

~9TH February 2004~

Good evening. (*greetings*)

As we join together once more I feel the love from you. I hope my words last time gave you some upliftment.

Lilian: Yes, thank you.

Sarah: We always feel good when we've heard from you anyway, Salumet. **(Thank you.)**

George: I think we should apologize for our small numbers this time; some have not been able to get here unfortunately.

It matters not but they are with us in Spirit—that is what is important. My words to you this time my dear friends are these: that as time continues, not only have you grown, but your spiritual awareness is becoming greater than it has ever been. Some of you will experience much more than ever you have before. This is because as your awareness grows, so too the inner Spirit comes forward to meet that awareness. Therefore my dear friends do not be surprised that if in this coming year of your earthly life, you have some type of spiritual experience. My heart feels full as I speak these words to you, because my dear friends you deserve to *have* knowledge, you deserve wisdom and most of all you deserve our love.

(thanks expressed) **Because our numbers are few, I do not feel it would be appropriate to speak on matters new, therefore we shall continue this evening and we will have what you on this planet call 'a quiet communication', quiet talk amongst ourselves. Would this be agreeable to you? *(affirmations)***

Lilian: You mean you will take questions at all? **(Yes.)** I think George has some questions.

George: Yes, indeed. Something has been recently published and has been reported in our press today about analysis of vegetables and those vegetables grown on farms in 1940 were very much more nutritious than those grown today and on their element contents they are on average 40% down. I think this is a firm illustration of issues of non-respect of soil and nature and bad farming method. I think this should jolt people into being more aware of the value of soil and agriculture and how we should do better. I was just wondering if you would have any comment on this?

Yes, I understand. As time has continued on this planet, mankind has abused the Earth, the

creatures upon this Earth and so forth.

Sometimes it takes what you would call a catalyst before understanding takes place. I would say this to you my dear friend, that for many, many, many of your earthly years, mankind in his ignorance has been abusing the soil and your planet; but I hasten to add, not in any negative form, because the knowledge was not there. Therefore I would say to you that it has taken this long in your earthly time, before people have reached the understanding of what they have been doing. But let me assure you that the tide *is* turning. I am sure that you are aware of the many who are trying to change what you call 'farming methods'.

George: Yes, we have a few farms that have become *organic* **(Yes.)** and I felt for many years now that the methods used 60 or 70 years ago, were very close to what we recognize today as an organic system.

Yes, it will return to more natural growing of your food stock. It is happening and many are being inspired from our world to take care of your planet. Our elementals and Earth Spirits have had much to contend with for many, many years, but they will never stop trying to influence what is happening in your Earth. So I hope my dear friend that this brings a degree of hopefulness about your question. *(Yes.)* It is slowly, slowly improving.

Sarah: And GM products, I'm fearful that some of them have crept into our food chain without us knowing.

Yes, I understand your fears, but let me reassure you that the knowledge of natural growing of foodstuff is being impressed upon many, many people, not only ordinary folk, but governments. It will almost be a revolution in time when people will understand what they must do.

George: Yes, we need to revolutionize our farming methods, I'm sure.

But of course in your timescale it does not seem quickly or fast enough for you, but let me say again that things are progressing in the correct way.

Sarah: They're really returning to how they should be more than revolution. We say revolutionize our methods, but it will just be returning back to how it used to be.

Yes and to bring this about as in many instances of your history, where there will be *people power*, in order that governments listen to what

the people need. People of your world today have great understanding: they will not be told what to do or how to live their lives as in past times. Therefore the all-powerful collective voice will be heard. You understand?

Lilian: Yes, we can already see this happening with the groups that have formed and protests and so on.

Yes. I hope that is helpful to you.

George: Yes, yes indeed. I wonder if I could recap and extend on the teaching you have given before. Where humans are concerned, we're happy with knowledge of the soul structure that we return to. Where animals are concerned, you told us about the 'spirit pool' that they return to. I couldn't help but wonder about lower forms of life—perhaps that isn't a very good description—but I was thinking of such classes as insects and then bacteria. Do they fit into this pool system?

Yes, I understand your question. Let me just begin by saying one word, and that is the *evolution*, not only of your planet, but of yourselves, and this goes down through the chain, as you say, to insects and bacteria, because as you may well know, there is existence of energy everywhere. There are planets within your system which house only bacteria. Now, let me continue to your question. The human species upon this planet, has evolved in order that they may understand Spirit that has always been. You understand this and you accept this, you also accept the condition of the animal kingdom, which is close to mankind. (Yes.) Because the insect and bacteria kingdoms are not so, shall we say, 'advanced' as humankind, but evolved just as much, their return to energy is slightly different than humankind. Perhaps to simplify this matter I will explain it thus.

George: Yes, so it is more of a return to spirit energy than a spirit pool?

Yes. If you think of energy then perhaps it will make more sense to you. the insects in your world have a much shorter lifespan to begin with. Therefore what happens when they are extinguished from this planet life is that they return to the energy and therefore return to the Earth again more quickly.

George: I see, yes. And we can think of basic energy as becoming more complicated as a spirit pool for some life and as soul system for human life.

I would rather say, 'more simplified' than 'complicated' for the insects of the world. They have no knowledge, but it is a natural progression that they exist and return to the Earth. Do you understand? I the same way as bacteria exists, it will return to the same form very quickly, but it is more of an energy pool.

Sarah: I am a little confused. When you say 'return to the Earth', the energy goes back into the Earth?

Let us for an example take an insect. When the insect dies, it will almost immediately return to the Earth energy, whereas humankind is aware of passing to Spirit and awareness is much greater.

George: There would be a molecular energy as well as a more general and unmodified energy. **Yes, you have to understand the difference, because of evolution. Remember evolution goes hand in hand as your planet progresses. Is that clear to you?**

George: Could I just add onto that the plant kingdom. That would be an entirely planetary system and supported by the elementals?

Yes. All energy has its function upon this planet, but I would say to try to keep matters simple that you must first and foremost think of energy.

George: Yes. There is just one further question that adds onto that and we appreciate the dinosaurs have gone from physical existence and will not return, but would they or their Spirit energy still continue in Spirit?

Energy never dies my dear friend. This I know you understand.

George: Yes, but it can transmute.

Yes, you have taken my words! As you progress in our world, you understand that our world is one of thought and all energy can be transmuted into any thought pattern that you wish, but that would take some time within our world for this to be achieved, but you know that when mankind returns home to our world that any thought becomes reality. Therefore if one should wish to see a dinosaur then that is entirely possible, because the energy still exists. Do you understand?

George: Yes, so the energy of the dinosaurs does indeed still exist in Spirit.

All energy exists, yes.

George: And it has not been transmuted.

Not in the sense that you mean. Is that helpful to you?

George: Yes it is. It was just a little point that arose in my mind and it's nice to have the answer, **(Yes.)** thank you. Another question that is entirely different, concerns people on different pathways. You've talked to us several times about different pathways. My wife Ann, and myself are in fact on different pathways. We don't find this a disadvantage, we can compare notes and we are fortunate in that both our respective pathways recommend meditations, as the developed ways of Spirit do. I was just wondering if there's anything you would like to say about the interaction of different pathways?

Yes. You are a little puzzled by this I know, but let me say that both you and your dear lady wife are conjoined in effort to reach the same goal.

George: Yes, I felt that.

Yes. It matters not which pathway you take when the end of the pathway is reached you will be joined in one footstep together, and the separateness of knowledge will be of no avail. (Thank you.) It matters not which route you take, because all will return home in their own time. I would say to you that it is better for you both that there is this slight difference, because is it not of interest to you both?

George: Yes indeed, **(Yes.)** we can learn from each other.

You bounce from one another with your knowledge. (Yes!) Yes, provided each has an open mind and an open heart—that is what is important. Never say to another, 'I am right, you are wrong', because provided you are reaching for the same ultimate goal, then it matters not. After all are not the atheists and the disbelievers in your world, are they not also heading home?

George: Yes, it's a very different journey they take.

Yes, but it is a journey and it may well be that it is a journey that they have decided to take for whatever reason the Spirit knows why. So therefore, always accept the pathways of others, even if it seems to you that they are falling down. Let them, that is their way.

George: I can see that an atheist journey could lead to debate and analysis, which might be useful.

Yes and for another, that may be the point where they gain their own knowledge. Can you see? (Yes.) So, always my dear friends, always look at the wider picture, always look within your hearts, before you come to any

conclusions.

George: And on my wife's pathway I was going to mention Joel Goldsmith, who seems to have had a great inspiration and although much of his teaching springs from the Christian Bible, I feel he has picked out the more mystical and appropriate parts of it.

Yes, you see my dear friend that some people in your world are afraid to let go of traditional teachings. In a way it is holding on and almost—what is the expression, yes people do 'hedge their bets'—is that the correct saying?

(affirmations and chuckles)—**when the inner voice is a little afraid, can you understand? (Yes.) They are afraid to free themselves completely. But no matter who leads the way for many, providing that individual feels that that is their pathway, then let it be.**

George: Yes, I think that expression comes from the racecourse when people back more than one horse.

Yes, I understand but—

George: It seems very appropriate! —**but I do not know that the animals would agree, (chuckles) but I will leave that one with you! I sometimes listen to these earthly expressions and ponder upon them, and I have to say this in our world, causes much amusement!**

George: That's rather nice perhaps.

Yes, we are not devoid of amusement. Do not feel that all is serious, because laughter and love are very much entwined. I hope that this is helpful to you.

George: Yes indeed. There was a question I've had on my mind—it isn't about Egyptian pyramids but it is about people in ancient Egypt. If you would rather delay that question until a more appropriate time, then I quite understand.

We have to return to that question I know, and I know that you are anxious that I do so, but I will pick an appropriate time when I feel my answers will be absorbed and understood.

George: Yes. If I wanted to ask a question about Osiris, you'd rather me hold it for that time?

Yes, I know your anxiety, I feel it often.

George: I quite understand.

Again I will repeat one of my words that I have used to you often

George: Patience!

Yes! Now you read my words—yes. (chuckles)

George: Yes, I still have a little of that to learn.

Sarah: I often try and tell my mother little bits from your teachings and she says to me that she doesn't want to meet her mother again when she goes over and I tell her that she doesn't have to if she doesn't want to. But it lead me to think that if you don't get on with somebody in this world—you have told us that we are probably not on the same spiritual level—but can it be that because you don't get on with someone in a physical life it is perhaps a teaching and that when you get over into Spirit, you *can* in fact get on; I mean in Spirit I'm sure you can get on with anyone you want to get on with, but does it necessarily mean that you are not on the same spiritual level if you don't get on with someone in the physical world?

The difficulty lies when we use the world 'level'. It suggests that people are up or down and that is not quite true.

Sarah: It's vibration.

Yes. Let me say this: when two people do not, as you say, 'get on' in this lifetime, that may have been their choice or it may not—that is not important and that is not your question. As you pass to our world, your emotions do not immediately change; your thoughts, your actions and your deeds remain with you, as you full well know by your *rescue* work. But there comes a time when in Spirit, when all of these *disagreements*, shall we call them, fall away, because the realization comes that they are futile and oftentimes people will come together who at one time refused to see or acknowledge each other. But it is entirely dependent on the emotional state of the Spirit at that time. You do not suddenly become an angel as you might say; you *are* the same as you are upon this Earth. Therefore if there is fear, if there is hatred, if there is great love, then all of these emotions you will take with you, until such time as the recognition comes that these feelings and emotions are not necessary.

Sarah: Does that mean that the vibrations are becoming more...

..refined.

Sarah: Yes, and more equal I am trying to say as well. They are becoming more refined, but... **It takes a long time for vibrations to vibrate as one. It does not happen immediately and knowledge and awareness takes time and it may be that they will never meet as the two people that they recognize each to be.**

Sarah: They could meet?

They could if the awareness comes.

Sarah: But they could meet once they've dropped the physical aspect.

If they so desire, but you may find that one will reincarnate and that aspect of the soul will never meet the other as it once existed. Do you understand?

Sarah: Yes I do, thank you.

Yes, but let me say that most people when they have been in our world for some time, recognize within themselves all that is negative. But do not be under the illusion that when you go to our world that all is well, otherwise why would there be so many people who need your help in this world? Do not feel it is something so terrible. After all, you know full well that the individuals that you are now, is only but one aspect of the soul. It is but a little blink of your eye—there is so much more to you.

Lilian: It's sort of a continuous learning.

Yes, so if two people do not join *well* in this lifetime, it may be that they agree to return to change those aspects of themselves; that is another way of changing how they feel.

Sarah: But that could take a long time before they decide to do that.

It could do or it may be quite quick, but it would depend upon the choice and the knowledge and the understanding of Spirit. Is that helpful? (Yes, thank you.)

George: Yes, in connection with that, could I recap on something about soul? Soul contains the knowledge of all those past lives, **(Yes.)** and it would be primarily this which filters through to the current Earth life as conscience and inspiration, **(Yes.)** and guiding influence? **That is always available to anyone who reincarnates here. That knowledge is always available to you.**

George: Yes, so we can think of it as the knowledge within soul, **(Yes.)** which is the driving force behind what filters through in the way of our feelings.

What filters through, and of your very existence here.

George: And when we return to Soul, when we return to Spirit, all that is felt more strongly.

Much more strongly.

George: And seen with greater clarity.

Yes, because you have left behind the overcoat, the heaviness of humanity of the human being and in Spirit all becomes much clearer, although,

as I have said to our dear lady friend, it is not an instantaneous happening, but it is there for all to use. The Soul knowledge is available to all who come to this planet.

George: Yes, I think we are beginning to get a grasp and feel a picture of an individual soul, but then that soul is interconnected to many other souls.

Yes, you must not think of the soul as individualized, it is part of a much greater soul structure, but that is something that you are not ready for yet.

George: Yes. There is something I found rather puzzling. **(Yes.)** Eventually, can I use the term that the returning Spirit eventually gets, shall we say, 'bonded into' that soul system. Is there a period before that happens when that Spirit is moving around quite freely and is still working? I was thinking about the Victorian lady who came through to us quite recently. She seems to be still working and visiting groups. Would she eventually become a more permanent part within soul structure and would that then phase out?

Yes. Her aspect of Spirit decided to return to this Earth, in order that she could continue the work that she started. That has been the Spirit's choice. That has been influenced by the aspect of the soul to which she belongs. Many, many lifetimes can be given to the Spirit, before that aspect of the soul eventually joins the soul energy. Do you understand?

George: Yes, I see, yes. I felt there must be a period of greater freedom, which then blends into a period of less freedom, shall we say?

Yes, there comes a time when Spirit feels it unnecessary to return to this planet to help or to learn or to expand. And therefore when such time happens, then that aspect of Spirit will depart and join the energy of the Soul. But what you must remember and be clear about, is that aspect of the Soul can exist for much, much of your earthly time, because, as you know, *time* has not the same meaning in our world. So always remember—I feel again that you are limited by the understanding of yourselves as a human being, as Spirit and not as the wider picture. I know it is always difficult, but that is what you must always try to achieve. *(The tape ran out here and was quickly turned over. Sarah asked what the purpose was of being shown a 'recording' of your life's events when you return to Spirit realm.)*

If that happening was not to take place, how would they have the knowledge of what they have achieved or what they have left undone? That is the purpose—people see themselves as they truly are. You can when you are clothed in this human garb, deceive yourselves as to your true purpose, but in Spirit *all* is exposed, not only for you to see, but *everyone* is aware of the true nature of your Spirit. Is that helpful?

Sarah: Yes, thank you very much.

I have been happy to answer your questions this time. It is always pleasing that I am able to at least help to clarify for you any little detail.

George: As ever you've been most patient with our questioning and we do appreciate that.

I thank you my dear friend for your kind words again, but of course there is no need. I will take with me this time each one of you with my love, and I will try to impress upon each one of you, more understanding, more love and above all, I try to give to you each time a little more understanding. I will withdraw from you now in the anticipation of our next meeting.

Lilian: Yes, we look forward to that and perhaps more people with us. I'd just like to say thank you for sometimes listening to me—calling out to you just lately—thank you.