned process that you have all gained from walking on this planet. Do you follow me? (Yes.) Let us for example, say that to be fully yourself, you must act first and then think, if you are to gain mastership over your thought.

Paul: Like not trying to...

Rationalize—

Paul: ...filter them?

—yes, that is correct. Let me try to give you an example, an example perhaps that you can all relate to. Let us see you walking along your roads, whereupon you are met by one who is collecting for some help, what you call charity—is doing good deeds. And as you approach, and you will my dear friends, because of the state of consciousness that you have reached, be willing to give, but rather than act instinctively, you allow the thoughts to come first: *I will not give this, that is too much, I must have, I will give this.* Do you begin to see a little of what I am speaking? (*affirmations*) Much better that you give and allow the thoughts to come afterwards. In that way you begin to focus on the experience, and that is what thinking is all about, that you gain the experience of the thought. Are you understanding my dear friends? (Yes.) I have said always that this subject of thought is not as simple as at first you may have perceived it to be. That is but one small example. You are in this world to remember, to experience and to have mastership of your thinking. It is no easy task, but it is something that will help each one of you to evolve in your own individual way. Do you have any questions about this?

Paul: I was just thinking: so it is really about not trying to control the thought process, just let the thought flow out without trying to organize it.

George: Thought as an adventure.

As experience—that is the word you must hold onto. You are here to experience or rather to re-experience what you already know. *Then*, my dear friends, you begin to recognize *who* and *what* you truly are: **Spirit reincarnated**. It is trying to seek that perfection of living that you are aware of, but that you have forgotten. So do you see my dear friends that your next step of awareness, of consciousness, of evolution, must be in your own hands?

George: I was just thinking of another possible example of a different nature. If a designer of a boat put an initial shape down on paper and then, secondary to that, he starts **(Yes.)** examining the benefits and the disadvantages **(Yes.)** of that shape. Is that again an example of what you are saying?

Yes, yes. He would have continued and put into fruition that experience and that would have been true and intuitive thought.

George: Yes, it's that first step, which seem to connect with intuition.

Yes, that is what you must focus upon and, in that way, in gaining mastership of the thought, you then can turn your lives around to experience what you have come here for. You can change all aspects of your living in this way, you can change whatever you feel are negative energies in your lives, in acting in this way. Do you understand my dear friends? I know it is not an easy step.

Sara: Yes, so you're trying to follow the prompting of the Spirit rather than...

You are trying to *be*. Does that make sense? (Yes.)

Paul: Because our thoughts are *us*. **(Yes.)** So to follow them is to be yourself. **(Yes.)**

Sara: Just to *be*, who we are.

To experience who you are, to know who you truly are, you have to gain that experience, to *re-gain* that experience.

Paul: And that first, initial, spontaneous thought is the truest one. **(Yes.)** Don't wait for it to be processed. **(Yes.)** Jump in and be it, be that thought.

Yes, your words are very good.

Sara: Like a child in a way.

Spontaneity, yes; but as adults you are conditioned to think in certain ways, which of course, has a big influence on the way each one lives their lives. I say to you, return as the small child to find the truer picture of who and what you are. I hope this has given you a little more to think about. (*affirmations*) Always we take small steps forward, but at each step forward you have grown so much in your understanding and awareness. Each one of you has seen your lives change in a way that enables you to cope, because of that self-awareness, of that knowledge which comes from within. By saying that, I do not mean that your lives are trouble-free—of course not. What I say is you are here

to experience all of life's joys, pain, love, sorrow—all of these things. But you experience all of these things with a love and a stillness which is truly you. Am I making sense to you? (affirmations) Are there any questions?

Graham: A lot of people who perhaps react very quickly to something are described as being Impulsive, as though that is a bad thing, but it isn't from what I understand you are saying—that those first impulses in fact are a very good thing and that somebody acting impulsively isn't necessarily doing the wrong thing.

Yes. Yes, as we have said, if you watch small children, although you need to guard them, to protect them to some degree, they are speaking from the heart, from that spiritual aspect which is so much closer to them. It is only as you grow within this world that all the negative influences placed upon you affect your thinking.

Graham: You would do well to watch our children. We could learn a lot from them then.

I have always told you so.

Graham: Yes, I can understand what you are saying more deeply now, yes.

Sara: They naturally move away from negative energy. (Yes.) They don't want to go near the negative energies.

They are full of what you would call living. (Yes.) Yes.

George: And what is upsetting sometimes is the negative impulses invade one's stillness and perhaps that's something that we just have to guard against.

Yes, it is something that should be instilled within humankind from a small age, that the Spirit should not be dampened too much, that the thinking and the actions of children be allowed to flourish, that they be allowed to become human beings of their making. We have here on this planet so many human beings who do not know themselves and from our world it is sad to see so many people who are lost in human emotions and do not know what to do. They are at a loss to know how to control their thinking, and as I have told you, the power of your thinking is indeed the most powerful thing that you possess. Therefore it speaks loudly that it is in all of your best interests that mastery of your thinking be something that is foremost in your ways of life. I hope this has not been too complex for you. Always I have said that thought

is indeed a deep subject, but I have tried to bring it to you in simple words for your understanding. It is now open to all of you that you take these words and that you make use of them. If you are to grow, if you are to let your lives become as it should be, then think about these words carefully and take mastery of your thoughts.

Paul: That's very clear and beautifully put. (affirmations)

When you can achieve this, your lives will feel complete, even with the situations of trouble, heartache, whatever comes to you—it will not matter, because you have full understanding of who you truly are. Do you see? (Yes.) I will leave it there this time and give you time to ponder my words and I know each one of you will find your thinking just that little lighter.

George: Could I just say sometimes despondency is due to feeling an inability to help others, but I think that part of what you are saying is that one should be strong, and in being strong, that in itself will help the world?

What I am saying my dear friend is that you must be yourself.

Paul: Almost *not* to try.

Yes. In being yourself you do not need that emotion of strength, you do not need the emotions of weakness, you need only to be yourself. It sounds simple, does it not? But you need to think about it more deeply. You need to rise above emotion if you are to be truly yourselves. You are yourselves, but you do not recognize it, because of the conditionings that have been placed upon each one of you, but now is the time to free yourselves and to truly be free in Spirit. That, my dear friends, is what I bring to you and wish for each one of you. I could not offer you more than to be yourselves. (thanks expressed)

Paul: I think you can be a bit scared that if we don't process our thoughts, we'll get ourselves into trouble or something.

Yes. Again it comes down to the way each one of you has been conditioned. It is no 'fault' as such, that is not a word to be used, but it is the way that you are in this world. But what I say to you my dear friends is that you have the power and ability to rekindle what you truly are. And may I say that if you master this in any lifetime, it curtails the amount of earthly lives that you have. Can you see that also?

Sara: You won't need to return **(Yes.)** if you can master it, **(Yes.)** because then everything that you think and say and do is true, is one.

Yes, you are an expression of truth, therefore you *are* in those stages of regrowth, renewal and you *have* lived each experience to what you *are*.

Paul: A genuine vehicle of Spirit, **(Yes.)** not a robot.

Yes, perhaps that is a good way for you to understand it, because basically you are puppets when you live the lives in the manner that you do. It is not your thoughts, it is the conditioning of many, and if you have that understanding, then you have the ability to *change*. I will leave you now with my blessing and I know that each one of you has accepted and will digest the information given to you. My love for you as ever grows stronger.

Lilian: As ours does with you. *(affirmations)*
If only I could express to you how much you have evolved since we have come together, I am sure you would be surprised, but it is of no surprise to me, because I feel we have chosen wisely with you.

George: It's a joy to travel that road with you. *(affirmations)*

You cannot feel it more than I do. I will leave you this time and until we come together once more, as always there are many who come so close to you and as time continues, those beings grow more and more, because they are attracted to your light. Give thanks my dear friends for those who come to you, because *their purpose is your purpose, their joy is your joy, their love is your love.* *(thanks and farewells)*

~18TH August 2003~

Good evening. *(greetings)*

I thank you for dimming the light my dear friend; it has made my entry a little more comfortable.

Lilian: Does it?

You are surprised that our thoughts were connected.

Lilian: My eyes were shut and I hadn't realized that the light was fairly bright.

I am happy to be with you once more my dear friends.

Lilian: We're happy to have you.

I also would like to extend a welcome to the one who has joined us this evening. *(Jean—Graham's mother)* How strong your energies are this time. Are you aware?

Lilian: I just felt very happy that we're together again. Does that have something to do with it?

George: I was aware of a slight difference—it was more constant energy to me this time.

Have you been trying to be aware of your energies? I know that when you are together that you feel the connection between you, *(affirmations)* but have you tried to connect with that energy when you are apart? You may be amazed by what you feel. I would like to say to you this evening a little about the evolution of your planet. We are reaching a point upon this planet when all are being released from the dogmatic thinking which has been in place for the past 2000 years. We are approaching a time when each one will be aware of the new light energy, which you all are trying to captivate with your own evolvment. For too long has mankind suffered, whether it be through your many religions, whether it has been enslavement, man of man—it matters not. But I am here to tell you my dear friends that all of this is now being exposed and the souls of mankind will shine forth in order that the Spirit may be free. Many of us who have come to this planet to help humankind evolve, to free the Spirit—and remember my words: that all has retained the knowledge which you have come from. Therefore to be free to express the true self is indeed a wonderful thing. Of course I do not speak of tomorrow or next week or next year. You are all well aware of how time is irrelevant on this planet in comparison with time in Spirit, but I can assure you my dear friends as Spirit, that time which is coming is indeed but a speck in time. No matter the strife and the trouble which abounds in your world at this present time, no matter the suffering and all of what you call negative aspects which are happening on this planet, look to the wider picture and you will see how this planet is evolving and growing. As I said, many of us who have come to this planet to help humankind are now beginning to move a little further away, not because our tasks are done, but because mankind is opening to all that is. Mankind is growing in awareness and in the knowledge of who he is. Therefore do you see how mankind is

**allowing those of us who come to grow also?
Can you understand these words? (affirmations)**

Lilian: It's a two-way thing.

Always that has been so, but mankind at times has misunderstood our purpose and indeed it is a two-way mission. Would anyone wish to ask questions at this point?

George: I would observe that very recently the established church and the established religions have been meeting a number of problems, which have been publicised in the press and I imagine this would be a part of this swing or disenchantment with dogma in the established religions.

Yes. Of course, as I have said, religion is but one aspect, but for too long in the name of many religions, mankind has used *religion* to take people and keep them downtrodden, with *fear* mainly. And remember, I have told you, if there is not love, the only other aspect of your lives is fear. We have spoken about this recently, so I know you understand my words without any more elaboration. Mankind has lived in fear for too long. Now the time is approaching when all of these things must be stripped away to allow the Spirit to be free, to allow *this* your planet to exist as it was meant to be, for mankind to *be* what he was meant to be, without the restraints of these earthly *chains* that man has caused upon his fellow human being. Mankind at this point in his evolution has reached a state of acknowledgement, acknowledgement of himself as Spirit. I believe if you were to go forth and speak with many, you would find that deep within they are dissatisfied with what has been taught to them. Mankind is now finding himself and that has happened, my dear friend, not only by those of us who come to teach you, but by people like yourselves who are shining beacons of Truth and who are prepared to stand and speak the truth as you know and understand it to be. Therefore it is a concerted effort by all those who stand in the light of love and who will acknowledge that they are more than flesh.

Therefore I do not *feel* that it is wrong of me to say a big thank you to each one of you, because you play your part each day of your lives, not only by your spoken word, but by your actions and by the light that shines from you.

Sara: We try very hard, but it's thank you to you Salumet, because I would be very unrefined in my behaviour if it weren't for what I have learned

from you. I often feel I don't live up to the words, but I do try and I'm so grateful for all that I have learned.

You are too harsh upon yourself—your qualities indeed are many. Remember that the positive thinking only increases more positive thought. After all, I have told you on many occasions that you *are* human and you do have failings, but that is part of the reason why you are inhabiting this planet. But that is nothing to be ashamed of, the progression of the Spirit is what you should focus upon. You understand?

Sara: Yes I do.

Your qualities are many my dear friend. Focus on them. (Yes, thank you.)

George: We are indeed fortunate in having such as yourself as our teacher and it has been on my mind quite a lot recently for some reason, but a communicator who came through from Spirit did say that the one who teaches you will go down in history and I am sure that communicator was correct. I just have that feeling and I think that these teachings *have to* become widely known. It takes time as you have told us many times, but I'm sure that will come to fruition eventually.

I am humbled by your words. You know I do not come for thanks, I have been brought here by each one of you. I told you that my journey to you took many, many of your years, because conditions had to be right, but without your light and your love and the welcome that always you have extended towards me, without these things my mission would be impossible. I told you when I first came that the words that I give to you would be reiterated throughout your world. I do believe that you have found this to be so, and again I will say, this is a two-way passage; that without you, I could not work and I hope that you find also that my words to you create within you that seeking of knowledge which is yet to come.

George: Yes and you have talked to us in the past about improving communications and we do have what we call the internet now and websites on that internet, which people can access and it will undoubtedly be our aim to have such a website for your words, so that they will be accessed by many through that method.

It has always been known my dear friend that you above all others, would be instrumental in passing along the teachings which I have given you—that has been your great purpose within

this group. All of you in your individual ways—and you are all so diverse in your tastes and your lifestyles, but each one of you possesses that element of love which belongs to Spirit, which has been known would uplift and uphold this group; and the love which each one of you has, has kept alive the teachings which I have brought to you. Each of you has provided in your own inimitable style, words and upliftment to many who are connected with you. I do not need to individually name these qualities that you possess. I am sure if we were to speak individually, each one could tell another what is their best assets for spreading the word of Spirit.

George: Yes and I should add that where books are concerned, all within the group do contribute to the final printing of any word, (Yes.) because much happens before these things get into print. Yes, and that my dear friend is why that work has been entrusted to you, because of your fair-mindedness. There is much to say to you and to thank you for, but in thanking you, there is no one that is less than another. The connection is so strong now that I fear you are not even yet aware of it, but the light which emanates from this group is a beacon of light and it cannot and will not be extinguished. Even as people come and go, the strength of the light that has been built by you, will grow stronger and stronger as time continues. Now, perhaps we will have, because of our dear lady friend (*Jean*) who is here with us, if you would like to ask general questions this time, I will save my words for another time.

Lilian: Anyone a question?

George: You gave us your thoughts on alcohol recently. Another problem area, health-wise, is smoking and it would be very good to have your thoughts on this. Now I've noticed that many who smoke tobacco heavily—the smoking is linked to cancer, but many who smoke heavily do not get cancer and many who smoke heavily *do* get lung cancer. I suspect that some people are smoking for pleasure while others are smoking in order to relieve stress and it maybe not so much the smoking itself which causes cancer—which you have said is a disease of the mind—so I am wondering if it is more the stress or the reason for smoking, which leads to disease? If you have any words which might clarify this area, they would be much appreciated.

I am always happy to give a few words to your questions. It is well known that within the physical body it houses the Spirit. It is for each one of you important that that vessel, which you call the body, be maintained in good order. I have told you that illness is responsibility of yourselves and yes, as I said of alcohol, I say of cigarettes that mankind does not need these crutches. But to answer your question simply, I say the difference between two people, one who will have disease of the body—and what is disease but dis-ease of the mind; that is the all-important factor: how each individual *thinks*; that is the *key*. You may have someone who smokes what you call cigarettes for a lifetime and may pass from this life, what you might call healthily; it is because that person's mind has retained some degree of positivity. Does that help you?

George: Yes, I think that does.

So whether you call it *stress* that causes the disease, then yes you are right, because the stress is fear. Again we return to either love or fear.

George: So what we call in medical terms 'stress', is another word for disease of the mind.

Yes. I cannot place it before you any more clearly than that. All of your existence depends upon the state of the mind, which as you know, is part of the Spirit. That is *why* it is possible for healing to take place only when the Spirit is *touched*. It does not matter my dear friends what you do to the physical body, if the mind is strong, if the mind is pure and the mind is full of love.

George: Yes, I was just thinking of the American Indians who smoked the pipe of peace (Yes.) and that would be a good mindful thing to have done—although it was smoking, there was good purpose behind it.

And they always gave thanks to the Great Creator of all life, so their minds were filled with love—that is the difference always. So many times you will see abuse of the physical body, but you cannot see the light which shines from within, you cannot see what is in the mind of another human being, unless you are sensitive enough to understand that human being. It is part of your soul's growth that all of life's problems placed before you be dealt with love. It is such a powerful emotion my dear friends, that I wish that you would say the word daily

and feel the vibration that comes from that word. Remember when I said that words have vibrations, words have colour? Perhaps this time that is something for you to do, that when you go within, you use the word love and see what you find from it. Does that make sense to you? *(affirmations)* Are you happy with that answer my dear friend?

George: Yes indeed, that's most helpful. I'm sure that will be a great interest to a lot of people.

Graham: Many of the higher animals like mammals and such like have been diagnosed with similar diseases that humans get. I was wondering why they get disease in the same way that we do, when they don't have the same capacity for thought that we do, or perhaps I am wrong in thinking that?

No, but they do have a form of thought, and after all, they are exposed to this life in the same way as humankind, and although the thought process is slightly different in the way that you would understand, yes they do suffer to a degree in the same way as humankind.

Graham: Yes that's interesting. Thank you for that.

Are there any more questions before I leave you?

Sarah: It's not really a question, but I was thinking about this disease thing: I know two people, two young people with depression and I have said to one of them that it's the anger within that's creating this depression and I think I'm right in saying that?

It is not the anger it is the *fear*, the fear that produces the anger; it is always *fear* which creates disease. They need to go and find what that fear is and confront it to transmute it into love. It sounds simple, but to those who are young, it seems a mountain to climb, and to those who do not have the understanding that you have, it is doubly difficult, but the answers are within; for all of you, all of life's answers are there within you.

George: I have one very short one—at least there may be a very simple answer to this: You've talked to us recently about the Earth elementals. **(Yes.)** The four elements—you have talked about Earth ether and water ether and fire ether and air ether. What about space ether? **(Yes.)** Would there be any elements connected with that or do the elementals just relate to planets and possibly suns?

Yes, we do not have elementals as I have described them to you. We do have keepers of space, but they are not elementals in the sense that I have described to you. Perhaps one time I will go a little deeper for you. I am beginning to find many subjects that we have to discuss with you, but we must return. But that answer is a very good one, but it is not the elementals of the planet in the same way.

George: Connected with that again there are the suns—would they have Salamanders or similar? **Similar, yes—yes, all planets, but when you speak of space, I presume you mean between the planets.**

George: Yes, what we call empty space.

Yes, remember also the archangels who are keepers of all things. So perhaps that gives you a little clue as to what I will talk about, but not this time. *(Yes, thank you.)*

Sara: Could I ask one more question? **(Yes.)** You mentioned once to Graham that he did have the ability to heal himself completely **(Yes.)** and I am sure that this still stands. He said to me recently that he thought there was a karmic debt connected to his illness. Could you comment on that?

Whether he has karmic debt?

Sara: Karmic debt still linked to the illness, the condition.

If you want a simple answer, then it is no, he does not. There is no need to waste words upon that one. He does not owe a debt with this illness. He has the ability to change and I have to say that process has already started.

Sara: That's what I thought. Thank you very much.

Would our visitor wish to speak before I leave?

Jean: I am sorry I haven't any questions.

No, but you will leave this room with many. *(laughter)*

Jean: I'm afraid I don't understand an awful lot of what you've said. **(No.)** I'm probably too thick! *(laughter)*

No, no. It is always difficult when visitors come, because it has taken many years of time to reach the understanding which these dear friends have reached, but it is always good when someone comes, because they have been touched and you will feel it when you leave us this time. *(thanks expressed)*

I will leave it in your dear hands my dear friends.
There are many around you this time, so be
open with love for them. *(thanks and farewells)*

~25th August 2003~

*This evening was devoted to individual
development, as numbers were small. We were
also delighted to have a visit from our dear from
Leslie, channelled through Eileen:*

Lilian: Welcome to you.

You don't have to welcome me Lilian.

Lilian: It's lovely to have you here anyway.

***As you can see, I'm still being taught that
dratted patience issue. (laughter)***

Lilian: It's lovely to hear from you.

***Yes, it's good to be with you all. I've worked
hard on the emotion and on this dratted
breathing, which always caused me a problem
as you know full well.***

Lilian: You sound fine now.

***I'm well. (Good.) You wouldn't believe how
well—of course you do, of course you know how
well I am! (Yes.) I took this opportunity, because
I don't feel that I thanked everybody for all of
their good work and I know it still continues and
I don't come back as often as I thought I might,
because—you'll enjoy this George—there's
plenty to do, plenty to read—I'm always in the
halls of learning.***

George: We all thank you of course, we're all very
much indebted to you, for the work which you
initiated here. *(affirmations)*

Sarah: Yes, I was only thinking the other day, if it
hadn't been for you Leslie, none of us would be
sitting here now.

***Not at all, without all of you, the work wouldn't
have continued, remember that, it's the work
that's important. We're just individuals, so
remember that friends, that every opportunity
you're doing good work.***

Lilian: Do you have a chance to listen to people
like Salumet, where you are now?

***There's great teachers here, who come every so
often. I unfortunately haven't had that pleasure
yet, but I'm sure the day will come. I'm so
involved in these halls of learning, that it takes
all of my time. Yes, and as you can imagine,
there was many people to talk to, to greet and
remember old times; it was a wonderful
experience and still is.***

George: And these would all be friends and
acquaintances from the past?

***Exactly, and more and all the helpers and the
people that we spoke about at the meetings. All
those people are available, if you so desire, and
knowing me, I so desired! (laughter) I've been
and watched you all for little whiles at a time, I
don't know if you've been aware of me around,
but it's been good to see how your lives have
been progressing.***

George: Your name comes up from time to time.
***Yes and I'm aware of it, each thought of a name
is collected, so we are aware. There's no need to
tell me, or tell you rather—you see my words
still get confused at times. I don't need to tell
you that all these thoughts get collected and we
know what's going on.***

George: Speaking for myself, I get along better
with the hearing aids now; there was quite a
serious problem with my hearing at one time and
I was missing some things. But it's improved.

***I could offer you the solution George, but I don't
think you're ready yet. (laughter) I don't think
you would appreciate the suggestion.***

George: It's nice to be reminded, there is the
long-term solution. ***(Yes.)***

Sarah: It's good you started the typing back of
the scripts Leslie, because that's been a boon for
all of us.

Yes, it was a good idea, wasn't it?

Sarah: A very good idea yes.

Lilian: It's amazing, I was going through some
earlier ones tonight, gosh!

***It's strange when tapes are played and you're
listening to yourself talking; it's quite strange I
can tell you, but at the same time it's very
touching that these memories can be brought to
mind.***

Lilian: Do you ever drop in on the Wednesday
Group, Iris's group?

***I have done, but as I say, I haven't returned too
often, because there's too much for me to be
doing.***

George: And have you awareness that another
book is in preparation?

***Well, let me say this to you George, I know more
than you probably think! (laughter) And if I
might say, there's been the odd tap on the
shoulder, just to help you along.***

Sarah: I was wondering if you'd had a little input
Leslie.

George: I'm getting help I know, from a number...

From a number of sources yes, you'd be right, yes. It's not down to one, this word here goes on and on and it's a joint effort.

George: I thought you would be very aware, because there are no flies on Leslie. *(laughter)*
I'll accept that as a complement George, thank you very much, yes.

Lilian: Could you give my love to Ruth and Roy and Graham?

They're aware of you all, don't you worry, yes you don't forget old friends, yes. Oh I'm so pleased that I've managed this time without the emotion.

Sarah: So it's easier to come through this time, is it?

I've been working hard, it's not easy. I understand now exactly why there are difficulties in communication.

George: Well, it's wonderful to have a cosy chat, yes I've no idea how easy or difficult it is for you, but it seems to be a cosy chat to us.

Yes, we always assumed that having a bit of knowledge would make things easier; let me tell you that's not the case. There's much that goes on behind the scenes and of course it helps when the energy is good and people are open and of course to come back to friends, makes it much, much easier. But what blocked me last time, was the emotion, which I was feeling. But I know you knew it was me, and I tried hard this time, not to give the breathing problem.

Sarah: You sound fine. *(Yes.)*

Margaret: It's lovely to hear your voice.

It's the result of hard work, I assure you.

Anyway, I won't keep talking, I'm sure you've heard my voice often enough.

George: We don't hear it often enough these days. *(affirmations)*

Margaret: No, come again.

Lilian: But we do think about you.

I know you do and I do as well. You were all a great part of my later years, for which I was really, really grateful to you all. (thanks expressed)

George: The feeling's mutual. *(affirmations)*
Well, I won't take up much more of your time, because there might be others wishing to come, and as I've said, I'm the one who's (isn't?) patient with people yet.

Margaret: You've made my life a lot happier, I must admit.

Sarah: Do you want us to pass any messages on to anybody Leslie?

No, all I can say is, I'm around my own family quite often, which is natural. And unfortunately I now see that I was quite harsh at times, in my words, in my thinking. That may surprise you? It was a surprise to me. But I feel that I've helped since I've come, in many ways, to make things right.

George: We're all human, we have our little changes here and there.

Yes, that was one of my favourite sayings wasn't it George, 'We're all human.' And I still stand by those words. (laughter)

George: Yes, that's the saying that Salumet once said, I don't want to hear that you're only human! ***Yes, I know.***

Lilian: I was talking to Vic, you know your old neighbour, and he said did we hear from you, so now I can say yes, we've had a good long chat.
You can tell him I'm still Leslie, still haven't changed too much; but improving.

George: And do you look in on your daughter in Canada?

Yes, my family are well looked-after by me. It's one of the things that I'm able to do from here that I wasn't able to do when I was with you, because she was too far away.

George: Yes, it's an easier journey for you these days.

Easier? It's a click of a finger George.

George: Wonderful.

Yes, I won't even begin to describe what it's like, because it's almost impossible. All your imaginings, all your thinking—under-rated! You have to come, to discover what it really is, it's a wonderful life.

George: We will, we will!

Lilian: And you can help show us the right way to go. *(Yes.)*

Sarah then asked Les about some tapes, which were missing and Les said he'd try to help locate them.

Now, although I'd like to stay and share a cup of tea—at least I don't have to make it anymore, so that's a consolation if nothing else. (laughter)

George: One question which comes to mind, are you aware of the politics in the world and the problems in Iraq, or has that all become more dimmed?

We have an awareness, if you really are interested, then of course you have much more

detail, but of course you have to be interested in what's happening and do you know, lots of people just want to move forward. So always remember that all of the information is available, but not necessarily known. So that would explain sometimes, why people who come through to you, seem vague on all of these issues.

George: Ah yes thank you. So that which is not interesting (to the person), is conversely almost boring and becomes dimmed? **(Yes.)** Thank you, that's nice to know.

But we have awareness of all things, if you wish. I wish I could take you George to these books, you would have a whale of a time.

George: Yes, I'm sure. I guess it will happen, eventually.

Sarah: So I suppose as you don't need any sleep, you are there all the time are you Leslie?

No, not all of the time. I'm involved in healing on this side, I'm involved in many things, but now I'm being shown the clock. (laughter) I've been told I've spoken enough for one time, so that information might come next time.

General: Lovely to have you here and do come again! *(affirmations)*

I'm sure the opportunity will come, I am aware of you all and ever-grateful. And again I want to say thanks and love to you all. (thanks and farewells) Oh and I don't like what they've done to my bungalow!

(laughter)

George: Now that's a very 'Leslie' remark. Leslie then withdrew, and we chatted excitedly for some time.

~8TH September 2003~

Good evening. *(greetings)*

(There was a short delay whilst the tape recorder was set in motion and Lilian apologized for this.)

I know and understand how important these words have become to you so that they can be distributed on what you call your tapes.

Lilian: Yes, we do read them again and again and find them interesting time after time.

Therefore no apology is needed, I am only too happy to wait for you. *(thanks expressed)* It has been most interesting to us to see how you have reacted in many ways to my words spoken previously. We have watched you re-read and, might I say, understand with more vision the

words that have been given to you. This evening we will have some questions, but before we do so might I speak with you briefly about what you call 'karma'. There are so many different viewpoints in your world, as there are on so many of your topics about spirituality. So much is written, so much has been spoken, that I feel that you for you my dear friends we need to discuss it but briefly. Would anyone wish to say how they feel karma presents itself to you?

Lilian: An understanding of things that we should've done and haven't or gone wrong, then we suddenly understand where we've gone wrong. Would that be right?

I feel that you know and understand that the laws of all existence are *fair*. Therefore what you term karma is but the result of your thoughts, your words or actions.

Sara: Is it like a consequence of wrong thinking? **It is the result of wrong thinking.**

Lilian: It could be either good or bad—it is everything.

This is something we will discuss. I believe that few of you would understand if the Spirit comes to this planet, this world of education, with karmic credit. Not much is spoken about that, because it does not happen so often, but it exists. I am sure that some of you will be aware of people in this world, and oftentimes you hear the words: 'they are too good for this world'. You understand where I am taking you?

***(affirmations)* There are very few individuals on this planet who have karmic credit, but it has been their choice to reincarnate into physical life, in order that they continue to bring love and grace to many more people.**

Sarah: So those people who have come back with karmic credit have come maybe not to help themselves but just to help others.

Yes, their journey to this planet is unselfish.

There would be no need for them to return to have another lifetime here, but it is their choice.

Lilian: Would that apply to children as well if they go early, you know if they don't get to be adults?

It can do, but I would say mainly the choice would be to have some degree of living on this planet.

Lilian: It's just that I'd heard someone who had a child who died at 3½ years of age and they said that she was almost too good to stay—this was coming from the parents.

Yes, we hear this earthly expression so often, but remember it is clouded by the emotions of those around and may not necessarily be the case. Let us speak a little about karma as you probably know and understand it to be. Do you assume that karmic debt always follows a previous lifetime? What is your understanding of that?

Sara: I think we can accumulate karma in this lifetime as well.

Sarah: If we had a karmic debt from a previous life, we're living a different life now, so I would think we could pay it back in a different way. Yes, let me say this to you my dear friends. The life that you lead on this Earth shows no indication of any karmic debt that you may have accrued. Someone who would seem to have a perfect life, could indeed owe karmic debt, but it is not always the case that those debts need to be repaid in this lifetime. Therefore I say to you, and this is one of the misconceptions that you human beings have: karmic debt must be balanced, but it does not necessarily follow that it is in the next reincarnation. As long as the debt, as you call it, is repaid—and I use these words because they are words of understanding for you all—I would prefer to say 'rebalance the Spirit', that is a much kinder way to describe it, but we will use the word debt for the purpose of understanding.

Graham: Is it possible to not need a future lifetime?

That is what we have just spoken of.

Graham: To not need a future lifetime, you must be balanced?

Yes, yes. What I would say to you my dear friends is this: That karmic debt which is created in the life that you lead now, can also be repaid if you like in this lifetime. But that is not always the way, because those people who attract karma to them, immediately attract that debt and they must repay almost immediately, are Spirit who have evolved over many lifetime.

Sara: Is that the term 'instant karma'.

Yes, yes it is attracted to you, but the more you are evolved, the more and the sooner the karmic debt must be repaid. It is something for you to think about. We have not thought deeply enough about this imbalance. It is possible that karmic debt is repaid early in the life and it is possible that you are then able to continue on your life's pathway and to go forward without

karmic debt that has to be rebalanced at another time. Do you understand my friends that that is why it is difficult to call it a debt? It is not really.

Sara: How can we know if we are up-to-date or not with our balance?

You can by knowing yourself. When life begins to go forward, when life—I will not say becomes easy, that is not the purpose of your learning—but when your thinking is balanced, when your words are kind and your actions are good, then you walk the pathway that is free from karma. You cannot generalize, because some people that come to their lifetime with karmic debt and they will leave with that same debt. Others will free themselves from that karmic debt easily at the beginning of a lifetime, while others will partly lose that karmic debt, but will evolve at the same time. There is not one generalization about karmic debt. Are you clear in your thinking about this? (*affirmations*)

Sarah: You did say Salumet about the September 11th happening, that that was karmic debt. Now was that a collective debt?

Yes. That is also something that you must take into account. Not only is there individual karmic debt, but there is collective karmic debt, such as in your continents of, say, India and Africa where many people have suffered. All over your planet there is suffering which is owed to karmic debt. This is when karma becomes difficult to understand in terms of individual wrongdoing. You understand? (*affirmations*) I know it is not always easy to discuss these issues, but as we approach them slowly then I know your understanding becomes greater.

Paul: So when the spiritual imbalance is rectified, presumably you don't have your karmic debt any more, but do you always need to *do* something to release the karma, or can it be achieved internally?

That is the way to dispel your karmic debt by knowing, by letting go of all that has been wrong. Your negative thought can be replaced by one of purity and love, which would balance out the negative thinking. You understand? (*affirmations*) The word that has been given in anger can be changed, can be transmuted by the word of forgiveness and love. The action must be replaced by one of goodness, it must be replaced by being sorry for that action and understanding within oneself what the soul or

the Spirit has done. Therefore karma can be released in many ways. Let us give you an example, let us take a karmic debt through illness. That person will be attracted to groups like this, or a healer, or many people who will listen and understand. Those people who offer love and support are giving out to that person in need. In that way they help the person understand whatever fear or negativity that they are holding. Therefore that love begins to transmute those karmic debts, because the person recognizes within himself what is wrong. Do you begin to understand? (*affirmations*) When you think about it, it makes sense, does it not? (*affirmations*)

Sara: They see their own imbalance.

Yes, and once that is recognized then there is redressing the imbalance within themselves, because all karma has been created by the Spirit itself. No one creates your karma, only you can do that; so always we return to self-responsibility.

Sarah: So with the collective karma, everybody has to work at releasing that debt. Is that right? Not everyone. It can be a debt of a country, which in some way will involve all of the Spirit involved, but it is slightly different. It would as a whole have to rebalance the karmic debt in a different way that an individual would. That is another subject which we will touch upon at a later date.

Sarah: I was thinking it would very difficult for the people...

Yes, it would not be sensible in that way. It would be hard to understand for you I feel, if it was individual in that sense. I hope that it has thrown a little light onto the subject. (Yes.)

Sara: Can I ask a question about karma?

Yes, my dear friend.

Sara: Once I read in a book many years ago that certain birth dates carried a heavier karma with them, so presumably that would not necessarily be true, or would it?

Only inasmuch as the soul chooses to reincarnate, the soul chooses the parents as you know, so therefore they would choose a time and a place. Only in that way would there be any kind of connection.

Sara: More to do with time than place.

Yes. I don't feel that we can say that particular times carry more karma. It is down to the individual Spirit—that cannot be changed.

Whether you are born at the beginning or the end will not change what you have to bring with you.

Paul: I suppose going back to these people with karma credit, they can still live here and suffer I suppose, is that truth? They can still suffer and grow and learn through it, can they?

I would not use the word 'suffer', but I would use the words 'grow' and 'evolve'. They obviously would have to live life as it is on this Earth, but if they are free of karmic debt, then there is goodness and light within their heart and soul.

Sara: They would be very happy people.

Yes, they would be true beacons of light. But as I have said, they are few and far between.

Sarah: The Masters that come back to this Earth... Are karmic-free. They come because they have the desire to serve humankind. They come to help those in need and it also helps with their evolvment also. But they have no karmic debt.

Sarah: I was only thinking when Paul said about suffering, you said Jesus was a Master, but he suffered in the end on the cross.

That was his choice of learning.

Paul: I expect maybe he didn't suffer as much, because he would have had such control of his mind and the pain.

We speak of something we have spoken of previously. We spoke of Jesus the Christ. Let me tell you Jesus the Christ was one part, one part of a small existence, where it was decided part of that unity should return to Earth to teach, but in making that choice it was also decided that he had to learn, if you like, the ways of the world. He knew before he came that that is what would happen; the choice was his alone. Have you more questions or shall we open the questions up generally?

Graham: I'm not quite sure, going back to karma—it's probably a lack of my understanding here—how a region, a geographical area, can have bad karmic debt associated with it. Is this due to the people in that area or is this where people with bad karma go to go through their difficult lives to help repay their karma?

Karma is not always brought with you. As our dear lady friend has said, karma can be accrued in any lifetime. Sometimes what happens is that a country, shall we say, abuses the nature of the land, shall we say that, which in effect creates the suffering for all of the country and that

imbalance in some way has to be repaid. Therefore you may have, which you already have on this planet, trees which have been cut down, which have affected weather patterns, which have affected the people of those lands. Do you understand? (*affirmations*) That is but a small example, but you cannot alter the pattern of all life, without the results of those happenings. Debt is not a good word I feel: it is imbalance at all times. I think it would be more understandable if you would use those words. Does that make sense to you? (*affirmations*)

Sarah: Whenever we are in judgement, I suppose that's when we are imbalanced.

That is why you must always be careful with your thinking. Remember, thought is retained in the ether: you cannot destroy that thought, so always be careful. I have said before that humankind at times can seem so 'fickle', to use one of your words. The smile can be placed upon the face, whilst deep within the heart there is anger and hatred and so many negatives and fears. So be careful always my dear friends with your thinking. I have said this on many occasions and I do not apologize for repeating these words.

Sarah: I was thinking a lot of the karma-imbalance is caused through greed, isn't it?

Mankind—let me say this to you my dear friends: there are so many ways to evolve and you have had to evolve to some degree before you decide to come to this planet. I would say that to choose to come to this planet is probably one of the highest mountains for you to climb. There are so many emotions, so much for the Spirit to learn that I would say to you that to choose to reincarnate on this Earth, is quite an achievement in itself. So, do not be too harsh about humankind. There is a purpose to this planet and it is indeed a learning curve for the Spirit. But you know, as I have always told you, the knowledge is within, the power is within you, therefore my dear friends make use of it. After all, when you are connected to *Source*, do you not have all the answers to living? That is what you must keep in mind. You have the map of living before you, you know what has gone, you are not sure of your futures, because you have not asked, you have not sought; but I tell you, and I tell you here, that all of your questions when you go within would be answered.

Sarah: Could I ask one more question—it's actually from my daughter? You said to us that your first thought was from Spirit and she said that what if your first thought you had was a negative thought?

It is not from Spirit. When I say the first thought, I mean the first thought of *light*. Any negative thought comes from fear. Remember I have told you there are two sources: there is love and there is fear. That is, I hope, answer enough for her.

Sarah: Yes it is, thank you.

Are there more questions this time? I hear your questions when I am not with you and yet when we come together there is silence. (*laughter*)

Lilian: I was thinking: we were talking about fear and love not long ago and I thought about my mother and she gets a lot of pain and anxiety and all the rest. That is caused through her fear. Am I right? (*Yes.*) I know she is an old person but... But let me say this to you my dear friend that in these last years of her life, that has been her learning, that has been the time that she has come closest to us, *because* of her pain.

Lilian: That's comforting to know.

Pain creates within the Spirit a knowledge which was lacking beforehand and although most humans would say, '*but we do not wish pain*', I would say to them this: that the pain which they experience has been an opening of their Spirit.

Lilian: It's really comforting to know, because I find it quite difficult to cope for myself with her pain, but in turn I guess it helps me as well.

You also are learning as all of you are in your own ways. Yes, I did not promise you that life would be an easy pathway, but each difficult step helps to create that Spirit which you become, which you will take with you when you return home. When you see the wider picture of your life, you will realize that each one of you had something to learn. For you my dear friend it has taught you much tolerance, tolerance which you would not have accepted from another direction. That is true, is it not?

Lilian: Yes, very, very true.

Yes, so when you are feeling low in Spirit, then you also must go within, you must grow and be replenished for your own sake and for that loved one on whom you are *giving* so much love, because that is what you are doing. Although you probably would say to me that is

not always the way I feel, I say to you it is done with love.

Lilian: Yes, humanly one feels rather drained at times.

Yes, that is being human, but if you could see your Spirit then you would see how it grows.

Lilian: I had sort of guessed it was helping me as well.

Yes, again I say to you my dear friend: go within. (Thank you.)

Sara: Salumet, is it true that the clearer our vision and the more we attune to Spirit, the easier our passage in life? Although it will never be easy all the time, is it true to say that it's a lot easier to bear and it may not be so painful as perhaps it has been with a more limited view?

Yes. Let us say, you are all but as children.

Would you send a child away from you without saying to them that they must have daily contact with you in order that you may *guide* them, that you can *inform* them? (Yes.) What is so different from the Spirit being connected to the Source of all life?

Sara: Yes, that makes perfect sense.

You need to have daily contact if you wish to have direction in your lives.

Sara: Yes, that's really clear, thank you.

They are simple words my dear friends, but if only each one of you would devote that time each day, then no matter what troubles, no matter what pitfalls in life you may encounter, you will always have that love and that ability to cope. That is the secret of life, that connection to that Creative Force. After all you are part of it, therefore all knowledge is available to you.

Lilian: Thank you very much—a very interesting evening.

I will leave you this time. I hope my words to you have brought anew to you, a little more discussion for you about a subject which we have touched upon before, but I feel that each time we return to some topic that your understanding is much greater. As always I leave you my dear friends with my heart filled full of love for you all. I am always close by and I will always endeavour to help you whenever possible. (thanks and farewells)

~22ND September 2003~

Before Salumet spoke, one through Sue talked a bit about our prayers for those who are ill and

how sometimes illness and pain can help the Spirit to soar. Therefore can be part of our learning. They then took us through the following 'healing' exercise:

Picture and visualise what you perhaps would call a crystal ball, but it is the colour blue.

Visualise this orb resting upon your knees. Feel the power emanating from its sides—a healing power, the warmth and the vibrations and the music coming slowly from it—the music of healing. Imagine you have lifted this orb, so that it is in front of your eye—your psychic eye. Look deeply into this blue. You should see the colour moving—it should not be static. Allow yourself to permeate this colour, until you feel the orb expanding, until you feel the orb envelope all of your physical body. Feel the colour, hear the healing music flow down and across and through. Now when you feel that you are surrounded by this power, I ask you to think of someone close to you, or possibly just an acquaintance you requires some spiritual comfort or healing, help or guidance. Take a few moments to ask mentally for this person or peoples to be visited this night. Now imagine the cloak you are enveloped in, is being lifted slowly, slowly from your human body, until finally you no longer feel its presence around you. Now push, push the orb towards the centre of your room, until you can imagine each one reaches the centre and becomes one enormous moving spiritual orb of healing energy. Release your orb, let it become one with the others and feel it vibrating throughout this room.

This orb contains love, forgiveness, precious thoughts—it cannot now be divided—all here in this room are of one healing mind. You have each given to all those named mentally this time, your thoughts of love. Those among you, who help our world through healing, have given more than you could imagine. This orb I repeat, can never, never be destroyed, altered, fractured or disposed of in any way. This orb will remain as a monument to everything you have given this night. From the very bottom of our hearts, our minds, our Spirit, we thank you. May each and every one of you be touched with glory of love, be protected, guided, revered and may each day of your physical life until you reach our realms, have an inner core of deep happiness. Never don't believe that deep inside of yourselves, is a glowing warm deep core of utter

joy, which will one day envelope you and remain with you always. I thank you for allowing me into your home and into your hearts. (thanks expressed)

Salumet then spoke:

Good evening. (greetings)

I hope my dear friends that the healing words that you have listened to has helped you in your understanding. It has taken a little while this time for me to speak with you, because the physical voice of this instrument was disturbed and was picking up that there was a little unrest with one amongst you. I will endeavour to help. I will say to you this time my dear friends: so many times we hear from your world: *'What can we do to be of service to Spirit?'* So many times in this, your past year, I have discussed with you self-development and what it is you need to achieve, and my dear friends you have achieved much. But I would like to place the question back to you: How best may you serve Spirit? Do we have any replies?

Sarah: By giving *time* to Spirit, that's one thing.

George: I would say by going forward, by not being static, by seeking, by helping, by loving. So we are saying: time, action. Do we have more?

Paul: I would say by being *ourselves*, knowing ourselves, and *being*.

Yes. There is but one word which I believe my friends will cover all of these things: *Simplicity*. I have spoken to you about honesty and what is honesty but being yourselves. Simplicity covers many areas, but it covers just *being*. It covers quiet times given to yourself in order that the Spirit within can grow. Simplicity is acceptable to all forms of action and words and deeds. Simplicity within your lives—and by that my dear friends I do not mean that your lives should be poverty stricken—in no way is that what my words mean. So many people in your world feel that to serve Spirit they must be without. That is not what Spirit is about. You deserve abundance in all things my dear friends; abundance of love, abundance of joy, abundance of all that the Great Creator can provide. You are Spirit and in being Spirit you are part of that abundance. Do you understand my words? (*affirmations*) It sounds like a contradiction once more, but it is not. Too often my dear friends you human beings are tied by fear, tied to money or shall I

say the lack of it. Have I not told you that especially in healing, you should ask and then you should *know* it will be provided. In the same way, in all areas of your life, does this occur. For example if you give with love and from your heart you will receive back many times, because that is given with unconditional love. Do you see where I am coming from? (Yes.) Do you understand my words that there is nothing wrong with having possessions, because it means it is a return of the love that you have given out to others. In the same way, you are bound by fear in relationships, and we have spoken of this recently where you must allow your fellow human being to be free to decide what is best for them; and this is where honesty comes into play. So, in all areas of your life, think of the word '*simplicity*'. Would anyone like to comment on what I have said?

Sara: I would agree and since I've had children I have returned to the simplicity of the child more—more simple now than I was 20 years ago and it's definitely the best way to be. I know I've much to learn but I do feel that the simpler approach to life is the happiest.

Yes. And of course as I have said in past times, children are great teachers of life. If you will observe children, they are open about what they desire, they give love freely, and of course I hear some say, *'but children can be cruel'*. Children will re-enact what they have learned, but the purity of the child within is what you should try to achieve. Think about this word '*simplicity*'. As in all things that I have brought to you in these last few months of this earthly year, it has been mainly for your own self-development, because only when you understand yourself will you be able to help others. Are there any questions please?

Sarah: Yes, you were saying there's no harm in having possessions. Some people have an awful lot of possessions and they don't need half of them and they are not always—I feel sometimes with some people that all of their possessions are greed. They're probably having more things round them because they're fearful, but surely they haven't received all of those possessions because they have given of love?

I understand. Try not to be too judgmental, but yes, of course, there are people within your world who have a love of material things. Of course there are and we understand this fully,

but you must not judge all people in that way. There are those within your world, and after all there have been many great teachers who have trodden this earthly pathway in positions of wealth and power, because they have been able to help the masses rather than the minority. Do you understand? (affirmations) So look again at the wider spiritual viewpoint. I say this to you repeatedly my dear friends, not because I feel you need to be constantly reminded, but because these things are of importance.

Sarah: So even some of the—I can think of some of the leaders who I might have thought were being greedy and taking from the poor of their countries, maybe in some sort of way they actually are helping people.

Yes, yes, it is not for you to judge.

George: Perhaps I could mention Andrew Carnegie, **(Yes.)** who became extremely rich, but he used that richness to good effect. He established many libraries, he established foundations and the Carnegie Hall in America, where many performances are given in culture. So perhaps if you have great wealth it perhaps matters what you do with it **(Yes.)** and there have been very wealthy people who have created a better circumstance on the Earth as a result of it. **Yes, you will find if you think upon it, that these people who give unconditionally, will always receive. There is nothing wrong with abundance, it is the love of these things which is wrong—the love of material goods for self—that is another subject, but what I wish you to know and understand is that the thought should be ever present that whatever you need in life is available to you. If your heart is open, your love is given unconditionally, then wealth of many types, not only material things, will be yours, and that is what you are entitled to by the very fact that your love is given from the heart. All that is spiritual is simple, all that comes from the ego is difficult; perhaps that is a way to remember.**

Sarah: So you're saying, what you *need* and not what you *want*...

Yes, always give thanks to that Creative Force for all that you *are* and all that you *have* and have that *knowing* that all can be yours. Do you understand what I am trying to tell you? If you do not, let us discuss it now. Is anyone unsure of my words?

Sara: It is the attitude that matters, that we have one of grace and humility **(Yes.)** and gratitude and still a simple approach to life.

Simplicity inasmuch as you think as a child.

Sara: Yes, we do what we love with as much joy **(Yes.)** as we can.

And always with thanks. (Yes.) Yes. Remember that all that you have, all that you have attained comes not only from yourself, but from that outer Creative Force which encompasses you all.

George: I think I can see that there has to be wealth in the world and that wealth *can* help in the good way forward.

Yes. In all of the ways that everything that has been given to this world, even shall we say nuclear power, which has been misused, it also has its purpose in life when used properly. I believe you are beginning to see its usage within your medical fields. (affirmations) Yes, that is the way and the purpose that it should have been used when it became known to mankind, but we will not go into the abuses that mankind has created, because this we have spoken of on many occasions. But this my friends has been a time for all of you, for knowledge and I hope upliftment in some of your lives, in a way that has not been available to you before. I know that most of you feel that you have come and travelled a pathway of Spirit which has taken you forward; a pathway which none of you will now be able to leave.

Sara: Yes I think that's true! *(affirmations and soft chuckles)*

As always I give thanks to you all for listening to my words and I know that when I leave you by saying that you are simple people that will not be offensive to you. (laughter) I leave you as always in my love, in the knowledge that always I am close by, although mostly I am unaware to most of you, but always the light of love shines brightly on each one. (thanks and farewells)

~13TH October 2003~

Good evening. (greetings)

I was most interested to listen to your words before this meeting, words spoken about heaven upon this Earth. Your conversations my dear friends are always of interest to us, because it shows how much knowledge that you yourselves have retained. I would say this to you my dear friends: Always since the existence of

this planet has there been a little of what you call 'heaven' upon this Earth. In many ways has this existed, mainly through those souls who have incarnated, who have brought the joys of Spirit to this world. Those human beings who are looked upon, who exude love and knowledge and understanding, *they* are heaven upon your Earth. Also there are the words of what you term 'the ancients' which have come to light over many eons of time and of which you humankind are so fond of rewriting. The spoken word as well as the written word has always been a powerful tool of communication for mankind. I would say this to you my dear friends: What do you suppose would be your heaven upon Earth within your present time? Would someone care to answer?

George: We are very fortunate to have your teaching on this and it was during the first few months when you came to us that one asked the question: *'Is it possible to have heaven on Earth?'* Your answer was simple and apt and in the affirmative. Much later, quite recently, the subject came up again and I think it was about the time you were talking to us about Moses and the idea was then elaborated upon and yes, heaven is to do with our stronger soul connection. I think the implication was that the stronger that connection becomes, the more 'heaven-aware' we are. I could also say that it is such a wonderful Earth and one can always look to the wonderful aspects of it and see it as heaven, or heavenly.

Yes. Heaven comes from *within*—this you know. To those of you with some degree of spiritual knowledge, it is easy for you to see around you many aspects of this Earth which is endowed with heavenly creation, but to the majority of Earth-kind, they are still focussed in this time of your evolution upon the disputes of mankind, the greed within your world, the many 'disasters' as you call them, and in doing so they overlook how much mankind has grown—they overlook the beauty and the joy of existence. The beauty and the joy of existence belongs to each individual, it is an individual attribute which each one of you carries within. Each one of you my dear friends, I have told you before, is like a beacon of light; so each individual one is a little part of heaven upon this Earth. Do you see what I am telling you? (Yes.) If each individual light was to join together to make one, then

indeed that vision of heaven upon this Earth would indeed be much brighter than at any time of earthly existence. Many would dispute these words, many would say, 'but there is so much hatred, so much greed, so much violence'. But as you do my dear friends, they will reach a point when all of those things become insignificant. What is important is that the light shines from within, in order that that sea of light can flow further and further upon your Earth. Do you agree? (*affirmations*)

George: We are so fortunate and yes, one always has the feeling these days that we are in a position to help others to be as fortunate as we are, and share in that.

As indeed you do my dear friends. Each one of you, as I have told you before, has a task and a pathway upon this earthly plane at this particular time, wherefore you are giving out spiritual light to many, and indeed that is your heaven upon this Earth. It is an odd word to have, to use the word '*heaven*'. What is heaven? It is not a separate place; again I repeat: it is *within*.

George: As with everything else, I think I am probably right to say that it has a strong connection with perception.

Yes, indeed. Mankind is good at perceiving all kinds of issues, all kinds and manner of things, which he feels to be the Truth, but mankind must almost always recognize that his perceptions at times are not always the true ones. Would you agree? (*affirmations*)

Sarah: As you've said on many occasions, we can't see the full picture, so we can't perceive the whole.

Exactly. You are limited in what you can see, but that does not prevent you from extending the knowledge that you give and the knowledge that you are trying to obtain. We are but a small number this time my dear friends (*five sitters*)

George: Yes, sorry about that.

No, if but one is to listen to these words, then my task as always is taking place, because I know each one will continue to give out these words.

George: Yes, I'm sure our transcripts and recordings will continue to be made available to many.

You, I know dear friend, are aware of how many people that these words are reaching to; with your machinery today words travel in an instant.

George: Yes, so hopefully the small numbers here will not detract from the ultimate mission.

No, of course not, but I will give you the opportunity this time, if you so desire, to ask any questions of me. (Thank you!)

Sarah: I was going to say, when you said can you think of heaven on Earth, I was going to say, whilst we are *here* and I think that's probably because we join together and become—how can I say it?

Light beings.

Sarah: Yes, perhaps that's a good way.

Yes, I thank you for those words.

Lilian: I always feel uplifted after our Mondays.

But you do not need my presence to feel that.

Sarah: It's always nice! (*Eileen then coughed*)

Forgive the noise, I will try to deal with it. Have you more questions?

George: Could I refer back again to the question of genetic crops, genetic modification. **(Yes.)** You have talked about this before, time has now moved on and I think mankind has been *dabbling*, shall we say, and it is beginning to be realized that there are all sorts of disadvantages: certain types of insect are being killed off by crops and there are many disadvantages being realized. People tend to be taking sides in this two-sided issue and fortunately for us the big supermarkets seem to be not accepting genetically-modified foodstuffs or foodstuffs prepared from genetically-modified crops. Their attitude is being influence by customers, so perhaps there is a little *people-power* here showing itself. But it's become a complicated situation and now that we are a little further down that road, I was wondering if you had any further words for us.

And the other thing is we are in danger of altering the pathway of evolution, I think, if we seriously take this road. Have you any further comments?

Yes, I thank you for your words my dear friend.

Be careful that you are not making judgement.

Remember that all of mankind has been endowed with this freewill. I have returned to this on many occasions, but whatever mankind chooses to do, that is the pathway that each individual has chosen. You know that our world is constantly trying to influence for the better, but we cannot interfere in a life—that is for the human being to judge and follow what he feels within his heart, whether you judge it to be right or wrong. So firstly I would say this to you my dear friend: Refrain from judgement, because

what you feel to be right or wrong, creates within you a tension of conflict, conflict within your own heart. What you must do is to stand to one side and allow these issues—whether you consider them to be grave or not, you must allow each human being their own trail of conscience. You understand?

Lilian: Yes, that's quite a point.

Since this Earth has existed, mankind has made many errors, shall we call them, but also in that scope of *error* ultimately has come some good. You understand? (*affirmations*) Therefore you must be wary of judging, because when there is conflict, ultimately there will come resolution. Does this make sense to you my dear friend?

George: Yes.

So I would suggest that if ever something goes against your grain of thinking, that you go inward and see the solution from within.

George: Yes and I imagine it's satisfactory to express our thoughts without getting upset.

Yes, you must always be true to yourself—that is your pathway, that is your true pathway, but what you must never do is to pass judgement on another, because you do not see their thinking, you do not see their emotion and what you may consider to be wrong, in their eyes it may be right. I know it is difficult and with your knowledge you can see that mankind has made many mistakes along the way, but that is not for you to judge. Again you need to see the wider scheme of life.

George: In some place people have destroyed crops which are being grown experimentally by others...

Yes, but what you sow you must reap.

Remember whether they feel right or wrong, the time will come when they face their own decisions, when they must face *themselves* as to whether their judgement was right or wrong.

Remember I have taught you there that there is always two sides: white/ black, fear/love; always there is the two-sided face to all of existence. That is why you must not judge.

George: I think destroying crops has to stem from the feeling of fear.

It is fear. Remember it is simple: all of existence stems from fear or love. That is why when people upon your Earth are disturbed and create disharmony, it is from an inner fear. Therefore what you must do is to send them love, surround them with love and in so doing, *their*

thinking will change and then you have created that harmony upon this Earth, which will ultimately bring a little more of heaven.

George: Yes, you've brought us back to that very important motivation by fear or love **(Yes.)** statement again. Do I see a third motivation here, one of greed?

You could call it greed, I prefer to say it is but an offspring of fear. You understand? (Yes.) All of what I know you would term 'negative emotions' stems from fear.

George: Greed would be fear of poverty, yes I see.

Yes, you understand? (Yes.) If you can keep those two thoughts within you, fear and love, you will see the purpose of all of mankind's actions upon this Earth. Does it not become more simple for you to look at it in that way?

George: It does indeed. You've brought us back to that very important balance. Thank you.

Sarah: Also, going back to the genetic crops, you told us Salumet that new things are influenced from Spirit, so more than likely the genetic modification—we haven't got it quite right—somewhere along the line it will be used for something, but we're not quite using it in the right way.

Yes, as in all things that mankind has abused, it has been because of the power of *his* thought that has prevented good within the world; but that is his right because he has been endowed with freewill that these things happen. We try to influence and we are mostly successful as your time of evolution goes along, but as in all things, mankind is still learning many things. After all, that is why you have agreed to come to this planet, that you may experience these two opposites of *fear* and *love*; that is basically what is happening.

Lilian: Talking of the crops that we grow, I was listening to a discussion the other day on our televisions and this farmer was into growing or planting crops or reaping them at a certain time, maybe when the moon was in a certain position and it was bright in the moonlight and so on. Would that help our crops, to sow them at a certain time? And would it also perhaps help the Nature Spirits?

This my dear friend—thank you for your question—This knowledge has been known in ancient times and mostly forgotten.

Lilian: And it's now coming back.

Always mankind in earlier times revered what they called 'Gods of Nature', which in effect is exactly what you have said, that they planted at particular times and they reaped at particular times in accordance with what they believed.

Lilian: They also spoke of the energy and I thought they seemed quite knowledgeable. **And of course your Earth energy in ancient times was much purer. There was not—how shall we say, *spoilt Earth* that mankind has reaped upon your planet. In those ancient times the Earth was more pure, because mankind had not abused it.**

George: Yes and I rather fancy that the stone temples, like the Avebury Temple that I think has been in place for perhaps 5,000 years, **(Longer.)** longer, ah yes—I stand corrected. I think places like that were deliberately built into the countryside, because they had that powerful link with the Earth, with nature, with the Earth Spirits probably.

There are and always have been areas of Earth energy which are stronger than in other places—this is part of the Earth's creation. And yes, you are correct when you say that mankind at those times were much more aware of the Earth energy—they were much more aware of their *own* energy than they were today; it is a combination of factors. But there is nothing that mankind can do today that has not already been known to him. It is not new knowledge it is knowledge that is being *renewed*. You understand?

George: Yes and this does really take us to another question, but it links. Recently I was in Thailand and it's very much a Buddhist country and I was very much impressed with the gentleness of people and the strong respect for life and living things, which I think comes out of the Buddhist teaching. **(Yes.)** It struck me just how much that one culture on the Earth today can learn from another.

That is how it should be. Mankind originally was not meant to be separated in these ways. Mankind has many cultures, mankind has many religions, but what mankind had in those ancient times was a respect for life, which has been lacking as time continues. That is one of the reasons that at this time in the earthly evolution, that many of us have returned to your planet, to bring mankind back to the roots of knowledge that he once possessed.

George: Yes, we haven't mentioned very much the Buddha and Buddhism, but...

It matters not what the title is, but the people have remained, if I may say so, close to what is within.

George: Yes, it occurs to me that that is a very important culture on our planet at the moment. **Yes, there are many areas where people are returning to far roots that have been neglected or forgotten, but which will now resurface with the influence that is coming from our world. Many cultures are being impressed with what has been lost to them in the past, but which is never *lost*, because you *cannot lose* that innate sense of life. You understand?**

George: Yes indeed.

Well, my dear friends I hope that you have gained from our small discussion this time.

George: Yes, it's good that you make the point that all cultures are being influenced.

Yes. Names, countries, religions do not matter—it is what lies within; that is the part that we influence. So I say to you this as I leave you all, my dear friends: do not fear for your future, do not be afraid of what you see as disruptive influences within your world, but be strong within the knowledge that you *have*, that the love that you *feel* can conquer all.

George: Yes, I think we're all much endowed with that feeling these days, thanks to you.

No, I say *thank you* to each and every one of you, because without your time and your dedication, these words could never go forward and for this I am eternally grateful to each one of you. I leave you now surrounded with my love—know that I hear your words, know that you are always safe within my heart. (*thanks and farewells*)

One followed through Sarah, explaining that they were sharing group energies with other groups at this time. This subject had come up in previous years and it seemed that occasionally energies from our group could be gathered and put to good use in other groups—it was explained that these energies were quickly replenished by us. One then followed through Eileen, who was a trainee 'gatekeeper'.

~3rd November 2003~

Good evening. (*greetings*)

This time, although we lack in numbers, there is with you such an energy that completely fills this space. I hope that you can feel it too.

George: Yes.

Lilian: I can feel the peacefulness.

Margaret: Tranquillity. **(Yes.)**

Paul: A stillness.

Yes, whatever word we use, at least you *feel* the energy.

George: Yes, it doesn't feel the same each time for me. Sometimes—I find it difficult to describe, but it always seems a little different each time. **That is part of your awareness growing. When first I came to you it was necessary that we had numbers to produce energy in order that my coming to you was a little easier, but now I think that you should know that no longer are numbers quite so necessary, that the energy that each one of you emits is enough for me to feel comfortable with.**

George: Good to hear.

It is always good to join with you at these times. Of course, all of those others are within my thoughts, so although their physical presence may not be with us, indeed they are in Spirit. I would like this time my dear friends to say to you that as time continues—and you know that time to our way of thinking is not the same as your thinking—so my time spent with you is but a blink of the eye as far as time goes. But I have seen many changes, not only with you, but within your world and many of those issues we have discussed. But what I wish to say to you this time is that we *are* approaching a time within your world when there will be many challenges, there will be many challenges within the scientific fields, the medical world, but what will be the most challenging of all will be the changes within all of your religious groups. I mention those three groups only because they are a large part of your world, but there are many challenges in all areas of your living; but what will come with these challenges and new knowledge will also be the awareness of the spiritual that goes along with these changes. It will be but one small step, but I can tell you that from the next one of your earthly years, there will be the beginnings of change. I know that with your own thinking and feeling from Spirit that you will become aware, as all of your world will become aware of these many changes. But mankind, my dear friends, I will repeat to you, is

progressing along the pathway that has been intended for you all. Not since your many ancient civilizations when they were keepers of much knowledge, will there be as much knowledge in the times to come; it will be on a parallel with those civilizations. You understand what I am telling you? (*affirmations*) The knowledge that has been lost to humankind in those what you would call ancient times, is being reawakened, very slowly, but we will make sure this time that mankind will not destroy this knowledge again. But of course mankind has greater intellect in these ages. Mankind, as individuals, has more thinking power for himself, therefore he has in a way become a little more *feeling* than those in past times—those of knowledge allowed so many negative feelings and thoughts to interfere. But it will not happen again no matter how often you are told that mankind will destroy himself. That time is passing; mankind's spirituality must go forward. So my dear friends heed my words this time, because you are to the forefront of having this knowledge given.

George: It's a great privilege.

Lilian: And perhaps by passing on the knowledge you've given to us, in our own small way, this will help.

Of course—you are emissaries of Spirit, you have always been in your own way. You have chosen particularly this time to give of yourselves in order that Spirit may shine forth. You *are* beacons of light, even if at times some of you may doubt this, but of course you are still human with human problems and frailties, but that is not so important as that which comes from within. I hope and I know that you would agree with me. (Yes.)

George: Yes, there's a feeling of strength within, there's a feeling that that has grown and is continuing to grow.

Yes and that feeling which you now accept so readily is what is awaiting mankind on this planet. When all of humankind can accept their true selves, then there will be change, and we see it happening now. Put to one side earthly troubles—there always has been and there will be for some considerable time many difficulties in your world, but like a cancer that is known to you in your world, knowledge will grow. Mankind will accept and mankind will become free from the bondages of earthly life. But it is a

slow progress, there is much for us to do, but it is being done. Have you any questions this time?

Paul: I was just thinking, these challenges you mentioned coming to the doctors and the scientists and the people—will these challenges be there partly to encourage all this new rediscovering of the knowledge that's been lost? **Yes, the challenges that they will face will make them stop and think. Not only will they feel challenged, but the realization will come to them that the purpose of life has more to offer than at first they have accepted. The spiritual aspect of life will not be denied; that is their purpose in trying to deal with the challenges that will be faced.**

Paul: Yes, because I think I'm getting a much better understanding of challenges really, because these challenges are very, very lovingly given, I think, to encourage us to grow.

Yes. I think in your world as it is now, that the word 'challenge' to many would mean difficulties and troubles, but yes my dear friend, challenge is there in order for the Spirit to grow. You already know that many of the troubled times that each one of you have encountered have been those times when the Spirit has shown itself and become much stronger. (Thank you.)

Lilian: I think we have seen challenges already in our Christian religion.

Always in your world of religions there has been many troubles, always there have been challenges there. But the time will come—it only takes one mind, one thought for that goodness to make itself known. And as I have said, it *is* coming and mankind thinks for himself—he *is* no longer down-trodden in the same way, to the same degree as he was in times gone by. You understand? (*affirmations*)

George: I think you have indicated along the way, that in addition to your teachings which has been wonderful, there have been other influences which are all contributing to this road to a better planet. Would I be right in thinking that the 'bible code' of which we know a little more about now, would I be right in thinking that our understanding of that, will also make a contribution to the way forward?

Yes, why my dear friend, do you suppose that these things surface at a particular time? It is not by accident.

George: Yes, that one indeed has surfaced at a particular time—as was prophesised.

All I would say to you, all things of knowledge have their time. It has not been by accident that these things have been made known. I could sit here with you, I could look forward, I could tell you many things, but always since I have come to you my intention has been to try to teach you to find yourselves, to help you in your understanding of my words and to make you look *within* to find those answers for yourselves, because all lies within you. I have told you many times, in fact sometimes I understand the word in your language which says ‘repetitious’—I begin to feel that I know that word well.

(chuckles) **But I do not apologize for it, because each time I have repeated my words for you, I have seen your light grow and I am sure that you would agree with me that since we first met you are different human beings? *(affirmations)* It always gladdens me when I come to you, how much warmth and love is extended towards me because although so much is known, when those of us come to your world come to speak to many, always when we enter this *denseness* I might call it, there always is that little uncertainty. That may sound strange to you my dear friends, but when we come from our world to this denseness, we are also embroiled within that atmosphere. Can you understand? *(silence)* No you do not, so we will leave it there—but I can see how much brighter you are.**

Lilian: Would it be that the welcome that we feel for you, helps you through that density?

Of course. Like I said when I came first this evening that it is now much easier, that the numbers of people within the room to create the energy that is needed, it is now not quite as necessary, because my transition in coming here is so much easier. It is now very comfortable for me to use this one as an instrument, because, and again you will not fully understand the process of using a human being as a voice from our world—there were many things to be adjusted from our side and also to make sure that any instrument used was kept safely and comfortable throughout their usage. But that is not something that we need to discuss, only that you *know* that always I have felt your love, but never as strongly as I do these days and as always that love energy makes it so much *(more)* comfortable. Are there any questions this time?

George: I wonder if I could pursue a little further the bible code and rightly or wrongly I have written to Michael Drosnin who has written two books on the subject and hopefully we might liaise/communicate with him. He is very knowledgeable amongst people who know something of this. The code itself indicates that there is a key to further unlock the book that’s sealed within the book **(Yes.)** and this key seems to be in the form of a stone obelisk now submerged beneath the land. Also there’s mention of a steel container and this is on the shores of the Dead Sea near a village called Mazra. He was talking in his latest book about using scientific equipment to locate this key. I suggested it might be better to endeavour to locate it through either Spirit communication or dousing. **(Yes.)** I wonder if I have given him a reasonable suggestion?

I will say this to you my dear friend: There will be communication between you—that is for sure. There is a purpose in not finding the key that you speak of. Again I will say there is a time for all things. It *will* happen, but I tell you not yet. I would say to you that your suggestion to him, those would have been my words. *(Thank you.)* If he needs the answer then he must approach it from the spiritual aspect. You can spend much time, much energy, much money in your world, but until the time is right for you and from us in Spirit, it will not happen. But I would say that he is being influenced.

George: He says in his book that he does not believe in a God or something to that effect, but I rather think he’s making an unfair assessment of himself. He seems to be very well motivated so far as I can make out.

Do not judge him my dear friend. Although he feels he does not believe, that makes no difference to us in the world of Spirit. We choose those instruments who can best serve our purpose. Whether they believe or not, it is down to the spiritual energy within, as with all instruments, and I am sure you have read of many, who have resisted the work that they were meant to do.

George: This particular one seems to me very well motivated to help the world as much as he possibly can.

He has a good heart, but sometimes the thinking interferes—but he is being influenced, because

these things must be known, but at the time that is right for all people.

George: Could I also mention the scientist Eliahu Rips who has worked out the computer programme for seeking out the code. I'm sure he has been very much influenced from Spirit.

That is almost like the challenges I speak of. Do you understand? These challenges although it is of the Earth, it also comes from Spirit. You understand? (silence) No, you do not, but we will leave it there, because all who are chosen to bring forth the wonders of our world to mankind, are being influenced in many ways. That is what matters, that what they do—that is why so often they seem committed individuals, because they are being influenced from our world to do the work that they *feel* is of the Earth, but indeed is of spiritual nature—because these thoughts are necessary for humankind to understand what is about to take place. It is a knowledge that has been kept from you for very good reasons, because mankind, to put it simply, has not been ready for these revelations.

George: Yes, I appreciate that we must be able to handle whatever knowledge comes to us.

Yes. If it comes too soon, then mankind of course would deny or ridicule, because those feelings are also within the human nature. So, the time must be right for them to be acceptable. You understand?

George: Yes, yes, I see that.

But it matters not whether the individual believes or does not believe, as long as the purpose of the work is taken up and done with dedication and that the wider knowledge be given to all; and that is what is happening here. But I commend you for your words to him.

George: Thank you. Could I mention one other whom I met recently? A lady known as Vincentai who lives at Ventor on the Isle of Wight and I understand she had a past life as a priestess of Atlantis and her high priest comes to her in Spirit. She is a clairvoyant and clairaudient and has managed to draw a picture of her high priest. I rather felt this was—well you've told us before that meetings are never by chance—but I had a very strong feeling that this meeting was meant. **Yes, always the pathway you tread will bring you encounters with those people who you should meet at that particular time. There is a purpose for you in that meeting. There is a purpose for you my dear friend in all of the**

communications that you have made. After all, you are the keeper of many words. You need to have association with many and varied intelligences, and those that you have come across are not just human beings, but human beings who are also on the spiritual pathway. From now on in your lifetime, the people that you encounter will always have a purpose for you. It may not be recognizable to you what that purpose is, but it will be there.

George: Yes thank you. Yes, I really have a strong feeling with that one.

Yes, that lady can supply you with quite a lot of knowledge if that association were to continue.

George: We have spoken of exchanging knowledge.

That lady can supply you with quite a lot of knowledge, if the association were to continue.

George: We have spoken of exchanging knowledge.

Yes, that is the purpose behind it all, that words be given, but she *can* give to you knowledge that you have yet to begin to wonder about. Although you are widely read, she can give to you more than you already know.

George: Our sources on the subject of Atlantis are very limited (**Yes.**) and she would appear to be a possible source.

Yes, she will bring to you a new aspect of living in those times.

George: Thank you, that's exciting news.

Because your knowledge and the need for knowledge is great, that is *why* you are being given, and make no mistake my dear friend that you are being *lead* in all of these directions.

George: Thank you. It's nice to have confirmed that.

Now I feel that I have spoken enough words for you this time and I *feel* that as I leave you with our dear lady friend, that a little time be given to sit and feel those who wish to come close to you. And once again I say, whatever you feel, share with the others, but I ask only that as you speak that your voices remain quiet until this instrument...

Salumet stopped speaking before finishing that sentence, so we said our thanks and farewells.

After sometime there was a rescue through Eileen, before we closed as usual.

~10TH November 2003~

Good evening. (*greetings*)

I hope that you can feel how much peace surrounds you this time. (*affirmations*) I have refrained from speaking in order that this peace should encompass you, each and every one. I feel that some are in need of this. We will, if you like, begin this time with any questions that you may have and then, my dear friends, it would benefit you all that you go on an inward journey to discover what each of you has to offer in this group. So, if you have questions this time I will endeavour to answer them for you.

Sarah: Last week you wetted my appetite Salumet. You asked us if we understood the fact that you were embroiled in our denseness when you came to us and we said that we didn't understand. Did you not tell us because we wouldn't understand or because you felt it just wasn't necessary to discuss that?

We have discussed briefly about entering the atmosphere of your earthly planet. You know that the vibration of both the instrument and those who come to you must be attuned. The density I speak of is indeed quite dense as far as our own vibrations go, but I believe that you all know a little about the conditions which we encompass when we use an instrument upon the Earth. Sometimes it can be quite uncomfortable, but that is why from our side of life many adjustments must be made.

George: So it is an uncertainty of attunement—would that be true?

Yes. Always you might say it is *experimental*. So many factors are *there* to be overcome at times. It depends sometimes upon the instrument and how well we can use *them*. There are so many factors that I do not believe at this particular time you would fully understand, but only to say to you that many more adjustments are made from our side of life.

George: We are just so grateful that this is all encompassed.

That is why my dear friend, it is of the utmost importance that each one who comes together is in attunement. That is why at times when you sit within this Temple of Love that you feel as one. You have all experienced that not-knowing of self when you are within this room: you become part of a whole, each one as important as the other. That is why I will be eternally grateful to you all for your love and your devotion which allows me to come to you.

Without that love it would be much more difficult—still possible of course, but not quite so comfortable. You understand? (*affirmations*) I hope that answers your question.

Sarah: Yes, thank you. It's just when you didn't say anything last week, I just wondered.

You under-estimate your own power of understanding, but that is a human frailty that mankind always doubts, but that is part of his makeup.

George: There was something else you said in relation to the air beings: I think you said they were rather concerned about the way we are disturbing the atmosphere or something to that effect. A number has been bugging me for more than a year now: the number 747. The Boeing 747 is a much used passenger jet airliner, which disturbs the air and I just wonder if I'm being prompted to ask a question about the ways we disturb the air and adversely affect the air beings?

Yes, of course, all who look after this planet have had so many concerns, not only the air beings, but the Earth beings, the water beings—all forms of life. This planet has for so long been one of unrest, of disturbance, of mankind being lost in the darkness of time—but all of that is changing, as I have told you previously. But what we have not spoken of yet is about the vibration of letters and numbers. Do you recall that some time past, we began to speak of the vibration that each name holds? (*affirmations*) Yes. This is part of the answer, but it is not yet something that we will discuss fully, but it is a subject which in a little more of your time, we will discuss in order that your understanding is greater. You would be correct in feeling that these numbers do have some affect upon the air, as do many other of your numbers. I am sure that you are aware that there are people in your world who hold much to each individual number that is known to you—in the same way that the name that has been chosen for you has some meaning in your vibrational field.

George: So there's no real connection between that particular number and our jet turbine airliners which are clearly disturbing the atmosphere very much.

I would not say that one particular number, but numbers do have effect.

Sarah: So going back to our names, you say we choose our own names...

You influence them.

Sarah: ...and that is because of the vibration: it is the vibration that helps us to choose these names. Is that right?

It is the vibration which you wish to enter into, in the same way that you choose the parents, not because of the people that they are, but because they can provide the situation that the Spirit needs.

Lilian: Would that be the why in some cases the name is handed down through generations?

Yes, because the Spirit is an aspect of the same Spirit, but it is a subject which we will go more fully into with more detail when I feel that your understanding is a little greater. You must know and understand that all energy has an effect upon the rest of the energy field in some way. In the same way as that each one of you enters this room which is full of spiritual energy as you come to it; as each one enters, that energy is changed. Can you understand?

Sarah: Yes, because different vibrations change it.

Lilian: Stronger?

Yes, that is why it is important that each one of you is attuned to the other, that the vibration may be raised and be a vibration that can be used for good. I am sure you must be aware at times when one will enter and there is disharmony within a group. (Yes.) It is the same kind of thing, but of course I am simplifying it for you. In the same way that the numbers, the energy of numbers, can displace the air spaces. I hope that is enough for you at this time, but, as I say, it is something that we shall enter into more fully.

George: Thank you. Can I go back to the Dr Bark flower remedies? It was eight years ago that you spoke to us about that and at that time I think you intimated that Dr Bark was not fully aware of the particular energies that he was successfully using. Now, it has taken me a long time and I think we are talking about the *two* energies that come from the sun: the physical energy and the spiritual energy and I suspect that it is the absorption of the *spiritual* energy of the sun which is being so effective in Dr Bark's remedies. (Yes.) Would you be able to confirm that?

I congratulate you on your willingness to dissect my words about that. Eight years may seem a long time to you, but my friend it is not. That is why it is important that we go slowly with all of our information; that you collate the

information, that you digest the information and that ultimately you *can* make sense of what I am telling you. That is part of your growth and your awareness. That is what I am trying to cultivate within you that your own awareness should grow to such a point that anything I tell you can be taken and dissected and understood. So my friend, I think you should say to yourself, 'well done'. (chuckles)

George: That also brings us something else. This places flowers in a rather special category and the gift of flowers from one to another.

Not *special* my dear friend, *natural*. There is not *one* thing upon this Earth that is *special*: all things are meant to be. You understand what I say to you?

George: Yes, my meaning was that the gift of flowers from one to another is also a gift of spiritual energy.

Yes, as too is your breath, as too is your sun, as too is your Earth and water, and all things are spiritual gifts to you.

George: Yes, yes, I see.

Paul: Neither of them are special, I suppose, they are *all* special.

Mankind only feels things are special when he understands, but what mankind needs to understand is that all of these come from Spirit for mankind to use to the very best of his abilities, and in order that the Spirit may grow in understanding as did this gentleman who was influenced from Spirit. Remember he was influenced to do what he had to do in order to help others. Always my friends look to the wider picture of life, look inwards for your answers and you will find that anything that you do not understand will become so much clearer to you. (pause) Now I feel this time that we have a little self-awareness to discover, that for each one of you, and I will leave this with our dear lady friend, that I would like you to go inwards and to *look* at each other person within this room and I would like you to *feel* what these other people have brought to this room, not only in this evening, but in all of the times that you have come together. Can you recognize the quality of Spirit that has travelled with you down the ages?

Sarah: When you say 'look' Salumet, you mean look spiritually.

Yes, always I speak spiritually. It may not be as easy as you think, but it is an exercise for your

awareness and I say to you, there stands by you those who are trying to impress you. So not only are you looking inwards, but you have an outer impression as well. So my dear lady friend, (Lilian) I will leave it with you and for the rest of this time I will continue to work with this instrument. *(thanks and farewells)*

We discussed our impressions. Several sitters got words associated with another, while others got more detail. One through Sarah then came through, giving a further exercise whereby we each had to sense who was with us from Spirit. We each had playful children and some could sense them tickling us or placing garments upon us. Finally another through Sarah came through explaining that when they were on Earth, they worked on peoples feet and that they still liked to pop back and work on feet at times, in groups such as ours. We were all grateful to hear that our feet sometimes got free treatments!

~17TH November 2003~

Good evening. *(greetings)*

As we come together this time I embrace each one into the love and light which is with you at all times. *(thanks expressed)* As you are approaching another of your earthly years, I would like to put before you a question for you all to answer: There is something my dear friends that each one of you has grown to learn in this past year of your time. I wonder if you can tell each other what that is. Would anyone wish to begin this conversation this time?

Sarah: Did you say, 'what each one has learned this past year?'

Yes, about each individual self.

Lilian: Yes. Do you mean from your teachings or just in our everyday life something that we might have learned?

It comes from your living, but also from the words I have spoken to you.

Lilian: For myself, I can remember you said I would learn tolerance and I can see that and remember what you said which helps as well. Thank you for that.

But that is an individual lesson for you. What I wish you to think about is what each one of you has gained in this past year.

Graham: I think as a group we're beginning to look upon problems more from a spiritual point

of view and we are looking for spiritual explanations more than we have in the past.

Margaret: I have learned a lot of patience.

Yes. So if I say to you my dear friends that each one of you and those also who are not present, each one of you has learned self-discipline. You would agree? *(affirmations)* Now I pose the question to you: In what way do you feel this self-discipline has taken shape within your own lives?

Sarah: Not so quick to judge anymore so I hold back in my negative thoughts. **(Yes.)**

Margaret: Thinking of others and not yourself. **(Yes.)**

Paul: I think it is in the arena of thoughts: carefully monitoring your own thoughts and trying to gain more control over them. **(Yes.)**

Sara: Knowing when we need to go within. Knowing when it's important to control our thoughts. I think we have greater awareness of when they're not good, when the thoughts are going not so well.

But in that recognition you have done well, but do you see my dear friends how your self-discipline radiates throughout your living? In many aspects of your life this self-discipline shows itself to you in the way that you speak to others, as you say in recognition of thoughts that should be changed—all of these things in many, many areas of your lives; and remembers how different each one of your lives are, but still this self-discipline has been gained. I would say to you my dear friends that that is a step forward, which you should all be most grateful for, because those who come close to you have helped you to achieve this state of being. *(thanks expressed)* Would you like to discuss any more about your own self-discipline with each other, or are you all perfectly happy to recognize that this is the achievement that has come to you?

Lilian: It is easy to see, for myself, where I have made a mistake.

Sarah: It also helps when you are speaking to others and you can see them perhaps going off on the wrong tack—if you say something and make them aware as well of the different view point, that is very encouraging.

Yes, always I have told you if you can touch but one other human being, then you have done well, and I can say to you my dear friends that each one of you have touched many people,

many, many people, not only individually, but by the words that you have spread to others.

Graham: It brings a lot of pleasure to talk about these matters as well. It makes you feel as though you have something to contribute, whereas before you wouldn't have known what to say or wouldn't have been able to work out things in the same way that we can now. **(Yes.)** And that I do get a lot of satisfaction from, since I feel I can say something from my greater understanding that can help somebody.

You have always contributed. Remember that even those who do not walk this pathway of light are still progressing, but it is the awareness that you speak of—when you are aware of the goodness that surrounds you, then it reflects back to you within your own lives. It is a mirror image of what you give.

Sara: I've learned a lot about the power of gratitude this year and I've noticed when I am thankful for more than obviously that does reflect—I have noticed that.

Yes, my dear friend, I have waited for those words from you for some time, because I would say this to you that of all of those within this room you are the one who has realized the benefits of gratitude, as you put it. All of you give thanks, but for you this has been the biggest step forward. Do you have any questions this time?

Graham: I was going to ask a question about retrospective prayer. I was reading a book about the Irish famine two centuries ago and we don't really understand *time*. I was wondering that if awful things have happened in the past, whether a prayer for those people in this age would help people in previous ages or whether the prayer that we have already given has already gone through and the situation would have been improved by that?

Yes, I understand your question. Of course you cannot alter *time* as you know it upon this Earth, but those people who have suffered because of times past, would benefit from prayer now. You know full well there are many within our world who still suffer from the effects of earthly life, so in that way the answer is both yes and no. You cannot alter what has gone, but you can help those people who still exist from that time. Do you understand?

Graham: I didn't know what you were going to say—that's a wonderful answer. I understand

what you're saying, yes, so I will continue to try to do that. **(Yes.)**

Sarah: For those who've gone on further who are not obviously still suffering, because they realize they need not suffer any more, **(Yes.)** the prayers really wouldn't make much difference to them?

There is no need to give the prayers for them, because they have the self-knowledge and they will have moved forward in whatever way is best for them and of course once you have become more accepting, then those from our world are able to help more. But of course, all *prayer* as you call it, and after all prayer is but thought, is always registered and used in the correct way for those in need. So, even if you are not aware of what your prayer is achieving, you must understand that those thoughts are being utilized for the very best purpose that there is.

Lilian: A story that was in our news this last week: a group of people on one of our tropical islands on this planet and a group of people from this country—quite a few years ago, one of the ancestors of a missionary had gone to the island, the island people had killed and eaten this man, but now the ancestors of those people got together to say sorry and meet one another. Would that help the people who had gone on into Spirit?

It would help only those who give the prayers. You cannot erase what another has done. You must accept responsibility for your own lives. This you all know and understand. You cannot, how shall we say, you cannot be responsible for what others have created or what others have done. You can help with your prayers, as I have just said, but you cannot change what has passed; and those who created the situation are the only ones who can change it. You understand?

Lilian: Yes I do—just that the ancestors thought that if they said sorry for past deeds, it would help them.

It would help them, because in what they are doing is done for good. So, the thinking behind the deed is good for *them*. You understand? If you are not clear my dear friends let us speak of this more, because although your prayers and your thoughts go for good, there is only so much help that you can give to a Spirit who is in need. The Spirit must recognize for himself what past

deeds need to be seen and understood, before that pattern can be changed. You understand?

Sarah: I do understand, but if when something bad has happened or not perhaps as it should be...

May I stop you my dear friend?

Sarah: Yes please.

Let me just kindly remind you that you are prejudging a situation.

Sarah: I know what you are going to say, yes! What I'm trying to say is: you're saying that the situation cannot be changed—you can change a situation when the Spirit has recognized what's been done, then that can be changed, but surely, what has been done, has been *done*.

It cannot be changed what has happened in the past. All that can be changed is the thinking of the people involved.

Sarah: Ah, right, yes okay.

Is that clearer?

Sarah: Yes, thank you.

Always my dear friends, this is the difficulty of life that humankind is all too quick to condemn and to judge others. I do not say sorry to you for reminding you frequently about judging others, because you never can see the full picture of that life. You cannot make judgement upon another, unless—and here I will use one of your earthly expressions, 'you walk in that person's shoes'. Are there any more questions?

Sarah: I was thinking about the air Spirits and flower Spirits and all the rest of them. Why is it that they actually need to be seen, because if they are Spirit beings, why do we need to see them? Is that just we're getting into the right vibration that we can see them? **(Yes.)** And if that is the case, there must be other energies that are about that we also can't see that we could see if we were in the right vibration. Is that right?

What my dear friend do you suppose that I am?

Sarah: You are energy.

And can you see me?

Sarah: No.

No. Let me go to the beginning of your questions and there are more than one. Those light beings that you speak of have no need to be seen, but the people of this Earth oftentimes desire to see and oftentimes those who have no knowledge see these light beings, because, as you say, they are tuned into that world of light at that particular time of existence; in the same way there are many within your world who see and

hear those from our world whilst the majority of human beings do not. There are many factors involved here: It is whether the light beings *wish* to be seen, it is whether the human being is in the right energy field and, thirdly, what would be the purpose of the seeing. Do you understand? (Yes.) Does it make it a little clear for you? (Yes.) The light beings have no need to be seen—they just exist, they are, they are Spirit. It is up to humankind whether they desire or wish to see them, but as you well know, that would be almost impossible unless that energy of the human being was raised enough for this to happen. I would like you my dear friend if you would, to concentrate a little about the question that you have just asked of me. I think in your quiet moments, fuller answer will come to you.

Sarah: I think I was thinking that you said that everything was energy, **(It is.)** and therefore Spirit was energy and therefore I was thinking that the other things that there must be to see, because it is all energy.

Can you see your electricity?

Sarah: Not the electricity as such, but you sometimes see blue lights from electricity.

Yes, but mankind for thousands of years was unaware of electricity. So do you see what I am trying to tell you, that all of energy has always existed, it is mankind's awareness which is changing.

Sarah: Yes that's what I was thinking—there must be more things that we could see—perhaps it's more be aware of than see.

When your awareness is raised, indeed you can see and feel much, much more, but that my friend is down to each individual. How much they desire, how *far* they want to progress in their awareness. And after all, I could come to you for many, many of your earthly years and still you would be at the same stage of development. Without your participation, I could not make you become more aware. So, do you see that the responsibility lies within each one of you? (*affirmations*) How much you wish to see, to become aware of, is entirely belonging to you and your freewill.

Paul: We have to take the steps.

Yes. I can encourage you, I can try to uplift you, I can speak many words to you, but I cannot make you more aware than you wish to be.

Sara: And we have noticed this when we are parenting too. We can encourage our children

(Yes.) and we can show them the way but they make the decision.

Yes. Even as a young child you can see that freewill abounds. Yes, you are quite right. But what happens as the child grows older and comes to adulthood, they lose that intense quality of investigation. That is what happens with *most* people, that the eagerness of the small child slowly diminishes, until other aspects of living overtake that freedom of thinking that unspoilt energy which all small children possess. Do you understand what I am trying to say to you? *(affirmations)*

Paul: Is it almost like when they reach adulthood they begin to think: 'well, maybe I've explored everything now—there's not that much else'—when in fact there's much, much more.

Unfortunately, the materialistic side of life begins to show itself and unfortunately for many, many people that is a way that takes you downhill, rather than up to an awareness, a growth of awareness. Unless within that child there is a strong link with Spirit, most children go on through, how can I say, influences of everyday life, to become less spiritual, which saddens us from our side of life, but at this moment in time of the Earth's evolution, that is the way of life; but slowly, slowly it will change.

Sarah: So some poor people, perhaps nomads or whatever, that is possibly why they retain more of their spirituality, because they have not been influenced by all of the commercial side of life. Yes, they still understand that by going within they have many answers to their lives. You are quite correct in that assumption. I will leave you this time my dear friends. I hope that you will ponder my words this time, as I know you always do, but again it is something to recapture and to think about. Think of yourselves as that individual energy which belongs to a group energy, but if you wish to become more aware, then take your responsibility seriously. The more that you put yourselves forward, the more help we can give you from our side of life. I will leave you with our dear lady (*Lilian*) and let you *feel or see or sense* those or whatever is around you. Until we come together once more, I leave you with my love. *(thanks and farewells)* We sat quietly for some time, before Eileen brought clairvoyant warm messages for Sara and Paul from their Granddad.

~1st December 2003~

Good evening. *(greetings)*

It is good to join with you again, to feel the peace which is with you all. As you approach your time of goodwill, I do not need to remind you of the love and support that you give to others. That my dear friends, comes to each one of you naturally, but I would like to kindly remind you, of all those people who are in need, not only in your world but in ours, particularly at these times, when families gather together and there is so much joy within your hearts.

Remember those in our world, who are lost souls and who are constantly pulled back to your earthly conditions. Remember them my dear friends in your thoughts, because as you well know, it sometimes is easier for you to reach them, than it is for those in our world to come close, until they are ready to accept.

Lilian: Yes, it will be a privilege for us to be able to do that. Thank you for reminding us.

I know you do not take my reminder as any kind of reprimand—it is not meant to be that way, but sometimes on your planet, you can be absorbed by the suffering in your own world and sometimes forgetful that there are so many in need in ours.

George: Yes, we sometimes forget that suffering extends into Spirit.

Yes, if only you could be more aware of those lost souls, I am sure that you would understand our difficulty in helping them. They are constantly drawn back to the love of families, friends and all such conditions that attract them to others.

George: So these lost souls by being drawn, they would be very close to us, so to speak?

Yes, they are closer to your conditions than to our world. That is why it is so necessary for both sides to work together that these lost souls may be helped to go forward. It is not something that can be shown to others, but indeed my friends, it is a great effort on your part, when you help another lost in our world, who will and cannot recognise that the mists surrounding them can be cleared. It is important work, but not so many of your groups can understand or even can help. Therefore, because I know you so well by now, I know you will find it within your hearts, to extend the love that is your right. I feel it is time my dear friends if you have any

questions, I will be most happy to answer them for you.

Lilian: Questions anyone? Paul, before you go on your travels?

Paul: I was just thinking about those lost souls. I suppose as we don't know them, we can't communicate with them directly really. Would one just try and generate general love and put it in the hands of those who then can direct it towards them?

Yes, in the same way as you need no emotion to sit in your circles and to whom we bring what you term, 'rescues.' It is the feeling and the giving of love and each one of you are quite capable of giving love to many.

George: And that love or prayer, that can help clear that mist around these souls?

Yes, they are emotionally tied to the conditions of this Earth, especially as I have said, at the times of gatherings, when families come together. There are so many in our world, who at this time, as you approach your holiday season, are crying for help; they are lost and they need help. That is why I *feel* it is appropriate for me at this time, to gently remind you. (Thank you.)

Sarah: Salumet, those who come back to us through rescues, how are they chosen? Some are still in quite a bad way when they come back—why do some come and some don't?

We know by their light, that they are ready to receive help. Therefore it is appropriate for us to bring them to you, even although they may still be in denial, their light shows that they are open to help. And of course, as you also know, there are those lost souls who are crying out for help, but they cannot free themselves. They need the understanding, not only of our world, but to hear the human voice of your world. You understand? (*affirmations*)

George: There is one small query I would like to make with you in setting down a book of your teachings. I have made 2 small adjustments: Occasionally I have interred an extra word in brackets, to show that it has been added, to make a sentence run or read more smoothly and occasionally I have changed the word 'which,' to 'that.' The way our computer programmes are arranged these days into very modern English, seems to be the general format, which does not change the instruction/meaning of anything, but helps the flow of the sentence. I hope you have

no objections to those small adjustments in presenting your words?

My good friend, let me say, I trust you completely that my words be known. It matters not that there are slight adjustments, provided the content of the truth be known.

George: Yes, that's what I felt, thank you for confirming that. In tapping the keys of my computer, I felt no little taps on my knuckles, while I've been doing that, so I was hopeful that all was well. (*chuckles*)

But there has been breath upon your shoulder. It is well known what you have written and as I have said in the past, we are pleased with what you are achieving. It is part of your purpose, because you give the words readily, you tell the story as it is told, you do not embroider what has been taught to you. For this we will be always grateful to you.

George: Thank you, I can only say I do my best.

Lilian: You do very well!

George: I was searching for another question. Yes, you once said you bring us words from *a* source—I notice you didn't use the expression, from *the* source. I took that to mean that the Cosmos is a very large place—infinite, (**Yes.**) and it would be inappropriate to see a single source—but one can only see aspects of an extended source in that. Perhaps I have worded that clumsily. Perhaps you have a better way of explaining that?

Yes, to speak of words of course, of course all words come from *the* Source, but to say *the* source, indicates that there is but *one* source, when in fact there are many areas within our world, within the Cosmos, which are quite apt for teaching. Remember when first I came to you, I told you that I was a conglomeration of beings? (Yes.) That conglomeration of beings, belongs to all of the source of all life and from many sources, come the words that I speak to you. Therefore I *feel* that it would have been inappropriate to use the term, '*the*' source. Do you understand that?

George: Yes, I think I follow that.

All of existence—(*pause—voice changes*)—We speak of very deep matters when we speak of *infinity*. It is an aspect of teaching, which is not available to you just yet. What we bring to you is what you need at this moment in time. Therefore when we speak of the source, we are using words freely, which at this time is not

understandable to you. I am but one voice. I bring to you the words from many sources of Truth. Do you understand? (affirmations)

George: I think we do yes. Thank you very much for explaining that.

Lilian: So there's much, much more that we shall learn as we go along?

As you go along, I will bring to you that which I know you are ready to accept. Of course there is always truth and all truth is already known to you, but sometimes you will not know that truth until you return home. So, *never, never* will you have full understanding of our world, but I hope that has clarified a little for you. (affirmations)

Sarah: In speaking then Salumet, your voice changed quite considerably. Would that be because, although you are a conglomerate, and you say that you come from many sources, this is another source that's helping?

Yes, remember it is not only my words—I am but the voice. Therefore sometimes when deep questions are asked, there is an extra input of energy. If the voice seems to change, that is the only reason.

George: Yes, I imagine it was an extra input (Yes.) and I think it has happened on several occasions in the past. It's nice to have that confirmation.

We are not always aware of the sound that you hear, because as I have told you, it is not the easiest of things to use a human voice, but we are always happy with what we have achieved with you; but it is most interesting to hear your feedback about such matters.

Sarah: It is always very clear your voice. It's excellent.

George: We're very pleased to hear every word. **Again, you say kind words, but there is no need. I am always overjoyed when I join with you at these meetings.**

Sarah: The feeling's mutual! (affirmations)

George: Can I also say, Graham here was sitting at his computer recently and he did a search on the word 'Salumet,' and a number of entries came up. Some we know about—one was connected with Michael Cocks in New Zealand with whom we have communicated, one was connected to Paul Bura, but there were several entries in European languages—Danish, German, in an Eastern European language. It's very nice that your name is getting around on the internet—we wondered if it's all coming from this source, or perhaps you now have another group

somewhere, whom you teach. Either way, it's very good news.

Do you remember when first I came to you I told you that whatever words I told you of, would be confirmed in many other places? (affirmations) Yes, the name really does not matter. What is important is the teaching and I know my dear friend, you have wondered why that particular name was chosen, have you not?

George: Yes, but you indicated to us that it was a salutation.

Yes, but also, if you *sound* the name—remember what I have told you that letters and words have energy—if you break the name into syllables, you will get an energy pattern, which is greater than the Earth itself. For example, Sah-ah-ah-ooh-eh. All of these letters have energy, which you will not be aware of at this time. It is something for you to consider this time.

Sarah: Those words are our vowels and they are in use all the time.

It is not the language or the letter, but the *sound*. The *sound* is worldwide in your language. You understand? (affirmations) Sound it for yourselves and feel that energy, which is released within you.

Sarah: And is it stronger because those 3 are together?

They were chosen because they are recognised all over your planet. Not for one language, one nation, but for *all*.

George: Yes, I feel the Tibetan monks might well have knowledge of the significance of this, because they use such sounds very much in their ceremonies.

Yes, many sounds are used in your world, but these sounds have much energy. I know each one of you will try these sounds when you are alone, but to have the full effect, you should try it together. If you so wish, try it my dear friends and see how different you feel. Perhaps this time as I withdraw, perhaps you could try to see for yourselves what each one *feels*.

Lilian: Say it slowly?

Shout it from the world, not so much with the physical voice, but *know* that the sound reaches to the Cosmos, to all that exists, and see what you *feel* within yourselves. So my dear friends, with that I will leave you this time; I will leave you with our dear lady, who as always, gives of her time and support to these meetings. As

always know that I am close by. *(thanks and farewells)*
We then softly chanted the sounds as suggested and discussed what we felt.

~8th December 2003~

Good evening. *(greetings)*

As I come to you this time, I hope that you are aware of those who join with me this time.

Lilian: Is anyone aware?

George: I think I usually feel the presence, the energy.

Sarah: I did feel a little extra energy, but I didn't relate it to others here, but maybe that's what it was.

No matter if your awareness is not raised this time, because it matters not that the effort has been made by those from our world, who wish to stand close to you. *(thanks expressed)* They have been attracted to your love and your energy, which allows me to come to you. I am happy to allow them to share this time with you.

George: We are certainly happy—very happy. *(affirmations)*

Last time we ended with sounds that I hoped you would find most interesting. I have been most interested in your thoughts about this in these past days. What I wish to say to you this time is brief, because as you are aware, we have reached that time of your yearly calendar, when I usually withdraw for a little time.

George: Yes, well it's been a wonderful year.

Lilian: Hasn't it just! *(affirmations)*

George: So we look forward to your return.

I can say that it will not be a long absence this time, but it is important that I return to where I belong, in order that we may evaluate all that has happened in this year of your time. *(thanks expressed)* I can only say to you my dear friends, that I have felt nothing but love and joy within your presence. But it is important that we move forward in your new year and go forward with the teaching and the awareness that you have started upon.

Lilian: Yes, I don't think we can find words to say how much we appreciate it all.

Again my dear friends, I do not look for any thanks, because without you, I would not be here.

George: You are probably aware of our joy, in any event.

Yes, I would like to thank you for your thoughts this time, for all of those who are seeking help in our world. Your words have been taken and I can assure you my dear friends that help will be given where necessary.

Lilian: Can I just ask one question? **(Yes.)** Does it matter—the way I did it was that I gave out thoughts, but would it be better to actually use the voice?

My dear friend, have you not realised again my words, that your thought is your most powerful ally?

Lilian: Yes, but I wondered if it would help those lost souls, as we call them, to hear a voice.

They are aware of your thought pattern. *(Good.)* It matters not really, which way you give your help, but your thoughts travel upon that energy pattern, which will be recognised more easily. Although those souls are lost, they are after all, still part of our world. Whichever way feels more comfortable to you, then I would say to each one of you, that is the way that you must help. You understand? *(affirmations)* Before I leave you my dear friends, I wish to say that next time you meet, there will come to you those to whom your earthly Christmas time, has some powerful meaning. Within that group there will also be some children. Therefore my dear lady friend, I will leave them in your gentleness, to give some help where necessary. *(Yes.)* Before I wish you all much love this time, are there any questions that you feel that you must ask?

George: You're happy to take questions from us this time?

Just one or two, because those who come with me are waiting to impress you.

Sarah: Salumet, you said you are growing the same as we are growing during this teaching time. Will you always be doing this? I know you don't have 'time', but are you destined to do something else after you have learned what you need to learn?

That will be part of me. That learning time with you has been a choice made by many. At this moment of your time, all I can tell you is that this choice of being with you to teach, is indeed a growing time for me also; but when I say 'me', remember that I am not *me*, but many. Therefore it is not that I can use the 'I' to tell you what will happen, but what I will say is that my

work upon this planet will indeed be ended when I leave you.

Sarah: Well, thank you for choosing us!

But the words that I have brought to you, will never end, but the actual physical use of an instrument will come to an end, when this instrument comes to our world.

Sara: I hope not for a long time! *(gentle laughter)*

George: We have to observe that this is the general pattern of the past that this happens.

Yes. There has been a purpose, and remember my friends, that when first I came, I told you that we had waited a long, long time; in fact much longer than before even this soul who sits here was born. So you see—and again when we speak of time, it seems so long to you, but in fact it is not.

George: I think we are beginning to get a feeling for this. **(Yes.)** In fact I wanted to ask a question about our concept of past civilisations **(Yes.)** and we think of them as past civilisations, but that aspect really perhaps only relates to the physical Earth. **(Yes.)** I imagine there are groups in Spirit who continue those past civilisations, and some reincarnate into later cultures for further learning and all that knowledge is still there in Spirit, it is not lost at all. I was going to ask you, is that a fair picture of how things are?

Yes, your words are admirable, but just let me simplify it for the others. Past, present, future are but one—this we have discussed briefly, but time as you know it, is but energy and energy cannot be destroyed. Therefore when you speak as you do, of course it is never lost. You of course think of *time* within your own earthly planet, but it is but a *small, small* part of all that is. Energy cannot be destroyed, therefore what has *gone* in your *minds*, indeed has not.

George: So it is almost an erroneous thought form to think of them as past civilisations.

Yes, but it is acceptable, because mankind's thinking is so limited, you understand?

(affirmations) **But my answer to your question would be 'yes', in your thinking. I will leave it with you this time. I feel when these moments come and I have to leave you for a little while, I feel somehow your earthly emotion sometimes and I wish to say to each one of you, that although I may not use this instrument to speak with you, I am indeed with each one of you *(thanks expressed)* at all times and know always as you call my name in need, I will be with you.**

(more thanks) **So my friends, until we meet next time, I wish you all much love and happiness in your daily lives, and no matter what troubles you, know that I stand by your side. *(thanks and farewells)***

Sarah: And we wish you well back where you belong.

Thank you.

Lilian: And we could say we wish you a happy Christmas. *(chuckles)*

George: Yes and you've left us with so much richness, we hope that we can return some of that to you.

One followed through Eileen, giving personal messages to each sitter. She gave the name of Emma, stating that while on Earth she had also dedicated her life to spiritual work. We later deduced that this was the first of many visits of Emma Hardinge Britten.

