

~11<sup>th</sup> October 2004~

*This was one of those very rare occasions when the tape recorder failed. These recollections were typed next day whilst still fresh in the memory. Salumet began by commenting on how the linked/shared energy within the group was especially good this evening. Lilian asked if he could explain why there should be the variation from one evening to another. It seems that it is not entirely down to us and it is nothing to be concerned about. It does relate to our mind-state and it also relates to how things are in Spirit. It helps if we are able to experience some quietness of mind before entering the meeting room, but Salumet knows that our lives are sometimes busy. Salumet next observed that our last meeting, at which he did not teach, had been interesting and invited any questions that we may have. Lilian placed two questions before him that Eileen had requested. These were: The communication through Paul was brought by Spirit. Is Spirit now bringing beings from outside our own galaxy for a reason? Secondly, can Salumet explain to us why this is happening, when it is already difficult for most people to accept space travellers from within our own galaxy?*

*Several points were made; firstly that Paul is inexperienced in the role of medium and indeed there is a general lack of familiarity where extragalactic communication is concerned! Paul it seems is the favoured instrument for this source/link. The method used is (spiritual) mind projection. This is the chosen method for the communication, having regard to the protection that this group has and safety in general. It seems that there is a choice when it comes to method and this one is favoured. This is a new connection that has been achieved and there will be further communication. Whilst the vast majority of Earth populations would not have ready acceptance of extragalactic communication, the group in Salumet's estimation is ready for this. I put it to Salumet that I felt that Paul had reflected upon the matter and felt it to be a 'real event' and something to be excited about. His reply was that Paul (now travelling in Tibet and China), now has much time to reflect and the timing of the event was not accidental! My own feeling on this is that it is another major step forward and another doorway has been opened that will eventually help with world-awareness as regards Earth's*

*place within the vastness of the cosmos. We expressed our enthusiasm for the new venture. Graham next placed a question relating to the previous meeting when a very much deformed one came through Eileen and gave his name as Joseph. Eileen had had impressions concerning head-shape and one arm being across the body. He seemed a compassionate soul and from the details observed, Graham made the connection to Joseph Merrick, known to some as the Elephant Man. He had lived through Victorian times and into the 20<sup>th</sup> century. Salumet stated as he has stated before, names are in reality unimportant and that he does not usually give personal data. He observed, however, that it can sometimes help to have links to accepted history and he confirmed for us that this had indeed been the one we know as Joseph Merrick. Salumet added that he is a progressing soul who does not wish to be remembered for the bad treatment he received. He currently does much good work in Spirit helping handicapped ones in their way forward. I ventured that there had been a wonderful energy connected to the visit and many had been gathered in Spirit on that occasion. Salumet confirmed that this had been so. Graham's next question concerned a detail of meditation. Observing that there are two kinds of thought: those thoughts involving words and those that are just feelings. In meditation, the word-thoughts are lost as we go deeper within, but how does one handle the feelings? Salumet's answer indicated that they are best given freedom to enter and leave. If they are given that freedom, they will eventually leave and not return.*

*I then placed a question on a lighter note. Seeking a little more on the tricky subject of humour, I suggested there might be times when Salumet sees us as a 'very odd bunch'. We humans drinking the milk of other species, being embarrassed if we are caught wearing wrong clothes in public and denying our own smell by using floral scents. Does Salumet sometimes think us oddly humorous? His answer was serious, explaining that he understands our humour but that the humour relates to our physical living. He sees us as the points of light that we are spiritually. The details of our physical living with the attached elements of humour are not seen from (I assume advanced) Spirit. I said that we sometimes have to laugh at ourselves. That we*

were told is fine, but it is all part of the physical existence and is not really the concern of Spirit. Salumet then departed leaving us with much love and leaving time for another to come through who would be known to us, yet has not been through a Spirit medium before. It would be a first time for that one and the process may take a little time.

One briefly came through Sue to collect some energy that had been given, because it was now needed in Spirit to assist the one coming. When this had been explained there was silence for just a few minutes. Then a voice through Eileen said: "It's Ruth!" Ruth had been Leslie's wife in the physical life and passed to Spirit 1990. Ruth, Lilian and Sue had been very good friends in the early, pre-Salumet days, and it might be said that it was Ruth and Leslie together, who established what we now think of as the Kingsclere Group. In those days, Lilian and Sue would sit either side of Ruth. On this occasion, they still sat either side of Ruth who now came through Eileen.

It was a grand reunion for the three. There was laughter. Ruth declared that she must take care to control emotion and it seemed that she managed this very well. I noticed the three held hands and smiled a lot. Lilian and Sue were addressed by name, but the rest of us were also no strangers, because Ruth looks in on our evenings from time to time. And she says what a nice room it is and it was easy for us all to exchange pleasantries. Ruth has seen Leslie, Roy and others and she keeps busy. She works helping those coming to Spirit to adjust and go forward. Eventually she said that she was told her time was up and we all felt delighted to have had such a chat. I said it had been a treat and a privilege and of course Lilian and Sue asked if she would come again. And what a shame that Ruth could not stay for tea!