

~10TH January 2005~

The first meeting of the New Year began with more information concerning our group and previous past life connections. This first communication was through Sarah:

How nice it is to be back with my fellow followers. We have been together before. We have been in the same tribe together. I was the chief and we were in a community of many tribes. We were self-sufficient, but without the other tribes we would not have been able to cope. Each tribe contributed something to the overall welfare of us Indians and you may be somewhat interested to know that the main task of our community was clothing—we needed to hunt and use the skins and the feathers for our costumes. The community was of course mixed in ages and this group was also of mixed ages. I was the oldest of you all by a big margin and the youngest of you all was the lady who has a problem with her eyes. (Margaret) She was but a baby and was very capable of letting us all know that she was there. The youngest of the men was a teenager and this was the other lady who leads this group. (Lilian) The youngest of the girls was a young lady and she still is. (Sara) The grandmother, if you like to call it that, although at this time this grandmother was very young in comparison to grandmothers today, was the tall gentleman. (Graham) And her husband was the other gentleman. (George) So, you see that you two gentlemen here this evening have been related before. This lady, (Sarah) was an important young man who was deemed to take my place in times to come, but this was not to be, because he was killed on a hunting expedition. So his life was taken a little sooner than we had expected. So, the lady, (Eileen) who is not speaking at the moment—but I would like just to tell you that she will be speaking in a short time—she was the one who communicated with Spirit. She was the one you all turned to in times of trouble and she was what perhaps you might call today, an agony aunt. So, you can see that you have all worked together and it is my pleasure to be back with you once more after so many of your earthly years.

We were known as 'Gor-rukka Tribe' and the overall group of the many tribes together was called 'Baa-Ba'. I am trying to give you a time when we were on this Earth planet, but it was not something we talked of in that period. It was a time before your civilization and I would perhaps say it was around the time of what you might call your Christ.

There are many of us, what you term Indians who are still grouped together in Spirit. Many of us still work together and I know when you return you will be able to re-meet many of those who you have already known and I am one of those who now help any who wish to meet together, to act as an intermediary if there is any problem meeting together and if you, when your time comes, wish to meet together I am sure I will be there for you as a welcoming face. You will know me and the name will not be necessary, but if you wish for a name I can give you the 'Grand Mancha'. There will be instant recognition. And now I leave the other lady to bring to you one other.

One followed through Eileen:

Please to retreat a little further back. I come to you only because I have been asked to. Before you ask, I am Natashi Wa. I also belong to Indian race but I have no name—I belong as a child of the Great Spirit. I embrace all of my fellow men; I am happy to embrace them all within this love with which I feel from that Great Spirit in the sky. My name was given to me from that Great Spirit. 'Nahashi Wa' mean: small body, great Spirit. So, therefore, you can understand why I feel this great love for all of mankind. Even today I come within your realms to embrace and to bring comfort to those who are in need. I feel love which emanates from each one of you and let me say that I too enjoy the feeling of great love from another human being. It is almost tangible when I return to these realms. Therefore I, Natasha Wa, will leave you and leave you with great love.

~24TH January 2005~

Prayers were sent out at the beginning for those involved in the Sumatra–Andaman earthquake and the subsequent Boxing Day tsunami:

Good evening. (general greetings)

I wish to say to you my dear friends how pleased I am that we have come together again this time. I was aware of much happiness when first we came together and it has enabled me to join with you quite quickly

this time, because as you understand, great joy and happiness raises the vibrations which are necessary within this room. It is unfortunate I would say that you do not laugh as a race so much more. Even in your darkest moments, laughter will always raise the Spirit. Each one of you has achieved much in this past year of your time. That was our intention, if you remember, that each one of you should grow as individuals. I can say to you that each one of you has in some way moved forward, but that is not to say that you can leave it as it is, because there is so much more for you to achieve. I will always try to help and guide you in any way that we can, but as I told you, the responsibility of your own spiritual unfoldment largely remains with you as individuals. There is much that I hope to bring to you in the way of knowledge in this your coming year, but also there will be occasions for this individual development within this group. I hope my dear friends that by now you feel the great unity which exists between you, because awareness is part of growth; without the awareness going forward would mean little as individuals. Therefore, it is essential that each one of you is much more aware in this coming year.

George: I think we are very happy with that. I feel the awareness seems to have given rise to insights that we might not otherwise have had.

Yes and it will allow you to understand more fully what it is that I bring to you. I know that you have been pleased with the information brought to you, especially I have noted that each of you has been wondering about mind projection, and for this group that is a way forward when it can be fully accepted.

George: Yes. It is something to really look forward to and we have heard that Paul will be with us again next month.

He has been chosen as a channel if he will but allow it, but we are hopeful that he has the self-awareness to allow this type of communication to take place. He has been given this quiet time to ponder about what has occurred, but we have many avenues to travel yet. I feel the eagerness and the anticipation that each of you brings and of course must be tempered just a little for the time being. But, nevertheless, I am sure that I can say to you with much love that there will be many occasions when your desire for knowledge will be there. But we have so much time—we must never rush this kind of knowledge. It is for you to absorb, this knowledge that you are given, in order my dear friends that you may teach others, that you may teach others step by step in the same way that I have endeavoured to bring to you knowledge. It does not matter that words are repeated many times. If you but help one human being on their journey, you have done much my dear friends and I do feel at this time that our thanks must be shown to our dear gentleman friend (*George*) who has endeavoured to bring to your world many of the words which we have spoken to you.

George: The second proof copy of the book is now with us and I hope that many copies will be sold through the appropriate channels and I expect we shall give a number away as well.

You cannot keep the truth; the truth must always out in some form or another.

George: I can think of a number of outlets for the book and the book teachings and I imagine there may well be some guidance in spreading/placing the work?

Rest assured my dear friend that you have not come this far without some help.

George: I am sure that the guidance will continue in that direction.

We will always help you, be assured of that.

As you know my dear friends the work in our world at this time has been great in dealing with many souls who have come to us. I would this time like just to say to you a few words about this. Of course loving thoughts are being given to those in need in our world and in yours, but what I would like to say to you here is that when so many souls come to our world so quickly, thoughts have been given out as to how they can all be dealt with. Let me say this to you: as so many come to our world together, so they are encompassed with love first and foremost, until such time as the Spirit recognizes that they have come and they are free. So many in your world feel that each individual needs to be helped as one Spirit, as one entity, when in fact the work in our world includes hundreds at a time. I will not explain in detail at this particular moment, but only to let you know that not one Spirit is left on their own without some form of help.

George: That is good to know, also that it is possible to work on a batch basis. I understand that the number of those in this disaster amounts to in excess of 170,000 and that is a very large number. (*later revised to almost 300,000 as work continues*)

It is hard for you, I know, to understand, but what I do wish you to understand is that all are helped in many ways. Also let me just say to you, now that you have mentioned numbers. Numbers mean little when it is part of your planet's evolution, but you must again my dear friends look to the picture as seen from my world—you have to, otherwise it overtakes you in emotions.

George: I wonder if 'planetary evolution' might sometimes be a simplification for us? And would that phenomenon known as global dimming, arising from particulate pollution, that reduces sun energy by about 20%—would this contribute to buckling of the Earth's crust and promote evolutionary disaster?

As part of your planet and the way in which each of you is responsible for how you live your lives, then, yes. Of course, I must reply that the very existence of human beings, from the way that the planet has been treated, must of course leave you with some responsibility. But of course the planet would evolve whether human life existed or not. Remember what I told you some time ago, my dear friends, that there is light and there is dark and neither can exist without the other, therefore any happening upon your planet or disturbance of the effect upon your planet has to be relevant. Therefore it is not only the responsibility of you human beings, but you *are* part of the existence of this planet and in the meantime evolution *will* still take place. You cannot exist apart. So I do not want you to feel that mankind's deeds have been responsible for this part of evolution—it is a gradual process which takes place.

George: What I find difficult to come to terms with is that we have very good scientists who understand earthquakes and tsunamis and there was the time to give warnings to some coastal regions, but none was given. Perhaps this underlines the principle that knowledge by itself is not enough, that knowledge and understanding must be used for the common good?

Mankind will always try to master the elements of the planets—mankind will try and on many occasions will succeed. But mankind does not have that knowledge of the bigger picture of life that can intervene at a time when what happens *is meant to be*. Do you understand?

George: Yes, I think we appreciate that the wider picture is sometimes simply meant to be.

You will always (*voice stronger*) my dear friend have problems if you try to make man far above that stronger picture of all existence. We need to discuss more for your understanding.

George: I think I understand that we can help ourselves in a small way, but we cannot turn back the bigger picture which is unfolding.

Yes. Those who survived—it was not their time. But my dear friends, always, always try—and this is most difficult for you, to look beyond your understanding.

Graham: The events have shown how much we actually love each other and there has been a tremendous outpouring of aid towards that part of the world; groups of people who formally did not get on, have helped each other.

As we discussed about wars in your world, there is always light and dark, which coexists and always you must view life upon this planet in that way. I think my dear friends that for the rest of our time it would be of benefit for you all if our dear lady friend (*Sara*) will take you on a spiritual journey and leave your hearts filled with peace and love. As always I will be close to you.

Sara's inspired journey showed us the huge expanse of starry heavens that left me with the feeling that it was a continuation of the teaching and an encouragement to think beyond the Earthly scene, to imbibe the WIDER PICTURE.

~7TH February 2005~

Good evening. (*general greetings*)

Last time we spoke about how important it is for you, my dear friends, to grow in awareness. I would like to say to you this time that we will endeavour to help each one of you with this awareness, for each one of you to become aware to such a degree that your spiritual eyes will be opened wide.

Lilian: You mean in our everyday lives?

Awareness of the soul—I would like this time my dear friends to place before you a little challenge before we come together next time. I ask that you, when you look with your physical eyes, to see what spiritual awareness lies within. I would like you when you feel love towards someone, to recognize the awareness you feel when this happens. I think that you will be surprised to find that you have not truly been aware as you may think. So that is our challenge to you this time.

George: I think I understand there will a number of depths to that extended awareness.

When we speak of awareness, we are speaking of many, many depths within the Spirit that you who are clothed in these human clothes are not aware of, but if you wish to grow and expand, that awareness has got to come to the surface.

George: An interesting challenge!

I do hope so, because I will be happy and also challenged to hear your replies.

Sara: We will be looking within others for...

No, you will be looking at your own Spirit in relation to how you feel about others. The awareness and the growth is belonging to you and that is part of our plan for you in this, your coming year, that each one of you of course develops at your own rate, but that together as a group your spiritual awareness becomes fuller.

George: Recently you were speaking to us about awareness of soul family and shortly after that Chief Grand Mancha came through to us talking of the time many years ago when we were part of the Gor-Rukka tribe of North American Indians, and you have told us that there is no such thing as co-incidence, but it is nice that that talk from the Indian Chief should follow your talk about soul family. Are we correct to see a connection there?

There is cohesion in all talk. Never will anything I bring to you be brought in isolation. Therefore you are correct that these, as you say, coincidences are part of the teaching. So, yes, you are correct in your assumptions. We do not waste the words and it is important that you see the connection between all the words that we bring to you and this is what you have done.

George: It is nice to know that we have had that past connection with soul family. Thank you for confirming that. They did not number the years as we do now, but it was implied that it would have been about 2000 years ago in our (*linear*) time.

Yes, in your time and our time there is quite a difference. Time as you know it, and as we have discussed my dear friend, is almost irrelevant in these matters.

George: Yes, we are becoming more aware of that now.

Yes, it is one topic you will always have difficulty with, because your understanding will not reach its greatest point until you come to our world. So time will always remain a puzzlement for many.

Lilian: Could you explain—we were talking about love—it's quite a few years ago now and before you came with your teaching, definitely. I was sat quietly and I just felt a love for everyone I thought of, be it family or whoever. It was a strange feeling, I remember mentioning it to Leslie (*our meetings were held at Leslie Bone's house before he passed on to Spirit*) and he said to his wife, '*She's had that feeling.*' Can you explain what it was?

I will say it to you in simple language that what you were feeling, the feeling of what you call 'love', became reality and you *were* 'love', the true essence of love.

Lilian: It was a beautiful feeling.

That is all it was, but for you human beings they are moments that you remember when your connection to all that is great and good is 'joined', if you like. To put it more simply, you actually are living that reality; then your own being shines as love. After all you are Spirit each one of you and Spirit is Love. (*thanks expressed*)

George: The book was mentioned last time and I have now had the chance to do the final proof-reading. And I can say that—even making allowance for your wonderful teaching, wisdom and all-knowledge—even allowing for all that, it is still a much better book than I could have put together. It just shows how many must have contributed from Spirit and from here. I would just like to say 'thank you' to everyone concerned and it is clearly much better than I thought it would be. I appreciate that many have been involved in it, not forgetting Leslie who came through and provided words that we have on tape, which have formed the final chapter of the book. So a big 'thank you' for all concerned.

Have we not always told you my dear friend that there have been many who stand close by you and bring to you their influence and thought, but you do yourself an injustice when you say of yourself how little you have done. Without you it could not have followed through to this conclusion, therefore those from our world ask that you be thanked and also that the one you mention was of course part of the whole from the beginning, although he (*Leslie*) was unaware at the time of his physical living that this group would be used for such a great conclusion of our wisdom.

George: And we are all most pleased that his photograph is in the book.

Yes, I am sure there will be words given to you at a later time when those thanks will be expressed directly to you.

George: We look forward to that.

We have told you that your work will always be full of words—that is part of your spiritual progress, that is part of your placement amongst this group of people. Therefore, again, we will thank you. But also let me

say my dear friends that without each one of you in this room and others who are not in this room—we give much thanks, because without each one of you we could not have this group who are indeed shining with love, shining with love for the work of Spirit, and for this we will always be grateful to you.

George: We are very happy to be a part of this project and that we are as we are.

Yes, that it why it is imperative that you also grow as individuals and that your spiritual unfoldment continues to take place alongside that knowledge which I try to bring to you. It is important that each individual who brings love and spiritual light into this room should also bring forth that spiritual love and knowledge which is deep within and that is what, my dear friends, we will try to achieve in this coming year of your earthly lives. If you have any questions before I leave you, I will be happy to try to answer them for you and then to allow others to come.

George: I have one, but would anyone else like to ask one? *(There was a pause while George stepped into the hall to check his notes.)*

Whilst we await the gentleman's question, I would like just to say to our other gentleman friend—and you know that I rarely make personal references to anyone, but I wish to say to you my dear friend to be most careful with your knees. Do take care and if there is any slight problem, that it be attended to quickly. I do not say this to concern you but to forewarn you if this should occur.

Graham: I shall be careful, thank you.

George: There is another *timely* question. There has been a 60th anniversary of Auschwitz—it was a terrible time and many, many people of the Jewish faith were exterminated in Auschwitz and other camps designed for the purpose. It has received much media attention and I think a number are still finding it difficult to come to terms. I imagine this to be one of those much wider pictures that you have talked about. I imagine it would probably not be a freewill happening but have wider picture connections. Have you any words for us to improve our understanding?

Yes. Your introduction to that question indicates that you presuppose my words to you, which shows that already you are beginning to think along the lines of the wider picture of life. This I give you credit for and that is what we are trying to achieve. This has many times happened in your world, where you have considered it to be evil and disastrous with the loss of many human lives. It has occurred throughout your worldly history, you would agree, and still it is happening in your world now where man, as you put it, is evil towards his fellow man. There never can, my dear friend, be one answer to these questions. As I explained to you last time, this planet also has an evolutionary history, which includes the inhabitants of this Earth. There is always a wider picture to be viewed, but let me say and speak a little more personally about the subject you have brought to me. The world, or the place which you speak of at that time, your world, or part of your world, was in great crisis. I am sure that if you are aware of the history of that time, you will know that much was going on—many developments and many human beings whose thought patterns were not of love—many indeed did suffer as you would say.

George: I was a teenager at that time and was able to observe. *(through newsreels, people, press etc)*

Of course many human beings did suffer at the hands of the few who indeed were not driven by the light, but indeed by the darkness of their own minds. These people of course would have to face themselves when they have to return to our world, and those human beings who suffered much at their hands of course return to our world to a place of love surrounded by much *that they had forgotten*. What I have to say to you my dear friend is this, that again many of those souls would have chosen that pathway.

George: This is something that is not generally known about.

It would be foolish to try to explain to the non-believer that people choose to suffer whilst they live upon this Earth, but indeed as each one of you has grown to recognize, that indeed is the way of Spirit. It is a growing time for many, for many it is a time of great learning, but again that is difficult I know for many to understand.

George: For those who suffer it can be seen as a period of tremendous growth...

Yes. And also remember that for many they would have been souls who would have been able to bear such misery in their physical lives. We cannot generalize too much, because each individual soul has their own pathway, but when we have what you call destruction and evil, as you call it in your world, there is always a larger picture behind and that my dear friends is what you must always try to remember, because without that awareness and knowledge we will go round and round and round within those physical brains and arrive nowhere.

George: Can we say as part of the wider picture that particular event was 'required', or am I looking at it in the wrong way?

I would not use the word 'required'. That event was a happening that had to be, not necessarily 'required'—required means something rather different. It is a difficult topic, but throughout your history—and mankind as a whole are so horrified—I wish you my dear friends to try to go forward from that horror, to place yourselves outside of such things that happen in this world and to realize that life is not easy, and it has not been easy, but eventually we are moving in the right direction *because of* these events.

George: Because of the fact that Auschwitz is still in memory, the learning still continues?

It is very fresh in the memories of many. Of course it is something that *will* be remembered, especially by those who have survived such hardship in their lives. But again I say to you that many choose to come to life because of the hardships. It is a learning, it is a growth of the soul and that at the end of your physical lives is what is important: how much the Spirit has grown, how much you have learned in these few earthly years.

George: And does it follow that the spiritual growth ensuing from Auschwitz continues still?

Of course. There is a wave that extends from those circumstances which is still happening to this present time. Yes, and those who came to our world with that knowledge, who ended their earthly lives in that way, have great knowledge of the feeling of other human beings and they are therefore able to extend that knowledge and that help to the others. Always there is good from what you call evil. Do not dwell on the physical aspect of all of these disasters, because you will arrive at a place of confusion. Again I say to you my dear friends, look from within, see with your spiritual eyes and not your physical eyes, feel the deep knowledge and understanding which comes from within and only then will you be able to live your earthly lives as you should. I hope that has been helpful. And now, my dear friends as I leave you this time, remember my opening words to you: face the challenge which has been placed before you and we will, I hope, have much to discuss next time. I leave you always cloaked in my love and know that you are protected by many. (*farewells and thanks*)

~14TH February 2005~

Good evening. (*general greetings*)

As we come closer together at this time I want you to know my dear friends that many have been close to you since last we met. I hope that my words to you last time have been taken and dissected well.

George: I am sure that has given us all much thought.

Yes and more than thoughts—but this time we shall hear each one individually convey to the others what they have discovered about themselves. With your permission I will remain silent until all have spoken.

Lilian: I think what you mean is when you asked us to look with our non-physical eyes to someone we loved and see what we felt extra. Would that be one of the questions?

Yes, to discover yourselves more fully.

Lilian: How about you, George?

George: In going within and going with the love feeling, several things occurred to me: it was a 'swimmy' feeling and a *detached-from-the-physical* feeling. I got the impression that it doesn't have to relate to the present. There have been those meetings in the past when one has felt a wonderful, instantaneous bond with people and that feeling seems to be still there if one goes within; it is just as fresh as it was at the time. So this inner feeling I suspect is not time-bound and there is a comparison: when one is at the theatre—a musical with a good refrain—one can have that similar feeling. It's probably not the same but a *similar* feeling of detachment from the physical and a more general love bond comes into it. I just cited that as an interesting, similar feeling that one gets. Those are my comments.

Sarah: I didn't do it as much as I should have done, because I found that every time I was with somebody I could do this with, I was talking! But when I did do it I felt almost as if somebody was with me and then I got white and blue light. That's all I can tell you.

Graham: I have been with people all the time this week with people I love and I thought about my soul in their presence. I felt that perhaps one of the reasons I felt a deeper love for that person is because they were showing something to me about myself. We have been told in the past that your own faults in other people can irritate you and with this it seems it's the other way round—things about yourself you can see in other people—they are telling you something about yourself.

Sara: I felt a love energy this week and I became aware of the tremendous variety in people and the many aspects of myself as well as in other people. Other people bring out different aspects of me and possibly I bring out different aspects of them, but I was aware of different vibrations in other people. Everyone has such different qualities and they can be quite different so I did become aware of that, but always there was a love energy. Today I was with someone I didn't know well at all, but I felt very a comfortable, seductive sort of love energy which was very relaxing even though it was the first time I had sat with him, and that could have been with someone that I knew quite well also.

Lilian: I sat with a friend up the road the other evening and she is having a bit of a tough time with her husband. Sometimes she irritates me, but I thought, no, she is a lovely person. That was the only thing I got on that theme.

Margaret: I have had a wonderful week, a happy week. I was walking along the road and I was going to talk to somebody and they told me to '*shut up, enjoy the day*', so I enjoyed the day. I haven't talked too much, I have just *thought*, and this week has been really wonderful; it was so peaceful.

Lilian: It happened whilst I was waiting for the bus actually. It was a sunny morning and one of those windy days. The day before my mother died and the wind was quite strong and I was looking at this bare tree and the branches were just swinging in the wind. The light on the bare branches as the sun caught it was quite something. Then I noted the grass as I went along in the bus, it just shimmered and I thought that was lovely...but that is not quite what Salumet was talking about...

George: Perhaps it relates to the ones who have been with us this week?

Lilian: It was worth noticing...I think we have gone all round, Salumet.

Yes, now as you have listened to each other, I am sure that you must be aware of the diversity of explanation, but that is how it should be, after all you are individual, you are unique, therefore your experiences should be so that any awareness that comes from within belongs to you solely. I am happy that you have felt this awareness from within, but now I wish to say to you: now that this awareness is to the fore, I would now like you in this your coming week to focus upon an individual with whom you do not feel that love and contentment, in other words someone that you do not feel close to or particularly feel good vibrations for; and then to take that awareness that you have gained and try to utilize it for that individual. It will, I assure you, be much more difficult for you, but it will be interesting to see what you do with this kind of awareness. I would like to say to you my dear friends, have any of you learned from the awareness of any of the others who have spoken?

Lilian: I think it made me think about people more in a different way.

But have you learned from these people within this room? Have you learned from each individual's own awareness? (*affirmations*)

George: There are different ways of approaching this...

Yes. Because you are unique, it would be expected, but the recognition of each individual awareness is necessary for each one of you. You understand? (Yes.) Therefore I will leave you with this new challenge and I am sure that it will be most interesting for each one of you. I did like the word 'detachment' that was used, 'from the physical'—that was a good word to use. You have to detach yourself from the physical being to truly understand that spiritual being that you are. You have to understand what you can achieve from within. Remember my words that '*you are all-powerful if you so wish*', but it is again, my dear friends, something that each of you must recognize and use for your own spiritual unfoldment.

George: I imagine that detachment taken to its full course can be described as a spiritual attribute?

Yes. All of your experiences are spiritual in nature, because to feel that love or kindness or that genuineness of feeling is, of course, part of your Spirit. It is the beginning my dear friends of truly recognising and knowing yourselves. That is what we are trying to achieve for you. There are many things that you can do to help that unfoldment to take place: firstly you must be happy to do so.

George: This feeling of going within is a little like meditation or perhaps the first stage of. Would that be fair comment?

What is meditation but going within and connecting with the Source of all creation?

George: So it is a bit like attempting meditation whilst with another...

... With consciousness. It is like a meditation but being aware consciously of what you are doing. Perhaps I could compare communication with our world a little like you can be in trance and communicate, or you can communicate and still be consciously aware. It is two-folds of communication but slightly....

George: Being what we might call a partial trance. Would that be a fair name to put to it?

It is a raising of consciousness or vibration or whatever name you find suitable. Yes. I wish you to tone, shall I say, your own attributes, but to be conscious of them. Do you understand that when you experience spiritual emotion, shall we say, I want you to be aware that that is what you are doing. It is just to raise your awareness of all that is around you.

Sarah: It's interesting that you say that because when I said to you that I thought someone else was with me, what I actually was feeling was that same feeling I get when someone is about to come through me which I suppose actually is a raised consciousness.

Yes, words in your world can mean many things. It is not always easy to explain fully what we are trying to say to you, but yes, consciousness rises and falls with your daily lives. It is awareness that we are trying to achieve, because my dear friends we have reached a level that must be expanded. It is too easy to say, this is one of them and we accept, but what is not so easy is to say to oneself, 'I wish, I wish to go forward, I wish to be part of all things', and that is what raising your awareness entails.

George: It is like living that progression forward as opposed to recognizing it...

We are trying to take you out of the shadow and bring you more fully out into the light of all-knowledge. That is why in this year of your time much will be given to each individual in order that you have the opportunity to fully understand who and what you are.

George: It sounds wonderful.

It sounds simple, but it is not as you will find in this coming week. If you truly project yourself as I am asking you to, you will soon recognize the difficulties which inhibit your life here, but, my dear friends, it will bring to you greater understanding.

George: I suspect one aspect of this is leading us to break out of our single natures and to become more united.

Yes, we want you not to be the chrysalis but the butterfly. We want you to be free to be who you truly are and to achieve all that you can.

Sarah: Thinking about the people we don't particularly like, when you talk of detachment, it is only the physical that doesn't like the other people, if we were just Spirit-to-Spirit we probably wouldn't have that problem?

You would have less of a problem. Remember, just because you are Spirit does not automatically make you an angelic being with lights! (*chuckles*) You understand? (*affirmations*) Therefore I will leave you with that. If you have any questions this time, I will be pleased to try and answer them for you.

Graham: The person we don't feel comfortable with or don't like for the challenge, is this somebody we are actually going to meet or is it somebody we know about?

You need only think of them. I would not put you to meeting them personally. Your thought becomes reality therefore to focus your thinking upon a person that you truly could not be too close to is sufficient.

Sara: And in doing so we will probably come to understand their particular struggles or difficulties that make them as they are. Would that be the ideal outcome if we were able to do that?

I will leave it with you to see what you discover. You may well be surprised or indeed even find that it is too difficult at this particular time, but I will say that each one of you should find it a great deal more difficult than this last challenge.

George: Could I ask—could we return to the subject of 'the spiritual energy of the sun'? Could I ask questions on that? **(Yes.)** Would I be right in thinking that all creation requires that spiritual energy for its continued existence?

All existence *is* spiritual energy so would you wish to elaborate on your question?

George: I was wondering if the spiritual output from the sun was needed by creation as a sort of 'top-up'.

Without the spiritual energy your *suns* would not exist. As a physical planet—all planets in all universes need spiritual energy to exist. There cannot be an existence of a planet or a sun without spiritual energy. All of life is spiritual energy. Do you understand?

George: So there is no inter-dependence; it just all *is*?

It *is* and always has been, but the time will come when the physical part which you call 'sun' will be ended in the same way as all that exists *returns to the spiritual energy*. All is involved in the evolution of the particular planet or sun, in the same way as in time to come your Earth will no longer exist. It is part of creation.

George: I was trying to work out if that general spiritual energy was like the deep thought and not in linear time.

Yes, I know where you are going and I feel that you would confuse the others if we should go more deeply into this matter.

George: I would probably confuse myself as well!

Yes, but always you are prepared to ask the questions and I fully understand your thirst for knowledge. It will come, but not at this particular time. All you need to know and understand at this time is that all existence is spiritual. Any physical existence does depend on spiritual energy for its existence. In the same way as you humankind will discard your overcoats, so too will your suns and your planets in time.

Everything has its place and its time in all of existence.

Graham: Scientists are now aware that they can see the end of suns and they can predict the lifetime of stars and they can even predict the time into the future that the universe will exist and with this understanding more facts will become more widely known upon this planet...

Their knowledge is growing, but they cannot accurately predict as yet. But yes, their knowledge grows much as each year of time continues.

Graham: We certainly enjoy all their theories. They have come up with some really wonderful theories. Theories become popular, then they become unpopular and then they become popular again. It is great fun watching the unfoldment of this understanding.

It is part of the confusion of the human mind and I do not wish to sound as if I am putting down these human beings, because they are open to impressions from our world, but being human makes you fallible.

George: There is something in the media at the moment about how we handle our finances and I would observe that the prices of commodities have steadily gone up and up and the value of our money has gone down and down and this in itself says something of human nature. And coupled with this there are many firms that are advertising the lending of money and more and more people are getting into debt at a young age, so that they are unable to get out of it. The financial system that we have made for ourselves seems to be leading us into greater and greater difficulties, so that many people are getting into irretrievable debt. Have you any comment on this for us, or any observation that might be of value to people?

Yes. I understand your question. Let me say this to you: much of your world, although it has grown in acceptance of communication with our world, still remains very materialistic. There are many divides in your world: you have poverty, you have riches and you have greed—all of that remains. But let me say this to you, that at this time of your earthly development, especially in those countries who consider themselves to be wealthy, they have lost the basic truth of existence in believing that objects and things can bring them happiness. So often they feel that money or objects can bring happiness to them when in fact they should be finding themselves spiritually, and although much work continues from our side of life, this is a learning curve for many, many of your people on this planet. Sometimes you have to reach a peak and take a fall before realization comes that it is not what you wanted in the first place.

George: The 'realization'—that is a key word...

Realization is the key word. And many, many—in the same way as illness brings to many the realization of Spirit, so too in your world will the realization that the material things in your world is not what you need.

George: It occurs to me that the debt that people get into, especially young people, can cause stress and that again connects with the medical world and illness.

There are many aspects to life which take you on the right pathway, but there are many pathways in your world that lead to the downfall of the human being, but sometimes it is necessary for that to happen before the Spirit shows itself fully.

Sarah: We have all seen people who have had a lot of trouble and they've been changed people afterwards. In every era of your existence upon this planet there has always been something or other to attract people to the wrong pathways, and again that is because you have freewill. Always you must consider how strong that freewill is when you consider these matters in your world. Every individual has freewill to use for good or for negative purposes.

Sara: And often human beings won't change until it becomes too uncomfortable not to do it.

Yes. The recognition has to be there. That is not to say that all things are negative. As we have discussed before, there is nothing wrong with being comfortable or having money, it is how you view and how you desire those things. I feel now that this time I must leave you with those words. I hope that, as I know you do, that you make something constructive from them and I look forward my dear friends to hearing of your struggles in this coming week. I feel to end this time we will ask our dear lady friend to take us on a short, spiritual journey. As always I leave you with much love.

George: Could I just say that on the previous occasion of the spiritual journey it did seem to connect with the wider picture that you had been talking about earlier. Clearly, it seemed to be a continuation.

That was our intention. *(general thanks and farewells)*

~21st February 2005~

No Salumet this week as Eileen was away. There were however three communications through Sarah: We began with a develop exercise as we were informed that one standing next to each of us would endeavour to impress each with a message and we might perhaps help each other in discovering the message.

There then followed a gentle, sensitive one who urged us to pray for a reversal of the currently increasing incidence of personal abuse. The increase is causing much concern to those in Spirit. There is so much abuse happening and increasing in what we call the Third World. The term paedophile was also used in the communication and reference made to how more generally the electronic media are being misused in regard to child abuse. We added our own thoughts and concerns. But this was a most heartfelt plea for prayers to effect a reversal in what is a very bad increasing phenomenon.

Finally the one had had been before, known as Chief Gran Mancha of the Gor-rukka tribal days. On this occasion the chief told us how delighted they all are that the contact has been made and that he was so well received. We pointed out that Paul, currently travelling in the East was due back shortly and he would also be looking forward to renewing acquaintance. The chief continued that everyone was most pleased and that we would all be having a party!

~28th February 2005~

Good evening. *(general greetings)*

Firstly, let me say to you welcome back to our dear friend. *(Paul)* He returns to us as a student of truth, not as sheep to the flock. I am sure he will express himself to you and tell you of his many journeys, both physically and spiritually. As we come together this time, I feel amongst you a restlessness—a restlessness which is not always apparent. But for this time I ask that you feel that spiritual light enter from the top of your heads. It will bring you peace, it will bring you calm. I will not speak much to you this time, partly to save any discomfort to this instrument, *(Eileen had a sore throat)* but also in order that you may speak individually of the task that I set for you last time. I will stay with you to listen to your replies and next time we meet I will speak to you of what you have discovered.

Lilian: That will be interesting because I found that quite difficult.

Yes. It was meant to be a difficult task for you. But what I wish for you this time, my dear friends, is that each one of you once more takes on board what the others have experienced. You should as each one speaks, be aware of their Spirit coming to the fore. But I do not wish to say more, because I do not wish to place words into your mouths. Therefore my dear friends we will continue this time, and listen to each one of you.

George: Before we proceed, perhaps I could just apologise for not recognising the name of 'Nahashiwah' when she came through to us recently. On checking the records, it was ten years almost to the day, when that old friend came through, and it was explained to us on that occasion that she was a past life aspect of Eileen your instrument, and I imagine that was the same Nahashiwah—I do apologise for not recognising the name right away.

Your kindness in apologising is accepted, but there is no need. After all, you have been influenced to remember.

George: Yes. **(Yes.)** I felt aware of the influence.

Yes, so therefore it is good that you have retraced our words so many of your years ago, although as you know, ten years in our world is but a blink of the eye. (Yes.) But I do understand the human failing of memory. Now, I will listen intently to each one of you. And I will leave it with our dear lady friend to take charge of the rest of this evening. Discussion amongst yourselves would be appropriate, providing there is no sudden loud noise. But I will be here until the end of this session. *(thanks expressed)* I look forward as always to our coming together again.

Lilian: We feel the same.

Yes. I know and feel the love that surrounds each one of you. *(general thanks and farewells)*

There followed our discussion in fairly muted tones. We had been set the task of thinking of those we do not particularly like or identify with as friends—to go within ourselves in love and see what we find.

~7th March 2005~

Eileen was away and so there was no Salumet this week. We began with one through Sarah:
The time that was given for the one to come this evening has been altered. We have taken this time this evening to bring to you some of those who are waiting for another to influence them as well as to give information to you. The one who is to come to you will be the one who came to you before the gentleman went on his travels. We have organised those of us to be with you all this evening, so that we too can join with the information to be brought to you. This experience is not only something different for you, but it is also of interest to us in Spirit.

George: Very interesting, yes...

So, if you will permit this one to come, I will take my leave of you at this moment now.

Lilian: Thank you—we look forward to this visitor.

Following a pause of several minutes, the one began with some hesitation through Paul:

Find the connection—will be able to speak better...

Lilian: We can hear you...

Communications will take time, I am happy though, it's started.

George: Yes, we realise how difficult it is and you must obviously take your time and you are very, very welcome to our group.

Thank you... it's the wish of the whole creation that this is happening and with all the help—it's not that hard really—with all the help available.

Lilian: It's pretty amazing to us!

George: We're very pleased and I think what is happening is what we would call: mind projection. Does that sound right?

Yes. That is the way that we've been told and that is the way you have understood it. I will not say much more about the method at this time. The way it's done is far beyond your understanding at this time.

George: Yes. We can easily accept that!

Lilian: Yes. Thank you...

We will go into it more fully later on.

George: The last time you indicated that we could learn from each other. We can ask you questions or you can ask us questions or you may prefer just to speak at the moment.

At the moment it's good to acclimatise, with the host...and to enjoy the communication and we will get onto the more information areas later. But we should say something about the times to come. There is going to be arranged a series of talks about a number of...

George: I understand a series of talks about a number of subjects?

I am thinking of the arrangements for the coming year and I am allowed to come for other's visits...(struggling to find/express the words)

George: I imagine there has to be some more experience—feeling the way?

Yes, experiencing—

(There followed a break in transmission of several minutes. Then the visitor went on to explain that he was making adjustments in an attempt to improve communication.)

I will try to arrange a slightly different...will be much more...better for us than this first time ... both using the opportunities to experiment and find the best arrangement. I think we should continue with our discussion and if there is a problem we will leave it till next time. But let us continue now the line is clear.

George: We are very grateful. It is wonderful really that it is happening at all.

Lilian: And we have a small group this evening and probably the power is not as strong as normal.

Yes. Good things always take time, but every step brings us a little closer to finding the truth of life and our true natures. I come from the furthest reaches of your galaxy and there is so much life and pure energy in the furthest reaches. I can bring some of power...and it's wisdom...(Thank you.)

George: Last time I think you mentioned the planet 'Erra'. Is that your planet Erra?

Yes...Aeer-rah. (a much more expressive pronunciation)

Lilian: Thank you. It sounds a little like 'Earth'.

She is our planet and our brother. She is conscious of all the life around her.

George: Your planet has consciousness...

As does your Earth. (Yes.)

Sarah: When you say she is your brother. What do you mean by that?

We are all brothers..like your Earth...your sky...we are all as one.

Lilian: Yes I do agree with you there. ***(Yes.)***

George: We that live on the planets...all brothers...

Lilian: Yes. I remember our friends in Spirit have asked us to think of our brothers on other planets...

Perhaps your master more than I can...

Lilian: You have done very well! Could you just remind us of your name again please?

The energy faded at this point. The communication was intermittent and transmitted slowly with gaps and some difficulty, but was nevertheless successful. We were reminded of the slowness and difficulty when Salumet first came to us. One cannot expect instant clarity when amazing pioneering channels first open. As has been said, it is wonderful that it happens at all and practice makes perfect.

~14th March 2005~

Eileen was away again, so the evening began with one through Sarah:

Firstly let me let you know how much we appreciate your meeting together this time. We hoped to bring to you one from this group who will endeavour to join all physical Spirits and those from our world—Spirits together this time. The group I mention is part of the group that used to be the whole of this group whilst on this planet.

Lilian: Oh that's interesting.

They have been waiting for you so that they can join with you for a reunion. The leader of the group who was chief at that time will be the one who will lead those to join you this evening. He has many memories of the time we were all together, and in coming together once more, not only will he endeavour to bring back some, for you, interesting memories, but he will also try to give to you a little insight as to how life in Spirit now is. So this will be a combination for you of part experience and future encounters, mixed together.

George: Most interesting! *(affirmations)*

We will take a little time and then the one who is the leader will come to you to proceed with some joining together.

Lilian: Lovely! We look forward to that.

Chief Gran Mancha then began through Sarah, in a powerful voice, speaking the old language:

Har tor ta toah! God tor ta toah!

Lilian: Hello.

George: You are most welcome to our circle again.

Aah—let me say to you: welcome together again dear friends!

Lilian: Yes, it's nice to be together again.

George: How nice to have you with us again.

In the time we spent together, we would have greeted each other with a hand signal. Take your right hand and place it across your chest. Take the left hand and put it in front of you so that your thumb is facing you. We shall now all join for the greeting ceremony. (pause while this was done) Now put your hands down. I would just like you to know that we have all been in one circle again together with the greeting to those who we knew as 'the God of Light'.

Lilian: I see. Can you tell us how many there are in the group on your side?

There are at least two 'squaws'.

Graham: Two 'scores' would be forty...

There are more than forty. I talk of 'squaws'.

George: Ah—your word 'squaws', not our word 'scores', which is rather similar!

(There was a loss of power / transmission for several minutes at this stage, during which Sarah afterwards said she felt temporary loss of a kind of tension that she has during trance work.)

Forgive the delay—the connection is not so easy as I had anticipated.

Lilian: That's a shame.

George: We do all realise it is sometimes difficult, very difficult, we appreciate that and we appreciate your efforts in coming to us.

The party is still waiting, so, let me just say that after the greeting to the God of Light, I can now tell you that those greetings were accepted most graciously by the one in Spirit. And you may like to know that all your good thoughts and intentions have been accepted and worked upon. Now that we are on the other side, as it were, we can see that much of what we achieved as a group in bygone times was equally important as the work that you are doing today. (affirmations) Although your knowledge is greater than some of ours was at the time, the bond that was between us all has never gone, and it is because of this bond that we are returning now.

George: Yes, I imagine the feelings are equally deep on both sides.

They are much joined together and have continued to strengthen over the time that we have been together. We are now working as a separate group in Spirit and await you to join us once more when you return. However, we feel that it is important that we join together at this time, because you have now an awareness that is at a point that you can accept us once more.

George: Yes. We can certainly accept and enjoy.

We are the ones who stand by you in your moments of explanation to others, of Spirit life.

Lilian: I see!

George: That's nice to know.

We have always had that knowledge of Spirit and in the past we worked together as a community for the good of Spirit. But now, you are able not only to work on your own Spirit, but have the knowledge to help many, many others outside your community. This was the difference between the group then and now. And this is why those in Spirit are standing by you when you give out information on Spirit, because of course, we have the realisation that not only ourselves have to go forward, but we can assist in the forward thinking of many, many others now. This is the selfless part of you that we are working on. So you see, the bond has not been broken and we are continually working together so that all can benefit.

George: Oh that's really wonderful. (affirmations)

Lilian: We shall remember that when we are speaking to others.

George: Chief, there's a question that I would very much like to ask. Over the years we have received visits from—the names that I recall are: Moon Feather, White Horse and Great Elk. Are these all part of the tribe can you tell me? And do they help to represent this bond? Do those names mean anything to you?

The names are of great significance to many. They are of a higher Spirit than we. We have all had contact with these names, but they were not part of our tribe.

George: I see.

They are the ones who come to teach on a higher level than we did at that time.

George: I see. That's interesting to know. Thank you for that.

The knowledge we now have is far superior to when we were on Earth. And these names you give—they are ones who have had the knowledge whilst on Earth. We have only the knowledge now that we are back in Spirit. So, you see they were of a higher level, if you can say that, than we were. But yes, the names are familiar to many of us.

George: Yes, thank you! That's nice to know and nice to know that there is that connection.

Sara: Could I ask you also is Grey Owl one of those names, Grey Owl?

This one is not of the same group as the previous names, but is still one of a higher group than we were. There are many who come to lead and this Grey Owl was one of those.

Sara: Thank you.

Lilian: The young man who sits next to you was not with us when you came before and explained our relationships to the group. Was he one of the group? Where did he fit in?

This gentleman has been an important member of the group. He has had much experience with these Indians, as you call them, and he has not only had the experience within our group, but he has been with many others as well. He has gone from one strength to another and was much regarded as a Spirit communicator in the time he was within our group.

Lilian: That's nice Paul.

Paul: Thank you. That's very interesting to know.

Lilian: Interesting!

He has had much experience of Spirit communication and continues in the same way still.

Paul: There is something happening with the communication at the moment.

Can I just say to you, there are many helping you and there is one from our group on Spirit side who is with you to help you with communication. The bond was strong and continues to be so. You need only ask for the helper guide and you will find communication much easier.

Paul: Helper guide, oh right—I'll remember that—my love goes to them.

Lilian: That should help our brother from another planet come through. When you were on this planet, were you aware of life on other planets? I know you are now...

The only planet we were aware of was the sun—for light, but we were not, when we were a group together, aware of communication with other Spirit beings on other planets, but we were aware that Spirit beings existed.

Lilian: I think it's taken us by surprise, in our group here.

The communication has come at a time when many have joined together and because of our connection with you and Spirit knowledge, this is why we have been able to take the opportunity of coming to you this time, so that you can be helped with all sources of knowledge in Spirit communication.

Lilian: Yes, we are very grateful for your help.

George: Yes, very much so. Those in Spirit now, and had physical life 2000 years ago, have they had physical life since, or have they remained in Spirit all the time?

The majority have experienced other forms of Earthly life, but not all. There has been a core that have stayed in Spirit so that there will always be a reunion of this group when their time comes to come back to Spirit.

George: That's nice to know.

You could almost call them 'the housekeepers'. (chuckles)

George: So that has been their calling, to remain in Spirit and to take that role...

So that love bond will always be there and the part of you that needs to be reunited can home in.

George: Yes, that's very good to know. Thank you for that.

I think we will close by the traditional way. If you could put your feet together and part your knees very slightly, put your hands together and place them between your knees. Now, if you would bend forward and place your lips on your thumbs and give thanks for all that has come about. (pause, while we did as suggested)

George: That's not at all difficult for us to do. We are most thankful and we do thank you for your wonderful words and the interesting facts that you've brought us.

Lilian: We hope you'll come again.

Paul: Yes, and may the tribe long continue. (affirmations)

Lilian: God bless you all.

Notes: Chief Gran Mancha spoke loud and clear. He led/leads the Gor-rukka tribe. The nearest tribal name we could find on the Internet is: 'Karuk' (Their tradition up-kept in California.) During the séance, Paul had the impressions of a red ochre colour permeating the room and a large bird image—American bald eagle or similar.

~21ST March 2005~

Good evening. (general greetings)

As I join with you this time, are you aware my dear friends of all those who come with me this time?

Lilian: No, I must confess I'm not.

Graham: I did feel very tired but now I feel as if I have lots of energy now.

Yes, thank you.

Sara: I think I feel more alert, too.

Yes. We are pleased that some of you can now begin to feel a change of energy that comes within this room. It always has been, but it is your own awareness that has grown. When last we came together, we discussed, did we not, about your reactions to the simple tasks that I set for you.

George: Yes, we had our discussion.

Yes. Have you since thought about what you have learned from that discussion?

George: I find difficulty with two I know who are of nervous disposition and do not socialise at all well. On going within I felt there was a fear of the outside world that could be helped with unspoken love. That was my learning.

I can tell you that all of you faced something that you had not previously thought about. The diversity between you was obvious to all I am sure. And again, my dear friends, it only reinforces how individual each one of you are. Now, as I have told you previously, much of this coming year will be for individual development. Therefore I set you one more task before we continue onto new ground and it is this my dear friends: how would you react both physically and spiritually if you were confronted by a Spirit of superior strength and motive? Do you understand?

George: I think we are encountering yourself quite regularly, Salumet! (*chuckles*)

Yes, your humour grows my dear friend, yes, but let me say that myself must be excluded. Do not forget that I encompass you all; I do not come face to face with you individually in that manner, but I am speaking more of an earthly being.

Sara: I would imagine we would feel inspired to greater thought and...

Let me just say this to you my dear friend that superiority can also be negative.

Sara: Ah, it depends on the people...

Therefore I will leave this with you all to try to see what outcome you bring to it.

George: And of course we know you come to us in love and that love encompasses...

It does of course. I hope you are happy with this task and then we will move forward to your world.

Paul: Someone with superior strength and motive...

Sara: Physical and spiritual...

Yes. And you will of course, instantaneously feel this when you encounter this that each one of you has, at some point in your living.

Sara: But it depends upon the feelings within?

That it why it is an *exercise* for you. I look forward to the replies. I hope as we go through these little excursions of growth, shall we say, that each one of you is beginning to feel that individually that you are much greater beings, because in looking inwards you are allowing that Spirit to come forward more and more into your physical living; that is why it is important.

Sarah: It is when you see the reactions to other people in various situations and you wouldn't react in the same way that you know you have grown.

Yes and that is what all of us are trying to achieve. You cannot stand still, you have to grow, you have to expand that consciousness to greater things, but it is good that you all understand that you come from different angles and yet you respond the same. Have you any questions you wish to ask of me?

George: There are two friends who would like to come along and sit in with the group for the experience, one of whom I feel obliged to refer to yourself on account of her youth; my grand-daughter, Natalie I would describe as a robust 15½ year-old who meditates and has read transcripts and we talk about this work. She is expressing an interest and would like to sit with us, but I felt I should mention her, because of her 15½ years. Is that too young in her case?

Sometimes I have spoken and said that someone is not quite—it matters not, the number of years; it relies upon the growth of the Spirit. Therefore I say to you, if each one is happy, then I am happy to sit with this person of young years. Let me say this to you, she is not young in Spirit. If the others are happy—after all, it is not only I who has to give permission but it is also each one of you in order that this group remains compatible—I would be happy to sit with this one.

George: Thank you for that.

Sara: On that subject, could I ask permission to bring Ashley; she is 18?

She is a young soul who is growing much and, yes, I see no reason why she, too, should not join.

George: And Natalie and Ashley get along extremely well together!

(There then followed a personal question, which has been edited out.)

George: There is another question. You have spoken to us before about marriage and I have always felt myself that marriage is purely a state of two minds and it really doesn't matter about pieces of paper, certificates and things. There are within our society connections to the church and to the state and these are highlighted at the present time by the forthcoming marriage of our Prince Charles and Camilla Parker-Bowles. Theirs is a proposed marriage that has its connections to the state and church and it is a highly controversial matter

within the realm and I was just wondering if you could help clarify by giving us your views on those connections in this particular matter that is very topical.

Yes, of course, each individual abides by the laws of their lands and that is part of earthly living that each one takes part and believes in the laws of the land. From a spiritual standpoint, the meeting of two hearts and minds will always unite people together and this happens in your world, whether it be male and female, two males or two females; you all know and recognize that these bonds take place. From the spiritual view, where there is love there can be no wrong, therefore if two individuals feel that their hearts and their minds can be unified, then they will surmount all problems facing them for this union to take place. You speak of a prince in your world, but to us he is one being. The lady is one being—two Spirits who wish to join with their hearts and minds whilst on this Earth. Therefore from our standpoint my dear friend, love will surpass all other emotions.

George: Including state connections no doubt!

All physical obstacles will not stop that reunion.

Sara: And in any case, forgiveness is important.

Forgiveness?

Sara: The reason why some of the approval is being withdrawn is related to the past that is not relevant now. **If only all people could rise above their physical thinking and look upon each event as a spiritual event, then the attitudes in all of your planet would be so much different. We know and understand but the majority of your population is yet to reach that point of understanding. Therefore, no matter what, these two people if they truly feel great love for one another, will come together and if it is their chosen pathway, then doubly so. I hope that answers your question.**

George: Thank you, it's so refreshing to have a proper answer to that question compared to the newspaper headlines that leave much to be desired.

Sarah: This too, is a somewhat personal question. My sister-in-law has seen Spirits—I don't have a problem with that—I understand that, but she also sees and has done on several occasions, spiders on the ceiling. They are very real, as real as the Spirit beings she has seen. Can you help me with that, because I didn't know what to say to her when she mentioned it?

Why, my dear friend, do you find difficulty in accepting that?

Sarah: No, I don't have difficulty in accepting the spiders, but it seems a very strange thing for her to see—big spiders.

All life is energy, all energy continues, therefore not only do you see the Spirit of people, but of animals, of spiders, of trains, of cars, whatever. Once that avenue is opened up you can see much. Anything that has ever existed in a physical embodiment can then be seen spiritually.

Sarah: Would she have had any connection with these spiders in a previous life? **(No.)** So it doesn't have any... **The energy or the residue or the existence of the spider would be enough.**

Sarah: So it is not trying to tell her anything? **(No.)**

Lilian: It is about my grandson who came as a visitor. He hears voices in his head that are there quite a lot. I did suggest that maybe they went to a good medium, that he switch off, and so on, but is there any advice I can give him?

All I can tell you is, yes, you could teach him how to ground himself and how to be in control of his thinking. He is opening up, but without the knowledge of how to deal with it.

Lilian: Would he be aware that he is offering himself up?

No, he is naturally opening up and is quite afraid of what he hears. You must teach him how to switch off and ground and protect himself. You, my dear friend are quite capable of doing this for him, or if our dear friends gathered here should wish to ask for healing help, that is another way.

George: Another question arises out of that: There has been quite a lot in the media about taking cannabis. One criticism about taking cannabis to excess is that it produces voices in the head. Is this a matter of the drug bringing the Spirit forward?

That is not Spirit, that is hallucination—that is the difference. Any chemical that distorts the mind and body is not Spirit, it is physical damage. You understand?

George: So the voices would arise out of physical damage...

Yes, in the same way as you have people in your world who are mentally disturbed, it is a problem with the body, not the Spirit. Always I feel it is difficult for people on your planet to understand the difference, but let me say my dear friends, there are indeed many difficulties in your world. That is why we always tell you

to find out for yourselves whether something comes from Spirit or whether it is part of the physical makeup. You must always be conscious of these things.

Lilian: So, the voices in the head, would they come from Spirit? Is it Spirits that are around near to the Earth? You are an open channel, you can see much if you are open, but there must be discipline. If you were to leave this room without closure and the love that surrounds you, you would also be constantly hearing and seeing with no control.

Sara: I feel that my vision is getting much clearer and I have got strong feelings about people that then without much delay get confirmed. Is it because I am getting help at the moment?

Because your awareness has grown so, at this particular time you have the opportunity to grow much, therefore accept what you are being given.

Sara: I am being given...

Yes, you are helped. There are many who stand behind you, but the more you accept the more you will be given.

Sara: I am very grateful, but I would like to have confirmation, because it's something I have noticed recently. **All of you, each one of you here now, should find in this coming year some new development in your spiritual growth. That is what we are aiming for.**

Sarah: For quite a long time when I feel someone is with me or anything to do with Spirit, I feel behind my eyes a sort of stretching, almost a kind of ache behind my eyes. What would that be?

It is just the incoming of energy that those who are with you bring. It affects many people in different ways and that may be the way that you are receiving Spirit. That is why each one of you is unique. You receive Spirit in many different ways with many different feelings; that is why it is important that you judge carefully whether it is Spirit or whether it is physical. I cannot stress enough my dear friends this fact. And now I will leave you this time, because there are others who would wish to speak. I will remain and be quiet with this one, but until we come together again, I wish you well on your quest. (*general thanks and farewells*)

~4TH April 2005~

Good evening. (*general greetings*)

I feel great joy my dear friends in joining with you once more. I hope that you feel the love that encompasses you all this time. (*affirmations*) We have many things to speak about in the coming weeks and although I mentioned last time that we would begin to speak on new ground of information, I would instead this week like to speak a little about the outpouring of the grief that is on your planet at this time. (*Pope John Paul II died.*) I would like to say to you how this grief affects those also in our world, because you see there are a great many who still hold fast to the same beliefs as they held upon your Earth. Therefore they also feel the grief that comes from your earthly plane. I am sure that each one of you has been in some way affected by this grief from all over your world for someone of great earthly status, but as we all know, he is but one man on your planet and although he has shown much love, he is also a human being with his own faults—although his own faults would not be viewed in the same way by the majority of people.

George: Yes, I think he has been hailed as—I'm not quite sure how to put it—as one of the more outstanding popes of the ones who have been in office.

... in as much as he has done his job well. But of course, although he *has* done much, he has forgotten much, and if I may say to you my dear friends, his faults, if I may use that word to you, has been the denial of his own experiences in so much as his own spirituality has been involved. But he will recognize these omissions in our world. But I wanted to remind you that any event in your world also has some rebound effect in ours.

George: That is a timely reminder for us.

Yes, it bodes well that you remember these things. Would you like to place before me any questions on this matter?

George: Yes, there has been prophecy as regards the Vatican and as regards the number of popes that we shall have and according to Saint Malachy's prophecy, there should be two more in the list. According to something you said a while ago, the papacy is in decline (*see 28th July 1997 transcript*) and will not go on forever. I wondered if you have any further comments regarding that?

Yes, I remember well my words to you all about this matter. I believe I said that your earthly religions cannot last forever, because this time when so many of us, including myself—we come to bring Truth, and

Truth and Love cannot fail this time. Therefore, earthly religions will have their day when people realize that there is but one Truth, one Creator, one who loves and nurtures all things, all experiences, *all planets, all universes, all of life*. Yes, this religion has limited time. The people within your world are now able to think and to *feel* and to *see* for themselves. This I gave to you previously when I told you that each successive generation will not take any form of religion at its face value. Each individual will decide as time continues, what is right for them.

George: Yes, I believe according to that prophecy by Saint Malachy, this particular Pope John Paul was described in terms of the 'olive', which seems to be fitting that he should have been in office during this period when the whole world I think is letting thoughts of peace more into consciousness and the olive equating to peace.

Yes. Nothing is left to chance. All is influenced from our world and, yes, the gentleman in question was the correct choice at the correct time.

George: Could I just correct myself on that? It is the coming pope, I think, that equates to the olive in the prophecy—yes I made a mistake there.

Yes, but really it matters not because...

George: ...we are coming into that period of peace.

Yes. Already that state is beginning to make itself known throughout your world.

George: Yes, and pope John Paul was described as 'from the labours of the sun'. That is interesting because he came from Krakow in Poland, the same town of Copernicus, who thought much and laboured on the sun and motion of the planets around it, **(Yes.)** and there seems to be a connection there.

Thank you. It always surprises me my dear friends when you seem so amazed by all of these happenings, when indeed I feel by now your understanding of all creation and how it works within your world—it should *not* surprise you as much as it does.

George: It is not entirely surprise. I think it's interest **(Interest, yes...)** and joy—Joy in seeing the validity of prophecy.

And while we speak of joy, before I used this voice I was aware of the great joy of you all in seeing your words, my dear friend, in print. (*The Salumet book had just been published.*) I also would like to say 'well done' to you.

George: Well I must use the expression that you have used several times: *I am humbled*.

As I too am humbled.

George: We all have our joy **(Yes.)** of participation in that. Thank you!

Yes. If only more human beings could find that joy within their lives, how their lives would change. Each one of you needs love, needs joy in their daily living—yes. But, yes, to answer your question more fully, the end is nearing for many, many earthly religions.

George: And this would be presumably largely due to the dogmatic approach, which they mostly share: a kind of non-flexibility allowed in mind...

It will come about as I have said, because each individual will use the love and the experiences that they *feel*, in recognizing that all of these dogmatic religions cannot be right for today's thinkers. People will take responsibility for themselves, rather than to become sheep and follow the flock and the thinking of some person, who dictates to them what is right and what is wrong. It applies to all religions, not just to the papal dominion, but to all religions who have held a great many of your people in almost, shall I say, 'chains' for so many centuries.

George: The other factor of course, would be the distortion of truth from the original teaching, **(Yes.)** which I feel *must* happen when a divine teaching is given to people who are lesser-minded, if I could put it that way—there *has* to be a loss of perfection and that is bound to lead to difficulties.

Yes. Unfortunately, in many of your earthly religions the greed of power has taken the lead in so many, where the 'chaining' of the populations and the fear which has remained—it must be broken in order for people to be free-thinking. It *has* to be, and that is what, my dear friends, those from our world are trying to do this day.

Paul: Maybe another way of putting it is that we don't need the 'middle-man' any more. People can deal with creation directly. Instead of going through a religion, we can cut out the middle-man of religion.

Yes, what a wonderful way to describe it: ‘middle man’. Yes, I like that. (*affirmations and chuckles*) Yes, each individual is responsible for their lives on this planet as you know and now it is coming that each one will recognize that it is so, that you cannot put blame to another or to a church or a religion, but you must take individual responsibility for your lives and your deeds upon this planet.

Sarah: I think too that so much is being talked about spirituality without the ‘middle-man’ now that it is going to snowball. I was just thinking about the person I was talking about last week, who saw the spiders and she was quite afraid of seeing these things and I said to her how wonderful I thought it was that she was obviously beginning to open up, and then she began to see things in a different way. We need a little help along the way and more talk and more people will catch on, I think.

Yes, we cannot dismiss that religion has not brought some good—that is not what I am saying to you. Of course, for many, many of your people on this planet, religion has brought comfort and goodness to their hearts, even if they have been misled. But as always, when something is done for the right reason, then how can you dismiss it as being wrong? You cannot.

George: I think we have to observe that divine teaching is at the central core of each of the religions and that it why it has a modicum of success.

Let me say: divine teaching is at the very core of every *individual*. That is the way you should describe religion; it is an innermost thought, an innermost feeling, an innermost *knowing*; it is an all-knowing from within. And only when this is available and the understanding is available to all people on your Earth, will things truly begin to change.

George: Yes, so it is the recognition that it evolves from within (**Yes.**) and not from within some building or some book for that matter.

That is what saddens me when I look upon you human beings and so many have experiences in their lives which should show them the way, and they deny it because of religion, when before them is the evidence of who and what they are—and still they are embroiled within religious scriptures. Do you understand?

Paul: Yes, they often *block* our progress. (**Yes.**)

Graham: Many people who are involved in religion, say they suffer from the feeling of guilt through their lives, which is a great shame.

Yes, unfortunately, it is almost a form of what you on Earth call a ‘brainwashing’. (Yes.**) Is that the correct term?**

George: Yes, that fits well.

Yes, and unfortunately lots of people feel that way.

Sarah: I think our spiritual leaders who feel they have a calling to their work they must be feeling something spiritual that they actually want to lead. I think for some perhaps it may be a power-ego thing, but many feel they want to do good and that’s their calling, so...

Yes, we will return to the one we began this conversation with. (*the ex-Pope*) He was a man who was meant to change the thinking in your world to some degree, but his pathway led him to the religion he chose and he has done great things to help many people, but as I have said to you this time, his downfall again is the refusal to accept what he knows to be the truth. Do you understand? (Yes.**)**

Paul: I feel that if someone has a very strong connection with Spirit they probably wouldn’t go through the big religions. Because if they *had* strong connections with Spirit they would *see* that they don’t *need* to go through the big religions.

Yes, but that is what is so wrong, we feel, that especially someone like the Pope, who has just passed to our world, because so much time was spent in meditation—and remember that is what prayer is—he cannot have lived that life without some recognition of what spirituality really is. But because of his earthly position as head of a great religion in your world, he has denied what he truly knows—as being wrong, as being of the devil as he would say. *That* is what is wrong and that my dear friends, is what he will now regret. Even although he has brought much comfort to many, for himself he has denied the truth and knowledge of all *love*, as all religious leaders do. He was a good man, but as many who have passed before him, he has been misguided.

George: In many ways we humans have the failing that we resist change (**Yes.**) or fail to take the step to break away on a different course.

Yes, might I add to that, that you suffer so much from doubt and fear. Remember my teaching to you that all events in your life are based on either love or fear, and it is *fear* that holds you from moving forward. Can you see that? (Yes.) But again it is a failing—perhaps that is the wrong term, it is an *occupation* of the human being.

George: There is a certain fear **(Yes.)** in breaking away from tradition. One sees it in a number of walks of life—one sees it in farming practices as well in keeping to the old ways instead of branching out into something better.

Yes. There is always the fear of being oneself, and if my dear friends you truly accept your own spiritual self, there is nothing that could harm you. Do you understand what I say? Have you any more questions before I leave you?

Sarah: When you say: ‘can harm you’. You mean spiritually, not physically, don’t you?

Yes, but of course, if you are strong spiritually, no harm should come to the physical being. (pause) You sound surprised.

Sarah: No, not really, but I was just pondering, thinking of a few examples of how things could happen to you physically but then of course, if you’ve the right thinking, you’ll go on the right tracks. So, no, I am not surprised, I am with it now, thank you. **(Good.)**

George: I promised to ask a question on behalf of a gentleman I met at the weekend. **(Yes.)** You may be able to help us here. *(name edited for anonymity)* He’s a micro-biologist, a very intelligent scientist...he is somewhat aged and is rapidly losing his physical eyesight. He is becoming aware of what I think are many Spirit bodies around him and he describes a cylinder appearing within the room and a number of what seem to be translucent Spirit bodies emerging from it; he will sit in his room and look out of the window where there are trees and grass and he says he sees dozens of these translucent bodies amidst the trees. He is rather bemused and not understanding of this, and I think he would dearly like more understanding of what is happening in relation to himself and this accompaniment to his loss of physical eyesight. **(Yes.)** If you could help us I can send a tape to him so that he can listen to it.

I understand. Yes, again we have the scientist with the logical mind, who always finds spiritual matters rather disturbing or confusing. Let me firstly say this to you: we have spoken some time ago about the loss of any senses and how the other senses become much more magnified. That is my first remark to you my dear friend. Let me say this to you, that this gentleman, if he applied himself and joined with the right people, is in fact a medium who can produce much ectoplasm to have materialisations before him. That is what he is beginning to see and if he so applied himself, this could be developed for not only *his* own good, but for the good of many others. These visions will not stop, because he has reached this point because of his failing eyesight, where he now cannot apply logic and he cannot deny the existence of what he is seeing. Whether he accepts this explanation or not, that is the fact of the matter. But I ask you please that he listens to my words and he may feel or he might feel a recognition of what is happening to him. I will try to help him in any way that I can. *(thanks expressed)*

George: That is most interesting and I am sure he will be most grateful. So he needs to go within and think of this...

He needs to accept that what he is seeing is reality. He needs to recognise that what he is seeing comes from within himself—that there is no outside logical explanation. I hope my dear friend that it is helpful to him.

George: I’m sure that will be and I imagine that will then lead him to feeling more comfortable about his condition.

He will not feel comfortable about the loss of his sight, but it might bring some comfort that he is now entering a new phase of existence. Remember, I have told you that sometimes life has to be harsh for the recognition to show itself to you. I must take my leave of you this time and allow any others to come to you, but as always my dear friends, as I depart from you, my feeling of love for you grows stronger and stronger. *(general thanks and farewells)*

~11TH April 2005~

Good evening. *(general greetings)*

As I come to you this time, I feel the power of love within the group. I feel the upliftment that is needed and will be brought to each one of you this time. *(thanks expressed)*

I hope that the past weeks with self-development issues has been of use to each one of you.

George: Yes, I'm sure we shall keep returning our thoughts on that.

Yes, that would be of great use to you in the coming months, to remember how much you have learned and to see yourselves, not only as individuals, but as a collective group of energy—which brings me on this time to what I would like to discuss briefly with you. Many words have been spoken on energy, and as you know, I have always told you that it is a difficult topic of conversation for you, in as much as the understanding creates difficulty in using earthly words. But, as we have touched upon mind projection, it brings to us the equation between projection of the mind and the involvement of the energies. You know my dear friends, that energy is ever-moving—it is the whole existence of life. Let me say this to you: energy as you know it can be used in many ways—it has been used to see what has passed in your Earth time and it can be used to see what is to come in what you call your future time. This you know and understand well, therefore I would say to you: what is the equation between energy and mind projection? After all, mind projection can be used here on your Earth, in your everyday world, by anyone who stands on this earthly plane.

George: In which case would we then call that: telepathy?

You may use that word if you will. It is an apt word for the way the mind is projected on this plane of existence. Let me give you an example: have you not seen the connection between man and his animal friends when thought has to be projected for the animal to understand? A simple thing, but it is the beginning of projecting the mind. You are now aware, my dear friends, of the one who comes to you from a great distance *(the one who comes from another planet through Paul)*

George: Yes, we consider ourselves very fortunate and privileged to receive him from such a distance.

It is but another stepping-stone in your teaching. That is why we must at this point continue a little more about the knowledge of energy. I would hear you say: to project the mind, must you raise your consciousness, must you be so much more aware of what is happening within the Spirit? And my reply to you is this: That of course, mind projection as you wish to know it, and as our friend from afar has brought to you, that is the mind projection of which I wish to speak this time. How is it possible for the thoughts of another from so far, to travel through space to reach you here upon this planet? I say to you, it is simple when you know *how* it is done!

George: Yes, it doesn't seem to happen very often, so I suspect the 'knowing how' is rather complicated and difficult to grasp.

It is being aware of the Spirit self rather than the physical; you must let go of all things physical in order to use the energy, which after all, is Spirit. All energy belongs to Spirit. You agree? (Yes.)

George: Yes. The energy that is under discussion is we agree belongs to Spirit. I'm not quite sure how that relates to the energy that we see as physical, such as the heat from the sun—perhaps we really need a different word for that? Perhaps you would comment for us?

Perhaps we could say the heat from the sun is being projected forward to other planets; it is of no difference from mind to mind. It is all the same energy which is being used, although you relate to it in physical terms. Without the *spiritual* energy, your sun could not exist, and neither could your earthly planet or any other galaxies.

George: That clarifies—so it is all spiritual energy, yet some of it overlaps into the physical domain so far as detection is concerned.

Yes, that is correct.

George: Thank you that does clarify.

Yes. You have to see again the wider picture to understand what is happening. Because you are locked in a planet that is so young in its existence, you do not have the capabilities of understanding that is attached to many other planets and many other peoples. But that is not to say it is not available to you, because remember that I have told you that anything you so desire is available if you wish to partake of it. You understand? *(affirmation)* So therefore, although you are young spiritually, *all* is within you, all of existence lies before you, and it is up to each individual to go forward in whichever way they so determine for themselves. But let us return once more to this projection of the mind. How, I hear you say, can this projection come so far? Perhaps I should begin and say, when you return to Spirit, it is but a blink of the

eye, is it not? (Yes.) **Yes, and in the blink of an eye, so too can thoughts be transferred from one to another. It is the clarity of the thought energy which makes it successful.**

Paul: So distance is *irrelevant*...

...irrelevant—you took the word I was about to use—thank you.

George: We appreciate the distance so far as the physical world is concerned, but does that distance still *exist* in spiritual terms or...

No—this is the difficulty in the understanding.

George: If it all happens in the blink of an eye, yet the distance is there, or is it that the distance is *not* there?

The distance does *not* exist—the thought is instantaneous.

George: So the actual distance does not exist...

As the young gentleman has said, it is irrelevant. But this is the difficulty when you have *physical* ideas of distance. After all, let us assume that you wish to use your machine, your telephone as you call it. Along that energy you can hear someone as you speak, yes? (*affirmations*) If you think along those lines, perhaps it will become a little clearer—if that is possible, then spiritually it must be equally as important when using the Spirit of the mind, and remember the mind is Spirit. But what you are trying to understand is your physical brains and there lies the problem.

Graham: When you think of great distances of course, our physical brain starts thinking of speeds and velocities. (Yes.) Of course those terms are just not relevant, as you said. Thought is instantaneous—it's in any corner of the Universe—an amazing thought.

Yes, of course, in the same way as your healing thoughts come to us, they are taken immediately they are given. Therefore, what I wish you to try to understand is that when you have mind projection from other planets and someone giving you information, it is instantaneous in thought. Try not to think of the great distance within your universe, because you can only become confused.

George: Yes, we can think intellectually, but we can also *feel* (Yes.) and of course the feeling is allied to Spirit.

Yes, of course. Always you must use your heart, you must *feel*, you must use what is given in a spiritual way, because once you begin to *analyse*, then you will lose your way; always you will lose your way.

Lilian: So he wouldn't be aware of travel?

No. It would be an impossibility to *travel* great distances; you must realize that because being as young a planet as you are, you have only so far succeeded in a very short distance in space travel. So it would not make sense, I do not think, to think along those lines.

George: Yes, I have been thinking about the instantaneous factor in this, because question and answer have no significant time interval between them. (Yes.) It *has* to be seen as instantaneous.

Yes. I am so pleased that you are as accepting as you are in your understanding, because my dear friends, for many these questions and answers would seem so far-fetched in their understanding.

George: I am so pleased that you have organized these practical examples for us and I think I would be right in saying that you *have* organised all this?

I would not take such credit, but let me say that Spirit is responsible; I will accept that.

Paul: It's a little bit similar to the TIME thing in Spirit, because there as well, there's no time in Spirit, (Yes.) and it seems like there's no space really either.

These are so difficult topics for you to understand, and, as I have said to you so many times, it is difficult to equate Spirit with the physicality of living.

George: Would it be true to say that, because there is no time in Spirit, it just *has* to be instantaneous?

Yes. There we get what I have told you so long ago: past, present and future are all as one. If you begin to think on those lines, then those words which seemed so confusing to you at that time, now begin to form and to make sense.

George: Yes, and we're talking about Spirit in the sense of beyond the near astral planes where there is still some consideration for time?

Of course. The plane of existence of which you speak, because you are still so close to the physical plane, there has to be some sense of time in order for the Spirit to adjust. But again it is a *sense* of time, it is not time as you know it, but it is a *feeling* and a *sense* of time.

Graham: Looking to the future as we grow as a planet and become more spiritually aware, will there come a time, when we'll be able to mind project to one another and no longer need our machines and telephones and things, in order to communicate to each other, will that time ever come?

I believe we have discussed previously that there is a nation upon your planet who already studies mind projection, but of course not for spiritual reasons. Therefore is that not an indication that it is possible?

George: Our friend who communicates from another planet, he told us that a proportion of their population are able to communicate in this way, but not all, so I imagine it goes with spiritual development?

Yes it comes with evolvment and each planet, as well as each individual, has its own evolutionary time. And remember that the planet from whence he comes is still a planet of *beings* and not Spirit—please also keep this in mind. They may be different, they may have different ways, they may have different voices and speech, but they are still of existence and not Spirit as you would think of it. Does that make sense to you? (affirmations) And there are many, many planets with life upon them.

Sarah: These visitors we get from other planets, they are physical are they, or are they Spiritual or a bit of both? I was thinking of the beings who make crop circles.

All of existence is spiritual, but of course they have as you do, form; so they are physical beings. Although they look different from you, they are still of physical make-up. You understand?

Sarah: Yes, I was just thinking at the moment they're able to travel vast distances to see us, but maybe they're not travelling as we would understand it, because they're more spiritually advanced, or maybe not physical as well?

There are some beings who, within your own space-time, can travel—let us not misunderstand that, there are travellers who can space-travel.

George: This would be through dematerialization.

Yes, but still travel.

George: So there are really two types of being in the universe: There are physical beings with spiritual counterparts such as ourselves and there are beings who are entirely Spirit. Would that be a fair categorisation, to say that there are two types of beings in the universe?

If you are speaking of *Spirit*, then they are Spirit, they would have no 'overcoats' of flesh. Yes, as I am speaking now, I am a being from Spirit, but I come not to you by mind projection, although if we were to become more involved in this subject, then perhaps I could explain it to you. But for your own understanding I come to you using a human instrument, whose voice and body I borrow for such a short time.

George: Yes, we are so happy with that!

Well, I am so happy to be able to join with you and to help you in your understanding and your knowledge.

George: You certainly help us.

Lilian: Enormously.

Sarah: You have made a vast difference to all our lives, and not just us, but to the people we pass the message onto, who in turn are passing it onto their friends.

Yes, that is always the purpose of love and truth, that truth will never fade, will never die whilst you continue to spread the word and you continue to be emissaries of truth. For this my dear friends we are eternally grateful that you have accepted us into your hearts and that you have in turn, developed slowly in your own individual ways, but at the same time you are spreading *truth*.

Sarah: You said to us when we were ready to accept the words we would and we were ready to accept your teachings at that time.

Of course I have to say that we would not have made an appearance until such time as you were ready to hear me.

Paul: I hope it continues for a long, long time. (affirmations)

Sarah: Can I just go back to one thing that you said at the beginning? You said that we were a very young planet and we were young Spirits—you have also said that certain people, such as some handicapped people, are older souls. Could you just clarify that please?

Because you are a planet of learning, that part of Spirit which returns here, we tend to call 'young', because the Spirit or the aspect of Spirit is still learning—that is all. But there are some who come to your world, such as you have mentioned, who are already old souls and that is why they return to this life with many

problems, because they are able to cope with them and that is what they have chosen. Many of these old souls have no need to return to learn, but it is their own choice.

Sarah: Because there are always going to be some humans who are going to be born handicapped and they need a soul—that's why they choose perhaps to come back?

It is the choice of the Spirit not the choice of the human being; the choice originates from Spirit. The Spirit sees the opportunity, sees the physiological aspects of both parents and takes that opportunity.

Sarah: So, if there were no old souls wanting to come back, are you trying to say that there would be no handicapped people?

I am indeed saying that, but in your world that is most unlikely, because you *are* a planet of learning.

Graham: I was reading a book talking about past lives and it said that we have 500 lifetimes. I have no idea if that is true or not. Is there anything you can say about that?

I will not be tied to a number, because each individual Spirit has its own destiny, if you like, so I would stay away from numbers, because each one of you is individual, each one of you comes to learn different things, each one of you has existed in all time and is evolving at different rates.

Graham: Yes, that feels much more comfortable, yes I can align to that.

Yes, and remember also my dear friend, you know that it is not one Spirit, but a Spirit with many aspects to it which involves a rather larger picture of it.

George: Would it be true to say that mostly this young planet receives younger souls. But the older souls, would they come from beyond the domain of young souls?

We are becoming a little confused I feel by using the terms 'young' and 'old'. Let us return to the different aspects of Spirit. *Soul* is the whole, *Spirit* is the lesser with the many aspects of soul. Do you understand, because I feel that you are becoming a little confused. One aspect of Spirit returns to Earth to learn, because they have chosen that that is what they need to do—to evolve and to join forces with the other aspects of Spirit. Soul is a much different thing. We are speaking of Soul beyond many, many lives. Do you remember when we spoke of this before?

George: Yes, we spoke of Spirit not returning to *one* Soul...

I think perhaps next time I will return to the subject in order to clarify your many feelings and misconceptions about it. *(thanks expressed)* I know that we have discussed it before, but I feel now it may be the appropriate time to return to it. Therefore, next time we meet, we will speak of Soul, Spirit and the aspects and what you term 'young' and 'old' Souls. Therefore if you have no more questions this time, I will take my leave and allow others to come. *(general thanks and farewells)*

~18TH April 2005~

Good evening. *(general greetings)*

As I join with you this time I hope my dear friends that you feel how the energy is building within this room. You should be able to, at the beginnings of our meetings, to feel and sense the energy that surrounds you all.

Paul: I think I feel a lightening, or something like that.

You will all have your own feelings about this energy, but so long as you have that feeling deep within, that is all we ask. But each one of you should be aware. I would even go so far as to say to you that you should concentrate at the beginning of every meeting that we have in order for your sensitivity to be increased.

George: We must remember that. It is certainly a very good feeling in this room.

Lilian: Yes, sort of a closeness, isn't there.

Sara: I feel a love and peace and it is very comfortable.

Yes. It also should bring to you upliftment to you for your daily living. I do not intend to speak long this time, but we bring to you someone who you will find of much interest and with whom you will be able to converse. *(thanks expressed)* We will need a little time for the one to come and they will come to you through this instrument, *(hand gestured towards Sue)* but might I suggest to you that our dear lady friend, *(Sara)* takes us on a peaceful journey in order for conditions to be right for this one here—this lady of energy to come to you. I will remain this time although there will be no speech, because my dear friends,

we wish to make some assessment with each one of you. Therefore I will sit quietly with this instrument and make observations of you all.

Lilian: May I just ask: there're two people I know who live in the village here and they would like to come as visitors. They do know quite a bit about the group and have read the transcripts and so on—just a one-off visit.

Yes, again provided each one is content, I am happy to receive. *(thanks expressed)*

There followed Sara's guided meditation, then dialogue with Moon Feather through Sue, who last visited in September 1999, and then a lengthy session with Bonniol through Paul, transcribed separately:

Moon Feather!

Lilian: Lovely to have you.

Stand! *(this was an instruction that Moon Feather wished to stand)* ***Prepare for next time. We bring new man, never here before. Has taken much to bring him. Moon Feather has worked for this for many, many moons.*** *(thanks expressed)* ***Next time—I have missed speaking here, but working hard for you all. Little one is not used to me this time.*** *(this referred to Sue the medium)* ***The clouds are racing by—time goes, never still. In blink of eye I will return with new person for you.*** *(thanks expressed)* ***Please give thought to this new person, help to increase power for next time. In busy house, difficult to find time, but please I ask you spare a little meditative time a day previous to next meeting.***

Sara: We will all remember this, Sunday, before the meeting.

Day not known in my world, but will leave it in your hands.

Sara: Yes, we won't forget—we will remember to do that.

Paul: Would it be possible to have a name for this new man?

Nothing that would mean anything to you, but I will give you a word: 'Gorm'—not a name but a presence, like master who comes to you here. I have to return to my realms, but will return before you realize it. Please to give little one help when I leave. *(affirmations)*

Some words in a different language were said, something like the following: 'Tar-kioo-pushunka, mor-kabree-sharumka'. *(general thanks and farewells)*

~25th April 2005~

Good evening. *(general greetings)*

As I come close to you this time I see within your light that there is some need of upliftment. This we will extend to each one of you. *(thanks expressed)* **What I would like to say to you this time my dear friends is that at this moment in time there is a great outpouring of love directed to your planet. Always within your planet there are many turbulent times, therefore it is necessary that we clothe you in much love which will be duly felt by many, many of its inhabitants. I can therefore say to you also that within five years of your earthly lives, there will be discoveries made within your medical fields, your scientific field and also facts of historical value to you.** *(thanks expressed)* **There is much for you to look forward to in the gaining of knowledge and that knowledge is for the good of mankind.**

George: I think we are aware that some historic knowledge that would be of value to our understanding—there has been some indication that this might concern Egypt's ancient past.

Yes, there is much still to be uncovered, but I would like you to remember that within your next five earthly years is when all of these things will have a greatness for you, especially within your medical fields. We are approaching the time upon this Earth where man has begun to recognize the need for nurturing of his own kind and the importance of that will take precedence within his thinking. I will take this opportunity my dear friends, whilst we speak of medical matters, to thank you, all of you, for the thoughts and love which you give to each other and to your fellow man. These thoughts that you give grow bigger each time you wish to give help to another human being. As I have said many times, the light from each one of you spiritually has grown so much and this you demonstrate each time we meet. So therefore I say my dear friends, thank you from all in Spirit who are involved in these words.

George: We are most grateful to all concerned. We realize that it's not just down to ourselves.

Yes. You recognize I know that now you are part of a whole, and not single entities as such, and when you agree to work for the good of mankind as a whole, so much more can be achieved, not only for yourselves, but for those who come from my world and who are ever anxious to come to help. Would you like to ask any questions this time?

Sarah: Something that came to mind as you said working as a group—our thoughts are magnified, and the same would be true of those who work as a group who are not doing good things and I suppose that would be magnified as well?

Yes, you cannot separate them. The power of the thought again, as you know, is all-powerful. Yes, therefore if thought is not for good, then collective thought in that way is magnified also. That is why I stress so often to you how important it is that you regulate and control your thinking. It is most important for you and also for those whom the thoughts are directed to or for.

George: Yes, could I just say that the mind projection that we are in receipt of has really brought home to us the fact that Spirit is without time or space.

Yes. Always this has been a difficult subject for you, but we do feel that by this example you are now ready to receive and to accept that there is much more than you at first recognized.

George: And could I just refer back to that distant time in the past when we mentioned ‘big bang theory’ and in relation to that, scientists came up with the idea of a ‘singularity’ and the singularity would be visualized as a point-without space-or time, and of course that is—the singularity as conceived was viewed in physical terms. **(Yes.)** But if that singularity were viewed with *spiritual* eyes, without space or time, it might well be seen as Spirit. So perhaps scientist’s mistake was only to view the idea of absence of space and time with physical eyes instead of with spiritual eyes. It was a thought that came to me.

Yes, you are correct with your thinking. After all, many of what happens, many things that happen upon your planet have been because individuals have seen life through physical eyes, rather than seeking the spiritual explanation. That is true in many aspects of your living, even in the way that you view your own planet. For so long individuals could see nothing other than what stood before them, but all that is changing; gradually mankind has awoken to the spiritual aspect of all life. We no longer speak of planets or individuals, but of Spirit as it truly exists. And after all, remember that *Spirit has always been*, and whatever explanation mankind places before itself, it cannot change the ultimate truth.

George: The Spirit has always been, as you have told us, and...

Yes. No matter what words or discussions are used within your scientific community, it cannot be altered; no matter which words are used, which intelligences are embarked upon...

George: Yes, I am rather amused by the idea that scientists have said that it began with a singularity, and I see now that that singularity as envisaged, can simply be seen as Spirit—and Spirit has always been.

Yes, it seems so simple, does it not when you speak your words, but to many it has not appeared to be so simple.

George: No, because we’ve been so intellectual and so physical.

Yes. I would say to you, each one of you, my dear friends, think simply as does the small child. When they look for explanations, it comes from within, and that is where the truth lies, deep from within.

Graham: A few weeks ago we go onto a subject which I think there was a little confusion over and you said you may be able to talk to us about it, and that’s concerning young and old souls. Young souls are still learning on this planet, but I think there was some confusion amongst us about this particular topic. Is there anything more you could say?

The confusion lies with you—yes, I understand. It is quite simple in as much as when we say ‘old souls’ that their experience of different incarnations has occurred. But ultimately, *all* is Spirit whether it is called ‘young’, ‘old’, whatever you wish to name it—you all come from the same *energy*. But in using those words it is only in the use for explanation purposes.

Sara: So if somebody was described as a young soul that would simply mean that they had less experience of other incarnations?

Yes, that is all. But it does not mean that when they return to our world, to Spirit, to soul, that there is any difference. You understand? (Yes.) Firstly remember that there are many aspects that we speak of. Again you cannot think that there is only one individual, otherwise it all becomes complicated and a little messy

with your thinking. Again, a simple explanation of understanding with spiritual eyes and not those of the human eye. (thanks expressed)

Lilian: Any questions Paul?

Paul: I was just thinking—it may have been asked before actually, but leading on from that one: is the Earth the only planet that we've incarnated on or have we also had lives on other planets as well?

The Spirit chooses where to live a life and I would say that the human beings upon your planet have chosen to come *here*, because it is a planet of learning. It is a planet where much can be gained, but on the whole you do not jump from planet to planet, but in saying that, if the soul desires, then it can be so.

Paul: There might be other planets that could benefit...

If there is benefit to the Spirit, to the soul, then of course that...

Sara: It is possible, (Yes.) but maybe not common.

It is not the 'normal' as you would say.

Sarah: So those on other planets perhaps don't need to learn so much. Could that be true?

No, that it not true. They have different reasons for choosing the planets which they inhabit. They are of different form and makeup and that is why they would choose the particular planet that they have chosen. Each planet in all of existence is there for a reason, the reason being for the Spirit to grow in the best way that it knows how. But as you have found out my dear friends, communication through mind projection is possible throughout all of existence. That is what is important, not which planet, which form or how much you know; that is all irrelevant to the Spirit, what is important is the growth of the soul. I hope that makes sense to you.

George: Yes, and looking back over some of the dialogues, we have sometimes mentioned 'universes'. (Yes.)

When that term is used, would that be seeing the physical universe with its spiritual counterpart as one universe, and would other universes be, shall we say, spiritual domains? Or have I got the wrong idea?

Yes, I believe my dear friend you were beginning to become a little tongue-tied, (chuckles) which is most unusual, but let me try to explain. You know that universes exist *physically* in your world. You understand? Your astronomers would confirm that there is only so far that they can see, but they believe there are other universes.

George: Other *physical* universes...

Yes, there are, but let us for a moment, speak spiritually. That as we sit here, Spirit is with us—you *are* Spirit, therefore you are in the *domain* of Spirit, therefore all of existence is together. But for those many planets which exist, there has to be a reasoning of what is beyond their own planets and their own universes. You would agree? (Yes.) But spiritually, all of these universes are part of Spirit. (Yes.) In the same way as within this room, as you sit here in physical garbs, there are so many Spirit forms that you cannot see, but Spirit is here. Therefore, for example, the distance between one person and another within the room could be comparable to universes in the physical sense, but when you look at the *whole* of the universes within this room, all is Spirit and can be seen with one eye. Do you understand what I try to say to you? (affirmations) It is a complex subject when we speak of physicality and Spirit in the same breath. It is not always easy for you to understand, but if you take each individual as different universes, within each one there lies many planets, but at the same time it is a *whole*, as in Spirit. I hope that helps you a little.

(affirmations and thanks)

Graham: I don't think our scientists are yet aware of any proof that other universes exist. They know a little bit perhaps about our universe. Your words are really intriguing as to how utterly enormous what we belong to, truly is.

Yes, you cannot—unless you use your spiritual eyes, you will never know. You have been able to travel in space but a short, short distance, but I believe even within your own travel in space, that those men have been amazed by what they have felt and a knowledge deep within them that they are but one small dot in all of existence.

Now my dear friends I will leave you, but as I leave you, I hope you feel the upliftment that has been given to you, (affirmations) because I tell you that it has been needed this time. Therefore, until we come together once more, I will leave you encompassed in my love and with those who wish to be here with you. (general thanks and farewells)

Notes: The 'big bang' theory of creation was discussed on 1st August 1994. [The concept of 'big bang singularity', involves bestowing infinite curvature upon space-time (usually thought of as of nearly flat form). Salumet's words on that occasion were that Spirit has always been and 'I know of no beginning'. That the primal singularity can be seen simply as Spirit, could be seen as a 'breakthrough' that brings scientific reason and spiritual knowing together.

~9th May 2005~

Good evening. (general greetings)

Salumet first referred to a minor adjustment of schedule that had become necessary and then addressed us on the subject of reincarnation:

To just retrace our steps a little—we have spoken much have we not, about reincarnation and the affects that that brings to your lives.

George: Yes, I think we have an approximate understanding, but I'm sure there are many details that we don't know.

So often within your world, there are contradictions about this topic, as you well know. (Yes.) And I feel that I have given you a reasonable explanation why this should be so. (Yes.) But I would like just, this time, to elaborate just a little more about this subject. As you know and understand full well, there are many planes of existence within our world. (Yes.) And so often we hear: why is it not possible to go forward, once we reach the Spirit world, and of course, that is a genuine question to be asked—why do you not go forward and progress instead of returning to this dense world?

Sarah: We're not quite ready to go forward, we need to learn a little bit more? (Yes.)

Lilian: Maybe we can't learn all the lessons in the Spirit world that we need to?

All lessons can be learned within our world, but...

Lilian: ...I see—maybe experience?

Yes, but what you have to understand, and again, I am returning to words I have used to you often: *fear*. Although there is much love surrounding the Spirit, that connection to this Earth plane is so strong, that Spirit chooses to return to learn what it feels it needs to know. But what I wish to embark upon this time, is when the Spirit reaches the point of knowing—of acceptance in feeling the love which surrounds it's whole being, *then* will the Spirit accept that it does not need to reincarnate into human form, but that it must go forward.

George: I see, so it's entirely the choice of the Spirit. Would also a *liking* for the Earth life come into it as well? **Yes, as I have said, the attachment is strong and it is almost sometimes, how shall I say it to you, like the being is attached by 'elastic' to this Earthly plane. You understand? (Yes.)**

Sarah: The first time that we would have come onto this planet, there wouldn't have been that draw would there, because...(No.)...no...

No. The purpose would have been to have become attuned to Earthly life and its existence. But, as you know, in this world and in the etheric plane, the attachment to all things human is so strong. But of course, although there are many in our world who are there to advise, to provide love, which is needed, we cannot, as you know, interfere with what is in the mind of the Spirit. As on this plane we must allow all to have their free will, but that is not to say they are not *counselled* in what would be best for them. (affirmations)

Sarah: So if we have the knowledge that we can learn what we need to learn in Spirit and we don't actually need to come back here anymore, if we take that with us—can we take that with us, so we needn't come back again, because we can learn it all in Spirit?

Yes, provided you have the knowledge, the love and the intent to go forward that is exactly what you could do.

Paul: Like Open University...(chuckles)

I am not familiar with that I am sorry, yes, but obviously it is recognised by you all, because I could hear you chuckle. (more chuckles)

Paul: It's like studying and getting a degree from university, but we call it *Open University*, because you can do it through the post, so you don't have to go to university.

I see. That is a rather good explanation. So, I shall prepare your caps for you! (more laughter)

Lilian: So, our friends on other planets, they would be drawn back as are the Earth people, would they, depending on how advanced they were I suppose, spiritually?

There is no difference from planet to planet when each returns home to Spirit.

George: Some seem to take much longer to return to the Earth. Does that mean that they've taken longer to make up their minds or to receive the counselling? Sometimes it seems a quick decision and they're really keen to get back to Earth, but sometimes it is a more lengthy process.

Yes. It would depend on each individual as to whether they recognise that they have returned truly home in Spirit, or whether they realise that if they quickly return, they return to what sometimes they miss. There is not one clear answer to this question.

George: Yes, I imagine sometimes some will feel much more comfortable in Spirit than others. (Yes.)

Sarah: In saying that—you say there is no time in Spirit, so therefore...

It is insignificant to the Spirit. (Yes.) They are not governed by your Earthly clock; as long as it takes for that decision to be made, then so be it.

Sarah: So they're not actually—I supposed if you've just come from the Earth, or a planet, and you go back into Spirit, perhaps you're a little more aware of the speed to get back again, but if you've been there for some time, you wouldn't realise that you'd been over that length of time...

It depends on your knowledge, how much you have gained, how much you *recognise* that you have come *home* and that there is no need to return to this density, to this *dark planet*, as we say in our world. But for many, many people it is more comfortable to return to another life. They feel rightly or wrongly that it is their only choice.

George: Could one say, in the near planes, there is a memory of *time*?

Yes, of course, you must always consider what is *there*, what is within each individual Spirit.

Paul: That makes me think it's even more important to teach people properly *here* about reincarnation, so that they all go over, *knowing* the full facts.

Yes, that would be most helpful, but you would find even although they are given that information whilst in the human form, that when they return home, the pull to this Earth plane, is still very, very strong within many.

George: And I think it's true to say that some Earthly religions are much better at recognising the importance of reincarnation and the teaching of it, than others.

Yes. It is a subject, as I have said, that has created many diverse opinions, but in recognising that it has been a time of learning, but that you do not necessarily have to reincarnate, then that is the message that should be put forward in your world.

Lilian: Well I think with the wonderful teaching we've had from you, I think we probably won't want to come back—we shall have to see...

Sarah: There again the planet has still got life in it, so it still needs people that do come to it, so obviously there are going to be some who'll want to come back.

There will always be those souls who will return, yes. You cannot change the thinking of individual Spirits in a second of time, and after all, as we have said, *time* really is so insignificant. (Yes.)

George: Of course occasionally, one will return to the Earth, out of compassion for the Earth.

Yes, and in the hope and desire of meeting once more, those they have loved and left—that is also a draw that pulls them towards the Earthly connection.

George: Yes, of course.

There are so many reasons, but there are those within our world who take counsel with them, to try to advise what is best for them, but as I have said, *free will* is a most important part of the whole making of Spirit.

George: And a group such as ourselves, we could desire to meet again on the Earth...

As you already have...

George: Yes, and equally I imagine we could be together in Spirit.

If you so desire and that is what is best for the Spirit, then of course, but remember that your *options*, if I may use that word, in Spirit, are far greater than anything you will recognise in this world. Your recognition of all people that you know and loved and have encountered—it is like opening a river to a sea—that is the difference. (*affirmations*) I hope you can understand those words.

Graham: I think you once said that the purpose of our life is to rediscover what we already know. **(Yes.)** And this process presumably will carry on into Spirit world when we no longer incarnate on this planet?

Yes, it is the recognition, because within, you already know. But, as we have said, you come to this planet in order that you may regain that knowledge.

Sarah: In the case of somebody like Hitler, he too could learn all he needs to learn in Spirit, but would he *need* to come back to get it right the next time? I know we shouldn't judge, but can you understand what I'm trying to say? If you've done something that you know perhaps you shouldn't have done, would you *have* to come back from Spirit to sort it out?

Paul: The karma? (Yes.)

Again, there is no one answer—it depends upon Spirit, and someone such as the one you have named, will eventually recognise that what he has done has been against the laws of love and light. But that may take many, many hundreds of your years before that recognition comes. But, in saying that, these lost souls are never left alone. There is always love ready to surround them, but again, free will intervenes and prevents that love and advice which is waiting for them. But, if the Spirit has recognised and is willing and has the intent to move forward, then there is no reason why someone such as Hitler cannot move forward in our world, without returning to the Earth plane.

George: It's amazing how that 'doctrine of fear' I think I could call it, went through the German nation and extended to other nations as well. But of course, that was not all down to Adolf Hitler, but that doctrine of fear was exacerbated by many others as well.

Yes, you cannot have conditions such as has existed, by one man alone. (affirmations) You are correct in saying this, but in so many people's minds this one name is spoken of as 'pure evil'. But remember, I have told you that each Spirit cannot be all-evil. There has to be the balance between Love and the *darkness*, if you like; it may be an imbalance, but always there is love and light there. And that is the part of the Spirit which is reached out to, to touch and hopefully to grow, and that that Spirit might recognise all that he has done.

George: Yes and he did have his good points as well. **(Yes.)** He was vegetarian, he abstained from drinking alcohol and he set up the 'people's car factory'—he did a number of admirable things!

That is why I say: never judge another human being, because you do not have the whole picture. And only the whole picture will appear when that individual returns home to our world. But that is not to say he has got to remember many, many deeds of creating fear amongst his fellow man.

George: While on this subject could I put a question that I promised to place from another? We're familiar with what you have said about similarity of soul aspects, about for example, the reincarnations of the Dalai Lama being all different aspects of the same great teaching soul. **(Yes.)** Someone came across the information that Saddam Hussein the Iraqi premier and the military commander Lord Kitchener and Nostradamus are aspects of the same soul. Is it possible to be that diverse from one soul?

Yes, there is no reason why that diversity should not exist, because each aspect of the soul would come here to learn something in that lifetime, and although it is not usual for aspects of the soul to reincarnate at the same time, it is possible, as I have told you previously. But yes, they can come from the same soul aspect, only in as much as the diversity is upon the Earth plane and not when they return to Spirit.

George: Would you be able to confirm that those three are of the same soul?

I would say not. My answer to that, my dear friend, is 'no'.

George: Yes, I must say I had my doubts myself.

Yes. I say no, but I wish you to know that there can be much diversity when incarnating into human form.

George: Yes, that's something else we have learned from you, thank you.

After all, what you must remember is that when you are within the human form, it is up to you how you live that life. The purity of Spirit is there for all to see, but it is the free will that creates the fear when in human form, which then creates many, many other complications for life. You understand?

George: Yes. We come back to this duality of love and fear again.

Yes, this you must always remember, all of existence is either based upon 'love' or 'fear'. I hope that is helpful to you.

George: Yes, yes indeed. Thank you!

Sarah: I was talking to a lady the other day and her daughter arrived at the door and as she stood there, her mother appeared instead of the daughter—her mother was sort of superimposed over as it were, on the daughter. Could it be that maybe the mother was once the daughter or the daughter was once the mother, or she just put herself there because it was convenient?

It was her opportunity—it was superimposed in order that the mother could see the *mother*, and what better vessel than one who was loved by the one from Spirit. (Yes.) But it was superimposed upon the young lady.

Sarah: Yes, thank you for that.

It is the same as when those who connect with you here, or when you are in your quiet times and you *feel*, although you cannot see yourselves, you can *feel* that people superimpose themselves upon you. It is the connection—it is a way of connection.

Sarah: Yes. Thank you very much.

George: I have another question I would like to ask—I was with a group of forward-looking scientists yesterday...

And you did very well! (laughter)

George: Well, chairman of the group has your book and so I expect that may have registered. (*But on reflection it might possibly have been the several good one-to-one chats during the day that Salumet tuned into.*) They have this idea that they'd like to prove the validity of out-of-body experience. And they are liaising with several hospitals that have resuscitation units. People temporarily 'die' sometimes—the heart stops and sometimes they can be resuscitated within four minutes and life begins again. Several have reported that they have been up near the ceiling somewhere and have been able to see the resuscitation team down below. But in order to convince the world and sceptics of this, they propose displaying an eye-catching sign at a high level that can only be seen from up above. Then if the people that recover and return to consciousness say: '*yes I saw the resuscitation team and I saw this sign,*' they will indeed have irrevocable proof that the Spirit was out-of-body and above. I feel a little uneasy about this myself, but can you say if that procedure would work?

I have to say to you, my dear friend, firstly let us say to those who seek to find evidence: how glad we are that they have that vision at this moment in time. But for so many of your Earthly years have people been trying to prove that this does happen. So many times has good *evidence*, as you call it, been given and *still* your doctors and your scientists have tried to deny that this has happened. I will say only that as long as they try to continue to prove, then the time *WILL* come, when it will be more readily accepted. My only words on your scientific friends is: if the Spirit leaves the body and does not see what they are trying to place before them, does that mean that they have not left their bodies? Of course it does not it means only that they have *seen* what they want to see—it does not prove or disprove. But, I can say to you there will be a good proportion of those who leave the body, who will in fact see whatever symbols they attach to the room or wherever they wish to place it. There will be proof for them, but it will not categorically be every one, because, after all, the Spirit is still very close to the body and may well be absorbed in what is happening to their body, rather than what is placed upon the ceiling. You understand? (Yes.) Or they may feel that they can travel outside of the room and listen to *another* conversation.

George: Yes, I think the idea is to have it just below the ceiling, so that there would be a good chance of it being seen if the Spirit were that high.

Yes, of course, anything which helps to provide what they call 'proof', can only further our cause. But if they expect that everyone who leaves the body should find the symbol, I fear they may be disappointed.

George: Yes, well, they do plan to carry out a large number of experiments.

Yes. In that case they will not be able to dispute their own findings. There have been many cases where they cannot find explanation for what has happened, but still with their negative thinking, they will always find some other answer.

George: Yes, I appreciate there is much of this.

But the time is coming when people are more ready to accept what is happening.

George: Yes, thank you very much for that. I shall send a copy of this transcript to the chairman of the group. (Yes.) I'm sure he will be pleased to receive it.

Yes. We are always happy and we will try to influence what is happening, if they are genuinely open to the truth, which I feel they are.

George: Yes. Yes, I'm sure you are right on that. Thank you!

Now, my dear friends, this time I will take my leave of you. It brings much joy to be with you again. And I hope that our words rekindle within you a little more thinking on the matter that we have discussed.

George: There's certainly much joy with us.

Lilian: Our love goes with you. *(general thanks and farewells)*

One followed through Sarah, explaining another would be coming through Eileen shortly. The expected guest then arrived and it turned out to be our dear friend Leslie Bone:

Lilian, lilian?

Lilian: Yes I'm here.

Drafted breathing.

Sarah: Ah Leslie! *(general excitement and warm welcomes)*

I thought I could control it this time, but...How lovely to be here.

(side A of backup recorder ran out at this point and George went to change the cassette)

Lilian: George is just changing the tape. **(Yes.)**

Sarah: Anyway you're coming through loud and clear Leslie. We can hear you very well.

I just hope it's not too uncomfortable for Eileen.

Sarah: Anyway she'll be pleased to have you through.

This is the opportunity to say thank you to George. I've looked at the book. Lo and behold, I have to say I felt some pride, even though I shouldn't be feeling that now, but I do and I'm most grateful that the teachings are carrying on.

Lilian: Yes it's absolutely wonderful.

George: Yes we're delighted that they continue.

Oh, I'd forgotten how uncomfortable these conditions can be. Ruth's here, but I'm the spokesman as I always was...

Lilian: I guess you are aware that we now have a visitor from another planet?

I'm aware of all that happens here. I often come and listen and I'm surprised you haven't been aware of some comments...(laughter)But I want to say good luck and god bless you all. *(Everyone voiced their gratitude to Leslie.)*

George: We think of you often.

I know and you lot aren't easily forgotten. *(laughter) And on that note I'll leave you to it.*
(much thanks and suggestions to come again.)

George: Do come again, because the next book will require an epilogue as well. *(chuckles)*

Ah, he wants to see me suffer! (more chuckles) Bless you all!

Sarah: You too Leslie.

Lilian: We're ready with a glass of water Les.

[George's notes re Leslie's visit: As we know but other readers may not, Leslie was troubled by breathing difficulty whilst on Earth. On return visits, it is natural for that difficulty to recur for a little while (although it is absent in the Spirit life). The glass of water was to refresh Eileen who would have been impressed with the breathing difficulty and the mention of it was to reassure Leslie that all would be well. The epilogue quip related to the fact that Leslie had been through to provide the final chapter of the book just published. As Leslie departed, we discussed ideas to help with the breathing next time.]

Note re question placed to Salumet: This refers to a DERG/Network meeting held at Hampstead on Sunday May 8th chaired by Dr Peter Fenwick.

~16th May 2005~

One came through Eileen at the beginning to explain the agenda for the evening. There were to be exercises for our various developments. They were going to try to super-impose faces onto our own and we were to see what we were given. After we had sat quietly for some time, we described various faces that we were impressed with. After some time, our friend from planet Aerah came through Paul, which has been transcribed elsewhere.

~23rd May 2005~

Good evening. *(general greetings)*

(Our aging tape recorder failed to respond to a kick-start.)

It is a trial sometimes for you. *(chuckles)* **But nevertheless, you cope very well.**

George: We don't want to lose any words. We do in fact have two recording systems going, which does allow for one going wrong now.

Yes, I am aware. This time, after I have spoken with you, we would like to invite our young lady (Sara) and ask if she would be prepared to invite another through her.

Sara: Yes, of course. I would be very happy to try.

That is good, because the time is right for you.

Sara: Wonderful! I am very excited by that.

But of course it is always much better for you to be aware and to be prepared.

Sara: Thank you for that.

So, after I have spoken with you, I ask that you go into your silence.

Sara: Thank you very much for telling me. I am very pleased.

I will take questions this time, but before we do that I would like to speak a little about so many words that reach our world and we feel causes much confusion amongst you on your planet. Those words so often are: how can I be a medium? Well, let me clarify it for you: each and every one of you, whether you know or accept, is of course a medium, because you are Spirit after all. But, what we feel is being asked is: how can we make communication between the two worlds—which is a different matter. But you ARE all mediums in the sense that you are already in contact with Spirit. Do you understand? *(affirmations)*

George: I think we understand that we receive from Spirit in our various ways...

Yes. Therefore you are all Spirit, therefore all mediums. But the confusion lies when people want to communicate consciously, in the conscious state and provide what you term 'evidence'. That of course is not open to everyone in your world, only in so much as they do not wish to develop their own spiritual gifts—it is not because they are not *able* to. I think this needs to be made clear to *all* of you. Therefore, when you hear someone say: how can I communicate? Then you must tell them, they are already in communication, but on an *unconscious* level. *(affirmations)* **Now that I have clarified that small point, do you have questions this time?** *(pause)*

George: I'm sure we have—could I begin with one? Lilian recently came upon a book written in the year 1700, about Myddle in Shropshire. And there is within its pages, mention of one who remembered that there had been a small monastery near Myddle, and described its location. We all accept that we had a previous life at that location, but it's nice to have historic mention, written down, of that small monastery. But what caught my eye was a story about a nearby farmhouse, where six people had been taken ill at different times and died, and on each occasion, two pigeons came to the farmhouse and perched on the roof and remained around the garden until the deaths until 2 weeks prior to the deaths and then they departed. There's one other who fell ill and recovered and during that period, no pigeons were seen. There seems to have been an interaction between the birds and the deaths. Can you say anything about that?

Of course my dear friend, I will try to tell you why, on that occasion there should be birds present. The answer, also as always, is simple that on many occasions, but again, not always on a conscious level—remember our talks about angelic beings, (Yes.) how their form can be changed at will? *(affirmations)* **It, I would say to you, was a form of an angelic being, being present and waiting for the Spirit to depart.**

Lilian: That is interesting. *(affirmations)*

It can be a butterfly, a bird, an animal, a human being, but they belong to the angelic realms which help people to pass to Spirit.

George: Yes, thank you for that explanation. That had not occurred to me.

Yes. Of course, you must not assume that every bird you see perched upon your window ledge when someone is ill, is an angelic being. But remember that they *can* change form, because you see, the pigeons at that time, or any bird, is well accepted by most people. *(affirmations)*

George: Yes, and I have noted there is a very similar story written down by Carl Jung at a different time, so I felt it had to have some significance.

Yes. But it is a simple explanation.

Lilian: It's strange George mentions about a death, because there's a man up the road who is obviously near the end of his time here and he's talking about the strangest things, some of them not very pleasant and I also noticed it with my mother in the last few days of her life—hallucinations—would that be the drugs or is that something to do with when they're near?

Yes, it can be a combination of both. But, I would say hallucinations in the way that you say, is down to the chemicals given in their strong doses prior to passing. But it is known that certain human beings, because of their beliefs and their upbringing, see what they want to see, and therefore their so-called hallucinations may be their own thinking.

Lilian: Some things are quite distressing really, **(Yes.)** for the listener

Yes of course—she must distance herself from this.

Lilian: Right—thank you.

If she can, she must stand back and allow it to flow over her. (Yes.)

George: We have some very wonderful communications with the group on the planet Aerah. Last time they were talking about the energy that they utilise for their machines and things and it is supplied to them by the elementals, who obtain the energy from plants. They describe it as a sort of 'milking' process from the plants. And I couldn't help thinking, on reflection, of the work of one Wilhelm Reich, an Austrian gentleman of about 70 years ago and he researched an energy from plants—it's a universal energy in fact, which he called 'orgone'. This work was not accepted by the scientific community of the day, but I wonder if I'm right in seeing a connection between his research on 'orgone' and the energy that is used on the planet Aerah?

Let me just say this to you, my dear friend, that all energy belongs to us all, in so much as we are part of the whole. I believe I have told you in times past, that there are many forms of energy of which you would not be aware, and will be brought into your knowledge in future times as your scientific community delves a little further and is inspired more by people from Spirit. (Yes.) But there are many forms of energy that is used throughout the cosmos. And although this is not a topic that I would wish to enter into at this present time, what I want you to focus upon is not so much the information that is being given to you about another planet, but to focus upon the mind projection that is being used—that is the important point. (Yes.) The information remains secondary to that fact. It is the mind projection that you must focus upon, because it is something that later you could cultivate for yourselves. I am not saying, to the same extent as the one that comes to you, but definitely it is possible whilst upon this planet.

George: Certainly it is a very interesting and wonderful thing that is happening. **(Yes.)** We do appreciate that. **Yes. There are many things that will be brought to you, but always focus on that inner spiritual knowledge and all that comes to you must remain on that spiritual level. (Yes.) And although the information is exciting and is available to you, it is still only information. (Yes.) It will not help with your spiritual growth, but in focusing on mind projection, then you will most certainly grow. Do you understand?**

George: Oh yes, yes and thank you for your advice on that. Yes, I'm sure we all appreciate that.

You are so limited, my dear friends, by those human brains. If only I could expand them for you, I would gladly do so.

Sarah: We're willing to let you do it! *(chuckles)*

I do wish I could, but of course that would be against all of our laws.

George: Yes, we do appreciate that there *are* laws—there are cosmic laws.

Yes—there has to be.

Lilian: Paul?

Paul: I was just going to speculate that I think mind projection—it's quite different to thought projection. Is it more like 'remote viewing', more like your whole consciousness is projected?

Mind projection belongs to the Spirit. Thought can be projected from the human being, from the conscious part of the thinking, but mind projection has to be done through the Spirit, if it is to work successfully; always remember that difference.

Paul: But thoughts are tied to the physical a bit?

Yes, when you are in human form, of course the thought is connected to the consciousness of the body, and to the spiritual mind. But mind projection—remember, the brain belongs to the physical, the mind is spiritual; always keep this in *mind*.

Paul: I'm trying to think whether it is more like an out-of-body experience—mind projection...

You could compare it in similarity, but it is not quite that, no. The mind is not something you can see or feel—it is what is part of your whole being; it is that greater part of your Spirit—the mind, the *mind* that will continue to *grow* and to *exist* all through levels of Spirit. It belongs to *Soul*. Is that helpful to you?

Paul: Yes, yeah...

I feel you are struggling with that answer.

Paul: I don't think I understand the...

This is why it is so difficult and this is why it has to be explained and used in simple terms for your understanding. In showing you that mind projection is working, we bring it to you with information of interest, but you have not focussed upon how the mind projection is working. You need to be more aware of the spiritual nature, before you can project the mind. You do not *have* to go into the silence to send out a thought. This you realise, because that every time we meet, you give thoughts for those who are in need (*affirmations*) and although you are beginning to quieten down, it is not necessary, to send a thought for help. But mind projection entails rather more. I hope that is helpful. (*affirmations*)

Sarah: I've been rather amused, because I saw a something in the paper that somebody had been given a large sum of money to investigate 'the mind'. So maybe I should send this person a transcript... (*laughs*)

But again, my dear friends, you see the confusion which lies within your planet, because most human beings are accepting of the fact that the mind belongs to the human, when in fact you know full well that this is not so. That is where the confusion lies—the difference between the human brain and the spiritual mind. (*affirmations*)

George: Could I mention my old friend Cyril Martin, (*Graham's father*) who, 50 years ago, drove 400 miles to the town of Brighton. A clairvoyant was there, seated on a dais and surrounded by a crowd of people. He was at the back of the crowd and the clairvoyant's assistant went around the crowd, placing a hand on a shoulder here and there and the clairvoyant would say a few pointed words relating to that person. And my friend thought: *ha! She's got a few people planted in the crowd that she knows about!* And then the hand alighted on *his* shoulder and she said: *'Mr Martin, you haven't signed your driving licence!'* He fished in his pocket for his driving licence and saw that he had indeed not signed it! Well, I met him recently and he was still puzzled about this. I suggested that there may have been a Spirit with him who was concerned about his driving licence and the clairvoyant lady would have picked up on this concern. Would you care to say anything about that?

I would not say that they were *concerned*, but it was the opportunity to show him that his *sceptical* thinking was not perhaps correct. (*affirmations*)

George: Yes, it was first and foremost a demonstration...

Always from our world we try to bring—again, it is the helpers who work with the clairvoyants and the mediums; they work together to bring the best 'evidence' for that individual. It may seem trivial, it may seem remarkable—it matters not, provided it sows the seed within that person.

George: Yes, so the Spirit would be with the clairvoyant lady—the Spirits concerned with the communication? **It would depend who was bringing the information, but of course the medium and the person who was placing the hand upon the shoulder, would have a spiritual connection, of course; it would have to be that way. I hope he is a little less sceptical now, but probably not. (*some chuckles*)**

Graham: He's been thinking about it, ever since I've been alive. (*more chuckles*)

George: Yes, I feel his mind is opening.

Yes. For some it takes all of their life's existence, for others it is much quicker. Of course that depends upon the human being and their own responsibility for what they accept .

George: I'm sure he'll be interested in this transcript.

Sara: Yes, he's certainly had some experiences—he's had other experiences too in his life, (**Yes.**) that he has been unable to explain, such as—well, he called it a 'ghost car'...

George: Yes, he's had disappearing cars and rotating flowers...

Sara: And a lost engagement ring that was found on a huge common after months. I mean, a very unlikely happening. (**Yes.**) So I think that was sent, I would imagine also...

As I say, it takes some people a *long* time to find acceptance of these things, where as another being would have one or two happenings and say: *why is this happening?* It is down to each individual.

Sara: And possibly other experience in other lives perhaps?

It could have an influence of course, yes. You are complex beings, you human beings. (Yes.) Yes, but mostly, you are so negative until you open your minds and all begins to fall into place.

Sarah: And sometimes it only happens when there's a shock or something happens that leads to something else...

Yes, so often that is the trigger point. (affirmations)

Now, I feel for this time, I have spoken quite enough and we would like to give the young lady (Sara) an opportunity to open up to whoever wishes to try to use her, and our dear lady friend (Lilian) will be on hand to help. But do not try too hard my dear friends and the others will send their love out to you in order for you to open fully. (Thank you.) I will leave you as always, in the knowledge of my great love for you all; and remember, I hear your words. (general thanks and farewells)

There followed one through Sara, a 10-year old child who had at some time fallen from a ladder and was now helped by the opportunity to talk with us.

~13th June 2005~

Good evening. (general greetings)

How good it is to join with you all once again. (pause) It would benefit many of you this time, to have upliftment and some healing.

Lilian: Thank you. You always bring upliftment—at the end of the evening we always feel better.

That is kind of you to say, but of course, that is our wish that any connection with our world should leave you in a state of upliftment.

George: It certainly does.

We know full well that within your busy lives, it takes much to remain dedicated to this work and as I have said to you on many occasions, that is why as a group you have been chosen, because of this great unity and love which is shared by you all. Therefore it is part of our purpose that we try to help you maintain an equilibrium of both spiritual and physical unity. (thanks expressed) I would say therefore at the end of this evening that our gentle lady (Sara) take you all on a spiritual journey to end this meeting—if she so agrees to do so. (Yes.) I feel for this evening that we should take any questions that you may have, because we feel my dear friends that this should be an evening of quietude and peacefulness that each one of you should be aware of. Therefore for this time, we will not disrupt your thinking too much.

Lilian: If I could just ask one question—a friend of mine has just had what we call a stroke, which must be quite distressing, and she lived opposite me and she read the transcripts and she has now got the book. But when the stroke happened and she was obviously feeling very shaken, she called your name and I wondered if you were aware of this?

Always we are aware of any cry for help that is needed. Never would a cry for help be left; but I am aware of all who call to me, and I would say to you that because of her desperation and the situation which surrounded her at that particular time, we were able to help and therefore her stroke was not as serious as it might have been.

Lilian: Thank you very much. (affirmations)

All those who are aware of the help that is available to them are never left alone. It may not always be what you desire, but it will always be acknowledged in some way, either by sign, by deed, by words from another human being, but always it comes from us in Spirit.

Lilian: I will tell her, she'll be very pleased and very grateful.

Sometimes, my dear friends, we feel that you are reluctant to ask for help, as if by doing so you are committing some great spiritual crime. (chuckles) But, let me assure you that as emissaries of Spirit, we will always try our utmost to help and to uplift you at all times throughout your physical lives. (thanks expressed)

George: Thank you, that's very comforting. Sometimes I feel it's a matter of trying to be responsible and perhaps we overdo that at times?

Yes, but of course, that is why you are here, to make judgements for yourselves. But, never forget my dear friends that help is always to hand if you so ask for it.

Lilian: I suppose we should think of children—they ask for help when they need it—we must be more like that?

You must always be open and true to your selves, and if your cry for help is a genuine one, then always it will have some response; and as you well know, it may not always be the result that you require, but it will be what is best for you at that particular time. But, never fear—again, I return to that word ‘fear’. Learn always to place your trust in that greater Spirit and you will always be upheld and uplifted. (thanks expressed)

George: I’ve been asked by a friend to place a question to you. He would like to come along here and place the question himself, but this week he goes into hospital for a heart operation and he’s still hoping to be here after his convalescence. In the meantime, I’m asked to place this question, which is quite lengthy and I shall have to read it. You may feel that this ground has been covered before, but he puts his question in a particular way and I think this is something that will be in the minds of a number of people, so I’ll read the question on behalf of Jim:

Jim’s question: *In view of the large number of religions across the world and inter-religious strife, is there a plan to offer mankind a unifying message for all religions with which to bind everyone in love and peace? Such a message would be a ‘joint communiqué’ in the name of Allah, of Jesus, of Buddha and all the masters that have visited this planet over the last few thousand years. It would have to be ‘front page news’ and would not be open to any ambiguity or politicising by world leaders or those who use religion for political ends. Would the masters unify in this way? It would certainly take a master to have the wisdom to create and deliver such a message. Who would ask them? Would this be something that Salumet could do? Is the question really in a league which is beyond my understanding of what is involved? It probably is, but the idea is basically very simple. With today’s world-coverage of information, the whole planet could receive the message almost simultaneously. This would be ‘the sermon on the planet’, reaching all the world’s billions, not just the ‘5000’. Well, this is what you have evoked in me with the book. (Jim has been reading the Salumet book)*

George: Well that is the question that I feel is a rather thought-out question, and I’m sure the gentleman would be most pleased to have your reply.

Yes. I would thank him for the question, and does it not show how well he thinks upon spiritual matters? (affirmations)

George: Yes, he’s certainly taking all this very seriously, and we have spoken over the years together.

Yes. Let me say this to all of you, and especially for your friend who asks the question: always there has been, as he puts it, a *master plan*. What he must remember is this: that the plan affects, not only your planet, but all those other planets which are in existence. The plan of that great consciousness has always been, but that is not to say it has been worked as it should have been. But when we speak of your Earthly planet, and that is what your friend refers to, let me say only this to you: on your Planet Earth, there have come to all people, many forms of religion as he has stated. Mankind upon this planet has been given free will as have many others on many planets, but mankind being in a stage of growth, being in a stage of infancy, if you like, within spiritual matters, is still at a point of learning. But let me say to you, that your world is becoming much smaller, but in becoming smaller in communication, it grows in understanding. You accept this I hope? (affirmations) And although there are many factions upon your Earth who are still so set in their thinking that it has created many problems, there also is a much greater faction, who are coming closer together. After all, I think you will know and understand that your religions in this past century have become much more tolerant towards each other.

George: Yes, we have seen signs of this.

Yes. At this moment in time, it would not be appropriate to try to connect all religions, not because it cannot be done, but because it is not part of the plan of unification of which we are going forward to. Therefore, my answer to your friend is this: the time will come when all people upon this Earth, will have greater understanding, not only of each other, but of each religion—but greater still will come the understanding that every religion is focussed to one *point*. But, it cannot be done in an instant. Part of the great plan is that we bring people together by their *own* free will, by their *own* workings and understanding of each other; and although we could make as you say ‘world news’, we know that it still would not succeed at this particular time. There have been many instances when this should have happened. The coming of the one named Jesus, of whom you all know—that was part of the plan to bring people together. There

have been many, many instances. But, let me say that within your next 100 years, there will be greater understanding amongst all people in your world. Down will come religious barriers, down will come the dissatisfaction that people feel because of their individual religions. *We are moving forward, my dear friends, to such a time when the people of your world must accept each of their brothers of who they truly are—not of separate race, not of separate religion, but one **brotherhood of man**.*

George: And as you said at the beginning, that falls in place in relation to a wider plan concerning the universe.

Yes. You cannot segregate this planet with a separate plan—it is not part of the universal laws. There is a much greater plan in place and that great plan is moving forward at all times. Therefore, I thank your friend for his question, but may I gently remind him, that as much as he would wish one to come to bring together all people, that is not likely to happen for some great time yet.

George: No, but it's a grand thought to have...

Yes. We appreciate his thinking. It shows that he thinks deeply, but he must not become weighed down only by matters of this planet. He needs to widen his views to all of existence.

George: Again, in relation to the grander plan, Lilian has drawn my attention to another book, which concerns a teaching from what has become known as 'The Council of Nine'—a teaching from Spirit through Phyllis Schlemmer in the United States. And I note that the teaching that comes from The Council of Nine in Spirit, is very much in line with your teaching, but there are several points which I would question. But firstly, do you know of The Council of Nine and would they be part of the grand scheme?

All that comes from Spirit is a part of the greater plan. Those of us who come to teach, of course are part of the greater plan. In the same way that as I speak as an individual voice, you know full well, my dear friends, that I am a conglomerate; I speak not individual words, but I speak of knowledge that has been united within our world.

George: Yes—with this other group, there is one spokesman who gives his name as Tom, who speaks for the Council of Nine. **(Yes.)** They in turn, speak of 24 civilisations in Spirit...

May I stop you there? (Mm.) Yes, all who communicate from our world, bring to many groups, much knowledge, knowledge that will be accepted by them, for whatever reason it is being given—as I bring to you the knowledge that I give. Let me say this to you, that there are many groups and many individuals who come to your world to bring knowledge, but as in all knowledge, there *has* to be some kind of 'ladder of knowledge' and you can only bring what is available to you. But I would say to you, I am aware of what is being given and what you refer to.

George: Yes, and of course that would be a little different, because it is for an American public, **(Yes.)** who are a little different from ourselves.

Yes, you understand completely—you are given what *can* be accepted by you at a particular time and for whatever reason, the communicator comes to give. And if that is what *they* are accepting, that is fine—there is no problem with that. All communication from Spirit will bring only what the communicator is able to project. That is why there are so many anomalies within what is written about our world. It is not that anyone is not telling all of the truth, it is only that they are projecting only what they know. Do you understand my meaning?

George: Yes, I do understand that. I must say, I was impressed with the amount of agreement between your teaching and what was delivered by The Council of Nine.

Yes, of course, when you have group teaching, which is what that is, it is brought to you by many; then of course there has to be a link with others who bring the same kind of knowledge.

George: One thing that rather surprised me was the statement that Planet Earth is the only planet of free will in the universe. I felt I just had to bring that point to you for clarification.

Yes, that is because that is what they have been given and that is their understanding. Until you reach a point within our world when that knowledge is extended, then of course, that is what you will give. But I can tell you: *no*, it is not the only planet endowed with free will.

George: Well, thank you for that.

It would not be feasible, would you not agree that you be the only planet with free will?

George: Yes, I'm sure we all agree!

I feel it would make you very exclusive! (laughter)

George: And the title of that book is 'The Only Planet of Choice', and so I had to ask the question.

Yes, I would say to you my dear friends, as I have in times past, that you must collect all information, collate it and then take only what you can accept at the time. We ask nothing else of you and I have told you also, if any of my words are unacceptable to you, then you reject them, because of course, that is your free will, and that is part of the understanding of Spirit. That is part of your own growth.

George: I can't think of anything that I would wish to reject (affirmations)

I thank you, and I hope I come only in truth and in love.

George: One small point that ensues: I notice that one of the sitters in that American group, was one Gene Roddenberry, who was the author of a very successful series on TV called 'Star Trek' and some very good points—some mystical points featured in that series. And I suspect that Gene Roddenberry has recycled some material into the science fiction TV series. I imagine that's perfectly all right and will help to in a way make people more aware?

Yes. I would say only that if it puts the seed of thought forward, then that is not wrong. If you can put forward the seed of Spirit or anything mystical, as you put it, then as far as I am concerned, that is only good. All things start with a seed of thought. And if it brings people to think about something that they have not considered before, then that is opening the way of further seeking and searching. (Yes.) I hope those words have been helpful, not only to your friend, but to each one of you this evening. (affirmations)

George: Yes, and I am sure they will be helpful to many others.

Now I feel that it is time, my dear friends, that you have your own thoughts and upliftment and healing, which I feel each one of you is in need of in some way. (thanks expressed) Before I leave you, I want you if you will, before next time to be aware of blue light, as you go into your sleep state at some point in this coming week and to know that we are close to you. (general thanks and farewells)

Following Sara's conducted healing journey involving blue/purple light, one came through Eileen and addressed us in clear voice:

I don't intend to stay too long. I am here only to help the lady to return this evening. But of course, I always take the opportunity whenever it arises. I am so pleased to be here with you again, because you see, groups like this one, are always close to my heart, because it was a group such as this that I also belonged to (exclamations of surprise). It is always a great pleasure, once you have made contact, to return more than once, but of course, I have nothing of significance to bring to you, only that I am here to help the lady to return to her own being.

Sarah: It sounds as if you have been to visit us before. Is that right?

I most certainly have. (warm welcomes)

Sara: What's your name?

Emma.

George: Yes, of course!

I would like to say only that someone is calling the name of 'Wilson'. I don't know if that is acceptable to anyone, but it is of little importance...

George: I knew a Winnie and Tom Wilson.

Ah! Well indeed it may be for you. It is possible. Are they with us here in Spirit? If they are...

George: They are...

They are sending their regards to you.

George: Thank you very much. I send my regards to them! **(Yes.)** How lovely to hear of them. **(Yes.)** Yes, they were dear friends.

Yes. I do believe my task this time has been completed and the lady will return eventually.

George: Yes, I think you were known as Emma Hardinge Britton, on the Earth, when you were here, and as I recall, well known for your speaking.

Well, it is of little importance that names are given, but for the sake of recognition I always say my first name.

George: Yes, of course. We have our history book notes, as you know—and your name is there.

Well, I've been humbled that you should remember a name that is hardly for remembering, but of course, I know that when you are on the Earth plane, that names sometimes have some kind of meaning and seem important.

George: Yes, well, they get into books sometimes and we read books and it makes us more aware of the diligent work that was done at that time.

Well for that I will say: thank you and on those words I really must leave you. (general thanks and farewells)

Notes: 'The Only Planet of Choice' was first published 1993 and the first reported transmission was received 1975 (just two years following the first St Stephen transmission in New Zealand). Much detail is given in the book concerning the 'seeding' of Earthly civilisations from Spirit civilisations.

Emma Hardinge Britton first came through to us in December 2003 and this was confirmed by Salumet during the meeting of 12th January 2004.

~27TH June 2005~

Good evening. (general greetings)

As always it is good to join with you once more my dear friends. Firstly, let us say 'welcome' to our guest (Pia) this time.

George: She has come a long way from Finland.

I am well aware! As always with any guest which enters this room, we will give her the opportunity to ask of any questions that she may have, but before that begins let me say this to you all: That words I have spoken to you in past times about many comings and goings and the evidence of my words from other sources is taking place at this present time and you will hear more of it as time continues. There are a preponderance of people upon your Earth plane at this time who come as beings of light to bring to this world much light to those in need and there is one who sits before you now. I would say to our dear lady friend that her life path will change many times throughout her life upon this Earth and as she travels this pathway, there are many times when choices will become difficult for her. But I say to you my dear friend that you are constantly guided. Have you any questions for me this time?

Pia: Not right now.

You are happy to listen quietly. (Yes.) **Yes. I am sure my friends have questions for me.** (some knowing chuckles)

Paul: I have a question I wanted to ask about creativity in relation to music. I was just wondering how music is given to those musicians. How does it get inside their heads? Who gives it to them and how do they get hold of it?—that sort of thing...

You are not content with just one question! (laughter) **Let me say this to you: it comes through the Soul aspect of every human being and it is never the property of one lifetime. These musicians that you talk of have housed these abilities for much of time, and as we have discussed on many previous occasions, you retain all knowledge—all knowledge is within. Therefore if you have chosen to come to a lifetime which includes music as a great part of your being, then you have opened yourself to those of us in our world to influence you. But the seed is already sown before your return to this life. It is a choice from the beginning, but of course you know all of you are influenced in many ways and I feel that I should say to you, that I feel very few people would not be influenced by the vibration of what you term 'music' and what I would like to term 'vibrations of love'.**

George: So 'vibrations of love' would be an alternative expression to 'music'.

Yes, a much better term, but of course as human beings, you well know that you are prone to giving titles to all things. But music can touch the heart and the soul of all people, but as always it depends on the individual and to which pathway they are turning. But creativity with music makes the soul lighter.

Graham: I would imagine that everything you've just said would also apply to art?

Yes. You may give it different names, but the influence comes from the same source, as do all forms of influence whether it be music, art, singing—any form of vibration which lifts the Spirit. But also, too, as we have discussed before, music also can be heavy and make the vibration very dull, which can also affect those souls who are lacking in light and love. Remember always what we have spoken about of positive and negative energies—it applies to both.

George: Yes, we've spoken about Mr Masaru Emoto's work with the influence of thought upon water and one type of music was found to not be beneficial to the activity of water and that was 'heavy metal rock'. **Yes, this is what I speak of when the vibration of the music creates its own lightness or density, yes. We would wish that you are influenced by that lighter vibration of what you would term 'beautiful music'.**

George: And I think that is the majority case in music. **(Yes.)**

Sara: Can I just continue with that theme? Graham's mother was commenting this week that she was surprised by his artistic talent and she wondered if it was from another life, so I would assume that he has tapped into something that was already there and developed it further. Am I right?

It has taken time, it has been necessary for him to make contact with that all-knowing knowledge that has always been, and it has taken his illness—(Eileen coughed)—forgive, I will attend to this for one moment. Forgive, the air is dry for the instrument's throat.

Paul: Is the fan a problem? *(It was a very warm evening and the fan was put on to try to keep the room cool.)* **I have dealt with it, thank you. Let us continue. Yes, our dear friend needed his illness to come and to make connection with our world, and once that happened, then all kinds of influence have entered his life, but the ability was always there.**

Graham: I certainly felt the influence at times—it's been overwhelming.

And may I say to you dear friend, that it will continue.

Graham: Thank you for telling me. I shall look forward to that.

As long as you are open to our influence, then you will receive.

Sara: And I imagine it's the same for me with music, can I ask? **(Yes.)** I'm tapping into something, I'm receiving the guidance?

Let me speak generally to you all, that each individual here has been placed together for very good reason, which we have discussed. Each one of you has the combination of love and the ability to open to our world, which then enables us to come close to you and to influence in whichever way is necessary for your life's pathway. You recognize that each one of you has different lifestyles, but yet each one of you is connected by that thread of love; and that cannot now be broken. Whether you depart of ways in times to come, this connection which has been made can never be broken, as you know well, because you have come together in another lifetime. (affirmations)

George: I was going to ask a question about Soul family which seems to connect. I *feel* that this group as we are, we a little unusual in the way that we have come together in this life and we have also come together in previous lives, and I believe also others tend to reincarnate and meet up again through some varying degrees. Could you say a little more about that, about the way that people return and do come together again?

When we speak of Soul connection, we are speaking of something much larger than you could understand whilst on the Earth. You, my dear friend, are but one thread in a web of threads, but without your one web, the rest would collapse. Picture the web full of individual threads and you will begin to understand the complexity of the Soul. Remember that you are but one aspect of the Soul, therefore you are but one small part of one small thread; then we begin to enter into deep matters. You understand fully that when you leave this world and return home, that you return to that fuller aspect of Spirit and Soul, but it takes many times for each individual Spirit to connect and to learn what it is he needs to know. Therefore shall we say it is a *community choice*, when individuals decide that they will return to the same lifetime. These choices are not taken easily and they can take place hundreds and thousands of years apart, but let me say, once connection is made, whether it be in this lifetime or another lifetime, those connections are never broken. If there is a love connection, that connection will never be broken.

George: And the actual choice, that extends *beyond* this group?

Yes, yes. The choice is much greater—it is not only *your* choice, but the choice of a much greater energy.

George: I have a funny picture of Soul at the moment: A huge cloth of many, many threads.

Yes, it *has* to be many, many threads. It is difficult to put into words how complex the situation is. We could *try*, but I feel the minds would become confused. It is better that we remain and keep the explanation simple.

George: It is good to have an idea even if it is a hazy idea.

Yes, but you see, you are one who needs always to probe further, what you are given (*knowing chuckles*) and I do not say that to you to discredit you, because it is a worthy thing that you do.

George: But I'm happy with your answer, very happy, even if my mind is open ended at both ends!

They are your words. (more chuckles) Does that help you?

George: That does indeed, yes. I think it helps us all. (*affirmations*)

Are there more questions this time?

Pia: I was thinking about when you said 'when they meet, the connection can never be broken'. So does it stay as a feeling or in what way does it not break?

It remains as an *energy*—feelings belong to the physical body. You are all *energy*, you are all *light* and you will return to the same *energy* when you depart this world. You have to, my dear friend, visualize that you are beings of energy, if you are to grasp what I am trying to teach you. It is a difficult concept sometimes, but slowly your thinking becomes adapted to the words as I am sure my dear friends will confirm for you, that slowly, slowly they now understand themselves to be beings of light and energy and not just a mass of physical bones and flesh. Does that help you?

Pia: Umm.

Ummmm? (laughter)

Pia: But can this energy be felt in any way? **(Never.)** Never...

Never, energy cannot be destroyed in that way.

George: Yes, there's another question which concerns energy in a way. A recent news item is that people living close to electric power lines, within those families children are 70% more likely to get cancer as a result of living close to those power lines. So I assume there would be an effect of that high electrical voltage, an effect on the energy of the bodies of people living in those areas. Can you say anything about that?

Yes. Electricity is an energy as there are many, many energies within your world and our world. As you know, all energy intermingles; you cannot fully, when you leave this world, separate energy in such a way. Therefore I would say the conditions of which you speak and because children are vulnerable in their growth state, they do react to an abundance of this energy, which then causes their physical bodies to react in such a way as to cause illness. Let me give you an example. When those from our world come to you to give healing to the physical being, there are restrictions in the amount of energy which can be given to an adult body. Therefore if you take the body of a small child in the stage of development, think how fragile they are and if we were to overdo the energy of healing, let me say that you would not exist as a human being, but you would be joining us in our world, because of the overload of energy available.

George: That's dramatically put. Thank you for that.

I hope that helps you in your thinking.

George: Yes and I hope many people will read this, because it's something we should very carefully consider.

Yes. Yes, again man is determined that he knows how to use the energies that the Earth is supplying him with, but as in all things, moderation is essential.

Sarah: Salumet, I was going to take a friend to see somebody on the Isle of Wight—unfortunately she has been taken into hospital so she won't be going, but she was going to see somebody who has a machine that changes the chaotic light—this is the word that she gave me—when you have an illness, the light which is emitted is chaotic and this machine changes the chaotic light into pure light. Can you tell me anything about this?

It is the same type of energy that is used from our world through the hands of an instrument. It has been channelled into machinery, but it is of the same kind of energy. And after all, let me stress just one thing to you when we speak of illness: you need no machinery, you need the working of your mind, that is the only machinery that you should be using, but, as in all things physical, if we cannot influence the individual, we have to influence those within the medical fields who can help others. But I would confirm for you that this is possible.

Sarah: Thank you. I'm going to try and get the message over to her that she doesn't have to go to the Isle of Wight, she just needs to use her own mind.

You know many times I have told you the importance of your thinking, of the importance of your quiet times in connection with us here in my world, where we can influence you for good. You human beings have everything to hand, and yet you are still either fearful or you doubt. I have told you before that it is a human trait and it saddens us sometimes when individuals could help themselves and they allow negative thoughts to enter.

Sarah: I must say with this friend, she was concerned that too many people were visiting her and she didn't have enough time for meditation, because she was sure it was meditation that she needed to do, so I think she's probably on the right track.

Yes, and of course my dear friends, as I have said many times, you need very little time to make daily connection with us, therefore to say you do not have time is something that you have to face when the time comes. So I say to you, make time. You are responsible for these vehicles which you inhabit, no one else, no one else can cause you hurt or distress, only *you* as an individual are responsible for what you allow to happen to your body. It is a sacred vehicle with which you have been endowed. You have been given the abilities to live this life in a good and honest and truthful way, and because of the materialistic way that life has been transformed, human beings find it increasingly difficult to enter that state of union with the energy of Spirit.

I hope my dear friends that my words this time have given you a little more food for thought. (*affirmations and thanks*) As always I am happy to join with you and shortly we will continue on our errand of learning.

Lilian: Yes, we look forward to that.

Now I will take my leave and know always that I stand close by and that your words are always heard. (*general thanks and farewells*)

~11th July 2005~

Good evening. (*general greetings*)

I will for this time remain for just a short time.

Lilian: Yes...

This evening is intended for some self-development for each one of you. We would ask that each one calls upon their own guidance, and that if conditions are right this time, you should become more aware than you have been at any stage of your development.

George: That will be very welcome.

I have been aware of the thoughts of one among you who has been feeling afraid. I wish to say: all thoughts which come to me, I will endeavour to help in any way that I can. I wish to reinforce these words to you. If I may suggest to you that our dear lady (*Sara*) takes you on a short journey in order for you to go deep within yourselves in preparation for those who stand beside you. (*thanks expressed*) I will leave it with you, and for the rest of this time, I will be working quietly with this instrument. It may be that your help will be required in the stages of returning.

Lilian: Yes, thank you.

Next, Sara took us through a meditative journey as suggested, followed by one with a wonderfully gentle voice through Eileen:

My name is Selena.

Lilian: Welcome to you.

I come to you, only to say, should you be fearful, should you be troubled, please hold out your hands to us, because we stand close by. We are here only to help you, to give you love and to help in your living. (thanks expressed)

Paul: Are you a guide?

I am most honoured to be a helper of the angels. (surprise and delight expressed) I am most honoured when I am given opportunities such as this, to speak with people of your own kind. We hear your thoughts, we are aware of all your emotions and when instructed, we come so close to you, and we take every opportunity to stand by you and to help to change those fears, and to help you to see more of the beautiful spiritual light, which is yours for the asking. (thanks expressed)

George: Very nice to know.

Sarah: We are very honoured that you visit us.

I would, like before I go, just like to say to you all, how wonderful the lights are that surround each one of you. If only you could see how clear and bright they are at this time, I am sure you would be truly amazed. Because I have to say, not all groups such as yourselves have so many beautiful aspects of light. (thanks

expressed) **Again, I will say thank you and goodbye, but not forever. I will be around you...**(thanks expressed) **Thanks to those for whom I work, who have given me this beautiful opportunity.**

Lilian: I'm sure we are all very grateful.

Paul: We'll look forward to 'feeling' you.

George: If you have the opportunity to return again, we shall be most pleased.

Thank you, and now I must take my leave. (general thanks and farewells)

One followed through Sarah, giving feedback on what we had been trying to do earlier:

I have been waiting for a while, and I thought perhaps this was not quite appropriate this evening. But I have now come to tell you, just a short word to say to you. The ones who have been standing with you this evening have asked me just to let you know how pleased they are to have made contact with you, and they hope that you will continue with your thoughts to them, when you go to sleep tonight, because they will still be around you and would be happy to impress upon you, some other thoughts, if you would be open to it. So please, they would be most grateful to be able to help you a little further. (thanks expressed)

And that is all I have to say to you, and I will leave so that you can close down now. (general thanks and farewells)

Note: Sara's meditative journey 'In the pink' can be listened to on the website:

<http://www.salumetandfriends.org/16.html>

~18th July 2005~

Good evening. (general greetings)

As I come to you this time I am aware that this past week of your time has seen each one of you raise your own individual awareness and consciousness. I wish to say to you my dear friends, I know that you have been most grateful for the information which has been given to you in the form of mind projection.

(affirmations) Of course there is more to come and I hope that your interest will be retained for that. But what I wish to say to you this time: I wonder if you realize by this mind projection which has been given to you, just how small the communication is between us all, that the world is not solitary, that many universes are closer than you can at first imagine.

George: Yes, this I believe is viewing it all in terms of Spirit, which we should, (Yes.) but what is seemed to make it all far away is our physical observation and thinking.

Yes. What has transpired before you is meant to make you think more deeply, not only about mind projection, not only about the information given, but to your connection to the whole of existence, and just how unique that is. So you see my dear friends, your part is to play your own individual interpretation of what you receive. Would you have any questions about my words?

George: There was one question I was going to ask anyway: There have been occasions when Bonniol, the one who comes to us from Planet Aerah, has arrived a little early. In fact he has listened to some of your teaching on account of accidentally arriving a little early.

Let me stop you. There has been no accident. (laughter)

George: Yes, I was going on to ask if it would be possible for him to deliberately arrive early and sit in for one of your sessions. Would that be a possibility?

If he so desires, of course that is possible. If the gentleman who offers his voice for his use is willing, then of course he may sit and listen to my words.

George: This possibility was voiced and I can say that he regards that an interesting experiment.

For you my dear friends I am willing to accommodate anything which is to the betterment of your Spirit.

George: Wonderful—this is certainly a most interesting area for us to explore further.

Yes. I recognize that you find all of these things most interesting, but of course it is all part of living as far as we in my world are concerned, but it is important dear friends that you expand your awareness and consciousness at this time. I have said to you previously, *this* is a year of your earthly lives when you could make great progress in your spiritual growth, but as always, the choice is yours. We can offer the help to you, but we cannot make you. Therefore, each individual within this room has the possibility of expanding,

of growing, of becoming much more *aware* of all those who are around and are willing to help and to teach, not only within the confines of this room, but in your everyday living. That is the gift I offer to each one of you. *(thanks expressed)* The help is there for you to use, but we cannot make you use it. And before I go further, I would like to say that when the end of this meeting is near, the two gentlemen within this room will be used to the degree possible that they will allow. Therefore, as we sit quietly towards the end of the evening, please my dear friends, be aware of what is being given to you. More questions? *(thanks expressed from the 2 gents...Graham and George)*

Graham: Yes—at the moment I am doing a little experiment at home where I have a balance. I've got a see-saw set up and I'm trying to mind-project one of the sides to go down. **(Yes.)** I haven't succeeded yet but I thought it would be a good idea if I were to bring the scales to this place, where we could gather round as a group and have a go. Would that be a relevant thing for us to do?

There would be no problem with that and in fact the combined energy would make it even easier for you, but do not expect it to work first time.

Graham: No, I realize it is going to take time, but it's an exciting thing to do. **(Yes.)** Thank you.

George: I wonder what would be the best approach to that: to work on the idea that one pan on the balance is getting lighter—floating. Would that be the best approach to try to *impress* on the device in that way?

The best way to work is to *feel* the energy, to *feel* the heaviness of the earthly object and to transform and transmute that energy to one of a lighter degree. You understand? (Yes.)

Lilian: Is that what happens to apports?

Yes. It is the change of energy which creates these things.

George: So in a sense we are visualizing a transmutation?

In a sense, but you are also focussed with the spiritual mind. There is a focus which must be used. You understand? (Yes.) But of course, when you attempt this first time, you must remember that many minds together can also create havoc, therefore it will take some discipline. But you may be surprised—I feel it would be something worthwhile for you to attempt.

Graham: Is it best to do it with your eyes closed to focus? I have been trying with my eyes open.

Yes. What happens then is that with earthly eyes you see only the solid object, so I would suggest to you my dear friends that perhaps—and again I do not wish to make *rules*, because that is not our way, but I *feel* that to have the eyes closed would simplify it for you. But of course whatever is most comfortable for each individual is of course the best way. *(thanks expressed)*

George: Last time we spoke, you said something about music, and since then there has been a world-wide event and ten concerts were arranged largely by three people: Bob Geldof, Richard Curtis and—the other name escapes me. That was a set of concerts listened to by many, many people and held in aid of poverty and hunger in Africa and unfair trading in Africa. I would imagine that this would be seen from Spirit as a very good event and a step forward for the world?

Yes, not only seen by us, but inspired by us! *(laughter)* You must know my dear friends that as I have told you in past times, that as your life continues, although there are many actions within your world which disturb the human race, there are also many which are born out of good for humankind, such as the one you speak of. I have said that as time progresses, human awareness and the acceptance that life continues and Spirit is something that is part of everyday being, then humankind will slowly change in its outlook.

George: Yes, the third gentleman who should be mentioned is Bono, **(Yes.)** the lead singer. I felt those were three did extremely well.

Yes, there always will be leaders who will accept positions of honour and trust for many others—there has to be for humankind to accept these things. That is why it is people in public eye who will be to the forefront of these events, but I have to say this time the event was worldwide, it was known of worldwide and that is how these things will progress. As one ripple continues on its way to join another, the wave becomes greater.

George: Yes and I could not help wondering if your few words on music the week before were also no coincidence.

Yes, you are observant my friend, yes. But does not it warm your hearts when you see such things take place *(affirmations)* and the generosity of Spirit from so many. But always there is the positive and the

negative within your world, but the positive aspects of living are growing—it may seem slowly, but I know that you will believe me when I say: *we are making progress this time—yes.*

Sarah: Certainly, with the bombings we have had in London, the people—well they were obviously unhappy with it, but everybody was saying that it is not going to set us apart, it's going to bring us together. So, I'm sure that those bombings were another reason perhaps for bringing people together.

There will always be misguided people. I would rather use the word 'misguided' than what most people call evil. They are misguided souls in this world, but of course it brings much heartache to those in your world, but as you well know my dear friends, there is always the wider, bigger picture to consider, and that is what we view from our world.

Lilian: Would there have been a debt to pay at all there?

That is a possibility, but you must not always assume that that is the case. As I have said, many of these human beings are misguided in some way, or are in pain, or are fearful for whatever reason. You must not stand in judgement; *they* will do that when they join us in our world. So always—again I repeat my words to you: never pass judgement on another one of your fellow human beings.

Graham: There's been an awful lot of thinking since that bombing, about what drives young men to do such a thing. I've been impressed by the amount of understanding that people have actually shown to the situation that arises that causes people to do such a thing. **(Yes.)** Those people are becoming more compassionate and are beginning to understand that people don't do things for no reason. There's usually something behind it. **Yes, whatever the reason, that is for them to decide. Whether the majority of the people on the Earth plane agree with their thinking or not, that is their freewill and that is their life choice. That is why you cannot judge, and as we have said on many occasions, there is always *good or bad, or positive and negative* energies as I would prefer to term it.**

George: Yes, running parallel to all of this of course, there is the process of law and I imagine that that is all right, so long as—well what I would like to say is, the opportunity given to those convicted for reflecting within and offering the possibility of moving forward. **(Yes.)** Would that be a sensible comment?

I understand your words. Of course there has to be within your world, what you call laws for your societies—of course there must be, that is the way of human living; but coupled to that law, there has to be humanity in the true sense of the word. It is not up to the human being to make judgement in such a way as to tell each individual what they must think or reflect upon—that remains with each individual. Remember also that there are individuals within your world who are misguided in their thinking, but who feel that they are right in what they do. Therefore it is a difficult equation is it not, when it comes to making judgement. Judgement will be made when every individual comes to our side of life. Judgement will be made by those individuals as they will see how their life path took shape or did not take shape. Therefore, never say there is no judgement, because ultimately the judgement will come from Spirit itself.

George: Yes, I imagine the one thing we can say is that it's absolutely fundamentally wrong **(Yes.)** or has been in the past and that has been capital punishment, because that prevents the accused from having the opportunity of reflecting.

Yes, I understand the way of your thinking. Yes, let me just say this about taking the life of another human being: It is never right in the spiritual sense that one human being extinguishes the life of another. There is always another pathway for them to take, but the very fact that you *are* human beings, you are not perfect and there are many injustices that you feel exist in everyday living, will create this imbalance in harmony. It is a difficult topic to speak about, because the human consciousness automatically wishes for justice and it takes a Soul indeed, a Soul of wisdom, to stand back and to allow that greater picture of life to continue to continue to take shape and to allow the ways of Spirit to move forward as it always will. There is indeed much influence being given to the world at this present time, and that will never stop, until such time as the human being becomes more gentle within himself and recognizes the Spirit within. The greatest Spirit can change an entire situation into a much better one if they so desire, but that is the crux of the situation—*desire!* I hope my words have given you something to think about.

George: Yes, indeed, they've taken us forward and also they've embellished certain things from earlier teachings and yes, thank you for that.

Yes. Life is most difficult for some, not because that has *been* their pathway, but because that has *become* their choice. So be cautious that you do not make every event something that is preordained. It is difficult I know, but look deep within your hearts my friends and you will come to the right conclusions.

Sarah: I think we're all thinking very differently now to when you first arrived to teach us.

Yes, I am sure that is so, because your lights are so much brighter, your understanding so much greater and your knowledge of Spirit so full of understanding. Yes indeed, you have grown my dear friends—unfortunately you do not know how much, but that is for me to welcome each time I join with you.

Sarah: Well I think we are going to give you 10 out of 10 for your teaching. (*chuckles*)

I take it as a compliment, thank you. (*chuckles*) Now I will withdraw this time and allow any others to come who may wish to speak with you, but do not forget gentlemen that you have work to do this time. (*general thanks and farewells*)

~25TH July 2005~

Good evening. (*general greetings*)

As I join with you this time I feel there is some depletion of your energies, therefore we will try to uplift you before the end of this meeting. (*thanks expressed*) I also wish to extend our greetings to the young man who we have waited sometime to say welcome to.

Ben: Thank you. (*Sarah's son Ben, visiting from Australia*)

I will give you the opportunity to ask any questions that you have, but firstly let me say this to you: you are almost a contradiction in yourself. You are reserved and yet you are outgoing. You find that people are attracted to you in many ways, but there is with you a trend of impulsiveness, which would benefit you to temper a little. I am sure you understand what I say. It is always difficult to gauge one's personality, but within this young man there lies a pathway, which would open to him should he so desire. But as with all people, the desire needs to be there; the freewill has to be respected. But I say to you my dear friend that gifts of the Spirit are waiting for you if you so *desire*. Now, as always when we have visitors, I will take questions from you. Does anyone wish to ask any questions?

Lilian: Have you got any questions Ben?

Ben: Not at this stage, thank you.

Lilian: George?

George: Yes. I think you invited us to think on mind projection—on that subject, and it does occur to me that on thinking about the spiritual world and the physical world, a key difference perhaps, if I could put it that way, is that the physical world has rotation within it running through and through—from the smallest particle, to the atoms, to the planets, to the suns, to the galaxies—all rotate. This may be part of what gives rise to the physical properties of mass, gravity, space, time and various energy fields. Now, that is the *physical* world, and the spiritual world has none of these properties, yet connects to the physical. Where mind projection is concerned, I think the astral planes are important, and one can mind-project from planet to planet via the astral planes, which are like staging posts between the planets and what I might refer to as 'Spirit proper' or 'formless Spirit. So mind projection utilizes Spirit, with the good offices of those in the astral planes. So mind projection is from physical beings to physical beings, but involves Spirit and those in the astral planes, and so *there is* no effect of space or time, so that the communications are instantaneous. And I would ask: is that a fair picture of how things are, involving mind projection?

Yes, I understand your question and let me say I admire the complexity of your words. (*chuckles*) If I may simplify it for you further. Whether you speak of the physical or the spiritual, you are speaking of 'energy'. (Yes.) Physical energy is much denser—that is so, whilst spiritual energy is much more refined, and yes, the mind projection from the human is part of the spiritual connection which is needed. But in your mind, the way you have described your words, you are thinking along the correct lines, but I would prefer to say that refined energy *conjoins* with denser energy at certain points, which therefore makes it appropriate for mind projection to work between *beings*, and not—I do not say, *human* beings—there are many forms of beings who are not of Spirit. But the connection is simplicity itself: it is the joining of refined spiritual energy,

joining with that denser energy, which comes from the human beings own thinking. If you try to make these things more complex by your human thinking, you will come unstuck, because there is no simple answer for you. But your explanation I much admire.

George: Thank you! I'm searching for a reason for one world having a set of physical properties, while the other world has not, **(Yes.)** and perhaps this is unnecessary thinking...

Yes, it is extraneous thinking. It is just denser energy—the same energy of all life, but much more refined energy, combined with denser energy is utilized for the purpose of mind projection. It is as simple as that.

George: So the denser energy automatically has the physical properties?

Yes—yes. Does it not seem more simple now?

George: It certainly does seem more simple, yes, thank you!

I hope that helps you. We are speaking of a difficult topic here, when we are speaking again of energy. Always this has been a difficulty, when we come to explanations.

George: Yes, and going on from there, from mind projection between *beings*, would that mean it also happens between beings who are *not* on physical planets?

There are many forms of life my dear friends, some of which we have spoken of, and as you have become aware in recent times from our visitor, shall we say, who is projecting his mind, because, from where he comes, it is so much easier for them to do, because they have developed that sense of projection. I am afraid mankind as he is at this moment in time, is but a child in this activity.

George: Yes, I'm sure we all accept that!

But that is not to say they cannot be taught and that is what we are trying to attempt with you all, my dear friends.

Lilian: Anyone else a question?

Graham: Again on the subject of mind projection, in trying to visualize it in my mind, I realise how difficult it is to do. Probably some people are better at this than myself. So before I try to influence the scales in the experiment I was describing last time, what I am trying to do is to practise the visualisation of objects in my mind during meditation, and I assume that if I continue to practice with this I will actually get better and better, eventually visualising things in my mind, which means that later on I will be able to focus better than I can at the moment.

Yes, of course you need to develop the spiritual aspect of your being if you are to focus with the thinking brain of humankind, then you will always find it to be more difficult. You have to be in a state of raised consciousness, (Yes.) which means leaving behind the physical thinking and just *being*.

Graham: With a totally quiet mind.

With a quiet mind if possible. (Yes.) But as you well know, this takes practice, as does all things. You would not expect to do anything in your world without practice and also it applies to many of the spiritual attributes that they also must be practised often. You understand? (affirmations) But yes, please continue in the way that you are and you will reap the results if you stay true to it.

Graham: Yes, so that's something to look forward to. Thank you.

I would gently remind all of you, that many things are possible if you have that deep spiritual desire. It is entirely up to each individual, how they develop in their way; it is part of their own freewill and their own responsibility, in whatever way they choose to develop.

Now, I feel this time that we will allow some others to come.

Lilian: Thank you.

And I look forward to our next meeting together. (affirmations) And I know that as you leave this meeting place this time, you will feel much more upliftment within your individual lives. (general thanks expressed) There then followed a rescue. Audio link:

~1ST August 2005~

Good evening. (general greetings)

I am happy to join with you all once more.

Lilian: Yes, it's lovely to be together again.

For the duration of this meeting I wish to work closely with this instrument, therefore if there are questions, I will answer now.

Lilian: Could I just say before any questions that Sue who comes would like to say ‘thank you’ to you. She did ask for help and has called your name in the last few days and she wished me to say ‘thank you’.

I am available at all times my dear friends. Before we have questions I would like to take this opportunity to say that I will be working with this instrument in order not only to use her voice, but to be able to be a little more animated, but as you know, these developments take much energy and time. (Yes.) There is one exercise my dear friends for you this evening, for your own development. It is that each one of you chooses a colour to be visualized in the area of your third eye and to look deeply within and to find what lies within the colour that you have chosen.

Lilian: We’ll try that.

Yes, it is just another development for you to try. Now, we will make any questions short.

Lilian: Ben, how about you?

Ben: I don’t seem to have any questions at the moment.

Sara: Could I ask a quick one? My little boy I’m sure he is seeing Spirit and he spoke to me about it yesterday. I don’t think he’s too afraid of it, but I felt I needed to say something to him, so I told him not to be afraid, just to see what happens and what he could see and that possibly when he’s older he may be able to help people with this gift. Is that appropriate? Could you comment?

Yes. Just let the child be, and whatever comes to him will feel natural without any detailed explanation. If it seems an everyday occurrence, then children will accept it as being so. That child also sees much colour.

Sara: Yes I thought he did, yes. He told me he was seeing light. **(Yes.)** I’m not sure if it’s *aura*, but I think he sees Spirit in the form of light—the colours.

Yes, that is so.

Sara: Yes, he can at times be a little nervous, but when he spoke to me yesterday he didn’t seem nervous at all. He seemed to accept it and was very happy to know that it was a special gift.

Yes, it is for him a natural progression of his development, and as parents, if you allow him to be himself, even including some fear, he will come along very nicely.

Sara: Good! *(chuckles)* I’m beginning to understand just how sensitive he is, **(Yes.)** and I understand why sometimes he finds things a bit difficult, because he is so sensitive.

Yes. Just because we have Spirit in child human frames, does not make life any easier. (Yes.) In the same way as I have told you that as adults, sometimes the more knowledge that you accumulate, can cause you in some way, more problems, because of the development of your understanding. But just let it happen naturally. You will find with this one that animals are attracted to him, but it will come at a later stage of his life. But be aware.

Sara: Yes, perhaps a pet might be good for him probably...

Again, I will say to you as I have in the past that this boy child is much impressed by the father’s words. Do you remember?

Sara: Yes, there is a strong connection with him.

Although he will come to his mother, the words of the father are the ones which will go deep. Therefore you have a great responsibility my dear friend!

Graham: I shall be careful what I say! *(knowing laughs)*

Yes, you may at times find that he knows what you are about to say, before even you say the words.

Sara: Have they been together before, is there a past life connection?

There is always a connection in some way—we have discussed this many times. But of course, as you know, all come together on many occasions. (Yes.)

Lilian: If our friend comes from the other planet to visit tonight, we were going to play some music and if you’re working with your instrument, will that disturb? Would you rather we didn’t play the music this evening?

Provided there is no sudden noise, there is no problem. It is the suddenness of noises which will affect the instrument. But as I work with her, she is far enough away.

George: Could I ask a question about something you were talking with us about a while ago—about the time we move to Spirit and there is the choice of moving forward in Spirit, or returning to the Earth for a further

physical life? And the implication was that many people return to Earth, because they have certain likings for the Earthly life. And I wanted to ask: is there any danger in Earth becoming a kind of spiritual 'bottleneck', so that not enough are moving forward in Spirit, and this part of the universe gets retarded, because not enough people are moving forward in Spirit and making that choice?

I understand your question. I will correct one thing that you have said, (Thank you.) and that is, you do not consider when you are thinking of returning—you do not consider returning because you have likings for the Earth plane—you do not; that is the first point. Secondly, the remarks that you make my dear friend also implies that the great plan is imperfect, and this can never be. Therefore, your question is really one of a hypothetical nature.

George: Yes. The reason I ask this, I came across this idea in a book I was reading, (Yes.) and I thought it might well be good to have some clarification.

Yes. Remember, as in all thoughts and in many books, it is the consideration of the *author's thinking*, rather than actual factual details.

George: Yes, well thank you, it is good to have clarification on that.

Yes. But never assume that Spirit wishes to return to Earth, because they like what is here. They return, very often unwillingly, but know that they must, if they wish to progress. So, I hope you will consider that idea more fully.

George: So the Spirit, either moves forward in Spirit or returns to Earth, but nothing is going to go wrong, whichever happens—it is a perfect plan!

How could it go wrong, when it stems from perfection. You understand?

George: Yes. That is understood. Thank you!

Now, for this time I will work quietly and allow you to continue firstly with the exercises which will be good for you *all*, and please speak quietly until such time as I have taken this one to a slightly different level.

Until we come together again my dear friends, know that I am always with you. (*general thanks and farewells*)

Note: The notion that Earth is a spiritual 'bottleneck' was taken from the book: 'The Only Planet of Choice', also mentioned in our meeting of 13th June 2005.

~15TH August 2005~

Good evening. (*general greetings*)

As we join together this time there is about you all a sluggishness a tiredness of your energies, but as I continue, you will feel before you leave this room much more lightness within you. (*thanks expressed*)

George: Yes, I must admit to feeling a little tired this evening; I commented on it earlier.

It is much more general than your good self.

Lilian: Yes, I can appreciate what you are saying too.

I have been most interested to see how much you have gained from our visitor (*Bonniol*) who comes to you.

George: We have indeed gained much.

Yes, but I have to say, my dear friends, that the practice that would be good for you is not in general taking place.

George: No, I think we feel we need to get ourselves into a slightly less tired condition so that we can be sharp of mind. I think that sharpness of mind seems to be an important factor in this work. Would you agree with that?

What is important is that you are willing to try. After all, it is the Spiritual essence which will be at work and not the physical being. Therefore *physical* tiredness is really irrelevant.

George: That's interesting.

Paul: Would you say that to concentrate on *one* aspect of mind projection at a time?

I would suggest that each one chooses what they wish to try and to make it individual to *themselves*, but to focus upon one thing, as you say, is a much better thing to try to achieve, yes. But if you do not attempt, how can you expect for these gifts to grow?

Paul: Yes, that's very true.

But as I have said to you in past times, it is dependent upon each individual what they attempt to achieve. We can offer our advice which I must say I have done often, but in the end it is up to each individual to decide for themselves. But remember that the object of the mind projection was for your benefit and not only for the enjoyment and the knowledge. Do you remember those words?

George: Yes indeed. Yes, I'm sure we all appreciate that, and yes, we must get down to the practice more thoroughly.

Paul: Yes, it needs to become part of our daily meditations.

Yes, indeed, you are quite correct my dear friend. Daily meditation is the source of your knowledge, and again I have to say dear friends that some of you are rather lax in this area. But again, the responsibility lies with you all, and I am not here to place criticism at your feet, but to try to encourage you. So I hope that my words do not bring offence to any of you.

Lilian: No, we need that sometimes.

I also would wish to welcome our visitor this time and to say just a few words to him: That it would be appropriate at this time in his own spiritual thinking, to perhaps make a little more commitment to his own spiritual growth.

Richard: Thank you.

And I will leave it there with you. If you have any questions this time, I will be happy to answer them for you.

George: Can I refer once again to the London bombings which were mentioned. And there was a gentleman who wrote in the Press something quite interesting I thought. He mentioned that the recent bombings were due to Muslim '*extremists*'—that was the expression used. And exactly 400 years ago there were some further attempted London bombings; that was the year 1605 and it was the Guy Fawkes gunpowder plot; a plot to blow up the Parliament building—and that was due to *Catholic* religious extremists. It does seem rather extraordinary that 400 years exactly should separate these two events, it's like history repeating itself and just I wondered if you have any comment on that?

I am happy to pass comment as you know. Yes, let us go back to the beginning of human time upon this planet. There has always been unhappiness amongst humans. There has always been a degree of dissatisfaction with some, which has caused unrest, which has led to *wars* as you call them—to man against man, killing, fighting and all of these things that you are well aware of. But of course as time has progressed and what you call *weapons* have been constructed and become such destructive forces, then of course the unrest and dissatisfaction with fellow men has become greater, because the destruction of fellow men is greater. But there has always been this element of mankind, no matter what religious status you place upon them, there has always been a minority of peoples, who for whatever reason they feel to be right, have brought upon themselves and their fellow man much harm and destruction. So you see, this is not new, and the coincidence of time that you have noted has no bearing on what has happened. It is something that has constantly happened throughout your time. That is why it is most important that those from our world have gathered in numbers at this time of your evolution, so that mankind can recognize the many, what you would call *injustices* within your world. And until such time as mankind realizes, there will always be unrest. But remember my words that this time mankind will not be allowed to become a destructive force upon this planet that as time continues, and of course we are not speaking of months or years or even in *your* earthly time—but eventually the time will come when mankind must realize that his fellow man is the object of his *Love* and not his hatred. For whatever reason he feels there may be injustice, it cannot be allowed to simmer. And I assure you my dear friends, that that is our purpose and our plan for this planet.

George: Yes, thank you for putting that into—proper context, I think that would be a good expression.

Yes, you must always remember these incidents are small incidents in the history of your Earth, and no matter how devastating they may seem to you or to the peoples of this Earth, there is always that much wider picture. (Yes.) I hope that has been helpful to you.

George: Yes, indeed. Yes, thank you! While we're on this topic, I have been asked to place a question to you by a friend. And the question concerns the running down of the Earth's oil stocks. And I know a lot of people see this as a difficult period, a period of transition in some ways I believe. But it could also be a dangerous

period politically, when different factions are striving for the last remains of Earth's oil. But I *think* you will say this is a physical exercise and this is an exercise for us in looking to new energy sources, **(Yes indeed.)** and some which will not be as damaging to the planet as oil has been. I would welcome any words on that, which is seen by many as a difficult forthcoming period.

Yes, again you see, mankind on this planet has always tried to *claim* what the Earth brings as their own, when in fact all of these things are on loan to you. And let me say that the word 'transition' that you used, that is precisely what it is, as it has been in times past. But the depletion of oil supplies in your world will of course be replaced by other energy. And if you remember quite some time ago in your time, I told you that they would look to the seas of your world for energy. That is something to come. But I understand your question and yes there will be many who will be unhappy with the situations in your world. And again I will say, it will cause problems, but to you I say, *keep faith* in that all of the earthly laws will continue in the way that they are meant to be.

George: Yes, that is a lovely, strong finish to your statement—*keep faith*—yes, thank you for that!

If there are no more questions, I will work quietly with this instrument and allow your other visitors to come.

Lilian: Thank you. Is it ok if we play some more music?

Of course. Again I say, no sudden loudness, please. (*general thanks and farewells*)

~22ND August 2005~

Good evening. (*general greetings*)

How pleased I am to join with you once more. I do not intend to stay long speaking with you this time. I have work to carry out with this instrument and I would say to you that she will be taken a little more deeply than usual and therefore may need some little help at the end of this meeting. I was most interested to listen to you before this meeting about remembering words long past and how it reinforces your thinking about the words I have used to you. (*Paul has been typing up some of the old Salumet tapes and some of their contents were discussed prior to the meeting.*)

Paul: Yes, we had very special meetings with Leslie and continuing—we're very lucky.

I would not call it 'luck', but I would say to you, this was always meant to *be* at this time.

George: Yes, we have some expressions and 'our good fortune would be another expression and we certainly rate ourselves as being in much light as a result of this work and I think we *feel* it is our good fortune.

Lilian: Maybe that's the human part of us...

Yes, in that case might I be included in feeling so honoured to work with each one of you.

Sarah: That makes us feel even better when you say that Salumet.

But it is the truth. Now, because I have much work this time, I know that you have words to say to me, (Yes.) therefore let us speak of them so that your evening may continue.

Lilian: Yes, do you mind taking—one question this time, from a young lady who lives opposite me—and she's obviously searching. She's read some of the transcripts—would that be alright? **(I will be happy...)** Yes—this is about her daughter: *'My daughter is an extremely sensitive and anxious child who feels both physical and emotional pain intensely, both her own and others. I am increasingly seeing a strong nurturing instinct in her toward all living things—plants, animals, insects and human, and she can show great distress if she sees anything being harmed. How best should she be guided in view of her young age, so that she can retain her kindness and gentleness without being overwhelmed by the challenges of life? She is often unhappy and deep in thought and I would like her to have greater peace of mind and confidence.'* She is obviously searching herself.

Yes and as all mothers upon this Earth, she is concerned for this young soul. (Yes.) Not only does this happen with youngsters, but mothers of the adults in your world also feel they need to protect. To protect is not all, but to allow the Spirit within to grow is a much greater gift of Love. If the child has sensitivity and emotional sensitivity, how can you decide that she needs to find more strength? That sensitivity belongs to her Spirit, and should be encouraged, although I have to say it is innate within this

child. What I would say to this mother is that she must help her on the emotional sensitivity, because, as you well know, you must take control of the emotional aspect of your being if you are to move forward in life. Do you each remember my words about emotion? (*affirmations*) (Yes.)

Lilian: And she has gone through a pretty tough time herself.

That is her choice. She came to this life with those choices—that is something that the mother is still to understand. She can only protect her in as much as she can offer in the purely physical sense, but the child needs the spiritual aspect, if she is to develop that great sensitivity which she now has. The mother is in fact ‘borrowing’ this child for this lifetime and the way that she can best help, is to allow the child full rein of that sensitivity in all aspects of living, but to try to help her to understand that to become too physically emotional, is not the way forward. But of course the mother at this time has trodden a pathway, which for her has not been easy, so she would find at this time it most difficult to deal with the emotional aspect of the child. So I would say only this to her, that to encourage the sensitivity and just to allow the child those times of great love and also of *unhappiness*, because as you know, you cannot have full rein of one without the other.

George: So I think your previous words on emotion included: if we can distance ourselves from the seat of that emotion and view it from more afar.

Yes, because your emotional body belongs to the physical, the sensitivity belongs to Spirit—there is a great difference and it is something which you human beings struggle with throughout your lives, but having the knowledge helps to ease many emotional institutions. I have seen it within this group, how you now view matters within your world, which at one time would have caused you great concern and distress and which now you accept as part of a fuller picture.

George: Yes—the knowledge certainly helps.

Yes, but it is not something that comes easily to the human.

Lilian: Thank you very much.

Now, I will continue my work with this one and please do try to refrain from any sudden loud noise.

George: Might I ask if the music we played last time, was an inconvenience at all?

No, because I am *aware* of what you are doing; it is any sudden loud, sharp noise—and again, it is not for my benefit but for this instrument. (*thanks an farewells*)

~5TH September 2005~

The meeting began as usual with our giving of names (and brief identification address) for healing. In addition to individuals this time, our prayer/heartfelt feelings were for those caught up in Hurricane Katrina and the many hundreds that lost their lives and the bereaved ones in Iraq:

Good evening. (general greetings)

As always my dear friends it brings joy to join with you once again.

Lilian: Yes it brings joy to us as well.

George: It certainly does.

Before I came to you this time, it was good to see how brightly each one shone as help was asked for your fellow man. This is a time when asking for help for another increases your own dimensions of light, not only for those who ask, but for those of you within the room who join together in asking the Great Creator for the help that is needed. Your light shines more brightly at these times than at any other time in your earthly existence, because you place to one side your own egos, your own thinking, and you feel and love for one other human being. There are many who gather around at these times, because your thoughts are *seen* before they are asked, and therefore many gather in the name of Spirit and in the knowledge of knowing each one of you that your prayers must be offered in the way of love. Therefore I wish to say to you: thank you from so many in our world who are dealing with your thoughts of great love for your fellow man.

George: It's very good to hear—to have confirmation of all that connection which we think we feel sometimes, but it's so good always to have that confirmation.

Yes, you are always prone to some doubts—we know this too well, but by now my dear friends you *know* how powerful your thoughts can become, and those thoughts when given selflessly and given with much love, are so much more powerful in their destination. I would like to say just a few words this time about something that puzzles so many in your world concerning the transportation of your Spirit from this world to ours. So many times have you heard that when the Spirit leaves the human body, so many describe the journey of the tunnel and Light. You full well know my dear friends that as the Spirit departs from the body, there are many who are ready and waiting for that Spirit to come home. There is some talk amongst you human beings in your world about why the majority of people who depart, and who have returned to the body, come back mainly with the same conditions of seeing a tunnel that is filled with light at the end, and feeling of great love. Many say that the Spirit actually travels *through* this tunnel towards the light. Many refute this explanation, but as you well know, when the Spirit leaves behind that overcoat of the body, it is immediately lighter, and the Spirit does not travel through a *physical tunnel*, but it is the *experience* of being free from the body that the Spirit is expressing—the feeling of lightness and leaving behind the fear and the darkness of your Earthly world. After all, it is much darker and denser in your world, is it not? *(affirmations)* Therefore the Spirit immediately feels this lightness and the feeling of travelling through a tunnel, but it is not a *physical tunnel* as you would expect, it is the *experience* of *lightness*, the *experience* of the *Spirit being* and the *Love which surrounds them* at that time. Therefore I wish to say to you that whenever these experiences are denied, you can my dear friends say: ‘*No, it is a genuine experience of the Spirit.*’ And although it is described as a tunnel, it is the experience of Spirit being free.

George: So the idea of the tunnel suits our physical way of thinking?

Yes, it is a description given when the Spirit then returns back to the heaviness of the body.

Paul: We have an expression a bit like, emerging from a cave, from a dark place.

Yes, darkness to lightness, but that is what it is. And of course my dear friends, *well* you know that there are many experiences when the Spirit departs this Earthly plane—that many experience instantaneously, standing with those who have gone before. There are many experiences, which belong to each individual Spirit, but I would say on the whole, those who return to physical life *say* that they have experienced a tunnel. It is because they have been allowed to experience for some short time that lightness of Spirit. You understand? *(affirmations)* Do you have any questions at this point?

Graham: A soul who led a life of wrong-doing, would their experience be any different in their destination in Spirit world—would it be different?

Again we are touching upon something which has so many explanations in your world. So often we hear of *good* and of *bad*. I would rather say that the experience of Spirit in your world is varied so much that when Spirit returns home, then it goes to the place which it has build for itself by its own experience. For some, as you know, that may entail a ‘darkness’, but it is not a darkness as you would understand here, but a darkness of Spirit.

George: So those who experience what we sometimes call ‘near death experience’ or ‘temporary death experience’, they might well come back and report the ‘light tunnel’.

Yes, but you have a minority who also experience some form of heaviness or *darkness*, as you call it, but as I have taught you on many occasions, that darkness is the *fear* which they hold onto. So what I am trying to say to you all my dear friends, is that you must not consider these things on a physical level, but always look to the spiritual explanation and things will always become much clearer to you.

Sarah: You did say once before that we create our own light and we also create our own darkness. (Yes.) The darkness that we create then, you are really saying is fear?

It is *based* on fear and the way that their life upon this planet has been conducted. Remember I have told you *all* of life’s experiences depend either on love or fear. Darkness or whatever you may wish to call it, stems from acts of fear. Therefore the Spirit remains in the darkness of its own making, until such time those in our world can reach out and ‘touch’ them.

Sarah: I remember reading once of somebody who had had a near death experience and who saw lots of animals—not very nice animals that they didn’t really recognize and they were in this pit with these animals. That was just *fear* then, was it?

Yes. The fear is their creation, which then becomes their reality. Remember that your thoughts are so powerful, whether based in fear or in love—whichever one you are based in, that creates your reality.

Therefore, if you remind yourselves, *all* experience of leaving this world is entirely at your own freewill, and although there are many who wait to help, as I have said many times, we are not allowed to interfere. The Spirit must recognize for itself what actions it must undertake. Do I make sense to you? (*affirmations*)

George: So those waiting, just have to continue waiting until the Spirit moves forward?

There is much those in our world can do to help, but we cannot step forward and say you must do this or that, because so often those in a state of darkness will not listen—they do not *want* to listen and we must respect that freewill, which has been endowed to them. (Yes.)

Sarah: On a slightly different tack, a friend of mine said that she had heard that when you have Alzheimer's, part of you has already gone to Spirit. Would that be true that the part that they seem to forget, that they don't seem to be aware of what is going on in this world, have they already started coming into the Spirit world? Is that true what she was saying?

I would say to begin with, no, it is a *physical degeneration* of the physical brain, and only at a later stage of this condition does the thinking then begin to remove itself. But in the majority of cases, no, it is no different from any other disease in your world.

Sarah: So when you say at a later stage the thinking begins to remove itself, is that the stage when it *is* starting to go into Spirit?

When the body begins to close down, then the Spirit becomes closer to our world, as in many conditions of diseases within your world. For example, those who are unconscious for any length of time and their thinking is not in this world, but it is only in the latter stages of these diseases that the Spirit is preparing to return home—and there are many who stand close to help. But yes, I believe I have spoken before about returning home, and that as the body ages and begins to break down, then those human beings begin to be closer to our world than to yours.

George: And the silver cord would still be in tact at that stage...

Yes, you cannot be in Spirit until that cord has been severed.

Sarah: This friend who I was talking about, she is beginning to get paralysed, she's got bone cancer, and she *feels*, she is beginning to feel that her Spirit is beginning to get purer. I know you don't normally say things about people, but would you have anything to say about her?

It is her thinking which is creating these conditions, and if her thinking is saying: '*the Spirit is rising*', then of course it will happen. It is, I would say, a good way to condition yourself, preparing for that ultimate *move*. Yes, I agree with her.

Sarah: Thank you very much.

What she must not do, is doubt and become negative, but to allow the Spirit to rise.

Sarah: Thank you very much, I will pass that on to her.

I hope those few words, although we have spoken in past times, I hope it has triggered your memory of my words and again clarified the position on these things. (*affirmations*)

George: Yes, you've now given us more detail and clarification. Thank you.

Paul: You've given more reason to it for our understanding.

It is only because your understanding has become greater that we are now able to, how would you say, 'infill' with the detail a little more.

Paul: I'm sure there's lots of that to be done!

Yes. The more you grow, the more you begin to understand and the more that we can elaborate on these details for you. Therefore my friends, I will say to you that each time you come together and give thoughts for help for those in your world, you are indeed growing in your own spiritual natures.

Lilian: Yes, we'll remember that, thank you.

Now, if you have any questions, I will take them before I take my leave of you this time.

Graham: I would like to ask a question about Spirit rescues. I am sure this has been covered, but you were saying that you're not allowed from the Spirit world side to interfere with a soul that is passing over to your side. With a Spirit rescue, is the situation created, where we are able to help and guide somebody who is passing over to do the right thing, but they're reluctant to do so—is it that they would listen more to the physical voice?

Yes, when we bring to you rescues, it is because the Spirit has shown a glimmer of light in the way Spirit is thinking, but because it has been encased within the darkness of its thoughts, it is closer to your world

sometimes. Therefore we *need* your help and the easiest way if that individual Spirit will not listen entirely to us or one who has gone before, is to return it through a medium who the Spirit normally will accept, although not always, but it allows that Spirit to think about what has been said to them.

Graham: Yes, thank you for that.

So you see, in rescue work, it is imperative that our two worlds work closely together.

George: Yes and those Spirits involved, they could perhaps think of them as being delicately balanced between worlds?

Yes, that is why it is of utmost value that there remains in your world people dedicated to the work of rescue, because without you they may well remain in that darkness longer than they need to be.

Graham: That's very interesting, thank you.

Sarah: I must say that the majority of rescues that we have, which aren't that many these days, but the majority they do find the light, which is very encouraging.

We would only try to bring those to you that would not create too many problems, but I can assure you there are those individuals who would resist and fight any attempt to free them into lighter conditions. That is why it is important for you all to be secure in the knowledge of your safety with us.

George: On a lighter note, could I mention a report that comes to us from India, about a monkey that approached a Shiva temple bearing flowers on a holy day, and there were hundreds of people there in silent prayer and meditation, I gather. The monkey took vermillion and touched its forehead, as is the custom, and sat with those in silent prayer for nearly an hour, **(Yes.)** at the end of which period, some of those present, garlanded the monkey with flowers and it ran off back to the jungle.

Yes. *Still* my friends you are amazed by all of these actions.

George: Well, I'm wondering if the monkey picked up that consciousness and joined in...

Animals can be influenced by the minds of those in Spirit, in the same way as you human beings are, in the same way as I am using this instrument, so too can we influence the actions of our animals in this world.

Lilian: That's interesting.

George: It's a lovely story.

But it is not unusual. And after all there is so much close connection between humankind and the ape populations in your world that it is easy to influence their thinking also. Do not be *surprised* that the animal kingdom is closely related to your own thoughts and thinking. After all, your domestic animals recognize your feelings and your thoughts, do they not? *(affirmations)* So I say only this to you: do not be surprised by anything that includes the actions of animals in your world.

George: It's nice to see such stories in print.

Yes. They would have been ridiculed many years ago, but now there is so much influence being given to your world that mankind cannot now deny what he sees.

George: Yes, these things are so much better accepted today. And there was another story about a 12-year old girl who was abducted by some men—this comes from Ethiopia. They took her out into the desert and were trying to force the girl to marry one of them and some lions appeared, whereupon the men ran away and the lions stood guard around the young girl for several hours, until her family and the police arrived and took charge. So the lions seemed to be doing a very good job there!

Yes. Although you say the *lions*, it is the influence of the girl's own guardians in our world that have created that situation. She, I would suggest to you, has a special task in this world to live up to and therefore has great protection. You understand?

Paul: I would imagine it is the same for those swimmers who have been rescued by dolphins, and I think one was rescued by a giant turtle even...

Yes, so many times you will hear: why is this one saved, why is that one not? That my dear friends is not for you to ponder. But to accept that in the larger scheme of life that is what is to *be*, and to learn to accept all that comes to you. If you could but do this my dear friends in your daily lives: accept what comes to you with love and with thanks, then all that you do would go forward in the right direction. But of course, being human beings, you do like to make your own lives so difficult. *(affirmations/chuckles)*

Lilian: It was very interesting the week before last to hear about beings on a smaller planet than the Earth that looked somewhat like the mushrooms that grow on our planet. I thought that was quite fascinating—I suppose we hadn't thought of beings that didn't have legs and walk...

Again, you see my dear friends, that so much your human ego affects your thinking. (affirmations) Think of creation on a much larger scale. After all, is Spirit visible? It is not when it reaches the stage of all existence, of all the love, of all unity. Therefore do not be surprised by anything that you hear. I do not say accept it without deep thinking, but that which you can accept, take aboard and think about it deeply; that which you wish to reject, then please reject it, because it means that you are not ready for that knowledge. But what we are trying to achieve now with you, is to open your hearts and mind to much deeper and greater things. It is up to each individual to decide for himself whether he wishes to advance with that knowledge, or whether he wishes to stay quietly within the knowledge, which he has already attained.
George: Yes and you have told us before that all things are possible, and I think we are learning the wisdom of that.

Yes, you are beginning to know the ground rules, as you would say in your world. You are quite a long way from all knowledge... (knowing laughter)

...but at the same time I can tell you how much your minds have opened to the way of Spirit, and after all, as sparks of divinity, you must have that all-knowing knowledge within, otherwise how could we make sense of it all? Now my dear friends I feel that I have given you more than enough to think about this time.

George: We have much to think about.

Yes. I do not apologize for going over old ground, but hope that you realize that by reiterating my words with a little more added on, it helps you in your understanding. (affirmations) And with those words I will leave you, and I know that until we come together once more, your lives will be enriched by the knowledge which comes to you. (general thanks and farewells)

Note: Both the 'monkey' and the 'lions' stories were recently reported in Fortean Times; a monthly magazine that has as one of its objectives, to present unusual and intriguing stories, found in the world's press.

~26th September 2005~

We had to cancel a number of meetings, so it was wonderful to get back to our group once more. It was only a small gathering, but one who had been before came through Sarah:

I am visiting you once again. I hope you remember my last visit to you. This was some time ago, when there was a Danish lady here. (expressions of nice surprise)

George: That was Jetté! (a good friend)

When I came that time I spoke in my native tongue. I have been asked to come to you and speak in a tongue that you will understand.

Paul: What was your native tongue?

We were from the Southern Americas.

Paul: Ah yes, I remember.

This group that was my family was brought to a kingdom that was foreign to us. We were taken as slaves to work for this powerful unit. We were ostracised, because we could not speak their language and it was during this time that the language I spoke became intermingled with the language of those who took us, and in time, our language became redundant. It was for this reason that you could not find a translation for our language.

George: Oh that's most helpful that you've told us that. We thought at the time that it was an Inca dialect—an ancient Inca dialect. Would that be anywhere near?

The Incas were the ones who took us. But the language was not Inca. It became intermingled with their language, but the pure language that I spoke at that time was from further south, and was a tribal language. It bore little resemblance to the Inca language and this is why it died out when I was taken. The tribe that I came from was so depleted that it was unable to exist for much longer, and the language ceased in that part of the Americas as well. So it would be very hard for you to find any translation of that language.

George: Yes. Thank you for telling us that.

But we were a proud tribe, and we wished dearly that the language would continue. It was for this reason that we wished to bring this to you, so that a recording could be taken and it is therefore not completely lost.

George: And it is not lost in Spirit of course...

This language, of course, can be used, but I have to say that we do not use language any more. But, in returning, I had this strong desire to use a language dear to me and to the members of my tribe.

George: Yes, we understand that. I can say that, since that occasion, we have got some much better recording equipment, so if at some stage you would wish to use that language again, we now have a superior recording of it.

Our guest immediately launched into a 2-minute oration in their language—Audio link:

http://www.salumetandfriends.org/resources/2005_09_26+keeping+a+language+alive.mp3

George: Wonderful! So we have your introduction as well as the spoken language. Are you able to tell us something about the meaning of the words you have just spoken?

Much of what I was saying was to praise the tribe and the living that we had. When we were happy, we were partying, as you would say. And it is in this joyful atmosphere, that I was bringing you words of happiness and enjoyment, and discussion of various activities that had pleased both the tribe and the elders. (Wonderful!) Words that were given were difficult to translate word-for-word, but the general feeling was happiness and gratitude for life, and the joyous moments that can be taken from activities of groups together. Venteh-oohah! Is 'greetings to you all'. And I know that the members of my tribe are most happy that you take such an interest in our language. We would hope that sometime, we will be able to impress upon you, not only the beings as we were, but of our clothing and headdresses that we wore.

George: That would be wonderful.

We will try on another occasion, to bring to you the atmosphere and the whole concept of our living to you, and we will try to dress each one of you in an attire of that time. But I will need some help from others in order to do this, so this will be for a later time.

George: Yes, and hopefully we shall have a larger group here; our numbers are small at the moment. We offer you our regret and sympathy that you were taken into slavery. That must have been a difficult time for you.

It was a very sad time. But, as you are aware, that is really of little importance today (affirmations) So, I will take my leave of you, and look forward to dressing you all up on another occasion.

George: Thank you so much for your visit, and we are very happy to have this recording of your words in both languages.

Paul: And it would be lovely to hear more about where you lived—it's a beautiful area in South America.

You've got so many different aspects—mountains and jungle—wonderful rivers—lovely to hear about where you used to live.

We will bring more information to you next time. And we will bring the chief with us, who will inform you of much of the area, as he was the narrator at that time.

George: We shall look forward very much to that visit. Thank you so much.

Notes: On the Monday following the earlier visit (19/4/2004), questions were asked of Salumet about the language, and his words were: I feel that you should look towards the Inca language. He also said: 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. On reflection, the words as chosen are very apt! Through the Internet, we were in touch with Barry Werger, in California, who assured us that it was not Quechua—the lingua franca of the Inca, and that is about as far as we were able to get with our enquiries.

~3rd October 2005~

Good evening. (general greetings)

I am happy to join with you again.

Lilian: We're very happy to have you.

George: Yes, we've missed you and are indeed very happy ourselves.

I have not been far... The delay this time was because there was one anxious to come forward, but I have delayed that this time. As we gather together again, I say to you all my dear friends, how far you have come in this year of your time.

Lilian: Thank you.

Not only have you gathered information about mind projection, but indeed your own individual Spirits have soared, at some point in this one of your earthly years. You have come together as a united group and I know you feel you always have been that, but it is only in this year of your time that this has occurred spiritually. You cannot always see or feel this for yourselves, but because we are more aware of the wider scheme of life, we are able to see much more clearly how you have grown.

George: I think there is a *feeling* that this is a very important time, but it's very nice that you tell us that things are moving forward for us.

Yes, and of course I reiterate to you that a great deal of that responsibility lies with yourselves. We can bring to you much, but without your cooperation, without your dedication it would be lost. But this growth of Spirit is not only confined within these walls, but it is something which is growing throughout your Earthly world at this time. It is a map, which is being written in time, as many individuals are beginning to recognize that they indeed are more than physical beings. I am sure that most of you by now have recognized that many more people are speaking of their own experiences, about what they *feel* and what they know. This has not always been so; there have been times when the words of many have been put down as 'complete rubbish' in your world, but the Truth will always survive. And this is what is happening—it is almost like an explosion of Truth within your world at this present time. No longer are people being kept quiet about what they know to be the Truth. The people of today on your planet are recognizing that each one is an individual with a *mind* and thinking of their own. Have you any questions at this point?

George: In our exchanges with Planet Aerah, we were debating about the way in which our many and complicated rules, laws and regulations are really taking over, or have taken over to a large degree, *from personal thinking*. We differ from Planet Aerah in that our lives here on Earth are much more complicated in terms of rules and regulations as opposed to free personal thinking, (Yes.) so if the thinking comes to the fore, I imagine this is a very good process.

Of course. I have told you previously that this planet is such a young planet as far as spiritual growth goes. There are many worlds that you know not of, which exist and exist with the use of the thought and the spiritual mind, and yet are not Spirit, but they have attained a *degree* of knowledge that just to 'be' is all that they need to be. Do you understand? (Yes.) And, yes, your connection with that mind projector, which after all was meant for your own spiritual growth, is a planet, which is much different from your own.

George: The comparisons help us in a way to see *ourselves* more clearly I feel.

Yes, that is a good point. It is something that you should study well. You should learn from the information that is being given to you, but at the same time, it is not only information which we seek to give to you, but we wish to *teach* you of the experience that you are ultimately capable of, and which I am pleased to see you are trying to now put into some kind of action.

George: Yes, we are trying and I am sure we all realize the great *value* that this can have.

Yes, you must always keep that focus in mind. It is for your benefit also, not only just to be given the information which comes, because after all, you may digest a book, but never really understand it. But what we wish you to do is to accept the information, but to also take that projection which is being shown to you and put it into daily practise.

George: I get the impression that, as the spirituality increases on a planet, the *matter-density* of the planet decreases, (yes) and the water on Aerah sounds to be more like the water in our Earthly Astral Planes...

Yes, you are quite correct in that assumption. After all, if you grow spiritually you are leaving behind that heaviness, that *density* as you call it, and you become much lighter beings. Therefore, if so much lightness exists, so too does that have an effect on the planet within which you live. In the same way as you as human beings give out thoughts of love to many on your planet—when those thoughts are received and help is given by all involved, there are areas within your planet, which also become much lighter, much purer. So, can you imagine the lightness of a planet whose spirituality is far above your own?

George: Yes indeed. This is quite a realization and I'm sure our scientists, and particularly chemists, have felt that *matter* is all much the same throughout our universe! But its density *does* seem to be *very different*... **Yes, it has to have some effect, in the same way as your thoughts project and give help to others—it is the same, it is the lightness which touches the density of the matter *where you are*, and makes it lighter, because of the love element. It is the love element, which alters matter and structure and people. Always remember this my dear friends and you will not go wrong in your thinking.**

Graham: With the development of mind projection, which we are trying to achieve, if that is achieved to some extent and a certain level of attainment is reached in a lifetime, is that level of attainment then continued into the next lifetime?

You already have that attainment within you; it cannot be lost when you return home. (Yes.) You are on this planet rediscovering what you already *have*. It is just that because of *where* you are and the situations that you are in that everything becomes much more dense, and that your mind has become dulled over the many centuries of living upon this planet. But as Spirit you already *have* that ability, you already *have* that knowledge—you are here to rediscover what you already know.

Graham: Yes, you have told us that before! (*chuckles*) **(Yes.)** It is interesting that Bonniol (*from Planet Aerah*) said that the Spirit children, even when they are unborn, are able to mind project to those around them, which I thought was extraordinary. They have obviously progressed so far and they have come back to their planet with this extraordinary ability ready to continue where it left off.

Yes, they are already lighter beings and that is what you are working towards on this planet, although you will never achieve the same amount of ability as they have upon that planet, because that is not part of the evolution of this Earth.

Graham: So our two planets won't necessarily converge; we are just following different evolutionary paths. **(Yes.)** I understand, yes.

You cannot be the same, but you *can* have connection through the mind projection.

Graham: One thing I was particularly interested in was their method of transport, where they use the energy from the elementals to help them provide energy for their vehicles for transport, and things like that. Is this something that will become part of our evolution in the future?

We are looking a long way into your future, before any attempt at that kind of travel is possible. I would have to say your evolution is in the first stages, in the same way that you as Spirit within these physical bodies are quite naïve in your knowledge. But it is only a shell, the knowledge lies within, it is up to each individual to hold that responsibility for how much of that Spirit is allowed to become free whilst upon this planet. And I do not ask any pardon for repeating that you are entirely responsible, with our help, of course.

Graham: Yes. Thank you for those answers.

There are many planets, which you could not associate with, because they are, as you know and understand full well, all of existence. Yes, too much for your understanding; you will never fully know until you return home, how much of existence there is within all of creation. You are but one iota within all of Creation.

Lilian: Something to look forward to, to be able to understand...

And even when you return home, you also have responsibility in discovering what there is to know. It will not come to you in an instant, but it is there for all to see.

George: It was very nice to have a further visit from the 'ancient language of South America' friend, and it's now our understanding that it was a South American tribe that was enslaved by the Inca, so that their original language was melded with the Inca and it is not exactly an Inca dialect. Your words "look to the Inca" when we asked you about it were most apt. (*knowing chuckles*)

I thank you for those words. It means that sometimes I am correct! (*big chuckles*)

Sarah: I think, Salumet, you could knock the 'sometimes' off—I think you're *always* right! (*more laughter*) **I am here to serve you, to encourage you, to help you and most of all, to bring to you Truth of Spirit. And as I told you when first I came to you my dear friends, I ask only that you can accept what you will, and if any of my words do not fit, then I ask you to reject them, not because my words are untrue, but because you may not be ready to hear them. But I can again say to you that this group to which I have come, and waited**

many years to come to, are *sound* in their acceptance of my words, and for that I thank you. (*thanks expressed*)

George: We would be very foolish not to accept. We have so much enjoyed your words!

Lilian: Could I ask a question of something you said I think the last time you came—I'm not sure, but it was about a neighbour of mine who has this young daughter, and I believe your words were that she 'borrowed' that child, obviously in Spirit. Could you explain a little more please?

About borrowing children?

Lilian: How come she *borrowed* the child?

Perhaps the word 'borrowed' has confused you.

Lilian: Yes, I am not quite sure that was the word, but I think it was.

Yes. Let us speak generally—in that case that each one of you comes to this lifetime as part of an agreement with many others, and when I say 'borrow', if that is the word I used, it means that no one person belongs to another. You have come and taken a pact to be whoever you may be in this world for the betterment of either your own Spirit, or that of others, whether it be husbands, mothers, fathers or children. Each Spirit comes with the knowledge of what needs to be attained. Therefore, that child has come to that mother on their own agreement; therefore that way the child does not belong to the mother. Does that make more sense to you?

Lilian: Yes. It's almost teamwork, but we don't *belong* to one another.

You have responsibility, individual responsibility, but of course in the way of life of this planet, adult members have children who need to be looked after and guided and helped, but you do not 'own' your children.

Lilian: Yes, thank you.

Graham: A lot of talk has been about '*learning planets*' and planet Earth is certainly a learning planet, but are there any other types of planet in our universe, where beings are just *being* there and not necessarily on their planet to learn but for other reasons, just 'to be' for instance?

There are indeed other planets that have different purposes. In fact there are many, many planets, where the Spirit is there only to reach enlightenment in order that they may return home more 'wholesome', if I may use that word. Yes indeed, there are many, many planets of which you do not know.

Graham: So the beings on such a planet would be of a meditative state?

Not necessarily, but their awareness would be much greater.

Graham: Yes. That's very interesting.

Yes. There are also planets for the angelic beings, who return to them time to time, but that is a topic for another time. But yes, you are correct when you say there are many, many planets. (Thank you.) You are isolated on this planet for knowledge; that is why I felt it would be good for you to have a visitor from *another* planet, to expand your way of thinking, and to introduce you to the fact that there are many planets in all of Creation, which are different from your own—but nevertheless they exist.

George: Yes, it's like taking a look at ourselves from afar. (**Yes.**) We have the expression: 'you can't see the wood from the trees', but if you're away from the woodland you can see it most clearly.

Yes, that is a good analogy, I would agree.

Sarah: And also it seems that, we call it Planet Aerah—the people on that planet have become more spiritually advanced, or *aware* perhaps I should say, than we are, but they weren't *always* like that. So, it gives us a little bit of hope as well that our planet will get there as well—you tell us we will, and it's nice to see that planets *can* get there.

You must not compare yourselves to another planet, because each planet has its own function. As the gentleman previously has said, there are many types of planets. There is still a learning process going on in Planet Aerah, which you would not be aware of, or perhaps even understand, but it *is* still a planet of learning, although far superior in knowledge to your own. I hope that is helpful to you.

Sarah: Yes, thank you.

George: Forgive me for asking another question about the past, but it does have connections and I wanted to check material, which comes from a particular source. I have heard that in the days of Atlantis there were four brotherhoods, and those four brotherhoods had connections to the four elements and the *elementals* within those elements; such that the brotherhood relating the water element were very good at looking at problems

of 'emotion' in humans, and the brotherhood that related to the air element, they were very good at examining problems of 'mind', and correcting them and so forth. Would you be able to confirm if there were four such brotherhoods?

Let me say this to you my dear friend: much has been spoken about Atlantis. Yes, it did exist, yes there have been many things spoken, but I will simplify this for you. Indeed there were many *brotherhoods* as you call them upon this Atlantis. If you look to your astrological processes of today, you will find similarities. They also speak of Earth, fire, water, air, which are connected in the same way as you have mentioned. Water and air, and yes, I will confirm that there were brotherhoods who dealt mainly with these things. But look to astrology and the *source of astrology* and you will *find* that there are many comparisons to both. I hope that will be helpful.

George: Thank you, yes, that is another thought for me. Yes I know this lady whose Atlantean high priest still visits her, while she's in this life. **(Yes.)** I just felt I needed to check that piece of information.

Yes, they had much knowledge at that time, but I have to say there was a lot of abuse of their knowledge.

George: Yes, thank you very much for your answer, that does help enormously.

Sarah: And the 'abuse of the knowledge'—you said that great civilizations, because they have abused their knowledge and power, that is why they have fallen. Maybe that was the same with Atlantis.

Yes, and of course evolution played a great part in the downfall of Atlantis.

George: The Earthly evolution?

Yes, it is a much wider picture than is usually painted, but there was abuse of their knowledge also. I hope that is helpful to you.

George: Yes indeed. It surprises me sometimes how much interest there is in that particular civilization, and how much controversy there is, **(Yes.)** with scientists who dispute the Earthly evolution factor and in terms of—they would expect to see more evidence on the ocean floor of the upheavals.

As I have told you in time past, that your oceans have yet to produce much, which has until now never been discovered, but that time will come. It will present itself for all to see. Your oceans on this planet at this present time—little is known about the far depths of the planet.

George: And as you have said several times, the timing for these revelations has to be correct.

Yes, it would be simple to say 'why, what, where', but as you have said, those people who are credited with knowledge, are sometimes the last to know and understand. (Yes.)

Now my dear friends for this time I will leave you once more with all of my love and I ask that you sit quietly and allow anyone who wishes to come, to come to you in peace and in love, and I will leave you with our dear lady friend. (Lilian—thanks and farewells)

George's notes: Matter density: What constitutes matter of course, is: molecules, atoms and sub-atomic particles. It all becomes less dense as spirituality comes to the fore. And it is clear from our other communications that this confers a bias on properties of liquids, metals etc. So one cannot assume that 'chemistry' is constant on all planets of the universe.

Atlantean brotherhoods: In fact we had mentioned Vincenta before to Salumet (3rd Nov 2003) and had been told that there is good purpose in our communication. (Perhaps I was checking a detail prior to later publication of some facts on Atlantis and their connection with the Salumet teaching.) Anyway, it is always good to find agreeing cross-reference between sources, especially such sources as Salumet, Bonniol on Planet Aerah, a lady who 'receives' from an Atlantean High Priest, one from an extinct tribe in South America who were enslaved by the Incas (more on that next time) etc. How diverse can one get?

~17th October 2005~

Communication through Sarah, from South American—pre-Inca tribe:

Lilian: Good evening.

I am most happy to be with you once more. We have been keeping an eye on you, and feel that you are ready to take on some of the clothing that I mentioned to you last time.

Lilian: Yes I remember.

If you are happy to dress in another garment I will bring my friends with me and each one will put on one of you, a garment that was used in our time. So, can I ask if you will be happy to be dressed this time?

George: We'll all be very happy. Thank you. (*enthusiastic agreement*)

So each one will have a separate dresser and each one will take a different costume. We will ask that you try to tell one another what garments you are wearing. This has been done in conjunction with others in Spirit, and this is part of your development as well as a little light heartedness from a 'previous time's dressing'. So, if you will prepare yourselves, we will bring to you the costumes, and I will return in a short while to hear what you feel you have been dressed in.

Lilian: That should be interesting for you.

And if I may say, I think it will be quite interesting for you as well. (*chuckles*)

Lilian: Yes, it certainly will!

So, I will stand by for a short while, and then will return for your comments.

George: Can you say if they would be everyday clothing, or would they be ceremonial attire?

There will be a mixture. This is why I have brought along my friends to dress each one of you in different attire, but let me assure you that my tribe would have all had a part in the preparation of these costumes, so they are from our tribe only.

George: Mm—thank you (*general thanks expressed*)

(*pause of 2-3 minutes*)

Let me first explain my costume: I have several feathers in my hair. My hair is tied back and the back part is plaited. At the end of the plait there is also a bunch of feathers. On my feet I have skin from a wild boar, and the fur is covered over the top. On my legs I also have skin. This is wrapped round the legs and tied with pieces of skin and coarse grass. On my lower part I have a skirt which is also made of skin, but it also has woven in it, parts from a plant which is most hard to touch, but when soaked, becomes soft. When it has been woven together and crushed, it becomes quite soft. This is used only in the hot weather. In the cold weather, the skin is laid over the top and is fastened together through the legs. This helps to keep warm. On the top, I have another of these woven garments, and on the top I have a beautiful fur, which has on the back, many feathers with the quill pointing upwards and the feathers forming a fan over my shoulders. These feathers we colour. Each colour of the feather denotes something. In my case, most of the feathers are red. This is because I am the chief of the tribe. On the front, I have buttons, which are made from pieces of bone, and are tied on with pieces of skin and grass. My headdress with the feathers, is kept on by a leather strap. When it is cold, a cape is made from the grasses, and the fur is stitched onto it. It is attached at the shoulders, and this helps to keep warm—but always the feathers must show. On my back, the feathers are mostly red, but on my head they are white. This is a signal that I have taken over from a deceased relative. If there are no males to take over, the one in charge would have his feathers red, and the ones on his back would be red and white.

And now I look forward to hearing what you feel you have been dressed in. I will sit quietly and listen.

Lilian: Yes. Thank you for the way you have described your costume. (*thanks expressed*) Graham, what did you feel?

Graham: Well, I think I could feel something around my body that was brown and I think was tied around my middle, and I think there was something white round my neck and across the top of my chest. And my legs were covered with brown leather—soft chamois-type leather. These kept me warm. I didn't feel anything else.

Lilian: Sue?

Sue: Well I felt very cold and was wearing almost nothing, but I then had the impression of a heaviness around the shoulders and I think I had a cape on. I also feel I have bells sown around my ankles, also something like an apron covering most of it, going across my chest, round the back and tied. And I've still got this feeling of a heavy cape, with very little else.

Lilian: George?

George: Well, I have a feeling of more like a bark-cloth, but I may be wrong about that. It seems fibrous and smooth—a sort of brown jacket, and something around the lower body—tan coloured with small brightly-coloured pieces. A sort of shoe—possibly a skin sandal. I haven't really got any feeling of feathers. And that's about it.

Lilian: Eileen?

Eileen: Yes, I'm also dressed in a brown chamois-type material, quite plain type of material. My hair also is plaited. And I have a feather, which is white, with a black tip. But at the end of the plaits, it is like pieces of leather of some kind, in blue, yellow and black. At first my feet were bare, but now I could feel flat boots, with a white fur. And I've got beads around my neck and they also are blue yellow and black. And it almost feels like I am in a marriage costume. And perhaps that's why the boots were placed on me. All I can say is that I feel very clean, if that's important (*laughs*)

Lilian: Well, I was feeling feathers, almost before he'd stopped talking. I can only think it's a cloak. I may be wrong there, but a cloak covered with feathers. I don't know about my feet, but I felt there was braid about my legs. Nothing with the hair or the head. So let's see how right we are...

We are most glad that you have been able to accept what we have put on you. Let me tell you that the first gentleman, (Graham) was a worker in the stables. We have many animals, and you were indeed helping with them. The costume you had was one of one who works with animals.

The lady (Sue) who was dressed in this heavy cape, this was because she was taken to the fields with food for the shepherds, and it could be most cold. This was her work, and the one who would wear this cloak was the only one who would take the food out in the winter months.

The lady who was sitting next to me, (Lilian) she is the one who would prepare the food for the summer months. In the winter months, she was allowed to be with the elders in their capes, and her role would have been to make sure all was well with the high-up people in the winter months. For this reason, she was made to look much more attractive than most of the females in the group, and was permitted to wear these braids upon her, not only on her legs, but also on her arms and around her head and neck.

The gentleman, (George) he would have been one to prepare the ammunition for fighting and hunting. He was a most important gentleman, and he was the one who organised all, to make sure there was sufficient arrows and suchlike for the fighting and the hunting. But he seldom went out hunting himself. The job of fighting and killing animals was up to others.

And the last lady, (Eileen) how right she was! (speaking tenderly) She was my wife.

Lilian: Oh—very colourful, I should imagine...

Unlike nature itself, the females of the leaders of the tribe were dressed in the most beautiful attire that could be made, and much work was done by others in the tribe, to prepare the ladies for this most important role. At all times, they should be dressed and attired in the most luxurious and attractive clothing and ornaments that we had available to us. This was partly why the other ladies were always dressed in dull colours, so that the most important ladies could shine and were indeed noticed.

We are most grateful to you for letting us bring to you a little of our life and costume.

George: We also are very grateful.

It warms us most heartily, because we now feel that our language and our dress have not been completely lost forever.

George: Chief, you mentioned the cold several times. Does this mean that you were from a mountainous area?

We were a tribe of some 'nomadity', if that is the word...

George: Yes, nomadic, yes...

We spent some months in the valleys and some in the mountains. But we were pursued, and we needed at times, to go high where it was cold, so that those pursuing us would not venture that far. For that reason, we needed to have both warmer and cooler clothing. We would have preferred to stay in one place in the warm climate, but for the sake of staying alive, we had to suffer the cold. So I hope that answers your question.

George: Yes indeed. Thank you very much for that.

Lilian: Did you have more than one wife, or just the one?

I had the one.

Lilian: As we do here...

But it was not uncommon for leaders to take more than one. But I needed only one.

Lilian: Did you have big families of children?

I was most fortunate in having twelve children, and five of them were male. So I was hoping that I would have an heir. But this, as you know, did not happen (Yes.) I will now ask my friends to join with me, and give each one of you a taste of our celebration wine, which was made from a berry that was so sweet that in next to no time, the wine was ready to drink.

Lilian: Interesting that you made wine as well...

We are putting a little on each of your lips, and ask you to savour the sweetness, as we take our leave.

Lilian: Thank you—very interesting!

George: What a lovely thought! Yes, thank you very much for that. *(general thanks expressed)*

That concluded the third visit from our South American tribal friends, and left us with a valuable picture of how life in that region must have been. And how sad it is, that they were finally taken into slavery by the Inca.

Perhaps this record and the language record received earlier have been in the nature of a healing?

There then followed a meditative journey of upliftment, channelled by Eileen, the audio of which can be found in the meditation section of the website: <http://www.salumetandfriends.org/16.html>

Finally there was a rescue through Eileen. Audio link:

~7th November 2005~

Again several meetings had to be cancelled for various reasons. One of interest came through Sue, describing all of the spiritual lights in the room as looking a bit like fireworks. There then followed a rescue through

Eileen. Audio link: http://www.salumetandfriends.org/resources/2005_11_07+Rescue+pastry.mp3

~14th November 2005~

Lilian: Good evening, welcome.

Good evening. *(general greetings)*

Before I begin, let me wish and extend a warm welcome to our guests this time. As always, my dear friends, it is good to join with you, to enable us to discuss matters, which will provide you with more information.

But, because we have our visitors this time, let us have an evening of your questions. Before we go on to your questions, let me just say this to you: that, as we approach another of your Earthly years, you all my dear friends, will find a great upliftment of your spirits and as we approach the time of your new year, I ask that each one prepares himself for more new knowledge.

George: That is certainly something to look forward to.

You have been hopefully, developing that inner strength, which belongs to you all, and this past year has seen many occasions when this has been so. Now, if you have any questions at this time, let us try to discuss them.

Lilian: Shall we start with you George?

George: Yes, there's one question I would like to ask: We have a term 'Ascended Master', which I think implies that a Master has developed and ascended from planetary life. But I think we know that it is not always like this and this presupposes different kinds of Masters, or Masters that have travelled different pathways, and as a result, reach the status of Master. Can you tell us something about that, to help clarify our thoughts?

Yes, I understand your question. Let me say this to you, my dear friend: As always we have the problem of physical words, and the saying, 'Ascended Masters', has been used as a cloak for many things. But for you, I will try to clarify our position. There have been, and are today within your world, many people who have gifts of the Spirit, which is far above the normal human being. These people who have come to this Earth Plane with these many gifts of Spirit to display, are given titles, to which truly they do not deserve to have, because, let me clarify this for you: An Ascended Master from our world, would be one who already had many gifts of the spirit and would work from the spirit world, in the way of influencing another human being. That is the reality, but because you human beings hold on to your egos, you are inclined to think that any soul who has descended to this Earthly plane and shows these many gifts

of Spirit, must be a Master who has ascended and returned to your Earth plane. Not so—they are another aspect of a Soul who is still learning in your world. And although the word ‘Master’ may well be used for them, I have to say in *our* world, they would not be called Masters.

George: Yes, I see—this has to be the key to our understanding, **(Yes.)** that they are Masters as defined in Spirit world.

Yes, yes—always you human beings are so keen to have something special, when very often it is only a Soul who has come to grow, in the same way as every individual within this room, has come to grow.

Graham: Would Jesus be an example of an exception to what you’ve described?

No, no exceptions. He came to this Earth—if you wish to use the word ‘Master’, then he was a ‘Master of Spiritual Gifts’. (Yes.) But he was not what we would call in *our* world ‘Ascended Masters’. Ascended Masters teach from *our* world. You understand? (Yes—) They exert their influence through *many* people, not only one.

George: So an Ascended Master, as defined, would not reincarnate, **(No.)** and would possibly not be *able* to incarnate?

No of course, ‘ascended’ means ‘risen’, and if you have *risen* in our world, there is no need to return in a physical incarnation. You understand?

George: Yes, that does clarify. Thank you.

But, we are happy, and we understand that physical language dictates to you, for your own understanding, and to us that is perfectly acceptable, providing the knowledge is understood.

Sarah: So those that come back to this world, sometimes they come back to help others, but the main reason is to learn?

If you return to this Earth plane, you have come to learn something. There is no one person upon this Earth, who is—has full knowledge of Spirit, only when you return home, is that knowledge extended for you.

George: Yes, I think I can understand that Jesus would have had much more knowledge **(Yes.)** than others inhabiting the Earth, but I assume, as you say: not *full* knowledge.

Of course, otherwise he would not have returned in human form. But of course, he had many, many spiritual gifts, which were useful to him while he walked this Earth. And as we have discussed on many occasions, there have been many so-called Masters in your world—those Spirits who come to offer their love to this world, and to use their gifts for the betterment of mankind. I hope that is helpful to you.

George: Yes, I’m sure that’s helped clarify *all* our thoughts.

There is much misunderstood information upon your planet, but as I have said, if people find these words helpful in their understanding, then so be it.

George: Yes, I think part of the difficulty has been our incomplete knowledge and our language **(Yes.)** and our thoughts. **(Yes.)** But that does help to clarify, thank you.

And as I have stated: mankind’s own ego—that has to be a huge consideration.

George: Yes, that can power our thoughts in the wrong direction. **(Yes.)**

Lilian: How about you Roy, any questions?

Roy: Thank you, yes. George told me, Salumet, that you would not be available over the Christmas period. Is that a coincidence that that is also the main Christian festival that’s on at the same time?

I understand your question and thank you for it. I withdraw on many occasions throughout your calendar year upon this Earth. But at what you call ‘Christmas time’, which after all is another religious festival, it does coincide with a time when many of us in our world gather, because there is so much love already in your world at that time of year, that we feel it appropriate to withdraw for a very short time. But in saying this, although we withdraw, we are fully aware of each and every one to whom we come. There has to be a time when we withdraw, and we have to *regenerate* if you like, our own spiritual energies (Thank you.) But as you would no doubt agree, at the time of your many festivities throughout the year, there is always more abundance of love and goodwill to each other—and in this, I am speaking generally. But it is not *because* it is Christmas—that really does not hold any strong indications with us. It is all to do with the love energies, which surround your Earth at that time. (Thank you.)

Sarah: And you have told us Salumet that you need to yourself, get regenerated or whatever is the word...

Yes, it is something that has to happen, because, as I have told you in past times, to come *down* to this level of energy is *not easy*, and it is important for us all to recoup those spiritual energies and return to where we truly belong.

George: Yes, and I *think* I would be right in saying that that difficulty of coming down to this Earthly energy also connects with the last question, and would make it impossible for a Master (*an Ascended Master*) to incarnate?

The density of your energy indeed would make that so. A true Master would not reincarnate into a human form—it just would not happen. And again, we have not gone enough into the subject of energy, that your understanding would be great enough for explanation of it.

George: Yes, perhaps that is again something to look forward to in the future.

That is to come, but that is some way off, I have to say. (Yes. Thank you.)

Lilian: How about you Pam?

Pam: I haven't any questions at the moment. I'm just interested though in what I hear.

Yes, her mind is whirring within.

George: Understandably! (*chuckles*)

Lilian: Graham or Paul?

Paul: I've got a question—a bit of a tricky one but I'll try and simplify it. It's about the power of thought I think. I've been reading a book called: 'Seth Speaks', and he gives information about 'thought' and how our thoughts effect and create the world around us. **(Yes.)** And he gives information about an invisible energy grid, throughout the Earth that interacts somehow with our thoughts and is used in the way they materialise into the physical forms. And this energy grid has various intersections throughout it, such that certain places are easier or quicker maybe to materialise thoughts than other places. And I was listening to the news and picked up that there are an unusual amount of lottery winners in two towns that are close together. (*Romford and Ilford in Essex*) It was beyond the mathematics, so I wondered if those two areas were benefiting from this energy grid? And also there's a place called Pai in Thailand—a favourite spot in my travels, where I've felt thoughts seem to happen rather quickly there. I don't know if you can confirm any of that?

Yes, again you are delving into deeper matters when you speak of energy, but I will try in a simplified manner, to explain for you. In fact there is a confusion of questions here, and some, which I have answered for you previously. Yes, there are many 'areas', if you wish to call them that, throughout the whole of your planet, where energies are much stronger, but I would say that the areas mentioned by you, which have been lucrative for—I do not know what you said, 'winners'...

Paul: Lottery winners.

I am not familiar with 'lottery', (*laughter*) but I take it that you mean that it has become lucrative for those who are doing such actions. (Yes.) I cannot say that the energy of your world in that particular place is especially (*good*) for this to happen. (*Eileen coughs*) Forgive the lady, she still has a little problem with her throat this time. Let me say this to you: those places where you feel true energy, and there are many places throughout your world, where thoughts quickly become your reality—and those in the main, are places where there is not too much abundance of *people-energy*, but that the energies remain purer. Yes, there is what you call some form...(another cough) Forgive—I will deal with this problem. (*pause*) Yes, we have not discussed this before, but we do have *beings of energy*, and I mention it only because you have asked the question. There are beings of energy, who help with the thoughts of every single being within this planet. Do you remember the conversation that we had, when thoughts can be intercepted, (*affirmations*) when they are negative thoughts? In the same way, thoughts of harmony and love and for good, can be harnessed and helped to create that reality. After all, I am sure you remember that your thought *is* your reality. (Yes.) Reality begins with the thinking. So therefore you are correct when you speak of grids of energy. That is not the way I would have explained it to you, but it is satisfactory as far as I am concerned, if it helps again in your understanding. It is something we will go into much more deeply at a later stage. Again we have broached the subject of what I feel is the most important, and that is 'thought'. How often have I repeated about your thinking? (Yes.) Your thinking is everything. And it is important to realise that what you think and what you wish for, should be guarded well.

Paul: We should monitor and pay attention to our thinking...

Yes, do not allow your thoughts to be too random. Be careful of your thinking at all times, or if you are not, then you must be prepared and be responsible for the results.

Paul: Yes exactly—we're responsible...

Yes, and of course again, that brings us back to thinking and the way that it affects the physical body. So you see, you come full circle with thought?

Paul: Yes, it really is our—it's everything; we have to acknowledge it, it's right at the centre of all of our lives.

Yes, but yes, there are many points of energy throughout your world. I *can* confirm that for you.

Paul: But generally these are away from the busy-busy people places...

If you are looking for pure energy, go to the places of openness, where the energies have not become tarnished with the everyday *mass-of-thought*, which occurs in places like your cities and towns. Return to the more natural habitats, and *there* you will feel the power of your thinking, and the way it is *utilised* to become your reality.

Paul: That clarifies it, thank you for that.

Lilian: Sarah?

Sarah: I haven't really, but there is one thing with—I know you've covered this ground before Salumet, but when people get older and they start to lose their memory, is this part of what they've created themselves, or is this a process of...well, perhaps I should just ask you just what it is?

Well there is never *one* answer, as I have told you, but I have to repeat once more, that in general, the result of your thinking creates your illness. (Yes.) But there are those people in your world who have chosen to come, to live for however many of your Earthly years, and loss of memory can be part of that life they have chosen.

Sarah: I was just wondering if it was a depletion of energy...

It is either an abuse of your thinking, or it is a chosen pathway. (Right—thank you.) And of course, the way you live your life will determine what comes to you. And whatever you have chosen, will always come to you, if your freewill allows it to. You understand? (Yes, thank you.)

George: Coupled with that, it is a frequent pursuit these days for people to exercise their physical bodies, but not necessarily exercise their minds. In fact, much physical exercise must be very boring for the mind, and I was just wondering if this detracts from the mental self at all—exercising the physical body in a rather boring sort of way—monotonously?

Yes. Let me just say this to you my dear friend, that physical exercise I know for *many* people *helps* with their thinking. If that is the case, then it can only be good for them. (Yes.) But, if they are exercising the physical body for the wrong reasons, then of course—and when we speak of mind, I believe you are speaking of the physical brain, when you say 'boredom,' because the mind would never become bored, because of course the mind belongs to Spirit.

George: Yes, that is correct. I was really thinking of the physical brain.

Yes, I thought that you were, but of course the mind needs to be—and I use your Earthly word, 'exercise,' only in as much as you need to meditate, and again I am saying to you, my dear friends, *that* is the way forward, because without your quiet times, you cannot develop those spiritual gifts. So in a way, that is the exercise for the mind. You understand?

George: Yes indeed, thank you.

But again we return to your freewill and every deed, every thought, lies with the responsibility that *you* have made the choice. *You decide* my dear friends, what it is you wish to do, what actions to take, *what thoughts to think*. It is a great responsibility is it not? (Yes.) And indeed becomes more complex, as indeed you grow in Spirit—that responsibility becomes greater.

I will take one more question this time.

Lilian: This is more of a comment really: I just wonder what your thoughts were. I was listening to a program about animals—especially the farm animals—sheep and cows and so on... It has been discovered that the animals are much more intelligent than originally thought. If this is so, then we'll have to think again about the farming methods, and obviously make it much more kindly to the animals. I wondered if this is the way forward, hopefully to help the animals in the long run. Is this the way it should go?

Any deed or action that is better for the animals in your world can only be good.

Lilian: Yes, I think some are very badly treated.

I would say that in times past, the animals in your world were treated much better than they are today, because hunters and people killed animals to survive, and they did not have the knowledge, which is available today. They were in a sense, much kinder in their treatment of their animals. And again I am speaking generally, because there always are in your world, many exceptions to the rule. Animals in your world today are farmed to be killed, and that is a blight upon mankind. Animals were placed upon this Earth for a reason, and it is not always cruel for a man to feed his family—to kill an animal, provided it is done with love and for the right reason. But today I have to say, fear has been created among many in your animal kingdom, not for the feeding of many people, but for the making of money, (*affirmations*) and for many reasons, which are not good. So my reply to your question is that any opening of discussion can only be good, and can only take you forward as far as the animals are concerned.

Lilian: Let's hope so.

Sarah: When you say Salumet that the animals are here for a reason, is that just part of the ecological development or...

Animals have their own evolution in this world. They have the right to grow in the same way, although differently, as you human beings. But, as I have said, in past times, for humankind to exist, he needed he felt, to kill to survive. Not all—many survived upon the pickings of the Earth—that is because their innate spiritual knowledge was greater. It is the thinking behind the action which is important.

George: Yes, I imagine that in present times, our interaction with the various animals on this Earth is an opportunity for us to go forward.

Yes. The very fact that there are now discussions about it, means that mankind is opening his eyes to the suffering that he creates, and no one upon this planet can be without some responsibility for the killing of your animals. Mankind I feel thinks he is the superior animal because of his brain size. That, my dear friends, is not entirely true.

Paul: I think I've read somewhere that dolphins have actually got more developed brains than us.

That is true.

Paul: And even they hadn't, I don't think we have the right to do the things we do to them anyway.

And who is mankind to say that the love of an animal is not as strong as the love which *he* feels? (Yes.)

Now, my dear friends, for this time, I will take my leave of you. As always, I will be with you in your everyday lives, and as I have said, you will begin to feel an upliftment in all of your lives. (*general thanks and farewells*)

~21st November 2005~

No Salumet this week. We did have a rescue through however and there was also our visitor and friend from planet Aerah, which has been presented elsewhere.

~28th November 2005~

Good evening. (*general greetings*)

As I join with you this time, I am happy to see that you are more uplifted than last time we met. (Good.) As we are few in number this time, I will say to you that until we have gathered more of you together I will continue with questions, but before we continue with those, I wish to say that there are many gathered who would wish to come close to each one of you over the following weeks. As always, I tell you that I shall be with you on the next two occasions that we come together, and then, as always, I will withdraw for a short period of your time.

Lilian: We look forward to more people being able to come.

George: Yes, we have our various little difficulties.

We fully understand your earthly conditions and that try as you may, it is not always possible. But no matter, so long as the information is passed to each one, which I know that it is, then that is most gladdening.

Paul: Yeah, hopefully they get to read it even if they don't manage to get here in person. **(Yes.)**

George: And I'm aware that with our email system we are sending the transcripts steadily out to more people all the time.

Yes, is it not of interest to see how your progress develops so quickly upon your planet?

Paul: It's tremendous.

Yes, in your past few years there have been many steps to help you with your daily lives. I will not go as far as to say that I think all of this is progress, but I will accept that if it helps to make your lives easier, then so be it.

George: Well I guess it's nice to have these various assisting things, as long as we make good use of them and that's rather down to each one as an individual I guess.

Yes, you do not want to become a slave to machinery—you are much more than that. Now as we continue this time, I am happy to take your questions.

Paul: There was a question on my mind about animals: we mentioned how dolphins have a very developed brain, even more developed than humans. I know it's been said that animals have a different system when they die and come back—they haven't got the spiritual awareness that humans have, but I was wondering if that was definitely applying to *all* animals, or whether there were a 'select'—I don't like that word, but I wondered whether there were some that were much closer to the human awareness.

Yes, I understand your question and I feel that it is probably quite obvious to you as human beings which animals have that closeness to the human way of thinking and the human spirituality. Yes, every animal upon your planet is Spirit—all things belong to Spirit as does your planet. Therefore let that be the starting point: that all is Spirit. But when mankind has a connection with some animals whose brains have also developed over eons of time, then there has to be some similarities and it is only *now* that your many scientific minds and those who deal with animals all of their time, are beginning to understand that these animals have the ability to think and to feel and have *intelligence*.

Paul: And I think some have freewill, I'm not sure if all do...

There is an element of freewill of course within all animals, but not to your understanding of freewill. There is freewill within the regime of the animal kingdom. You only have to look at those great creatures within your oceans—your whales and your dolphins and even those sharks that man is so intent on calling—what is the word I seek—a *vicious* animal. This is not true. In fact the shark could teach mankind *many* things. You probably already know that the shark in the deep oceans do not suffer the disease that the rest of the animal kingdoms do. There would be much to find from those sharks; but it is coming as all information gradually comes.

Paul: Because a lot of these animals, they've existed since the dinosaurs...

Yes, so of course their minds and their brains evolve as does the human being, although as human beings you have developed a little more quickly—that is all—neither better, neither worse, but different. You only have to look at the animal kingdom of the apes and the monkeys within your world to see their intelligence. But it is not only within those animals that display some form of intelligence, you must also look to those what you would term 'lesser creatures' and look to how they plan and think, and of course, whatever anyone says within your world, they *do feel*. So I hope that has been a little helpful to you.

Paul: Yes, thank you very much.

George: Where sharks are concerned, they're certainly recognized as superbly efficient creatures. **(Yes.)** I'm not quite sure what that means, but perhaps it means that they in a sense live a good life.

They have the ability to cast off disease and that is something that mankind has not yet the ability to do for himself...

George: Yes, that's an interesting point...

But I will stand corrected, mankind *has* the *ability*, but he does not *use* it.

Sarah: But we cause our own disease, **(Yes.)** so you told us, so at some point, even though we've caused ourselves to have a disease, we could get rid of it.

Yes, there is no doubt about that.

Sarah: Because some diseases that we get today can kill us...

Yes, there is always confusion when we speak about this subject. Always we hear: 'but we do not *wish* to be diseased'. No, with the thinking brain you do not *wish* to be diseased, but with the *mind*, which belongs to

Spirit, there is an inner feeling and thinking which has to have a result within the body. That is where you must look to find the beginning of disease. You are only open to disease if somewhere within your lifetime you have been open to wrong thinking. It is as simple as that, and yet humankind finds this so hard to accept.

Sarah: I was quite surprised to see in a woman's magazine that I was looking at, and the heading was: 'Heal yourself with your mind.' I thought this was good news.

Did you want to say: tell me something new! (laughter)

Sarah: But I was pleased to see that that sort of thing is coming through now...(Yes.)

George: Did you see it in a magazine for sharks?

Sarah: No! (laughs)

Yes. But be aware as I have said before, there is much information that can be obtained from looking to the oceans and seas and rivers of your world, as yet not quite discovered.

Sarah: Do you think if we were to give your words to the scientists that would help them to go forward to look—they just haven't even thought perhaps of looking at the sharks and if they were aware of it they might find the information quicker?

This is always a possibility, but I can say there is influence being given in the right places at this particular time in your evolution. It will come, but of course within the oceans of your world man cannot travel too far down to discover what is there, but it will come in time. But, even now there has come to mankind an interest in all kinds of animals in your world and a much greater understanding in this past century of your years, where men are beginning to see the animals are their equals in life rather than beasts to be preyed upon. That knowledge is already here and in place, so do not doubt that more information will come, because we are giving that influence to those in the proper places.

Paul: People are beginning to—like the song of the hump back whale—they feel it's something very special—we do not understand the clicks and the noises in the oceans, but I think they are beginning to realize that there is so much that they *don't* know.

Yes. It has to be recognized that you *are* different. Mankind and the animal kingdom *are* different, only in as much as you have evolved very much more quickly as a group of animals—that most of you come into this world and have greater opportunities before you than do the animal kingdoms.

Paul: And that applies even to the dolphins and the ones with more developed brains...

You see the attunement today between dolphins and those who feel their energies and I am sure you must be aware of the healing energy that this animal can display.

Sarah: People go and swim with the dolphins...

Because they are in tune with the energy, with the *spiritual* energy, and we all derive from that same energy; that is what you must remember. It may be in a different format, but ultimately it is *all* of the same energy.

Paul: I've read that the Atlantians had a much better rapport with the dolphins—they interacted with them. Maybe it was the children, I'm not sure, but I read that they helped them realize that the oceans are friendly places.

George: They rode on the dolphins...

They were a race with much more open minds and hearts than anyone today, so therefore any spiritual gifts of the animals and the people would find that blending so much easier. That is all it was, and of course it was lost, and so mankind returns to the beginning to relearn what has been lost. And that is the situation of it in simple words.

Sarah: I think you did tell us once before, why they disappeared. I know that the city went under water, but the people could have moved.

George: There was evidence that some *did*.

Yes. There has always been dispute in your world as to whether they have survived to this day or not. Always there has been this question mark within your world. And there are those in your planet today who have come from this family of lost souls, but all who lived on that land, disappeared when that land disappeared into the ocean. And you must remember that people did not travel quite in the same way as you have the opportunity to do in this present day. But, yes, I will confirm for you that there were those who survived and travelled to other lands.

Sarah: And took the knowledge with them, but over time that's got lost as well. **(Yes.)**

George: Thank you for the confirmation of that. Some of this information tallies with past life readings of Edgar Casey, which refer to escapes from the continent, which was submerging.

Yes, you could compare it to those of us who join together in this room. At the moment there are most of you here, but there are some who are elsewhere. So if we were to go this evening there would be those few left to continue and carry on the good work. It is a simple comparison, but in your minds it will help you to understand.

George: Could I say thank you to all concerned for welcoming my cousin and his lady last time. That visit was much appreciated.

We are always happy my dear friend to welcome those who show an interest in these words. We are always happy to accept those who are willing to keep an open mind—whether they accept the words or not, is entirely part of their own freewill.

George: Yes, I'm sure it's given them much to think about.

Yes, yes I am sure that they understood a little more by being here with us, because what they achieve by being in *this* room with all of you who brings such energy is that they feel the difference in the communication, rather than seeing the printed words or hearing the voice upon your tapes. They do not get the feeling of the energy and the unique oneness that is within this room.

Paul: I suppose that's something we'll never be able to...**(No.)**...even if we get a website we still will never be able to give people this experience unless they actually come.

No, that will only be experienced within the group, because of the group energy, and after all, it is your energies my dear friends that brings me to you. So please remember how important each one of you are to this meeting—without you it could not take place.

George: Yes. Could I mention another similar group? Having been away on holiday for the past week, I had the opportunity to read a book concerning Seth and the medium Jane Roberts and her husband Rob. Seth first came through in 1963 and he, I would describe as an advanced Soul remaining in Spirit while the other two incarnated. All three I understand had shared previous incarnations. That group of the three continued for 5 years and then what is known as Seth II came through. Now, we have to see Seth II as a much more advanced being in earthly terms, from our future, our distant future, and Seth II describes himself as a conglomeration of beings, **(Yes.)** most of whom have not had physical existence, but that conglomeration includes the much advanced Seth I. Now, I've heard a similar description in terms of a conglomeration of beings before!

(Knowing laughs—Salumet has described himself as a conglomeration of beings.)

And did I not tell you that in time there would be confirmation of my words? And I would say that this is one of those times.

George: Yes! It's a very interesting similarity and *Seth I* displayed a little bit of ego and panache while he was teaching, **(Yes.)** and *Seth II* has a totally different voice, which displays none of that.

Yes, because it is another aspect of the conglomeration.

George: And I *think* I would be right in seeing Seth II as a Master who teaches.

Yes. Yes, we are not always open to a dual reality, it is something that we *learn* when we come to this plane of existence, and I have to say, you *have to* understand the makeup of you human beings to be able to display all of those truths, which we try to bring to you. So, sometimes I have to say a little dual reality is perhaps what you seek although it is not part of any *truth*. You understand?

George: Yes. I think reading about that one has opened my eyes to a few things. The idea of all reincarnations, as seen from Spirit, happening at once; this is something I hadn't really thought about much before.

Yes and what is happening is that your mind is being broadened to all that exists. It will never expand to the extent of understanding what happens in Spirit, only of what we bring to you—the understanding from our world to you. But you can only expand so much whilst you are in these clothes of human flesh. There is so much that awaits you my dear friend that you will never understand here, but sometimes you can have a *glimmer* of what it is like and our understanding from Spirit.

George: Yes, I can well accept that.

Yes. We know my dear friend you will always be the one to push forward for more and more information—you seek clarification in all things, and that is your part within this group; and may I say to you my dear friend, you do it well.

George: Thank you very much. Well, we all try in our various ways and I think we all realize that it is to no avail unless we manage to put this information before many others.

Yes, the opportunity must be given for others to open up to the prospect that there is much more spiritual knowledge for them to digest, but as always, it is entirely dependent upon their freewill, and we can never force any truth upon anyone and that would never be our purpose—our purpose is to come to you. And remember my words when I told you that you may always reject anything that I say until such time as your understanding is greater, but I have to say your acceptance of my words and thirst for knowledge has made my task just so much easier.

George: I was going to say that the thought of rejecting your words would be—that process would be most difficult. (*knowing chuckles*)

I am gladdened by those words, but that is entirely up to you, as is all information that is given from our world.

Paul: Some of these books like the Jane Roberts ‘Seth’ books, though they were written, by our standards, quite a long time ago now, but to my mind they are very clear and obviously full of more spiritual knowledge than a lot of books that are written today, but they probably don’t sell as well unfortunately. But I suppose it’s out there for people to dip into if they search hard enough and maybe one day, even though the books were written a few decades ago now, they may actually at some point when we’ve progressed enough, they’ll achieve their more rightful place really, because a lot of these books should be best sellers, **(Yes.)** but they are not at the moment.

The truth will always prevail and throughout your time upon this planet we have always brought to mankind the knowledge that he seeks and it is brought to those individuals who we feel will digest and dissect the information and then to pass that knowledge without any prejudice. It will come at many times throughout your world and in many places, in order, as we have said earlier, that the truth may be *verified* in many places and in many ways. But we cannot make you as human beings accept our words, accept what is truth, unless you are open to us as spiritual beings. That is why it took many of your earthly years *before* I was able to come to you, because many factors dictated that we must wait for the right time, and that is what happened. We needed the right mixture of human beings within your group, we needed the right *place* that had the purest of energies and we needed my agreement to come to you. So you see, it was not something that happened in the blink of an eye as you would say, but something that we waited *many, many* years of your time to achieve.

George: Yes I can visualize the preparation and there is something in the Jane Roberts book that caught my eye as well: apparently she had a previous incarnation as a medium and I imagine that this was part of *her* conditioning to be ready for that happening.

Yes, it does not happen within one lifetime. These preparations from our world are thought about for *many, many* years of time, before we can put them into action, because after all, if you think of it, each one of you incarnated into a different body in this lifetime at different times, and therefore we have to wait for that coming together, which in your time took many, many years. Although you *have* been together in previous times, in this lifetime the expanse of time has been greater. I hope you understand my words.

Sarah: So when we were together previously, we weren’t ready for this information?

No, only when you returned to Spirit. You would not have been aware of it at that time of coming together. Each of you has had lifetimes when the others have not joined you, or been aware of you; some have remained in Spirit and some have reincarnated.

George: Yes, we’ve had very interesting information and visits concerning our past lives and the most recent—I’m not sure how many of us would have been involved, but the South American group who were enslaved by the Inca, I *think* I understood that that had past life connection to *some* of us at least.

Yes. You have not always been together, but some of you have in different lifetimes, but *this* is the one when it was thought that the information and the truth was going to be delivered by each one of you **now at this time in your spiritual evolution of this planet—that the time was right for each one of you to have separate lives, but to come together in order for this truth to be given.**

George: I certainly have a very strong internal feeling about that myself and I think I speak for us all in that. **(Yes.)**

Sarah: And Leslie, who started the group off, that was just his job to bring us all together, was it?

He did not *bring you* together, you brought *yourselves* to a situation, where eventually you *came together*. But his *energy* and that of many others throughout the years, was the '*build-up*', if I may use that term, to what was to come. He was a little misguided in his thinking, because they had set their minds to other happenings, when in fact what they were doing was building the energy within that place.

Sarah: When you say 'they', are you talking about Leslie and his wife?

And those others over many years who entered.

Paul: Everyone played their part.

Yes. It is not up to any one individual; it is the coming together of many Souls and the energy being used for the purpose it was intended for.

Paul: I guess we all agreed this before we came and all decided that it was time for us all to really get the clearest message out we could ... **(Yes.)** ...about truth, because this is the clearest way for the delivery of the truth. You can be inspired yourself, but to have yourself coming through communicating with us like this is, I think, is the clearest way of all—to deliver the words.

Thank you. It is not always easy to find the proper words in your human language, but before I came to you, it was decided that the simple words were the best to be used. Of course, many words within your language can be used, but the truth must be available to everyone—everyone's understanding, and so many times we have seen words used that are confusing to many. Therefore my purpose was to come to not only bring to you truth, but to come to you with *simplicity*, and that my dear friends is what I have tried to achieve.

Sarah: And you have! (*affirmations*) I know you can't generalize, but would you say that those who can't accept your words are young Souls?

They just are not ready in this lifetime, not necessarily because they are young Souls. They may well be old Souls, but cannot accept the truth within this lifetime. It depends why they have returned. (Thank you.)

I feel for this time I will take my leave of you. As always I feel your love and how receptive you are to my words.

George: I feel there has been so much joy with this particular meeting.

Yes. I hope you may feel the love, which surrounds you all at this time. There are so many who stand close who also listen to my words, but who clothe you with love and with protection, and to them also I will say: until we meet next time, my love stays with you.

Lilian: Thank you. What a wonderful evening. (*general thanks and fond farewells*)

Finally there was one briefly through Eileen called Maizie, who had been mute in her lifetime and worked in a stately home, where she suggested certain infidelities regularly occurred, which was probably why she'd been given the work, as her muteness meant that she could never talk about such capers. She made up for it now, having a delightful joyful voice, full of expression. She said that she would be working with Eileen, giving clairvoyance.

George's notes:

The interesting point is made that sharks are highly efficient and do not attract disease. And Salumet is careful again to distinguish between our physical/thinking brain that 'wishes' not to have disease, and the spiritual mind, the stress of which may lead to disease.

The point is well made that visitors have the added experience of the group energy when they 'sit in'. All are welcome to, by arrangement, come and share that experience.

It was during Salumet's second visit to us (4th July 1994) that, in reply to a question, he described himself as one from a conglomerate of beings, most of who had not experienced planetary life. And I think his implication is that such 'structures' are a reality of Spirit that we shall know of when in Spirit, but such material does not form a necessary part of the earthly teaching curriculum.

It is a well-known fact that publishers and bookshops tend to steer clear of spiritual and Spirit communication books, even those about Ascended Masters. (They are in business to make a profit and 3-for-the-price-of-2 fiction simply sells better. And I quote Margaret Atwood: Publishers are in business to make money, and if your books do well they don't care if you are male, female or an elephant.

The 'little misguided thinking' and 'build-up time' referred to, was prior to June 1994 when the group meeting at Leslie's, anticipated 'direct voice communication' as the next step. The next step was of course not direct

voice, but Salumet. Clearly, it is the teaching that is important, and not its method of delivery ... all very quickly came to this realisation.

~5TH December 2005~

Good evening. (*general greetings*)

As I joined with your energies this time, the colours which surround each one of you are bright and have grown much in depth of colour, so I feel happy to say to you that you have the abilities within to make much growth in your coming months.

George: That's nice to hear.

I have told you in times past that your own individual development is as important as the words which I bring to you, because you cannot remain the same once you have heard and understood the words which I bring to you. There has to be personal growth also, if we are to move forward in the way that it has been intended. You are all working hard at trying to become part of the mind-projection and I see your struggle, but nevertheless I hope that you will continue along this pathway, because it will be to your benefit, your growth and your understanding of Spirit.

George: Yes, I think we all probably understand that there's the feeling within that this will be so worthwhile. It is a start—there is much that you can gather in the way of knowledge and understanding, but what you do not see is how much the Spirit grows in your endeavours, and that is what interests us in our world, that each one of you becomes aware of that inner voice *which can help you* at all times.

George: Yes, I feel that the inner growth has two parts in a way, one part relating to our endeavours and the other part coming direct from your teaching as we become more aware.

Yes, you are correct in your assumption. As always my dear friend you quickly pick upon my meaning and my teaching as well. Both must go hand-in-hand if you are to succeed. I can come and I can bring to you many things, but if it does not travel *along* with your own spiritual growth, that would not be me doing the job that I came to do—I would be failing you miserably and I hope that I am not doing that.

Sarah: I don't think you are failing us at all Salumet, I think it's entirely us failing you!

Lilian: Yes, I think that is our worry.

No, we will not use that word 'failure', because your endeavours must be congratulated—your patience and your loyalty to your own group has to be mentioned in any words of goodness that I say to you, because indeed my dear friends you are an inspiration to all others. I have to say, not all groups have that bond which is here within this room, and I do not say those words lightly to you. I have said it before and I will say it again, that you were bound to come together in this lifetime for this work and of course it is entirely up to each individual whether they accept or they go from these teachings.

Lilian: Thank you for your encouragement.

When I return to you in another of your years upon this Earth, I will bring more teaching for you. It will be interspersed again with general *looking within*, in order that you may grow; that will also remain an important part of my coming to you. I will not speak too long this time, because my dear friends, I will bring to each one of you a very strong colour, which you should be aware of as I leave, and within that colour you should see your own individual guidance. I know we have attempted this with you on another occasion, which was partially successful, but now I feel you have reached a stage of your development when you should be in much closer contact with your own helpers. So I say to you, if you have any questions I will answer them now before I leave.

George: Yes, a gentleman who came through to us last time called Ond Kulla, a head farmer from ancient Egypt, he seems to be watching over us and encouraging the process of organic farming, which is needed on this planet and it's so heart-warming to know that such people are still attempting to guide us, to help us, to influence us. I get the impression that there are many, many individuals and groups working like this and it helps to give one just a glimmer of the 'oneness' of Spirit. Am I right in thinking there are many, many such people and groups all endeavouring to influence us in the appropriate way?

Yes, of course, I have told you before my dear friends that any development in your world originates from our world, but for those thoughts to develop there has to be that gathering of thought. And for those in our world who have found an interest in whatever subject, if that interest is strong enough they will constantly endeavour to return and influence all that happens within your world. As many groups as you are within your world, also there are many in ours who are working for the good of this planet—whether it be farming, whether it be in energy, whether it be generally one-to-one impression. There are indeed many Souls in our world who stay—I will not say ‘behind’, but they remain close to this planet in order that they can help.

George: And they seem to come from so many time periods...

Yes. Time means nothing. Of course, we understand the difficulty always you have about time.

George: It helps us to glimpse the oneness of it all.

Yes. That is a good way to describe it—yes, because you see *all* is oneness. You are united with us throughout many, many years—eons of time in your world—but time in our world does not have the same meaning. Therefore those people whom you consider to return from a long time past, to them it is but a blink of the eye, and if the love is there—and which I have to tell you there is much love still for this planet—you are surrounded by love, even if you are not aware of it. But remember, you are *never* alone, my dear friends. In any *thing* that you do upon this Earth, there is always someone who is looking out and trying to influence *all* for good. I hope that has answered your question.

George: Yes, thank you for that—that sharpens the picture I’m sure. **(Yes.)** Could I just go back also to the shark, which is seen as a most efficient animal...

Yes—it has set you thinking I know...

George: Yes—on thinking about that, I think also that he is a very *objective* animal, much more objective in his living I would say than we humans **(Yes.)** and I rather fancy by comparison that we have all sorts of right and wrong ideas within our minds which don’t go together too well and create the stress that results in illness. I get the feeling that the shark is so objective that he has none of this, **(Yes.)** and so I rather fancy that this is the key to what makes the shark a fit animal that doesn’t have disease.

Yes, and the animal in the form of the shark has been within your world for such a long time; and as you as humans have grown, so too have the animal kingdoms evolved. And the evolution of the shark would indeed give you much to think about, and that knowledge is being imparted to people within your world now, who are interested in this sea creature. There is much to be gained from the creatures of the seas—but the knowledge will come.

George: That is nice to know.

Lilian: There is certainly a lot of interest in the animals in the sea. **(Yes.)**

Sarah: It was also a good teaching last week Salumet, because I have discussions with my brother who doesn’t believe a word I am saying normally when I pass on some of your words, but this last time I just mentioned to him, because he is interested in animals, about the shark and did he know that they didn’t have diseases—which he didn’t, and at that point he became interested. So thank you for that, I shall send him the transcript and maybe that’s the seed beginning to grow just a little.

Yes, you indeed, as all of you do, have many seeds still to plant in the minds of others. And as you say, what sparks one mind will remain dull within another. But it matters not, it matters that each individual be given the opportunity to look for himself, and then the responsibility lies with each individual—but I am happy to hear your words.

Now, as I have said, as I leave you and work quietly with this one, you should be aware of a *strong* sense of colour with each of you, and within that colour you should be aware of a helper who stands close to you. You will obviously discuss it between yourselves, but I ask that while I remain with this instrument that your voices stay quietly as you speak. *(thanks expressed)*

Sarah: And we will see you again in the New Year...

No, I will be with you one more time and then I will take my leave as usual for your holiday period.

Colours and images were seen concerning our guidance during our quiet time. Another came through Sue and gave feedback on our results.

~12TH December 2005~

Good evening. (*general greetings*)

As I join with you this time let me extend a welcome to those who visit with us this time. They feel a little tentative, but as they leave this room this evening, they will feel much upliftment. As you know my dear friends, this is my last visit in this your year of earthly life. I will withdraw as usual during your holiday period and return once more when you welcome your New Year. If I may continue from last time when each one of you discovered the colour which was given to you, and within the colour you met one of your guides. I would ask my dear friends that you continue this practice while I am absent from you.

Lilian: It will be an interesting thing to do.

I would suggest to you that you remember my words and remember the difference between your guardian angel and those you call 'angels and guides'. Do you remember the difference?

George: Yes, I think our guardian angel is the one who is with us always.

Lilian: All lifetimes...

Yes. You have remembered well my dear friends, but keeping those thoughts within your minds will help you to recognize and come close to those who stand by you.

Sarah: So this practice we do whilst you are away, we won't necessarily meet up with the same person as we met last week?

I would like you my dear friend to try to differentiate between them, to see if your recognition has grown. After all, we have devoted much time this past year in your own individual development, and this my dear friends, is to continue. But, in your new year, when we have gathered together with more of our group, I will be bringing to you information you have not heard before, but it needs to go hand-in-hand with your own spiritual evolvment. Now, because again we are few in number, this time I will take questions and try to help you understand anything that has troubled you in this past year.

George: Shall I begin with a question? (*affirmation*) You have told us about our planet and the way it has a consciousness, and you have explained the nature of planetary evolution and what we call 'natural disasters'. I've been thinking what we do and think must feed into, to some degree, that planetary consciousness and that planetary consciousness may well have its connection with planetary evolution and with some of those things that we call natural disasters. So I'm really putting a very direct question and saying 'what we do to the planet—and not all the things we do to the planet are nice at all—but what we do to the planet, does that have direct or indirect result in regard to natural disasters so called—the hurricanes, the earthquakes, the tsunamis'. Can you elaborate a little further on that please?

Of course. I understand your question my dear friend. Let me say this to you. We have spoken much about the power of your thinking, and yes, as you have helped to create this planet, therefore also must you take responsibility for the evolutionary pathway, which this planet takes. You cannot separate *your* responsibility from the natural disasters, as you call them, of the Earth itself. Each goes hand-in-hand, and whatever pathway this Earth planet takes *must have* an effect upon all of the planets around the solar system. You must always keep in mind that there is great responsibility on each individual's thinking. Of course, there would be what you term *natural disasters*, even if mankind did not exist upon this planet, but what I will say to you my dear friend is that mankind has accelerated some of the disasters which have occurred.

George: Yes, thank you. I felt there must be some input from ourselves in this.

Yes. I am not always happy to use the word 'disaster'; after all, we have cause and effect and mankind is growing at all times. Therefore these situations have always occurred and will continue, until such time as mankind recognizes his part in this pathway of life.

George: Yes. Perhaps I should use the term '*major event*'.

Yes, that I would suggest is a much more suitable term. I hope that has helped you.

George: Yes, indeed. We rather suspect that some of what we are physically doing to the planet results in the hurricanes, or results in some change in the hurricane cycle.

Yes, you are not responsible for *all*, but there lies within mankind a *great* responsibility.

George: Yes, and I think we appreciate the planet must have its own evolutionary process as well.

Yes of course.

George: Yes, thank you, that does help clarify.

Lilian: So if something has contaminated some of the Earth, could we call on the elementals to help to restore the goodness back to the Earth?

The elementals of course, as you well understand, have a great deal to do with the health of this planet, but they can only do so much. They also are limited by the thoughts of man, and although their work is in some sense superior to the thinking of man, they still come under natural laws, which in fact would deprive them of doing all that they would wish to do. And never forget my dear friend that they are governed by the angelic beings, who see for themselves the far greater plan of every planet. So, as in a way you cannot interfere in another's life, so too the elementals have their limitations. I hope that is helpful to you.

Lilian: Yes, thank you very much. Any questions you two, Daphne or Rod?

Rod: Not a question, but I rang my daughter up in Cheltenham, Heather last night and she was so excited that we were coming here. She sent her love and wishes she was here with you, and also apologized for the...

Daphne: ...'hounding'...

Rod: ...*hounding* that she's given you over the last months with the problems she has had with running the company...

I understand my dear friend. Let me just say to this one that she has a good heart, but she must learn to adapt and to call upon her own protection, her own angels and helpers, who are with her at all times. (Thank you.) Yes, of course I am always aware of what comes to me, but I have to say there are those who come much closer to her—always in time of troubles and worries which each individual seems to have upon this earthly planet. But she can find contentment and hope if she is willing to ask for that help.

Daphne: Thank you, that's very kind of you.

...but she does have her own guidance.

Rod: Thank you very much.

George: Perhaps she'll come and sit in with us one day.

Daphne: Yes.

Rod: I was hoping so—she'd be thrilled to come along.

George: I'm sure she'd be very welcome.

Daphne: It would be a great privilege.

Rod: Thank you very much.

Lilian: Can I ask a question for my grandson who has visited and was hoping to come tonight, but was unable? As you know his mother is quite a good channel for Spirit, but twice just lately, someone has obviously thought to communicate through my daughter-in-law and just said '*Richard*' to Richard, but the time was not convenient, so she grounded herself and said '*no*'. Richard wondered why someone was trying to contact him. Can you help at all?

I would say this to you: that when the time is *right* and you are ready for the teaching, then every opportunity will be sought to make connection. If there is someone who is awaiting contact, then if the channel is available, then it will take place. That young man should already be working for Spirit, but how would you express it within your world: *he is dragging his heels*.

Lilian: Right—he will read your words.

Many opportunities have arisen for this one, but as in all things in *life*, it is his freewill and it is his choice. That is all that needs to be said about that.

Lilian: Thank you, thank you very much. Any questions Sarah or Paul? (*neither had questions at this time*)
It seems I have taught you well!

Sarah: (*chuckles*) Very well!

George: We are not denying that! (*chuckle*) Anyway, there's an extension to a question I would like to place. You gave us very fine words on Auschwitz some months back and we were searching for meaning for that event and you gave us meaning. We have since talked quite a lot about animals and in particular farm animals, and abattoirs, and I couldn't help but make that connection that what we do, the way we treat animals in abattoirs, is rather like the treatment at Auschwitz to the human race and I couldn't help but think: does that help to give us *feeling* for what we are doing to animals—mistreating them. So perhaps this is a further learning for us from that horrific event. Would you care to comment on that?

I would my dear friend. It shows you, does it not, how much you have grown spiritually, when you can make such a comparison. Whether it be human or animal, it is activated by the same Spirit. Therefore any

wrong doing, whether it be to mankind or to your animals, *cannot be right*, and great responsibility has to be taken for those who perpetrate such actions. The animal kingdom within your world my dear friends, has always been placed beneath man, not because they are inferior, but because mankind has insisted that this be so. But, as you know, as I have said many words upon this subject, they may not have the same brain within the physical coats, but they have that element of understanding, which makes them suffer from the actions of mankind. And it shows when your understanding, and you make comparisons for the animals, that your Spirit has blossomed, that you understand that the animal kingdom has feelings of love, of pain and all else that man also feels. I would say only this to you my dear friends: **Treat every animal as you would a *loved one* within this world and you will not go wrong.** That is my words to you.

Sarah: So really we should all be vegetarian and we wouldn't have to kill the animals...

At certain times within your history mankind has killed the animals, but he has praised the animals for that flesh to eat. Remember it is the thought behind the action, which counts. Therefore, I will not say that those who have killed your animals in past times were wrong—that would not be entirely true, but it depends upon the situation. But as you stand today, as supposedly 'developed man' when in fact we know my dear friends that you have lost so much in past times. Animals are treated so much with disrespect today in your world, whereas in past times they have been honoured as part of living—there is a great difference.

George: Yes, that's something which many, many of us should think upon.

Lilian: Is there a glimmer of hope that things are improving anywhere?

Sarah: The trouble I think with today is that there are so many rules and regulations that even if the farmer is being very kind to his animals and likes his animals, he doesn't have any choice in where they go to be killed, so they're shipped all over the country, just to be killed. So it's the government that we've got to get to.

Yes. Until mankind forgets his materialistic ways, there will *not* be great change just yet—but mankind is developing in his understanding and that is what we are trying to impose in the minds of those who deal with your animals.

Now my dear friends, as always it brings me great joy to have spoken with you, but I will withdraw for this time and allow others to come to you. As always, although I may not *speak* with you, I surround each one of you in that light of love and protection, which belongs to you, and until such time as we come together once more, I will withdraw and look forward to our next meeting.

Lilian: Thank you for a wonderful year.

George: It's been a wonderful year, which we've all much enjoyed.

Paul: Yes thank you for the whole year.

Sarah: And we wish you a very pleasant stay back where you belong.

Yes.

Paul: I thought you were going to say, we wish you a merry Christmas. (*chuckles*)

George's notes on planetary progression: As stated, there has been considerable mention of planetary evolution/motivation over the past 12-years. I think I understand that our responsibility for our Earth is two-fold. There is the intrinsic responsibility inherited from our connection to its creation—and that includes acceptance of its required evolution in the shape of volcanoes, quakes etc that must happen. And we must be sufficiently responsible to live with that successfully, developing a 'planetary consciousness' and making sensible allowance. (cf. Indonesian elephants during the tsunami) Then there is human influence on planetary consciousness, which can have good or bad repercussion—for example, accelerated global warming, changing ocean currents and atmosphere deterioration.
