

~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)