

~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)*