

~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!