

~19TH April 2004~

Good evening. (*greetings*)

I thank you for your welcome this time. Of course it brings gladness when we join as one on these evenings.

Lilian: Yes. I know you're with us at other times, but at times like this we can actually talk to one another.

I would like to welcome back into our little fold our dear gentleman friend.

Paul: Thank you very much. It's lovely to be back.

This evening there are so many who wish to stand by you all. I would say to you that as time continues, they come even closer to you.

George: That's nice to know.

Your awareness of those who come may not be strong, but I can tell you that each one of you this evening has by them a soul of much strength and upliftment. (*thanks expressed*)

As always it will help you with your daily lives. We have spoken recently about many things, but in particular about the state of your food crops.

You remember? (Yes.) I would like to bring to you this time another thought for your

consumption, shall I say! We have spoken much of the civilizations of long ago. Perhaps my dear

friends you are not aware that those ancients called upon angelic realms for the nurturing of food crops. Might I say to you that perhaps with

knowledge growing as it is today, and the wave of thought of going back to growing more

natural food stuffs, should I say that perhaps man might take a leaf from the book of the

ancients. (Yes.) There remains even to this present day a part of what was. After all, even in

your churches this day, do they not bless the food and ask for heavenly help? It is a remnant of ancient times.

George: Yes, I think you refer to what we know as 'harvest festival' in the churches.

Yes, but it is similar also to those people who love to be with the Earth and the growing of all foodstuff. They have a love that attracts to them the elementals of the Earth, but they are slightly different from the angelic realms who are waiting for the *whole* of your planet to ask for help in this way.

Sarah: I think there are still some tribes today who ask for help from what they would term probably 'gods'.

Yes, there are people still upon your planet, but they become fewer and fewer. I hope my friends that you will think upon this matter and perhaps we may be able to discuss next time what you feel or perhaps even you could create your own little experiments and use your thoughts to those in the angelic realms. Yes? (*affirmations*)

Sarah: It's come at just the right time for me too, because I've just made a vegetable garden, so I shall certainly call upon them!

Yes, try my friends. I am sure you would be amazed at how healthy these plants would be.

Paul: I'd imagine you could also use them to control what we term 'pests'—I know that's a bad word really—the parts of nature that damage the food that we grow.

With help from the angelic realms, there would be no disease—the plants would be naturally healthy.

George: Yes, I think there is a certain amount of relearning from ourselves, (**Yes.**) in working *with* nature instead of against.

You must not allow any negative thinking such as our dear friend has broached about 'pests'.

You must believe in that *power* and I can assure you all of your plants will be most healthy.

George: Yes, that's very profound and interesting thought. (*affirmations*)

Help my dear friends is always available if you would but ask.

Sara: Presumably any type of work, whether we work with nature or whether we work in other fields, communication or anything—it's a silly question, but we can all ask for angelic help with whatever we are doing?

Yes. It will not come to you, they will not help unless you ask. They will not encroach upon your lives, but always they stand close waiting for that thought and the more those thoughts are used, the stronger the connection with that realm; then it becomes more natural for you.

Sara: Whatever it is you are doing? (**Yes.**) It gives extra inspiration to whatever's being done.

Remember that the angels are many—and many who work with them. We have spoken of this before, but I would like you now my dear friends to use your own thinking to make the connections with them. It is their desire always to help those of you on the earthly planet. Have you any questions?

Sarah: If ever I've asked for help, I either have asked you or the Great Creator. So when do we

ask the angels and when do we ask the Creator and when do we ask you?

If you go to the Source of all life, there can be nothing more. People go straight to the Creative Force when they *feel* and *know* and *understand* a little more about their own souls. The angels have been accepted in your world through many types of what you call religion. They are more acceptable to people, even through drawings within your literature. They have become known, therefore they are more acceptable to people. The Creative Force as you speak of it, is not available to that many people, because they do not have that awareness or understanding.

George: Yes, perhaps imagination or visualization comes into it, because, as you say, there is mention and there are illustrations in the literature and it is easier for many to visualize an angel than it is the Creative Force.

Yes. If you were to ask someone who was spiritually deficient, shall we say, they would not understand 'Creative Force'—it would be too much for their thinking. But of course, to ask for help—but may I remind you my dear friends, you do not ask for help, you place yourself to that Creative Force—you *know* that the help is there, you do not need to ask. That is when your understanding has grown to the point of knowing. Do you understand? (*affirmations*) But until that time, I would suggest that you use all other forms of energy and power that are available to you each day of your existence.

George: The times when people sometimes do appeal to the Creative Force are in times of great distress.

Yes, almost when they feel that all is lost. (Yes.) Yes.

George: Does that belittle or change in any way their request for help?

A cry for help is always listened to.

George: Whatever the situation? (Yes.)

Sarah: Would it not be that they've got into that situation in order that they *can* ask for help, that they are beginning to turn their thoughts in the right direction?

There can never be one answer to that. Of course it depends upon each individual and their life's situation—but yes, I see what you say. The Great Creative Force is what we all belong to; we can never be separated from it in the sense that we all belong. There may be differences for a short time, especially when you come to the

earthly planet for a small period of time; then you are burdened by the physical overcoats, the physical body which demands much from you—food, understanding, clothes, every day living. But when the soul is stripped of these things, then it is exposed to its natural force and a cry for help from those exposed, will always be listened to. (*thanks expressed*)

Sara: Salumet, if I become aware that, for example when I'm working, I feel that I'm in the presence of angels or light beings, because there's much joy and laughter—for example today when I was teaching I felt there was much laughter in the class, it was very happy and lots of fun and it was very lively. I felt there was something—is it appropriate then if you feel the presence just to say 'thank you' for being with us and please join with us again?

Always I would say give thanks for those who help. In that way a connection is made and they are always available to your next word. The more you connect, the stronger the connection becomes.

Sara: Yes, I often give thanks for my students and my job and I'm sure it must help, but yes, today I felt very much that there was an extra ingredient and there was more light.

If only more people could understand by giving thanks for all situations, bad as well as good, then you become empowered within your own lives, and in giving thanks you are then open to receive more. You understand? (Yes.) But yes, you my dear lady friend, have always had connection with the angelic realms, although I have to say, you have not always been *aware* of those around you.

Sara: Yes, that's true, not until I listened to you and your words. I enjoyed it, but I wasn't aware of it.

Yes, but the more the connection is made, the more your awareness will grow. I might say, of all within our room here this night, you are the one who could make the strongest connection to the angelic realms, but it is up to each individual as to which pathway of thought they take.

Sara: Actually I had an interesting experience today, because something happened which in the past I'd have possibly hung onto negatively for longer. I felt a little bit short-changed by something that happened, but I thought about what you'd said a few weeks ago, trying to see it

from the other person's point of view and also expressing—I didn't say it to the lady, I wrote it in a letter on the computer my feelings, and then I became aware that I didn't want the connection anyway and I was actually very happy and just now I've said thank you for that—in my mind I said thank you for that experience, because in fact I didn't want the connection to continue really and I don't think she did. **(Yes.)** In the past I'd have been cross about it for longer, **(Yes.)** but it was a very short-lived experience.

That shows to you your own spiritual development, when you can allow these life situations which do not sit comfortably with you, when you can allow them to pass over you. (Yes.)

George: Might I ask if it's appropriate for me to ask a question about what happened in our last meeting when your instrument was not with us? Is that a silly question?

My dear friend, I always await your question! (laughter)

George: The point about the last meeting, a Danish lady whom we know as Jette, who normally lives in Denmark, but she was in this country and she had been with us before about 10 years ago, but she sat with us and she channelled and it was a lovely channelling, but at the end of the session one came through Sarah and spoke to us very clearly in a foreign language, possibly a foreign *ancient* language, and we've no idea what that language was. It might have been a prayer or a blessing and I was just wondering if it's possible that you could help us in reflect of what the language is so that we can get a translation.

Yes, I feel that you should look towards the Inca language.

George: Yes, well, we ruled out quite a number of languages but yes, Inca feels right.

You may find that some of what was said is of the ancient language and may not be as easily available to you as you might hope. But let me say this to you my dear friend: when those who channel come to you with strange tongues for you, where your understanding is not great of what they say, might I say to you, accept, accept what they bring to you, because the energy has been provided for them to come to you and it gives you the opportunity to think about something that does not make sense to you; it encourages you to look further afield.

George: Yes, it seemed a significant meeting and we would dearly like to find out more about what was said. Thank you for putting us in that direction. I'll see what I can find out about Inca words.

I have no doubt that you will find out what was meant to be. It puzzles so many on your planet when those in Spirit use another of a different language. Let me say this to you, they only use Spirit who are in some way connected in past times with that same language.

Sarah: So are you trying to say that I was connected with the Incas?

That is what I am saying, that in some way there had to be a time when that language would have been available to you.

Sarah: Well, actually, Salumet you say it puzzles us, I'm actually surprised that we don't get more foreign languages through, because I know English is our language, but there must be many, many people who want to come through who aren't English speakers and haven't got the translation that you have. So it actually does surprise me that we don't have more.

But my dear friend there are many who have many languages through them, but it is usually those who are giving evidence to others who understand the language. Those Spirit people who work for us to give evidence to those of you on this planet, there are many tongues used through mediums who do not understand what they are saying. It does not occur here, because that is not our purpose with you. You understand?

Sarah: Yes I do. On this occasion when this Spirit came through me, I have to say I did think it would be nice—it was not exactly a test, but I had in my mind, because we had this Danish woman—I do believe that the Spirits that come through me, *are* coming through me—I thought it would be a nice proof if a Spirit came through me and I didn't understand the language, then it would be real proof that it is coming from Spirit. So I was sort of expecting to have somebody come through me, but I certainly wasn't expecting to have an Inca language through me!

George: You were talking of proof as a scientist would see proof?

Sarah: It was just for my own...

Might I say to you, this word I repeat to you so often 'the power of your THOUGHT'. Do you not

see the interaction between your thought and what was said through you?

Sarah: I do now, yes—it hadn't occurred to me at the time.

No. Again, it is always a problem with you that your memories seem to be so, how do you say, 'short'. (chuckles)

Sarah: Yes! I'm very aware of the power of thought (**Yes.**) and I often tell other people that, but that particular moment I hadn't—well I didn't know what the language was and I certainly didn't know it was one that I had perhaps used in the past, but I was very grateful for that experience and very interested too, so thank you very much.

Do not thank me. Give thanks to those who used you. Give thanks to these people who listened to you and give thanks to yourself for allowing it to happen. Yes?

Sarah: Yes. And I now thank you for those words! (chuckles)

Paul: When I was on my travels I met a German lady who does rescue work quite similar to the rescue work we do or have done, but she does it on her own often, using a pendulum or just her own intuition and I did a couple with her whilst I was in Pai. (*Pai is a small town in Northern Thailand*) I just wondered if you are working on your own, sometimes rescues can be very difficult (**Yes.**) and I wondered if it could be dangerous for her doing it alone, or if that is all taken care of?
It would depend upon the degree of spiritual development, but on the whole I would say to you

that it is not wise to rescue an individual by yourself. When you complete a rescue, there is usually more than one medium, because of the impact of their energy as opposed to the one who is being rescued. (Yes.) You understand? Because I know that you would agree that many who need to be rescued are not always quiet, gentle people. And yes, of course there are those beings who would wish to be troublesome and it can be that unless the medium is spiritually developed to a high degree, that those entities could cause many problems. Therefore, I would say there should always be more than one.

Paul: Would you recommend that she had others with her?

I would say that would be the ideal, but she must at best always ask for protection from

those in Spirit, who work with her; but sometimes you see, if the Spirit being is to overshadow, you need another to help—that is the problem. I am sure she must be aware of this, but I would say it is much better to have another with you.

Paul: Can I ask another one? (**Yes.**) A couple of my friends have moved to France and from what they say it sounds like maybe their house could do with a rescue, but I've never visited it. The man looked into the history of the place and he found reference to a 'hobgoblin' in one of the rooms. I wondered if you could say whether there is anything that needs to be done there?

There was quite a long pause.

I will look to this one for you to see what the problem is there. I will ask those who work in that way to take it upon themselves to see if there is any problem which we can help with. I would suggest to you in the meantime that you instruct your friends to always remain positive whilst around that property.

Paul: Yes, I understand, yes, thank you.

Water! Is there water by this property?

Paul: I don't know. I will have to ask.

But they must remain positive and I will ensure that we will help, if it is necessary.

Paul: Thank you very much. I've got just one more question if there's time.

Yes, I will take one more.

Paul: When I was travelling we started playing this game whereby you try and guess the colour someone else is thinking and I thought that seemed a very good way to develop psychic power or something, by guessing colours or what is in someone else's head. I wondered if this sort of game was used in places like Atlantis by children and whether you've any knowledge of games like that that can also develop gifts—whether it's a useful tool.

I would say anything which helps with your own individual development and which feels comfortable to you must be good. Let me say, it may be that you could try when I withdraw from you this time, amongst yourselves within this powerful energy here, to see what is in each other's minds, and colour is a very good basis for doing such a thing as trying to *sense*, because that is what you are picking up on. Why not try it my dear friends as I withdraw from you? It will give you a little light relief. And after all, I have told you that this year of your time, much time

will be given to your individual developments.
So my dear lady friend, (Lilian) ,ay I say to you
that you take charge of this *little game*,
(chuckles) **as my dear friend has called it and see**
what you can achieve.

Lilian: Yes that'll be interesting. *(thanks and farewells)*

We then played the game, beaming colours to each other to guess at. We didn't do very well, but it did provide much laughter.