

~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 you's' 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)