

~24TH May 2004~

Good evening. (*greetings*)

I would like to thank you all for allowing me last time to work with this instrument. I hope that what you were given has been of some help to you. (*affirmations*) This time I will answer any questions, but I would say to you my dear friends that there is an exercise for each one of you after I have spoken. I will explain it for you now, before we continue with any questions. It would be appropriate for you all to go back in time to some point in your childhood. There of course will be many points where you could reach back to, but we ask that each one of you use your freewill to chose which time, and to find within that time a point where some kind of realization came to you that has stayed with you throughout your life into adulthood. Do you understand? (*affirmations*) I would say that you will know at which point you must begin. All of these exercises are not frivolous, but are happenings for your own development, as I promised you that this year of your time would be spent in your own self-developments. It is most important that as we continue, not only are my words important, but that each one of you *feels* that they are making progress as far as allowing the Spirit to come to the fore. I hope that you will agree with me. (*affirmations*) Now if we have any questions this time, I will be happy to try to help you in your understanding.

Lilian: Yes, thank you. Could I ask one about when you work with your instrument and it's quiet, could you explain a little about what happens when you are working with your instrument, or is it too complicated for us to understand?

As last time you mean? (Yes.) Yes, when I work with this instrument she is of course placed to one side, as I believe you well understand. But when I ask to work with the instrument quietly, then the opportunity is given to us to make adjustments and for the instrument to be taken much more deeply on a higher vibration.

Lilian: That would account for the fact that it's always very difficult for her to come back—it takes quite a while.

Yes, because I am working with her on different levels.

Lilian: She remembers nothing when she comes back.

Yes, that as may be—the time will come I can tell you, when she may recall at times what has been happening.

Lilian: That will be interesting for the rest of us and for herself of course.

But I have to say that will be quite some time yet. All things take time, all actions need patience.

George: I'm pleased to hear that in a way, because that also means that you'll be with us for quite some time! (*affirmations/cheerful chuckles*) **Always, my dear friends, your words always seem to be that of the wise one, but I hope that I can help each one of you to grow much whilst we continue with our acquaintance, and yes, I can tell you that the time is not ready for this instrument to leave.**

George: Yes, that is nice to know.

Sarah: You have helped us all a tremendous amount and we would miss you greatly if you were to go too soon.

Lilian: Yes. Every problem that comes along we try to think of the spiritual side and the whys and the wherefores.

Yes, that is as it should be. Ask and you will be given—not only by me my dear friends—do not forget those who stand close by you at all times. Remember those dedicated souls who you may never know by name in your lifetime, but they are always with you. To them I say, give your daily thanks, because no matter what problems you encounter, they will help and uplift you.

George: We do appreciate their presence very much.

I of course am always with you, but as you know all of us cannot interfere in your lives, but we can help and we can uplift and we can guide you; but ultimately all choices are yours.

Margaret: Thank you for the help I get.

George: It's wonderful to feel that we are not alone in any way.

No-one is ever left alone, even those souls who *feel* that they are all alone, are never by themselves. It may be more difficult at times to uplift those who have gone deeply within themselves, who have no knowledge of Spirit; but they always have someone with them.

George: Certainly people sometimes are driven by various means to deep depression, (**Yes.**) sometimes with very sad results, (**Yes.**) but I cannot begin to imagine how those who stand

close feel about that in those very depressed times.

Yes, of course they can become engulfed within the sadness that radiates from the human being, but they have the ability to withdraw and to *find* that peace to which they belong, in order to return to help those most in need. And remember, there are many, many, many who are willing to come to your earthly plane, to help those in despair and great need.

George: And those in despair really only have to ask...

Yes, if only they would use that one word, and to know that the help will always be there.

George: Could I ask a question about synchronicity, that we've talked about I know, but some further clarification might be possible at this stage. We talk of chance—that really links to mathematics and probability, as for example, throwing dice and there is a particular calculatable chance of a particular number coming up on the die. Now I think I'd be right in assuming that what we call synchronicity always has its Spirit connection and even the numbers on dice could be influenced from Spirit, but not usually.

Yes, I understand your question, but let me put this simply for you: remember the power of thought? Do you not know those individuals whom some would term 'lucky'. Can you not see...

George: Yes, so good gambler can work the odds through his power of thought?

Yes. He may not be aware that that is what he is doing, but the mind can make many things happen, but it is the power, the force behind the thought that creates the reality. Always my dear friends we return to these same issues. All of life seems so simple to us in our world, but I have to say that you human beings complicate what is so simple. You use so many words when one would suffice.

George: Yes. The extraordinary synchronicities that come to us from Spirit, they would also connect with power of thought, I'd imagine?

I feel that we should differentiate just a little my dear friend. When you speak of dice and men who use these things to gamble, they of course have the freewill to use the power of their thought. When you speak of the mind and synchronicity connected to Spirit, we are speaking on a different level.

George: Yes. Could I give an example? We had the channelling in Inca language, which I understand is 'Quechua'. We are in touch with an Inca language expert and we are waiting to hear back from him. But in the meantime I received a postcard of Machu Picchu in Peru from an acquaintance—not a close friend, more an acquaintance, who was declaring that he had just completed the Inca trail. Now, it seems to me an example of an extraordinary synchronicity.

Yes. It is our way of saying to you that this—and I use your word '*trail*' that you must follow up on, and we will help to supply all of these things to keep your interest.

George: Yes, I'll accept that entirely. I've had a number of such synchronicities and I've always had the feeling that they mean that we are on the right course. **(Yes.)**

Sara: It's a sort of encouragement.

Yes. You might say as the human might be interfering in some way—that is our way from Spirit, to keep your interest going, to have all of these what you call 'co-incidences' when in fact they are placed before you, to keep the memory going, because we know how forgetful you can be. *(chuckles)*

George: So that form of synchronicity would always come from those in Spirit?

Yes, that's why I said we must make some differentiation between actions. The one who wishes to gamble is using freewill to use the power of his thought.

George: But if we are throwing dice and not particularly thinking about it or wishing for a particular number, then the laws of mathematics will apply? **(Yes.)** That's clarified things beautifully for me, thank you!

Yes, you must accept all of these things—you inhabit a human earthly plane, where all of earthly things apply, and of course we would not encourage any human being to gamble, when it can affect so many others in their lives. You understand?

George: Yes, what is a win for one, is a loss for someone else.

Yes, you must again always look for the fuller picture. You understand? **(Yes.)**

Sarah: That's also the balance, isn't it?

Yes, yes, but some human beings become so self-centred that they cannot see further than their ego.

George: That is a wonderful clarification. Thank you for that.

Sarah: Somebody who's very interested in this work and who I give all the transcripts to, he was telling me the other day that as a young man he had a personality and then he had a very bad accident and had a major operation. After the operation he became a different man—he was more aggressive and not willing to toe the line. Is this part of his freewill, or is this—I know you can't generalize with all things, but can you in your life suddenly decide that maybe you're not on the right course and you need to change, or is it just an accident—although you're going to tell me that accidents don't happen!

Yes, we will not talk of accidents. The laws are perfect and no matter how you *define* spiritual law, I can tell you dear friends that all are perfect. Do not forget what you decide before you come into these bodies. It may be that this gentleman decided that this would be the *life—change* of life that would suit him best for his own progress. So the opportunity came when he had to have the medical operation that would create the change within the physical body. You understand?

Sarah: Yes I do, thank you.

But of course, as you full well know my dear friends, the power of your thoughts can create much within your lives and you have to accept responsibility for all thoughts that you create, and I am sure by now you fully understand that some thoughts are more powerful than others. (*affirmations*) You have to have the recognition of the power of your thinking. Each one of you my dear friends—and I have said this many times to you before, you create your own reality. No one else is responsible for your thinking. Never blame another for the thoughts that you have as an individual. So again I bring you to thinking about your thoughts.

Lilian: Any more questions?

Sarah: I just wanted to say I know Salumet that you never want any thanks, but this particular person, he keeps thanking me for all the help your words have given him, so I'm just passing that on to you. He is very grateful and it's changed his life and it's changed his daughter's life immensely. So he's very grateful.

That is why my dear friends I draw each one of you close each time we meet, because *this* group has done much to make the truth

known—you cannot in your lifetime do more. You can improve your own lifestyles and your own thinking, but to spread the words of truth is what we are about. I have said to you previously, if you touch one human being in a lifetime, then you can feel that your work has been done. So I, my dear friend, return the thanks to you. (*thanks expressed*)

Sara: I just wanted to ask on behalf of my neighbour. Two evenings ago he felt that he had a visit from a Spirit from the darker realms and he felt that he had been manhandled physically, because under his arms felt a bit sore the next morning. The incident frightened him and there were a number of not very pleasant messages. He was told that he (*the Spirit*) had been sent to show him that there are darker realms also. Anyway, because he was frightened, we suggested that he ask for protection in his dream state. I wonder if you could comment on the possibility of this happening to the physical and he was accurate in what he was feeling?

Yes. Do you remember what I have told you my dear friend: all experience is based on either love or fear? (Yes.) This gentleman—I will speak briefly, because I do not like to personalize what I say too often, but I would suggest to you that this one has opened up too quickly to psychical things. He must learn to close down and, yes, we will help him if he should voice that concern.

Sara: Thank you. Yes, I felt that he has been through many changes recently.

Yes, too quickly, without proper guidance and help. He has opened himself not only to the love forces, but to the forces of fear. Do you understand? (Yes, I do.) You and your loved one can help him, if you so desire, but he must learn to close himself and bath himself in a cloak of love and protection. You are quite correct in that assumption.

Sara: Yes, thank you. I told him I thought that is what had happened, because I didn't want him to abandon the spiritual path which he has started to develop, because of fear.

There are so many people in your world who suffer, because they have not had guidance to open themselves more slowly in the act of love, (Yes...) but what you must not do my dear friends, is make him feel afraid. Love is there, but he needs to ask for it, with your help.

Sarah: When you say he has to close himself down Salumet, how would you begin to tell

somebody who doesn't quite understand *how* to close himself down?

They must keep their feet upon the ground; they must visualize the cloak of light and love from our world, to encase them, to feel that powerful love. But he must visualize it first and call upon those who are close to help him. There are many ways that this can be done. Some people will use the visualization of a blind being pulled, a room divider, a cloak of love, pure light—there are many ways and it would be better for this one if he can find what suits himself.

Sara: When do you suggest he does this?

He must before he goes to sleep state ask for that protection—protection throughout his sleep state and upon waking he must give thanks for all the help that is given. (*thanks expressed*) You may find that it does not come in an instant—because he has allowed that cloak of fear to enter, it may take your help for him to be free. Explain to him, all things are based on love or fear, and he has to negate the fear.

Sara: He is very intelligent, so I think he will be able to grasp.

Yes, I might even suggest that as he goes to sleep state that he clears his room with beautiful music with good vibrations that will cleanse the area where he is to sleep.

Sara: Yes, because he has received many good and beneficial messages in his sleep state of late, it was a big surprise to him to have something negative.

Yes, whether he recognizes it or not, it is only that he is too open. In all the cases of opening yourself psychically, there must be *control*, there must be *discipline* and there must always be love. No one should ever sit in anticipation of anything other than love.

Sara: Yes that's right, I understand that and spiritual development and service I'd imagine over time brings protection?

I would suggest to anyone opening themselves up, to sit with someone who has some experience, because this is what happens and there are many people within your world who are called insane, because they cannot deal with all of these psychic events.

Sara: Yes, I've come across this before.

Yes, but you can help.

Sara: Thank you, yes. And because I've started to sit myself for mediumship, the only protection

that I'm doing is a prayer before and after, but the same would apply to me, would it?

You are already protected my dear friend—because you come here, you understand what is happening, you are automatically protected. But it does not—it does not matter if you don't, but it is always accepted gratefully to those who protect you, to hear your words, to ask for help and to thank them.

Sara: I'll do that yes, thank you.

You must always sit always in love and never in any place where there have been vibrations of anger or negative vibrations, you understand?

Sara: Yes I do see that, yes.

You should always choose one spot that is filled with love and as time continues then you build a barrier to all of these negative thoughts. I hope that has helped you. (*thanks expressed*) Now my dear friends, I will leave you this time; I am sure you have much again to think about, (*affirmations*) and I will leave you with our dear lady to sit quietly and to discuss afterwards what points you find have been relevant from a young age. Each one of you will be helped with this, so I leave you all with my love and my protection. (*thanks and farewells*)

Unfortunately, there were no further meetings for a number of weeks, but there is always good reason for these breaks and we certainly had much to think about and practice during the break.