

~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.