

**Good evening. (General greetings)**

**As I connect with you this time I thank you for the love and the anticipation, which I could feel.**

George: We are pleased that you have a good-sized welcoming group this evening.

**Yes, I have to say your lights are shining brightly this time. As we come together this time, I wish to say to each one of you that I hope your holiday period has left you uplifted and rejuvenated and that the spirit is ready to continue its journey forward in this, another of your earthly years.**

George: Yes, I think we are all approaching the year with optimism and I know that some of us feel uplifted.

**There are one or two within this room who do not feel quite uplifted, but hopefully by the end of this evening that will change for them. There is much to be given to you in this, your coming year. It is now time for us to move forward, that I might relate to you some information not already given, but because we have new faces this time, I will speak in a more general manner. I wish to tell you my dear friends that this coming year of your time will be devoted to your own personal understanding and responsibilities. That we intend to move forward gladdens me as it must you, but before we can move forward we have to accept that each one of you is responsible for this to happen. On many occasions I have told you that each one of you is responsible for all actions within your life, and those acts of whatever incidents, is responsible for what is to come; with this I am sure you all agree. (Affirmations)**

**Therefore let me say this to you my dear friends: that as the time continues we hope that your understanding of mind-projection is a little fuller, because at the moment we are taking things very slowly for you and I understand that you are finding some difficulties with it. (Affirmations) But we do not wish you to become despondent, it will come to you as do all things that continue to be worked upon. But there will be exercises for each one of you throughout this coming year that will broaden your outlook on many subjects—but as I say, you must endeavour to play your part. So I hope those words have brought you hope and inspiration for the weeks to come.**

George: Yes it is wonderful to have your words and the words from Bonniol, our visitor who comes via mind-projection, and to have those dialogues plus our *attempts* at trying to mind-project—with all

three working together, I think I could say there is much hope there.

**Yes, but there will be expansion in other fields. I do not wish you to become static in what you are trying to achieve; you must widen those horizons in order that the spirit comes forth and grows, but again that is the responsibility of each one of you. We can help, we can uplift, we can encourage, but we cannot live life for you. Now I feel that I have spoken enough about what is to *come*, therefore the rest of my time with you this evening we will use for any questions that you may have.**

Lilian: Have you any questions Heather?

Heather: First of all I would like to say, Salumet, thank you so much for all the upliftment that I know you've given me over the past months—when I've called for your help you've been there, I know you have. But I would like to ask you: I've read back in the transcripts and you mentioned that healing takes place when the spirit is touched, (Yes.) and I felt on two occasions my spirit has been touched while I've been giving healing. Would that be correct?

**Yes, I understand your question. Of course, as you allow the spirit to come forward and if you are giving healing to another, then you are in a prepared state for your own spirit to be helped. Yes, you are quite correct, but what I would say to you my dear friend is that first you must come to know yourself much better. If I might offer some words of comfort it would be that within you there is a deep fear, which allows you to have problems within the physical being. You must go within more and find your true self. You will then find that once you understand yourself fully that the healing that you are trying to give will be much more successful. But your problems are based on fear. As all of my dear friends here already know, all actions are taken either from the basis of love or fear, which then will have a cause within the physical body. It is up to each one of you to truly know yourself and, as I have said on many occasions, to be honest with yourself. I hope that is helpful to you.**

Heather: Yes. Thank you very much Salumet.

Lilian: Do you have any questions Richard?

Richard: No.

**I welcome this young man back into the love within this group.**

Richard: Thank you.

**You are ready to be used my dear friend, but there is something which holds you back and as I**

have said to our dear lady friend, if you truly *wish* to develop the gifts that you have, then you must go within, you must allow that spirit to come forward. Again, as with our young lady friend, you *are* fearful. I would say to the gentleman, he has the ability to achieve much, but again it comes to his own freewill and that, as I have said, cannot be interfered with. There are many who stand behind you waiting. Now it is up to him.

Lilian: Yes, he's obviously got great gifts there. As do all of you. I do not wish it to sound as if he is exceptional, because each one of you within this room has—as does all human persons—have gifts of the spirit, which are to be used. It is whether the desire and need is there, but that does depend on his own freewill. I would ask my dear lady friend that you go forward and place your hand upon the lady next to this young gentleman and we would wish to give her some healing help this evening.

Lilian: Yes, I will.

**Are there more questions?**

Jan: Salumet, thank you for the healing this evening, that's nice to receive. Is it safe for Richard and I—the young man sat next to me, to work together in the comfort of our own home? **Provided you have that protective cloak around you, which I believe you have discussed. Yes, you are both very much connected to each other as has been told to you in past times. Provided you sit in the name of love and you have protection, there is no harm in that. But if there is fear, I suggest that you go very slowly, because there is a deeper fear within this young gentleman, a fear he may not even recognize.**

Jan: We have recognised together that it's more Richard's fear (**Yes.**) than my own when we are on our own.

**Yes—you are there for support. Yes, that is perfectly acceptable as long as you know that when you have opened up, if fear exists there is the possibility of those who are not so gentle in coming. You understand what I say?**

Jan: I do. We have been careful on the two occasions to make sure that I feel we have closed and Richard feels happy in his own body, if you know what I mean.

**And if you wish you may call upon me for protection.**

Jan: Thank you very much. And the second question I have Salumet, which I think you've already addressed, because you have asked the lady next to you to help me. (**Yes.**) The pain I am experiencing at the moment, is that because the

pathway I am treading at the moment is not the right one?

**You at the moment have a fear of going forward and the fear is connected to your earthly husband at this time. Once you allay those fears you should find self-healing in evidence, but whilst this fear is there, it will not take place. As I have said, all conditions within the body are basically from love or fear.**

Jan: And mine at the moment—I'm experiencing fear, I know I am.

**Yes. Try to allay those fears within yourself. Surround yourself with positive thinking, ask for help from those who come close to you; and I have to say there are many who come close to both of you who belong to the same aspect of Soul for both of you.**

Jan: Is that because Richard and I are of the same aspect—is that possible?

**You both come from the same soul energy, yes—that is why the connection is there.**

Jan: We will try and do our best. Thank you very much.

Lilian: Would Richard's grandfather be able to help him from spirit? Would he be able to help him?

**If he so desires, of course! Let me say that any healing thought is never placed to one side—again we go over old ground. I have to say that if healing thoughts are sent out, then they will be addressed, but not always in the way that you *desire*, but in the way that is needed for the individual. But whilst there is fear, it almost creates some blockage for that love and healing to take place—you understand? (Yes, thank you.) That is where your own personal responsibilities come into play. I am sure our dear gentleman friend across the room from me will tell you that once he looked within, there was a betterment of his condition, besides the other steps that were taken.**

Graham: I should say! (*affirmations—Graham was well on the way to recovery from Dystonia, a so-called 'incurable' neuro-degenerative disease.*)

**Yes. So within the comfort of this room, you can see one who has experience of positive thinking.**

Lilian: Yes, definitely. Do you have any questions George?

George: Well, there is a fairly topical one. Recently there was what is known as the 'Hajj pilgrimage' and this is a pilgrimage on which many come from around the world—it is held in Saudi Arabia I think, and they file past a representation of the devil and they throw stones at it. And on this last occasion, there were so many people and there was a

stampede and 360 died. It's a very curious pilgrimage I think, and it's a very curious thing to happen, for so many people to die as a result of it—it doesn't seem to make a lot of sense. Perhaps it's an exercise for us not to judge. I was just wondering if you have any thoughts on that occurrence.

**You are beginning to read me my dear friend! Of course you must not judge. There are many what would be termed 'strange ways' within your world—many religions, many pathways, many ways of thinking. Whether it seems to you foolish or otherwise is really not for anyone to judge, but again it comes back to what I have been speaking about and that is the personal responsibility of every individual that is involved in either the death of a fellow human being or in any kind of destructive behaviour; that is something for them to judge themselves for. It may not always happen in your world as you well know, but when each spirit returns home they have to face their own judgement. Mankind has many strange practices I am sure you would say, but I would like you my dear friend to take the wider view of your world, to take the good within your world and to elaborate your thinking upon those many things, and in concentrating on the good of your world, you will help it to expand and to dispel any negativity that is still within the planet, but as we know, that is not going to happen just yet.**

George: I was going to say, likewise there is a political trial going on in the law courts at the moment and I picked up a reported statement that the man said that 'Allah curses a sector of the community', and I would think that's something to be impossible.

**Yes, I would suggest to you all my dear friends that your thoughts of love are needed for these people, that the thoughts of love may change those thoughts of evil, as you call it—I would prefer to say that these are misguided people who need your thoughts of *LOVE* on so many occasions, if your world is to become a better and safer place to live.**

George: Yes, I feel you've just made a very, very important statement: these people all need our thoughts of love.

**Yes. Again I would suggest that you dwell upon not the negative, but the positive aspects, because there is *so much* good happening in your world also, and you tend as human beings to focus too much upon the negativity. I want you my dear friends as this year progresses, to feel that you are beacons of light, beacons of light,**

**which will touch every individual that crosses your pathways. You are already my dear friends sending out the words that have come to you, so many thousands of people will *know* that the truth and love will always prevail.**

George: Yes absolutely. Did you have a question, Paul that follows from that?

Paul: Not so much that follows. I was just thinking that was a beautifully simple way of putting it: focussing on the positive. The negative—you can get bogged in it anyway and sometimes there's probably not too much to understand from it. So yeah, that really struck a chord.

**If I may simplify it even further for you. Which would you prefer to view, the cloud and the rain or the sunshine and the flowers?**

Paul: (*said with a chuckle*) Funnily enough, I do like the rain actually—I rather like it, but I know what you mean. (*more chuckles*)

**I do not say the rain is not beautiful—all things are beautiful, but it is your conception, your thinking in general, which is important.**

George: Yes. '*Beauty is in the eye of the beholder.*' That's one of our expressions.

**Yes, therefore, focus on what is beautiful and that includes all of your fellow man.**

Paul: Sometimes I think when you focus on someone's positive points, the negative just disappears, doesn't it, and you don't need to delve into the negativity to sort it out.

**Can you remember some long time past when I told you that when you disapproved of what someone did, then to look within yourselves, because within yourselves lies all negative and positive viewpoints.**

George: Yes. Unfortunately the barristers in our law courts don't do that! (*Laughs*)

**I accept your statement completely!**

Sara: And our politicians.

Paul: And psychiatrists.

**Yes. But they are being helped. No matter, they are being impressed, but for those of you who know just a little more, then of course the responsibility is much greater.**

George: Yes, I must say I have met a number of barristers and there *are* some very fine people there—I must say that as well.

**Yes. Well, I think for our first evening back together, I will take my leave of you. As always, I leave you with my love. I thank you for your coming together and all that you give to each other. (*general thanks and fond farewells*)**

~23<sup>RD</sup> January 2006~

Good evening. (*General greetings*)

As I join with you this time, I am happy to say how happy we are to be joined by those who are not part of our regular group; I extend my love to each one of them. You would be surprised, I feel, to see the difference in the energy within this room when we have others who come to join with us. I wish this time to say to you my dear friends that ahead of us in this coming year there is much for us to discuss, but I will say only a little this evening in order that our friends might have a wider picture of what happens within this group. There is much my dear friends that you will learn of in this coming year and one of the things that I would wish to discuss with you in the weeks to come, is following on from what you have been trying to achieve: *mind projection*. This, as you may have gathered by now, is not something new, but is new to all of you.

George: Yes—new and very interesting.

Yes, and it will become even more so as time continues. I will say this to you: that already, and for many years past, the mind has been projected to many areas within your world—even so, the mind and the thought has been captured upon film. Of this, you may not know, but I assure you that these things have taken place, and it is the step forward from mind projection. There is evidence upon what you call your *photographs*.

George: Yes, I don't know about this!

No, but you will. It is something I will discuss with you, as I say, at a later stage. I feel sure, and especially you my dear friends, that to capture thought to film can only be most interesting for you.

George: Yes, indeed.

Also in this year there will be much more spoken about communication from *our* world. It is ever-increasing to people who seek all that they do not understand, and this coming year will see many more people who become interested in what is termed 'paranormal', but that we know as '*perfectly normal*'. Also there will be in these coming next few years, more information about the whole cosmos in general. Your scientific fields and your astrologers (*astronomers?*) are beginning to see a wider 'film' of all that exists and these facts will become known, as too will be known the formation of other planets, which can only again be of interest to you all. So you see my dear friends how much we have to discuss in this coming year, and of course I will discuss with you things that have been promised from me in the

past, and if the time and conditions are suitable, then these topics will be raised.

George: It's wonderful to have this feeling for spirit and spirituality running through the entire universe and I'm sure this has not yet occurred to many, many scientists who have been very interested in the physical universe, but to add and have a feeling for the spiritual dimension has to be seen as a great joy and a step forward for mankind.

Yes, yes. Truth cannot be kept in the dark—this I have told you many times and still upon this planet for every believer in Truth, you will have one who is sceptical, but that is the way of your earthly lives at this particular time. But what is satisfying for us who come to you from spirit, is that now you human beings are beginning to think for yourselves and are not going into life with what you term '*blind faith*'. This indeed is a big step for mankind. As you know, each one of you are individuals in your own right, but the common ground for each one of you is the knowledge of Truth and Love which surrounds us all in this world. Truth and Love cannot be denied. Have you any questions on what I have just told you?

Paul: Going back to the thought-photography, you said that that's already been *discovered*, has it? It has been achieved and the time is now ripe for that knowledge to be made known—yes.

Paul: That is a fantastic thing because it really ... um ...

It should again reinforce my words how powerful your thoughts are.

George: Yes, I was just wondering if this relates in any way to the 'random number generators'... That has been *part* of it I have to tell you. Many things have taken place and I know that we have discussed briefly the case of the numbers, but much has been happening in our world, which has to be transferred to you human beings in order for it to become your reality. But there has been much work 'behind the scenes'—I believe that would be your expression. Yes.

George: Yes and I was wondering—a great area of scepticism relates to elementals. I was wondering if in taking steps forward, if elementals would be coming any more out into the open in our thoughts.

All that has existed ... has existed. It is only that it has been denied, by those, who have been *spiritually* blind, if you like. Until such time as each individual opens their eyes, they will not see. Now, as we continue, I wish to say to you my dear

**friends, I would like you if you would when you leave this room this evening, if you would send a thought to all of those people whose eyes are spiritually closed, to help them to understand what is round and about them. They can be helped from our world, it only needs to be asked, and I can assure you that in this manner, it is not interference in their lives, it would be the rebirth of their lives. You understand? (Affirmations)**

George: Yes. In any event it seems to be it would be in the nature of a prayer.

Lilian: It is like healing for them, isn't it really? **Yes. It is help in understanding themselves, in opening their eyes to Love and to the truth of their very existence.**

Paul: I don't know why but I just had a feeling that this year would see a bit more spiritual growth on the planet. I suppose every year sees a little bit more as of late. Do you see this year as being a particularly good sort of spiritual growing year? **I understand your question and, yes, take heed of what you *feel* of that innate feeling within, because you would be right in feeling this. Each year that I have come to you my dear friends I see as a time of being special, because each year I come to you, there seems to be a little more understanding within your world, and although this world still has many problems as you see it, I have told you that all is working together for the greater good and you cannot have positive without negative. Do you remember those words? (Affirmations) So try always my dear friends to keep a balance, not only in your own lives, but in your thoughts of your planet and all of your solar system and as you now realize, even further. Try to expand your own consciousness and the realization will come to you of all that is *good* and all that is *truth*.**

Paul: We are also hoping this year maybe, maybe this year, to get the website with all the wonderful teachings you've given over the years. If you have any suggestions for that, we would be most grateful to hear any.

**I am most humbled by your words, and of course if I can help in any way, I will do so, but it will not come in the form of words; it will come to you as it has done by inspiration, and without your dedicated work, you could not have achieved what you are doing. But I wish you to understand that behind all of you we stand, we give encouragement, we give hope for your futures, and we hope we bring to you peace and calmness and goodness for your lives upon this Earth.**

George: Yes, and we feel that the technology developments today are helping us immensely, and it is now possible to put the whole of your teachings over twelve years onto a single compact disc, so that all of the teachings can be thrown onto the computer screen and read and this will carry a subject index as a means of reference. So we are being helped with the technological developments.

**Yes and they have been important in this development upon your planet. So often we hear people say, 'Why is this necessary?' But imagine what I have told you earlier about the thought that has been put to film, to photographs—how would this have been possible without that technology? (Yes indeed.) So, always there is a reason for these happenings. But to all of you I give you my love and support at all times. And if you can remember when first I came to you I said to you my dear friends that if only one person is touched by the words I bring, then indeed I feel my task has been achieved.**

George: In fact there is one person who has put a question to me, which I would dearly like to pass on to you, because you will clarify so much better than I. So if I may ... you've spoken much on the subject of meditation, but in possible connection with this there is hypnotism and there is *self*-hypnotism. Now, I rather fancy that *self*-hypnotism is very much like meditation but for different purpose. For example, for removing pain during dentistry. And of course, ordinary hypnotism needs control by another, but are you able to clarify those three things and how they connect for us? **Yes, I understand your question. The purpose of meditation is slightly different from the others, because in true meditation the spirit should in fact raise from the *physical* body to meet that of spirit—in *true* meditation. I wonder if you are speaking of a deeper sense of relaxation, which goes deeper than you normally would in *waking* time. True meditation, as you know and understand it, should connect you to that spirit outside of the body; the spirit is raised from the human form in true meditation. (Yes.) When you speak of hypnotism, it is indeed going deep to the subconscious mind, and we know that the mind belongs to spirit, but it is also encased within the human form; for it is possible to reach that deep, subconscious mind, without the spirit leaving the body. Does that make sense to you?**

George: Ah, I see, so where hypnotism is concerned, it is a part of the spirit, which is more contained...

Yes, it is still part of spirit, but it is more contained within the human form. But in true meditation the spirit should be able to raise itself from the human form towards spirit—there is just that slight difference.

George: Yes, thank you for that, that does clarify it beautifully, because it did seem to me to be a difficult area.

**It does not seem so difficult now.**

George: No.

**No, no.**

George: Thank you.

**But all states where you are trying to go deep within the subconscious, is a state not normally achieved in waking time. Now, my dear friends I have spoken with you enough I feel. I feel it might be beneficial if our dear lady friend (Sara) could take us on a short journey this time and I will leave you in the capable hands of our dear lady here, (Lilian) who will take charge of the rest of this evening's meeting. And as I withdraw this time, know always that I stand close by each one of you, know that I know your thoughts, I know what is within your hearts, and whenever I can I will endeavour to help you all. (General thanks and farewells)**

**Good evening. (General welcomes)**

**As I join with you this time it gladdens me to hear your laughter.**

Lilian: It certainly lifts the spirits.

**It also helps to raise the vibration within this room. Now my dear friends this time I will speak to you for just a short time, because there must be some time left for some self-development this time. I wish to speak with you, the last time for a while because I know I have spoken much about this subject. I am sure you already know what I am about to say.**

Sarah: Thought.

**Yes, thank you my dear friend—not only thought but love. Many of my words have been dedicated to these two simple words of your language, but words which should mean much to you. You all know how much and how powerful your thoughts are, and we have spoken much about those insignificant thoughts which remain within the ether. We have spoken of the purpose of powerful thought and how it can affect, not only oneself, but not only your planet, but also the whole of your universe. How powerful those thoughts are! You also know that powerful thought—and we have spoken of collected thoughts and how much more powerful they can be—how they can transmute darkness of**

*Sara then took us on a guided meditation within ourselves and there was also a communication from Bonniol, all freely available on website:*

[www.salumetandfriends.org](http://www.salumetandfriends.org)

*George's notes:*

*We were pleased to welcome on this occasion: Izumi (a visitor from Japan), Heather and Natalie. Each has sat with us before, and it is always a pleasure to welcome back old friends. Salumet's words on 10<sup>th</sup> March 97 were: '...no longer will there be the fear and the distrust over all things termed supernatural. They will become known and natural...' This coming year then, Salumet is saying, that many more will be seeking the paranormal, that we know to be normal. So that earlier statement is coming to fruition. The 'restrictive' view of hypnotism and self-hypnotism seems important, because this is a corner of scientific thinking that could be seen as 'in the melting pot'.*

**~30<sup>TH</sup> January 2006~**

**thoughts from many upon this planet. You understand all of these things. (Affirmations) What I would wish to say to you this time: have you considered my dear friends what happens with the thoughts that you have formed just before you enter your sleep state? Would someone like to...**

Lilian: Personally, no I haven't.

Graham: I think sometimes when I have a question in my mind and I've gone to sleep on that question, next day the problem around that question doesn't seem so bad and I can see the answer.

**Yes, so therefore you *have* had positive thinking before the sleep state. (Yes.) Let us assume that before your sleep state you have watched your televisions, you have read your newspapers, you have read your books or you have been thinking with negative thoughts, *before* you go to the sleep state. What do you suppose happens then?**

Sara: Your minds are filled with whatever you've been absorbing (Yes.) and I imagine it can sometimes produce strange dreams, but also I believe it can lower your vibration (Yes.) before you sleep.

**Yes. Of course you are right. Your last conscious thinking will—and as you know, when you reach your sleep state that the spirit leaves the body—yes. What happens then is that with negative**

**thinking that last conscious thought will find you in the lower astral planes, because like-minded thoughts will come together. Can you understand? (Affirmations)**

Lilian: Yes, that hadn't occurred to me I must say.

**Have you any questions?**

Sara: So it's much better to go within before sleeping and have quiet time.

**I would suggest only positive thinking, or of course your meditation—that would be an ideal time for many. But this is an important point for you to remember.**

George: So that thought would travel with the spirit and would not remain with the subconscious part.

**Yes, because it is the last conscious—and remember that thought belongs to spirit, so of course it will travel with spirit and in the same way as your thoughts will travel into the ether, so too those last thoughts will travel with the spirit into *our* world, but any negative thinking will keep you in those lower astral ranges. So, that is also something else for you my dear friends to consider.**

George: Yes, that is very useful information to have.

Sarah: So, if you wake up feeling really wonderful, it's probably because you had good thoughts before you went to sleep and it's been worked on whilst you've been away.

**You would have joined us in spirit to the place where you rightfully belong at that moment in time. Remember there are many planes of existence and it would not be right to forego telling you of these lower astral planes, because that is where all of the negativity would still remain.**

Sarah: When you go to sleep, Salumet, and your spirit leaves your body, is this really a little bit like you going back to where *you* belong to rejuvenate the spirit a bit?

**I also would return to the place that I am suited to, yes, of course. Yes. You all, although your memories are few, do return to that place where the spirit can be rejuvenated, uplifted, and, as the gentleman has just said, can be inspired. In many ways you are helped during your sleep state. But of course you have times when you wake and you feel as if your rest has been negligible. That *could*, I do not say always, but could be because your thinking has been incorrect.**

Sarah: And if you're in the lower astral plane, those negative thoughts, would they—and I know you're going to say that energy is always moving, but

would they remain fairly stagnant in that lower astral plane, whereas when you're in your rightful place there's a lot more movement and a lot more work being done on your thoughts?

**Yes, of course, because like attracts like and you would be attracted to a place of negativity, where indeed there are still many who have retained those negative thoughts, although they are in our world. Remember that you do not ultimately change, you do not suddenly become angels, (*titters*) you do not suddenly become a positive-thinking person; but it might be good for you my dear friends to assess for yourselves each thinking thought that you send out as it occurs throughout one of your days and I am sure that you could see from those thoughts whether you are a very positive person, or whether your thoughts dwell upon the negativity of your lives. After all, thought becomes habit, it grows from habit and it is much easier for you as human beings to focus upon those lower feelings rather than those feelings from spirit. It is a pattern, which is easier for you all to follow, but I do not excuse you all my dear friends, because now you have the knowledge to change, therefore you see how that responsibility has grown. (Affirmations) You are not only responsible for yourselves, you are responsible for others whom your thoughts reach out to touch, you are responsible for the condition of your planet, and you are responsible for those thoughts that reach further out into your solar system.**

George: I was just trying to visualize the *habitual criminal* and how that would apply and I think I can see that it might well be quite difficult for the *habitual criminal* to get out of the routine of *non-love*, should I say.

**Yes. But as a group you could help to transmute that way of thinking by another. The love from your auras can reach out and touch and change. That is why it is so important my dear friends that this understanding of thought is great. That is *why* I have on numerous occasions returned to this subject, but now I feel that your understanding has reached the point where we can now move forward.**

Graham: I can see that it's important, Sara and I, with our children that we always try to give them a happy goodnight—sometimes getting children into bed isn't always easy; (**Yes.**) we try very hard to keep them happy at that very important part of the day.

**You have become wise, yes. And of course it allows their own special angels to watch over them at that time of their living.**

Graham: And this would be a good time for prayer as well...

**Of course.**

Graham: ...to say thank you for the good things in the day.

**Yes, and it would be most helpful if children could be taught to say thank you, not only for the love and the goodness which surrounds them, but also for the learning and the understanding of the problems that they encounter in their young lives. It is important that they learn to give thanks also for the—what you would call, ‘not so good times’, because that is the time of their understanding and recognition of themselves and their own spirit’s growth. (*Thanks expressed*)**

Sarah: And also the people who are depressed, they must go to sleep feeling low, so it’s a downward spiral really.

**Yes, if only they could understand themselves a little more, but they can be helped by people such as yourselves, whose light shines more brightly, who can touch them, even without their understanding. But always, as I have told you in the past, light will always gain over darkness, and it is a matter of perseverance and understanding with these people. And of course that brings us very aptly onto LOVE, because without love, nothing could exist. All of your being should be of love and understanding, and to understand others you must come to understand yourselves. And my dear friends, is that not the hardest task of all?**

**(*Affirmations*) You must know how to forgive yourselves, to love yourselves, because if you cannot love yourselves, if you do not have forgiveness, if you cannot let go of all loss—and I feel at this point I have to explain to you loss, because you automatically think of loss as the passing of a loved one: not so. People need to learn, because they fear so many things: they fear the loss of their youth, they fear the loss of course of one they love, they fear everyday living. They must learn to deal with loss of these things. Do you understand what I am telling you, (*affirmation*) because truly, until you feeling love shine from you like a bright light, you will never truly understand what life is about. And I can tell you many things, say many words but until each one of you fully understands what love and forgiveness is, you will always falter throughout your earthly lives. You really must come to know yourselves well.**

Sara: I think the hardest thing for most human beings is accepting their own dark side, their own dark shadow, **(Yes.)** and it is only then that you can accept other people’s darkness, but then of course they show different dark areas sometimes to our own, **(Yes.)** and that’s where the real learning is because sometimes we have to make a friend with a particular dark area to enable us to understand another one we’ve judged. I’ve found this in my own experience.

**Yes. Firstly you must never judge—that has been one of my teachings to you—but because you are human this is a difficult thing for you to achieve, because none of you are infallible. You try so hard and you cannot ask for more, but it is the knowing and the understanding of these things, and the trying to achieve that greater spirituality which belongs to you all. Do you remember my words of some long time past, where I told you, if you had a problem with another human being, if you make judgement, to look within yourselves, (*Affirmations*) and therefore you will find your answer to all of these so-called disagreeable traits in your fellow human beings.**

Sarah: I also remember you said that when you have some troubles, that’s the time when you grow. And a recent experience I’ve had has made me understand some things so much better that I wouldn’t have understood if I hadn’t had the problem.

**Yes. I am sure each one of you has something that you could say about experiences of life, where in hindsight, you can say, yes I understand better, or the way I think has changed, or my understanding of another person has grown. That is your spirit growing, that is your inner voice telling you that these difficulties have been the test of human living. And yes, my dear friends, you have learned much from these words, but I did wish to remind you just once more before we move on to pastures new, how important love and thought are in your lives.**

George: Perhaps there *is* no loss, only change, in the final analysis...

**Yes. There needs to be positive and negative to create the whole, and that remains a fact for all living.**

Sara: *Not judging* becomes easier with experience. **(Yes.)** We have to have quite a lot of experience sometimes.

**Experience is why you are here. Yes, you might like to call it ‘lessons’, but experience is a good word I feel. As long as you *learn* from those experiences, then you will always move forward.**

**Now, if you have any questions on what we have discussed, I will answer them before I take my leave. (Pause) No?**

George: Yes. I was just thinking: we spoke of loss, but within this tremendous aura of love of spirit, the losses that we can think of, they seem to diminish **(Yes.)** and we all know of course that life is ongoing.

**The feeling of loss would be transmuted into love—of course. Those feelings of loss and fear within you belong to the negative vibrations of your life, but once you allow that love and understanding of yourselves into your lives, then of course all else falls into place. I hope that you will try as I have suggested my dear friends, to try to assess your own thoughts each time they come to you—assess them at the time that they are created and see what comes from that. I am *sure* you would be surprised throughout one of your days how much negativity can be created unwillingly.**

Sara: I have noticed when I'm positive, I have so much more fluidity, I can move through so much more in a day **(Yes.)** and my mind travels more quickly, everything is easier.

**And your energy...**

Sara: ...is better.

**Yes of course, because the human body is then filled with spiritual lightness, which is then transformed through to the human form, and as you have just described, feels so much better. Yes. Perhaps on days when you are feeling down, then ask your question: 'Where is my heart, where is my thinking?'**

Sara: If something goes wrong in my day, I do always check what I was thinking at the time, to try to understand how it came about.

**Good evening. (General greetings)**

**As we join together this time I was happy to hear your loving thoughts for those who are in distress in your world. They, as are many others within your world, so misguided about what they feel to be the truth—can only allow people such as yourselves, who have good and open hearts—it allows them to be engulfed within your love. Therefore, I will take this opportunity to thank each one of you for each week that you give out your loving and healing thoughts.**

**I hope my words to you last time about the state of your thinking as you approach your sleep state, has made some impact upon you.**

George: Yes, I'm sure we all benefit from that knowledge.

**Yes, in this way you can change thoughts quickly, because your thoughts are your reality and your reality creates form within the human body. And of course you know that is how we have illness and it does not always occur in an instant—it is a culmination of negative thoughts and not being able to know oneself—yes.**

**Now my dear friends, as I take my leave, let us thank that Great Creative Force for this time together in joining, in discussing and hopefully in expanding that love vibration which is within this room. As always I shall stay close with you, and before I leave, I would just like to say, although I am aware of the thoughts that are sent to me for help, I will not give individual attention to whatever thoughts come to me. I will in every situation try to help and uplift you, but I will not recognize those thoughts within *this* room.**

*(Thanks and farewells)*

*George's notes: Regarding Salumet's final statement. It is felt that it embraces several points. Firstly of course, that he is aware of our thoughts. Secondly, he has reiterated several times that he can give love and upliftment, but cannot solve our life's problems. Thirdly, his mission is to teach, raise awareness and place spiritual knowledge before us for the benefit of all humanity. Fourthly, he is not recognising of 'individual' request 'within this room', because he credits us with knowing these things, from having had the benefit of 12 years of teachings.*

~6<sup>TH</sup> February 2006~

**But it is of no use if that knowledge is not put into any form of action. But it brings me to the much greater and wider picture of what you have been trying to achieve over these many, many, many months of your time. I have brought to you the thought of 'mind projection', yes, and indeed you have been interested in all that has been brought to you. I now have related to you that you must be more careful of your thinking as you approach your sleep state—these, my dear friends, are not separate issues. Tonight I will explain to you why it is important that you take on board what I have been bringing to you. You know the power of your thinking, you now know and understand that the power of thought travels but in an instant—as you think, so it is reality.**

George: Indeed. **(Yes.)** Yes, you have told us how we can be an influence throughout the universe, and yes, one is beginning to feel the wisdom behind those words.

**Yes. Your understanding is great on those matters. That is not the purpose of my talk this evening. What I now wish you to understand my dear friends is this: you of course realize that in my world thought communication is all that happens—there is no need of words. But what I wish you now to achieve with your thinking, especially as you approach your sleep state, is to make that stronger communication with our world and already I can hear: ‘but how can we achieve this?’ You can achieve this quite easily with what you have already been trying to do—to project the thought; I know it does not come easily to you at this time. Now we bring in the thinking as you enter sleep state. If your thinking is on a higher and purer level, then it is much easier to come to our world in sleep state and then to use the thought as a means of communication, not only with those who stand close by you, but also loved ones with whom you have been acquainted whilst on this Earth. It seems a mammoth task, does it not? But let me tell you my dear friends, that you are ready for this next step in your unfoldment. Again, it will depend on your own freewill, because even in our world that is not taken from you—but the opportunities are great. Do you have any questions at this time?**

Lilian: That has certainly given us something to think about.

Sarah: It makes a lot of sense to me, that...

**That is because you are ready to accept my dear friend.**

Heather: So what you’re saying Salumet, is as we go into the sleep state and we are *in prayer* as such, we’re starting to be connected at that stage. Is that what you mean?

**The point of connection is already made easier for you. That is why it is most important that that time before your sleep state, places your mind, which of course belongs to spirit, into a frame of thinking, which would then make it much easier to connect—because again, as you think, it then becomes your reality. Remember this always. That has been the point of these many months of demonstrating to you the power of the mind. How could we have given you through an instrument in your world, the thoughts and the feelings of another from far away? (referring to the planet Aerah communications)**

George: It certainly brings home to us how ‘close’, if I can use that word, everything is.

**It is but in the blink of your eye and it is the way of communication for those in our world. That is why the thought of another brings you immediately to that person or to that place or to that animal. That energy, that spiritual energy, is within you all. You have now reached a state where your hearts are open to all things—but again, the responsibility lies with each of you. I do not have a magic wand that will bring to each one of you your heart’s desires, and after all, that which is worthy must be worked for.**

George: We must think in terms of ‘magic minds’, not ‘magic wands’.

**Yes, yes—the words of our dear writer friend! (Chuckles) Do you have any questions?**

Paul: So if we are able to get greater communications in our sleep state, will we have stronger memories of it when we awake?

**Yes, of course—that would be one part of that development. You would be a much larger part of spirit, and that memory would be retained.**

Sarah: So therefore if we are giving a message to or making contact with somebody in spirit, or even somebody perhaps like Bonniol, we could well remember what they were sending back if we were having some communication in our sleep state?

**Of course—how do you think it works between these mediums upon your Earth or on any other planet, if it is not by the thought? But I wish you now my dear friends, with all the knowledge that I have brought to you, to place these into action and to use the information wisely for your own spiritual unfoldment and for the greater good of your group and all those people that you touch in this world. I will not say more, but I wanted to collate all these things together for you this evening, and it places a much greater responsibility on each one of you that you may now be careful in the way that you are thinking.**

Sarah: You did ask us this week to try and have a day when we could see how many negative thoughts we had, **(Yes.)** and although I didn’t count them up, I was aware each time that I did it and I thought: ‘Whoops, let’s change this one!’

**It is always a good exercise to fall back on, just to remind yourselves that these negative thoughts come so close to the surface of your thinking.**

Lilian: Yes they do.

Paul: They so easily slip in.

**Yes. So many people feel that they are positive human beings when in fact, as I have told you, if**

they bring it to the surface they realize that they are not.

Paul: I hold my hand up to that I think.

**I will not exclude you my dear friend. (Chuckles) I feel that each one of you is responsible for that.**

George: Yes, I was thinking recently about perfection and imperfection and I thought: the Divine Plan is perfect and the Creative Principle is perfect, **(Yes.)** but we ourselves, and all earthly things have to be imperfect...

**Do not feel that those in our world are perfect—that is not so. What you are working towards is that state of perfection, but it will take many eons of time. You cannot expect perfection in one second of time, and one second of time is where you human beings belong.**

George: That's right and I was wondering how the divine plan appears, not from where we are, but from in spirit. Does one have an impression of the *complete* divine plan?

**Yes. I can only speak of what I know and as a conglomerate of beings, I feel I can speak and tell you that we also are working towards that perfection, but it is a feeling, which you attain. But suffice to say, as you feel you have gained ground, then you become aware that the vista before you opens wider—and so, you are forever growing.**

George: Yes, I felt there must be a difference of view, and when you say, a wider vista before you...

**Yes, but it is a deeper, more meaningful feeling of great love. Perhaps that would be a descriptive viewpoint for you. But, yes, from my point of view, then things are much different.**

George: Yes, thank you for that.

Paul: Yes, that's interesting. We can relate to that as well, I think the way a new vista opens up, just when we think we've reached a certain point.

**(Yes.)**

Lilian: We have, but we need to move on...

**I believe that many years ago I made the analogy to you of climbing a ladder, a never ending ladder, and although as you look backwards you can see the progress that you have made, but as you look forward you can never see the end.**

Sarah: I do remember you saying that. **(Yes.)**

George: What helped me in my thinking a little, was when we talked of 'Seth I' and 'Seth II', I felt there had to be a large number of rungs of the ladder between those two. **(Yes.)** As far as *our* view is concerned, Seth II, who described himself as a conglomerate of beings, must be far into the future compared to Seth I.

Yes, of course. *Now* you are beginning to understand—yes. And remember also that your human thinking is three-dimensional; it is so *stunted* in a way that you will never fully understand the way of the Great Divine Plan. Perfection is not easy to describe.

George: So, in deeper spirit, there are more dimensions to the thinking. **(Yes.)** So it's like comparing an abacus to a computer perhaps?

**Yes, again you have given a good analogy. You see, as we move forward, each individual piece of information then grows to be much more expansive, as each piece of information breaks into areas of greater magnitude. So, rather than become simpler in terms of understanding, it becomes much, much more complex, but because your understanding of yourselves has grown, then your understanding of each developing part becomes greater.**

**Now my dear friends, I hope I have given you a little more to think about.**

George: You certainly have.

Paul: We'll have to practise this—so going to sleep in as high a state of thinking as possible **(Yes.)** and then with the intention of communicating with our spirit friends and guides...

**Firstly you must pay attention to your everyday thinking—all thinking—you must become masters of your own thinking. That is the pathway to be in command of what you think, and then to make sure as you enter your sleep-state that the purity of your thoughts is much greater; and then you truly can move forward. And as you say, the gifts of the spirit will indeed unfold before your very eyes. It is entirely within your grasp, but I do not want you to think that these things can happen in a blink of an eye—it has to be worked for.**

Paul: Yes—all the best things you have to work for I think.

**I will, next time I come, have a much longer discourse with you on another subject, but for the rest of this evening, it is important that each one within this room be given the opportunity to come close to those who *guide* them, and to help again in their own spiritual knowledge. Therefore my dear friends, as I take my leave from you, I offer you much love. We ask that Great Creative Force to help you, to lead you throughout your daily lives. Therefore I will take my leave and leave you in the hands of our dear lady friend.**

*(Thanks and farewells)*

Lilian: Until we meet again, our love goes with you.

George's notes: On 20<sup>th</sup> June 05, Bonniol spoke on the subject of mind projection and how it was becoming for us ... the norm: **"That is always the way with a new thing. It always starts like that and then after a time, you will be doing it ... in your sleep!"** We laughed and saw it as an ordinary joke at the time! Now we are able to see a clever double meaning in the remark. It is also worth remembering that on 22<sup>nd</sup> August 05, another planetary being visited with Bonniol who's mind

As is our normal routine, names were given for healing at the start of the session, before Salumet or any others speak.

**Good evening.** (General greetings)

**I am happy to be with you once more.**

Lilian: We are very happy to have you with us.

**Before I continue this time, I would like to ask you my dear friends, how many of you are aware of the change of energy within this room this time? Some of us could feel this difference and we made our various comments and it was described as a 'good' energy.**

**It is because we have with us this time two much younger energies, (two teenagers) and it has made some difference to the overall energy within this room. So, I am most pleased that the awareness of this has been good for some of you. Which brings me to say a welcome to our latest visitor to this meeting. (Ashlea Martin) As I continue this time I wish to speak to you my dear friends, to speak to you once more about healing thoughts, but also to elaborate just a little on what you already know. It is most apt that I speak to you this time when so many thoughts have been given for those who are ill and are distressed. So many times we are asked from your world: 'Can you please explain how the power of the spirit is utilized for the purpose of healing?' And as our acquaintance my dear friends, has been one of much knowledge, you are now aware of the power of thinking, you are now aware that your thoughts become reality, but how then are those thoughts used in our world? That is what I would like to talk about this evening. Thought sent by people upon this Earth, come to us in one instant—this you know—and that thought becomes reality, it becomes a vibration, which can then be utilized, not only for healing but for many other things. What is spirit power? Spirit power is the very LIFE FORCE; it is infinite, it is malleable and therefore with those words you see that it can then be used in many ways. We have within our world scientists and chemists, as you**

*projection activity occurs only during sleep-state. Interesting connections!*

*We are reminded that our earthly experience is 3-dimensional. Salumet and deeper spirit clearly experience a more complex dimensionality. This status may well begin to explain the mechanism that lies behind the phenomena of synchronicity and Bible Code.*

~20<sup>th</sup> February 2006~

**would call them here on Earth, who take this spirit power and they characterize this power, this energy, and it is used in many permutations and then it is finalized for use, to be used through the instrument or channel for healing. So you see my dear friends that, that one thought goes through a process of change. The aspects of the power are used in the same way as the many aspects of each individual are used in these meetings. Do you understand my words? Or if you have any questions I will take them now.**

George: I think my understanding is that the healing thoughts that emanate from us here, pass into spirit where they are changed—and I'm not forgetting that these are living thoughts, (Yes.) and those living thoughts having changed, they are then returned to the target person. Does that describe the process?

**They are through the instrument of healing to the person who is in need so that this power might touch the spirit of the individual. That is the process of healing work. So, it is not just one random thought, there are many processes that are used.**

Sarah: I know there is no time in spirit, but this is quite an instantaneous...

**Already the thought is used, because we are aware of what is about to be said. We are a little ahead of you as human beings. All we wait for is that connective vibration from you and the process of using spirit power or Life force or Love, whatever you wish to term it, is used immediately. That is not to say that it is felt by the individuals concerned in that moment of time, because as you know, for healing to work, the spirit has to be touched.**

Sarah: So does it actually go one step further still? You said that you are one step ahead of us with the thought that we are going to give out. Do you actually sometimes impress us to make this thought? (No.)

George: Should we think of this healing process in a collective sense rather than an individual sense?

**No. You can if you wish, but it does not change the outcome from our side of life.**

Lilian: So if we can't remember the name of the person who needs the healing, but the thought is sent anyway, how does that work? Is that thought discarded or is it able to be used anyway?

**No, we would never discard a healing thought that is sent with love; only those thoughts that have no power behind them—everyday thinking as I have told you previously. But a healing thought sent with love is never disregarded.**

**Collective thought, as I have told you previously, has a power of its own, but all of these thoughts are collected so do not concern yourself with active thinking about how it should be done. Just give of the love and the help for those who are in need.**

George: Yes, I was really thinking, does it work in a collective sense as seen from spirit? Do thoughts get combined and circulated where needed or is it on a more individual basis?

**It matters not—all thoughts are collected. It matters not whether it comes from, as you have said and as happens within this room, 'collective thought', or whether it is 'individual thought'—all of these thoughts have their own reality and that is what will be utilized, will be changed. Aspects of that power are being altered and changed to suit the situations needed for each individual sickness or illness or whatever problem is being asked for help for. Is that helpful to you?**

George: Yes, thank you.

**But it gives you food for thought. We have spoken much about the power of thought, but now I wish you to *realize* that there is much more involved, that the work within our world is on-going and does not stop on *reception* of any healing thought or for that matter any thought that is for help—and I have to say, any thoughts that you send for yourselves.**

George: Yes, that certainly gives us much to think about.

**It shows you, does it not, that spirit-power is indeed infinite, that it is changeable and it can be felt, indeed in a very strong way by all individuals upon this Earth plane.**

Graham: I was wondering if I could ask a question on behalf of these two younger ones who are with us this evening? **(Of course.)** They had an experience a few days ago which seems to have touched both of them. During their skiing holiday, Natalie here got lost and she ended up in a place where she was very lonely and afraid and she asked for help and she felt as though someone was

with her. My daughter here (*Ashlea*) was also part of that drama and she played her role in it. They both feel as though things happened which they both described themselves as miracles, and I was wondering if there was anything you could say about that experience to them?

**Of course I am happy to speak with these young energies. We know of course that the one you call Natalie has already made connection with us here within this room. Once that connection is made, it cannot be severed. As every individual who has entered this room knows, when you make a connection with our world, you are in fact uniting with your own spirit, and therefore at all times you are closer to our world, and when instances of fear or whatever emotion lies within, then those who stand close to you will come close to help you. What these young people do not fully understand is that they are *never alone*. It is entirely up to every individual to allow us in our world to come close to you. But sometimes, because of the strong emotions and the ties to the material world, it blocks our efforts to *help*. But what should happen now is that these young people learn and get to know themselves, and when that happens then their spirit is opened up to us in *our* world, and that connection will always remain with them.**

Graham: Thank you for that answer.

George: Yes, I'm sure they will both note that well. **Yes. There is a good energy between them; it could be utilized if they so desired, but they have a lot of material living to do. But if they could only recognize their true selves as spirit, then life for them—I will not say will be easy, that is not for me to say, but their lives will be enriched in many ways, and I am sure it has demonstrated to them that they are *never alone*. It should be a comforting thought for them to know that you do not always need the human touch to feel comforted.**

Graham: Thank you, that's very interesting.

Natalie/Ashlea: Yes!

Graham: My daughter was a little nervous about coming and she has been apprehensive for a while, but I'm so pleased now that she has made the step. **Yes. This young one could do much with the pen, but I will leave that with you and perhaps words of wisdom will be listened to and perhaps if she so desires at a later stage that she might find a connection close to her. It is not for us to tell each of you what you should do. You know that has never been my purpose, but I also wish to**

**encourage and uplift anyone who wishes to receive help from spirit.**

**Have we more questions before I leave you?**

Sarah: Yes. I was telling my daughter that you said the last thought you have before you go to bed should be a positive one. She said that that first night that I told her that, she said that she definitely went to bed with a positive thought and then she had nightmares! So she wondered why that should have been.

**Because one positive thought is not enough. She has many negative thoughts, which the spirit has to deal with. You know that the material body and the spirit are interwoven and one has a very strong effect upon the other; because you retire with one positive thought, will not automatically erase any negative thoughts throughout that day. What I have tried to teach you is that this must be an accumulation of good thoughts, and then when you retire to the sleep-state, that last thought then is like the catalyst that takes you forward into spirit. I hope that is helpful for her.**

Sarah: Yes, that is very helpful. I shall pass that message on to her. Thank you very much.

**It is not that you need just one positive thought; it is something you should try to achieve at all times.**

Lilian: It is something we really need to work hard at, isn't it?

*Before Salumet spoke this time, one through Sarah spoke of delays due to difficulties in coming through this time. Another also through Sarah, wanted to let us know that our rescue work had been of much interest to others in spirit realm, and had helped many in learning how to make the transition from the physical to spirit world much easier. Salumet began to speak some time later:*

**Good evening. (General greetings)**

**As always my dear friends, there is purpose and reasoning behind all that occurs within this room. This evening has had its purpose. It has had a purpose, not only for yourselves, but for those in our world. It is a discipline for them as it is for you. As we come into this silence together, so many expectations await you, not only from this side of life but from yours, and without each other these meetings would not occur. It is I feel, most apt for you all to learn that we, from our world, cannot be summoned at will—that sometimes conditions, as you have been told, are more difficult, but also that unless there is a deep love-bond, we cannot come close to you. That, of course, is not the case within this room; there is so much love, which each of you brings to each**

**Yes, and I have to say that my words on that subject have been easily forgotten with some of you, therefore it is apt that this is a timely reminder for everyone.**

**Now, I hope that you will consider my words carefully this time and to realize that this is a further step in your knowledge. I ask only my dear friends that you continue to give of your love, your time, your energy and of course that you give this knowledge to others in order that it may help them in their everyday lives; and of course for yourselves in your own spiritual unfoldment. I will take my leave of you, I bathe you in spiritual love, and for the rest of this evening I will work quietly with this one (Eileen).**

*(General thanks and farewells)*

*George's notes: Natalie skis well, but on this occasion she got stuck in a narrow ravine in deep snow, that had cracking ice and water beneath! She got separated from the group and was out-of-sight. Rescue came 5-hours later and happily she was none the worse. It is worth noting that in addition to spiritual connection, the mobile phone also played its part in this.*

~27<sup>TH</sup> February 2006~

**other and to those who stand close by you. But the purpose of this evening was to let you recognize that you must not always take us for granted.**

George: Yes, I'm sure we appreciate that.

Lilian: That was quite a lesson.

Sarah: So those two who came through me Salumet, were they opportunists?

**Of course not. There is a purpose in this evening and the one who spoke through you had that job to do: to mention conditions, as did the one who comes through with mind projection. All are informed of what is about to happen. Each takes their place and speaks thus.**

Sarah: Thank you.

**I wish to say to the young gentleman who has joined us again this evening (Richard) that you must *allow* your natural gifts to push forward. This is the time and we know that you are a little hesitant at times, but there have been many who have worked with you this evening. Whether you are aware or not, I can assure you my dear friend that there are many who wish to work with you.**

Richard: Thank you.

**Now, before I leave you, I know that if you have any questions I will be happy to answer them for you.**

Lilian: Any questions? George?

George: I wanted to ask a question about the condition of schizophrenia and I think we just mentioned this in passing on one occasion. **(Yes.)** Schizophrenia in our modern world seems to have become an umbrella expression for a number of conditions, **(Yes.)** but one type of condition concerns people having two personalities, if I could put it like that. Sometimes one is a violent personality and it may be that sometimes it's related to a form of mediumship, and sometimes it may relate to an undesirable spirit taking over or being present. I think it is a very misunderstood or little-understood area. I wonder if you could say a few words about that general topic?

**Yes. As many illnesses within your world are misunderstood, this of course, is one that comes to the forefront on many occasions, and yes, as you have said, many who are labelled 'schizophrenic' are indeed mediums who are confused, but they do not involve the negative and violent side of the nature of the spirit—that is nothing to do with mediumship. The violent personalities within the human being who has dual personalities is indeed a state of spirit that has been confused, mainly at birth—not always but mainly. The lady who spoke to me previously, used the word 'opportunist'. That is exactly what happens when there is confusion and spirit wishes to reincarnate quickly and ignores advice given to them. We have spoken about that subject previously also. You remember? (Affirmations) That is why sometimes when a child is born, it is not the spirit that should be there. Do you remember my words?**

George: Yes. So a wrong spirit, if I could put it like that...

**...an opportunist—it is an apt word for this question.**

George: Thank you. And would be there permanently?

**No necessarily so.**

George: So it might be possible to, shall I say, *correct* the situation through exorcism? Would that be the word to use?

**That would be one way to go, but it would have to be done with a medium in your world. It is controlled somewhat by your medical people: there are medications used which subdue the will but does not *cure*, if I may use that word.**

George: Yes, we were rather thinking that and some of us have discussed it.

**It is a distressing situation and of course it always will be resolved when spirit returns to our world.**

George: So it might be a job for a medium as opposed to a medical situation?

**In a number of cases—I do not speak about all cases, there are various reasons for this condition in your world.**

George: Yes. And very often children who are incomplete in some way, have a wonderful loving nature, which I think suggests that their spirit connection is heightened perhaps, while their intellectual development becomes stunted. I think we see that in a number of handicapped children.

**You must always remember that children are closer to our world and therefore are more open to all that happens within their young lives. They are much more open and therefore so many happenings can occur, which would not necessarily happen with an adult within your world. Is that helpful to you?**

George: Yes, indeed. I think that clarifies several points, although, as you say, it is a varied and complicated field.

**Yes. But remember also the responsibility of each spirit in these cases. All that happens within your world does not happen purely by chance. Always consider any condition from a spiritual level and then your understanding becomes much greater.**

George: Yes. Putting that another way, there is always purpose...

**Not always. As I say, there are—as in your world there are people who will take advantage of another and when you have a child or a baby about to be born, (*conceived*) the spirit who wishes to come into, and into that pure light, will take the opportunity if they can. Therefore you have the disturbance, you have the positive, you have the negative, you have the lightness and the darkness together.**

Paul: Is this something that maybe happens perhaps one percent of the time?

**It is, I would say my dear friend, rare. It is not something that happens all of the time, but of course the opportunities are there.**

Paul: I have heard of mothers who talk of simply not being able to bond with their baby. Can that be a sign that ...

**That is normally karmic.**

Paul: I see. So that's not necessarily anything to do with this then?

**No. Always view these problems and conditions from the spiritual standpoint.**

Sarah: So when you say karmic, that's both from the child and the mother?

**Yes, yes. Remember that you have chosen whom you wish to be your parents—remember the agreements that are made before you reincarnate into this life. There is always a pact made, not only with mother and child, but all that you come into contact with within the earthly life.**

Sarah: When you said just now that a spirit would jump into a child that is about to be born, I thought that the spirit entered into the child as soon as it was conceived... **(Yes.)** ...not at the point of the actual physical birth...

**At conception—yes.**

Graham: There's an extraordinary child in the school that I am working who has certainly made people think. It is a child with great learning difficulties, who has been diagnosed, I think, with autism and is in many ways restricted intellectually. He has what the school call 'a little party trick' and that is where you can give the child a date either later in this year or next year and immediately that child can tell you what day that would be. **(Yes.)**

And when that child is asked how he can do it, the child replies: 'It is just in my mind—it just happens.'

**Yes. Of course, because although the child has physical problems, the spiritual and the mind which belongs to spirit, is to the forefront and therefore that spiritual memory is still within that child. That is why you have that happening. The physical body is 'troubled', shall we say, but never the spiritual mind.**

Graham: Gosh! So that gives an insight as to what the spiritual mind is capable of.

**Yes. It is just within that human being.**

George: So it's a very good spiritual/soul connection.

**Yes. A strong memory of what has gone before, even within the unfortunate human body.**

George: So the child, if I could put it this way, would have a proportion of that all-knowledge.

**Yes. As all of you do. So, I feel my lesson for you this evening is again to always think with your spirit. Leave aside human/physical thinking, use that higher level of thinking and all matters within your world will become much clearer.**

George: Yes. This general topic has come to the fore as a result of Graham's present teaching post, which involves handicapped children—it started us all thinking.

**Yes, it is the same as when the human form gets closer to our world to return home and then they begin to think with the spiritual mind and all becomes clearer to them. No matter what the**

**physical problems are, remember that the mind, which belongs to spirit, will always be clear.**

Sarah: So even in people who have dementia...

**Yes, I was waiting for you to ask!** (*knowing chuckles*)

Sarah: ...although they are perhaps not aware of it, their spirit is clear, **(Yes.)** their physical body certainly isn't.

**It matters not what the physical condition is.**

Jan: Salumet, may I ask: Richard's condition—the young man sat next to me, my son—he was labelled as dyslexic and we thought the voices that he could hear and the noises in his head were all part of the condition. We have sussed it out for ourselves I believe, that that was not the case. So am I right in saying, or are we both right in saying that in Richard's case he was hearing clairvoyantly **(Yes.)** rather than the condition?

**It has taken some time has it not, but that is why he is now ready to accept. So many people in your world are given labels, which do not belong to them, and one of them is what is happening here when children see faces, they hear voices and they are labelled as being strange, when in fact they are being *more* than normal.**

Paul: Yes!

George: That is an interesting thought.

Jan: Richard would see animals, and especially one particular animal in the house very early on, and I just knew it was happening, but it was very difficult to get through to—obviously academically educationally, people who were labelling him all the time.

**They still do not fully have the understanding. You cannot say they are wrong, because they do not know, but he is fortunate in having you and your understanding to help. He has the opportunity now to go forward and make good use of the rest of his life, but again as I have told you, it is entirely his own freewill. And as much as I would wish you all to live lives to the full, to recognize that you are spirit, I cannot interfere in your lives, because that is part of the pathway that you have chosen and each one of you is responsible at the end of these earthly lives for all that you have said and done.**

Sarah: When you said that Richard was fortunate to have Jan as his mother, surely he chose his mother so that she could help him, perhaps.

**That is always a possibility, but deep within themselves, *they* will know the answer to that question, whether that is part of their life's pathway or not, because all of you have that inner knowledge, but so often as human beings you**

**deny what you know—mainly from fear, and I do not wish to tread upon that subject again this time.**

Paul: I think it relates to that thing about being normal and if you're not normal having all these labels. **(Yes.)** It would be okay, but these labels carry with them so much negativity.

**Yes. And we know, do we not, that positive thinking can make so many changes to a person's life.** (Yes!)

Sarah: Can I ask one final thing? When George was talking about schizophrenia and you said that it can often be treated by a medium, can you give an example of one that couldn't be treated by a medium?

**Only inasmuch as how strong that spirit is within the human frame. It is like what you call—now how would you phrase it—'hauntings', where you have so many negative happenings and it is difficult to remove that spirit from those situations. Remember that the medium has the helpers and the light behind them, but so also does the spirit have the darkness and the negative energy behind them, and always it is a battle between light and darkness. Does that help you?**

Sarah: Yes it does, thank you.

Richard: Salumet, trying to make connections, I believe the difficulties I'm having, probably, as you told me, are about fear, but there is a great amount of negativity **(Yes.)** that I'm trying to lift, but I'm having great difficulty in doing so.

**Good evening.** *(General greetings)*

**It is good to join with you once again my dear friends. This evening I do not intend to speak to you for too long. I will work with this one again as there is much to be gained by silent cooperation. There will be our friend from another world this time and also one other. That being so I will answer any questions fairly quickly this time.**

Lilian: Any questions?

Rod: It was to do with the number of spirits within a newborn baby. This is where we had a 'Jekyll and Hyde' question last week and we were discussing: are there two spirits within that baby or within that person in later life?

**You are speaking of the medical condition that we spoke of last time, yes?** *(Schizophrenia)*

Lilian: Yes.

**Yes. You cannot have two people, as you say, in one body, but what happens is you can have the infiltration of many minds within one body. There is a difference and if you remember: mind is spirit and is capable of much influence in the physical**

**It will only come my dear friend with practise and with meditation and in acceptance of your guidance, and in recognition that there is with you a guidance who is here to help and to protect you. It will come, but you need to be dedicated to that task. I will endeavour to try to help you all that I can.**

**Now my dear friends I will take my leave and as I have said, I hope that this evening has been a fruitful one in as much as it gives you a little more food for thought.** *(General thanks)*

**And as I take my leave from you, we ask that each one of you in your daily lives be given the help and the strength and the love, to continue.** *(more thanks)*

*George's notes: Schizophrenia, as agreed, is a set of conditions, poorly understood, and Salumet's words are enlightening. The spiritual reasons are interesting indeed. When he refers to a previous mention of 'opportunist spirit at time of conception', that was in relation to 'transgender' on 4<sup>th</sup> November 2002, which generally arises from that cause. It is very useful to know that some conditions may be exorcised through mediumship, and some 'surprising abilities' relate to spiritual all-knowledge (and proof that spiritual mind is separate from inferior intellect?) And suppression of personality by administered drugs is not a cure.*

~6<sup>TH</sup> March 2006~

**presence that you human beings are. Therefore I hope this clarifies it for you just a little.**

Rod: Thank you very much, that does, yes.

**I apologize if I made any confusion last time, but as you know, always it is difficult to put into physical words, happenings that are non-material. This is always a problem for our world, but I hope it is clear for you now.**

Rod: That does clear it yes, thank you.

George: That was certainly a very interesting session that we had on that subject last time.

**I was slightly amused by you all, in recognizing how unusual it was for me to speak to you at the end of these meetings. But I hope also that the information brought to you some little moments of thought.**

George: Yes—now that the transcripts are circulated, I'm sure that will be of interest to many people—to many readers.

**If ever my words confuse you, please do ask at the time of my speaking and it will save you unnecessary thinking energy.**

George: Yes—thank you. I was watching a recently made film on the last days of Adolf Hitler and information was taken from a personal secretary who survived the war and still lives. Something came up which intrigued me: he apparently regarded ‘compassion’ as a weakness to be trodden under foot, and I felt this perhaps is the key to his wrong thinking, which in some measure explains what we consider to have been atrocities. I know that we have our physical emotions, which we need to control, but he seems to possibly have confused compassion with controlling physical emotion. Would you care to say something further on the subject of compassion? And of course this has to flow from spirit and I cannot really see how he could have had so much confusion about that subject of compassion.

**I understand your question my dear friend. Firstly let me say, this is again a very good example of why you cannot judge your fellow human man, because you do not have the full picture at any time. The gentleman in question was indeed a confused human being. He was not of sound mind much of the time at the end of his earthly life. But what I say to you is this: of course, compassion belongs to spirit—to the mind, but you also know that the physical being is activated by the mind and the mind is controlled by the physical action. There always is interaction between the two. Therefore, when there is some kind of discontent within the human being, whether there be fear, whether there be confusion, of course this has to have some effect upon the whole structure of being. The physical and the spiritual are intertwined, but whilst you remain upon this Earth, oft times is the physical reasoning the more powerful, which then creates all of these situations.**

George: So the physical intellect could control the input from spirit and could shut out the spiritual mind in effect.

**Of course. Remember I have told you, there are so many in your world, who are spiritually inadequate, and this is the reason why—they do not allow those spiritual attributes to shine forth. Remember always the balance of light and darkness. Does that help you in your understanding?**

George: It does indeed. It shows well the balance between the physical and the spiritual and how the spiritual mind can be dimmed by our physical control. Yes, thank you, that does help.

**Yes, perhaps a better word than ‘control’ would be ‘influence’—rather than control. But always**

**there has to be interaction between the two. It explains, does it not my dear friends, why so many in your world create what you have termed ‘atrocities’. It is a lack of light within their spirit, whilst, and only whilst, they inhabit these bodies.**

George: It makes what we call ‘atrocities’ the more understandable. **(Yes.)**

Graham: So it wouldn’t really be their fault then, if they were to find themselves in the situation, where the spiritual influence is being pushed away and their physical mind is coming to the fore; if they’re not aware of the fact that this is happening, is that situation really their fault? Are they blameless?

**I do not like to use the word ‘fault’. They of course must be *responsible* whilst in these physical garbs for every deed and action that they take against their fellow man, and they will become aware of these things when they return home to us. But what would be much better is if they could begin—and I will use a saying within your own world that is used frequently: if only they could ‘see the light’. If only they would allow their true selves to step forward, then all the negativity and hatred and fear within them would dissolve. But no, you can never call them blameless, but that is not a judgement. You understand?**

Graham: Yes. And presumably they live such a life and for learning not only for themselves, but for others around them.

**Remember that like attracts like and in so doing it makes a greater picture of all that is dark. I am sure you are aware in your own world of many who are like this.**

George: Yes, and with Adolf Hitler, it was quite amazing the way those close to him seemed to be swept along by his—I could call it ‘wayward philosophy’.

**Yes, of course. I hope that has helped you and for this time my dear friends I will take my leave and work quietly with this one, and I would say to our dear lady friend that *her* assistance in helping the instrument this time to return would be most helpful.**

Lilian: Yes, I will. Thank you once again.

**I leave you all again in my love and light. (General thanks)**

*Bonniol followed as indicated by Salumet—all Bonniol transcripts are freely available from website: <http://www.salumetandfriends.org/5.htm> This particular session has also been included here, as Salumet enters the discussion later on in this discussion with our dear friend from a planet far away:*

Lilian: Hello.

**Hello.**

Lilian: How was your journey tonight?

**It was better, thank you. I had a very easy entry.**

Graham: Is that because conditions have returned to what they were, or have you managed to adjust?

**I believe conditions have returned, and we are also improving our links all the time.**

George: That's very good to hear.

**Hopefully, if things can improve, then we can move forward.**

Lilian: Yes, we look forward to that. Have you a full house tonight?

**Yes, there are the usual numbers gathered. We look forward to it each time.**

Lilian: I'm sure you do.

**It's always a beautiful experience for us...**

Lilian: And for us!

**...meeting with other aspects of creation.**

Lilian: And you are much more used to it than we are.

*(Pause)* **It is something you never really get used to.**

George: Yes—a good thought. I'm not sure how many of us have been attempting to project things to you. I have been attempting myself, and I must apologise, because some things seem more difficult than others. I chose an object which I felt was reasonably simple, but I found it very difficult to hold a good image in my mind. So if you didn't receive anything from me, I quite understand, because my image was so fleeting. Sorry about that.

**But it is a sign of progress, when you are aware of your image quality and you have an idea of the quality that you would like. So that is a good sign, and you will reach a much better quality, if you continue to practise.**

George: Yes—thank you.

Lilian: You didn't by any chance pick up one of our small animals—a frog? I remember one was mentioned in the early days...

**I'm still waiting for a really clear mind projection from any of you. I am picking up blurred images. But I'm still waiting for that crystal clear unmistakable...**

Lilian: I picked one up the other day to rescued it from one of our roads and I thought: that's a good idea, I'll send Bonniol a little frog.

**Yes, I understand, the frog would be something you will...**

Lilian: Something you would recognise...

**...yes. It is not the easiest of things to project when you are starting off, but if you feel you can create that image mentally, with enough clarity that it is as if it was in front of you, then it will be possible.**

Rod: Last week, Bonniol, I stood an orange watering can on our bin and I spoke to you and I'm sure you were with me—at least on thought—and I looked at this—I don't know if you know what a watering can is—for watering plants...

**Yes, we also use them. I will continue to watch for these images, and I am sure they will become clearer to me as you send them each time. But at the moment they are still shadows of the things they represent. If I was of your world, it would be possible to read the shadows, but it is very hard to read them when these are all new to us, but it is very good practice for you all.**

Lilian: Yes it's a good practice for us I must say—yes.

**And it is nice that you are doing it during your day, at various opportunities.**

George: Yes, and you're happy for us to continue to attempt to send to you?

**I am always very happy to be given these thoughts and to monitor them for you.**

George: Right. Thank you.

Sarah: It seems to be a very good connection we've got this time Bonniol. Do you feel it's a better one than before?

**Yes, I have had a little bit of quiet time with this one (Paul) and I think it has helped this time improving the link. We are improving each time and it should become more 'varied', if I could use that word—the communications may become more interesting as we get the sort of link we are hoping for. It is always hard to talk about more unusual things at the beginning. We have had to be patient and discuss things that we are familiar with. Hopefully we will be able to broaden our communications.**

George: Well, so far we've had a wonderful mixture of science and philosophy, music and poetry and an incredible mixture—and a little bit about living things and industry, which has all been quite fascinating.

**Yes, these are all topics, which are familiar to you. We also have much that will not be familiar, and we hope to share a little of that.**

Graham: That would be interesting.

George: Yes. I was doing a little overview recently and the picture that is emerging, is that spirit/mind of God—however one wishes to define it—extends throughout the universe, and is an influence

obviously, throughout the entire universe, so that both our planets are subject to the influence of this mind/spirit which extends throughout. So it's not surprising really that there are so many similarities within both our cultures. There are the joys of understanding music, literature and theatre—so many things of the mind, of the spirit. It seems so natural that we have these similarities.

Sarah: I think that's partly because Bonniol and his people on his planet are similar to us, but if you think about the planet with the 'mushrooms' on it, they would I expect be quite different. **(Yes.)**

George: Well, I wonder if their philosophy would be different—the things that connect to spirit.

Lilian: Yes, I see what you mean George.

George: Do you have any thought on that Bonniol?

**Yes, the (Pause) the word eludes me for the moment, but the ways that spirit defines itself in the various worlds of matter—there is always a—there is always the truth which comes to the surface, in all worlds. But the patterns, if you like, are incredibly varied. The final—it's the various ways of getting to that truth, that defies the imagination.**

George: Yes—I think evolution comes into it. We evolve in our different directions or with emphasis on different things as we evolve. So perhaps, where we have differences, it arises out of that way in which we evolve.

**Yes, the evolving is your pathway—the roads that you take to your final destination.**

George: In recent years, we've evolved in the direction of materialism, whereas you have evolved on your planet much more in the direction of nature, recognition of nature spirits and...

**When you become aware of them, it becomes natural to work with them.**

Sarah: Has your planet gone through a period where it was materialistic?

**It was once very materialistic in a slightly different way, of course, to the way yours has grown. Each person is different and each planet is equally different in the way it displays its material nature. It would seem strange probably, to talk about how we displayed our material natures. But when you look at your past civilisations, they also displayed it in different ways to today, did they not? (Affirmations)**

George: Yes. Just looking back 100 years, we I feel were closer to nature and farming economy then, because one small farm might have had ten people working on it, whereas today that same small farm would only have one person working on it and organizing a lot of machinery to actually do the

work. So, in that sense we've moved away from agriculture and nature.

**Yes, machines in some ways have cut you off from the land experience.**

Sarah: And also in the cooking, whereas before you used to use your hands a lot more to make things, now that also has been taken over by machines. So there's very little contact with the raw materials, or the raw produce, which again takes you away from...

George: Yes, we are not preparing the food with love in quite the same way...

*At this moment Lilian noticed Eileen's hand movement and had awareness that Salumet wanted to speak—I think we had all forgotten that Salumet was still quietly with Eileen:*

Lilian: Can I just see if Salumet wishes to say anything?

**Thank you. I apologize for this intrusion.**

Lilian: We're pleased to have you.

**I wish to say just one thing—and Bonniol does not have the knowledge which can tell you about the connection between all planets and spirit. There is a simple explanation, and I will put it to you thus: the unifying bond between spirit and all matter, no matter what that form of matter takes, is LOVE and PERFECTION. That is what every planet strives for, and that is the unifying bond.**

Lilian: Yes—it's simple when you say it.

**Bonniol was struggling to define that question, so I do apologize to him, but I felt it was a point to be clarified.**

George: Wonderful! *(general thanks expressed)*  
**I will now leave you once more.**

George: Could I just suggest that that bond, then leads to or is responsible for there being so many similarities between cultures on different planets?  
**The love consciousness is what connects you—no matter what; whether you be human form, vegetable form, or whatever. And it shows in the vegetable form as perfection in the way that it tries to grow and demonstrate itself. You understand?**

Lilian: Yes.

George: Thank you so much for that.

**But every planet is striving towards the same goal.**

George: Yes—wonderful!

*Bonniol then continued:*

**Thank you! That clarifies it for me too.**

Lilian: Yes! It's so simple.

George: We mentioned the idea some time ago, that it would be nice if you would sit in with us

when Salumet is here and now we've experienced it!

**It makes for a very interesting evening.**

George: Wonderful. So, where do we go from here? Are there any questions you'd like to ask us, or would you like us to ask you questions?

**I would like to be a little more frank, about some of our peoples. I think you have an idea that our world is perfect in many ways. And I have told you that we have different problems—of over-population and some disagreements over how we work with the elementals, for example.**

George: Yes, you mentioned this.

**We do not have wars or fighting, but we do have unrest from time to time, and this may surprise you, but we have had assassination—is that the word. (Affirmations) So there are political groups struggling for their points of view to be made.**

George: We understand. We've had occasional assassinations ourselves.

**It's not common, but we have had it. And so, it is something that cannot be dismissed.**

George: But nevertheless, people have the collective good sense not to go to war over disputes or over annoyances...

**There is enough love from the majority of us to not allow war.**

George: So again, 'love' is the key to that matter. **But there are those who are prepared to take life, if they feel it helps their cause.**

Rod: Do you have armies fighting people, to protect one against the other?

**We have something, which has evolved from your 'armies', but it no longer functions like that. They are like a group who rescue people—deal with natural disasters—are available for many different activities, depending on what is needed at the time.**

Rod: Almost like a United Nations here I should think...

**Yes. They understand medical as well as natural disasters. They can—they understand how to fight, but it is not a main part of their training.**

Sarah: What would happen to the assassin if they catch him?

**If this person is caught, they would be placed in confinement for a time.**

Sarah: Do you have special prisons like we do? Do you need them?

**We have something like a prison in the sense that it separates them from the world, but it is not meant as a punishing place.**

George: And are they left to their own thinking, or would they be subject to what might be considered to be helpful learning for them?

**They will have many who will try to help them.**

**They are not so many to deal with—it is less common in our world. But they are always those who, for some reason, are unhappy with the way things are, and are prepared to act without regard for another. So they need to be watched over carefully and if possible, finding out why they have chosen that pathway—and if they can be encouraged out of it in *this* lifetime, as opposed to waiting for the disappointment when they move on.**

Sarah: Salumet has told us that you should never take a life, so all of you must be aware of that as well...

**It is something that we would hope everyone is aware of, but when you have mass populations, it seems there are always some individuals who choose another course other than the one we recommend.**

Sarah: Sometimes they say when places get too crowded you get this kind of thing. Maybe it's partly due to the overcrowding on your planet, do you think?

**There are many possible reasons. That is one that has been voiced at certain times with certain people.**

Rod: Reading between the lines, you seem to know how many people we've got in prison here...

**I have looked through the memories of this one and I do not know the numbers but...**

Graham: It's about one in 800 in this country—I've just done the calculation, about one in 800 in England at the moment.

**I am aware of your problem with prisons and the scale of it. It would seem to be a problem, which has not been tackled very imaginatively, can I say?**

George: Yes, I agree.

Graham: I think they're trying to find alternative methods to punishing other than going to prison—allowing people to reform outside prison, giving them the opportunity to do so, which is perhaps a step in the right direction.

George: Yes, we're trying. We've still got quite a long way to go. Would you like a break? Would you like a piece of music at this stage?

**That sounds a good idea—yes, thank you.**

George: I think we mentioned the theatre before. We have 'musical' shows, and these are often centred on a story; it can be any sort of story. Occasionally it's taken out of politics and there was one musical in fairly recent times called 'Evita', and

it concerned the government of Argentina, one of our countries. Juan Perón was its president, and his wife Evita was First Lady, and assisted with running the country. She was in charge of social welfare, and she was *much loved* by the people. She departed this life before her husband and ‘Don’t Cry For Me Argentina’, was her song: ♪♪♪♪. (*the song was played for Bonniol*)

**It’s a little easier now, to listen with these ears ... and that one was able to sound the words a little more easily than in some of the songs.**

George: Yes, sometimes our musical shows are little bits of political history like that, but any subject can be taken. But that is quite a heart-warming little song, and it has been very, very popular.

Sarah: When you say it’s easier for you to listen to, is it also easier for you to relay back to your ‘audience’, can I put it that way?

**Yes. It’s not that I relay exactly. They experience it with me—we share the experience.**

Sarah: And they enjoyed it as well?  
**I’m sure they enjoyed it too, yes.**

George: So is it as if they were here with us?

**It is for them, as it is for me—yes. They would be listening with me to your words. I speak for myself but when you speak, they are able to listen. We all listen together. So it makes it even more a meeting of worlds.**

George: Could I ask, have you all listened to a Master who visits another planet—have they experienced what was experienced tonight before in your planetary travels? Or is this a first?

**It is a first for me. I would *imagine* it has been done before, but it is a first for me, and something very special. I have listened to your Master before, but to have him come into the discussion is something I will cherish.**

George: We are delighted that this has happened and we shall equally cherish this evening for that reason.

**Good evening. (General greetings)**

**I am pleased to join with you once more.**

Lilian: We are very pleased too.

*(Everyone echoed these sentiments)*

George: Yes, welcome. I think an apology is in order, because I gather the music we played last time was disturbing (*some taped music was played for the benefit of Bonniol from Planet Aerah whilst Salumet was working silently with Eileen*)—we heard that from another, so apologies for that.

**Do not concern yourself my dear friend. It has been noted and I have to say it did not cause too much disturbance to this instrument.**

**But I hope that we will have even better communications now that we have improved our link.**

George: Wonderful.

**And I’m sure we will. But for this evening perhaps I have spoken enough.**

Sarah: And we have a saying: practise makes perfect, so we’ll keep practising then.

George: It’s been a very good evening...

**I look forward to receiving more from you.**

Graham: We’ll do our best.

**Would you like me to send to you as well?**

Sarah: That would be very good, yes. (*several affirmations*)

**I will be sending you something.**

Sarah: Are you going to send the same thing to all of us?

**I think that would be easiest for now, yes.**

*(General thanks and farewells)*

*George’s notes:*

*This was a very special evening. It was at the start of our meeting of 25<sup>th</sup> April 05 that we suggested Bonniol might like to deliberately come early and be in session with Salumet, on a future occasion. On 18<sup>th</sup> July 05, we checked with Salumet that this would be acceptable. Now it has transpired! Armies: Our Earthly evolution has recently seen a condensation of regiments and some military reductions. There have been peace and non-nuclear proclamations. These are first steps. We have sometimes discussed amongst ourselves what next? Perhaps a single United Nations World Task Force—more of a disaster rescue unit. Such a unit would perhaps preserve and make better use of existing skills—transportation, engineering, medical, policing etc. worldwide. Perhaps on TV it has already happened in some measure—Thunderbirds Are Go!*

**~3<sup>rd</sup> April 2006~**

George: I’m pleased to hear that. Also I’d like to say how pleased everyone was that you joined in the discussion with Bonniol, and he too was delighted.

**(Yes.) Thank you for that.**

**He was faltering a little and I did feel at that time that interruption was perhaps necessary.**

George: He used the word ‘cherished’. We all cherish that occasion when we were all together. Thank you.

**Yes, it only goes to show, does it not, how much connection and communication is possible between all, when it is needed.**

Paul: We’re so lucky to have that here.

Lilian: Very!

**There is no point in always having philosophical views if you cannot then expand the consciousness—it would be a fruitless task I feel. And you should, my dear friends, thank yourselves, because without you and without the dedication that each one of you shows, you cannot move forward. I offer only encouragement to you.**

George: Thank you again. (*affirmed by others*) I feel this time that some upliftment is needed for some of you and therefore that will be forthcoming before you leave the room this time. I know that when this is given in times past, you are aware of the difference in the atmosphere before you leave. (*Affirmations*) Therefore this time you will feel a great upliftment. (*Thanks expressed*) Now, although it is good to join with you once more, because the instrument has some physical problems with *her* throat, I will not indulge her too much in the matter of the speaking voice, therefore my dear friends, for this time if you have questions, I will take them and try to satisfy you with an answer.

Sarah: I'm sure I know the answer but I will just ask anyway. When people are ready to pass over back to spirit and they're not in a very good physical frame of mind, they don't know the people who are perhaps coming to visit them, it's still important to visit them because the spirit would recognize the other spirit as well.

**Of course—of course! When the time comes to discard the physical overcoat, whether they can speak or communicate matters not, it means only that the spirit is closer to home. Therefore their awareness is heightened of all things that are happening and they would of course recognize who, on this side of life, is speaking to them. In fact I would say to you, they would probably be more aware than when they would be more physically aware. Does that answer your question?**

Sarah: Yes, thank you very much.

George: Could I mention two synchronicities that I've come across? The singer, Gracie Fields, was on the deck of The Queen Mary, on one occasion, with her music director, when he dropped his spectacles over the side of the boat. He couldn't see to work without them. Later they went down to the ship's shop to see if they might have something that would help. On the way they passed a notice that referred to a pair of spectacles that had been found. They were rather surprised but went along to enquire, and they were indeed the music

director's spectacles that had been found. It seems that, at the time when he dropped them, someone in a cabin below put his hand out of the porthole to see if it was raining and they dropped into it. So that is rather a nice synchronicity and the music director was able to continue his work. (*Chuckles*) I am pleased to hear the laughter from you, but all too often do these, what you call 'synchronicities', these happenings should not surprise you, because have you not learned by now that you are watched over, safeguarded so often throughout your physical lives, (*Affirmations*) and this is a case in hand of probably his own angel taking care of him for some particular good reason.

George: Yes, that feels right.

**But you see, these stories are sent for people to stop and to think.**

George: The second one I was going to mention was quite different. It was about a ship that sank in the Menai Straights and of about 70 people, there was just one single survivor. His name was Hugh Williams. That was in the 17<sup>th</sup> century. During the 18<sup>th</sup> century, there was a similar happening: there was just one survivor from a ship that sank and the name was also Hugh Williams. And during the 19<sup>th</sup> century, exactly the same thing happened again with one survivor—Hugh Williams! So that one is rather strange and I haven't been able to think of a reason, but you've just given me one actually. (**Yes.**) I was going to ask you if you could tell us more of the nature of synchronicity?

**It is meant to make you think. That's why, all of what you call *mystical happenings*, occur. It is not to make you go 'Awe!' like so many do, but it is for the spirit to come forward and to analyse all of these happenings, to be reminded in one sense of what they can accomplish whilst clothed here in these bodies upon this planet.**

Paul: That's an excellent demonstration that the universe is not governed by chance events.

**That is true, but be careful that you do not *always* assume that any happening is from our world; there are sometimes within your world, happenings which are created by the physical side, by the human nature. So do not always say: this is a *mystical happening*—be aware that there has to be some balance. Do you understand my words? (*Affirmations*)**

George: I have a picture that the true synchronicity might be seen as the interaction between the two universes, (**Yes—always.**) and this would be a guided interaction.

Yes, of course. Anything in your world, such as you mention, *always has a purpose*. It may not be obvious to you at the time, but in hindsight, most people see the common denominator and all becomes clear.

George: And it might be simply to start us thinking...

**Most definitely—as do all events, which happen in your world; from the time you are born till the time you are reborn—all events within your life are usually there for some good purpose, for some reason and that is why, and I will take your example of one survivor of many, that I may add that that one survivor had a continuing purpose throughout his life and therefore *he* would have been saved for that purpose. I hope that is clear to you.**

George: Yes. Thank you very much.

Lilian: Can you take any more questions? (Yes.)

Sara: I do have one question. I know that you've talked about the question of lying before Salumet and we've said that lying is not a good idea. A friend has a dilemma at the moment in that her employer has prevented her from moving on by giving a very bad reference. She feels there's justification for lying in this situation. I've encouraged her to have faith that the universe will support her to move on if she tells the truth. (Yes.) I just wondered about your comments, because she wants to progress.

**Yes. Of course, that is a human failing, that in some way you humans feel that some wrongdoing as you see it, must have some form of retaliation to put matters right. I would say to your dear friend: that must never be so.**

Sara: Yes, I feel that too.

**You must encourage this one to do what she knows—what is right from the heart, and that is always to be truthful and to be true to herself.**

Sara: And in some way when these things happen, I think we have to take some responsibility, even though we can't always see (Yes.) every reason why it has happened physically. There is usually a reason.

**It is for this purpose again that she is faced with this dilemma. She has to make a choice. She has to recognize that the action has created within herself this dilemma, and the dilemma is created by her *self*, not by the person who has written or said the words. Do you understand?**

Sara: Yes. I have been telling her that thought is energy—I did tell her this a long time ago, and I know that the thoughts towards this person have not always been what they could have been.

**Yes, she must learn to transmute all of this energy.**

Sara: I think also, potentially it's a big turning point away from old ways of thinking that don't serve any more.

**Yes, it has served a purpose for this very thing.**

Sara: It has been a big shock.

**But all of *life* is a shock if you like to use that term.**

Sara: Yes, lots of learning.

**Lots of learning, lots of learning.**

Sara: Continuous learning.

**Continuous, yes. But you cannot move forward unless you learn all of these things.**

Sara: And to look inwards.

**And to look deeply within oneself, of course. Yes. The answer lies with her and all that you can do is to support and encourage.**

Sara: And ask for help for her.

**Yes, you can do that also, and hopefully she will recognize within herself the *strength* to disregard these *negative* thoughts and to allow the spirit within to come forward.**

Sara: I feel there is a lot of hope here, because she has generated a lot of support from people, because she does have a lot of the time a loving personality and I feel that she can be affectionate and giving.

**But if she were to exude her own generous thinking and spirit, then she would *not* need backup, she would be the one to give off this aura of truth and honesty. And it is like a mirror effect and it can only be beneficial to her and to all who surround her.**

Sara: Yes. Thank you. I know this will be very helpful, because if she can actually read this and see it, I feel it will make some impact.

**Yes. Sometimes that is all that is needed, because you human beings tend to withdraw inwards and do not see the wider picture as I am always saying to each one of you: you always must look to the wider picture.**

Sara: Yes, thank you. That's very helpful.

**I will take one more question only this time.**

Paul: I've got a question. I was reading a book and it talked of different star constellations and certain animals from this planet coming from these stars—the Pleiades was one, and I'd also read in other books, I think there's an idea from certain people that humans as well came from certain stars like the Pleiades. This doesn't make any sense to me, because—well our physical overcoats must be of the Earth anyway and our spirits would come from the pure energy that cannot be from anywhere, (Yes.) from any space as such. So I wonder if

they're talking more along an astrological influence of these star systems?

**That is what it sounds like, yes. Of course you are correct: Spirit has always been. You are all divine parts of all creation. So that cannot change. What changes is where spirit decides to take on physical form in whatever manner it chooses. So human form was decided for this planet alone, in the form that you now behold, of each other. You are physical human beings that belong to this earthly planet, and as you now know, there are many, many planets with different life forms, but which are activated by spirit. Therefore there are many I am sure who have many theories about what happens within all of creation, but I have to tell you my dear friends, many of these come from vivid imagination.**

Paul: Yes, that was my impression. I wondered if there was any significance to this Pleiades constellation, because it seems to occur in many books, but maybe they're just repeating words that started off in someone else's imagination.

**Let us take the word. Where do words begin? How do you come by words that you know? Can I place the question out to you all?**

Paul: We learn from our parents and from people around us.

**And from books, and from the words of others. But what you have to do my dear friends is to digest all of these words and then from within you must understand and accept what you feel to be true. There are of course many constellations within many universes and here we are going further than I would intend for you. Mind projection has been brought to you from another planet—a far distant planet, but let me say, there is far too much spoken of other universes which really most human beings could not know. So I would say, be careful of what you accept, but also to understand that there are galaxies within this system, which eventually will come to be known, but not at this time.**

Paul: Yes, it sort of comes under the term of 'New Age' information, which—some of it's okay, some of it's a bit faulty and that's why we are so lucky to have this...

**You must always be discerning in your attitude to information. As I said when first I came to you, I bring to you the truth, as I am aware of it. I am by no means perfection, but what I wish you to do is to listen and to dissect, and what you do not wish to understand or to accept, then you must disregard. And I would suggest to you my dear friends, that that applies to all reading matter.**

George: Could I ask for clarification on the multiplicity of universes? Would I be right in thinking of different universes as coincident, but each based on different vibration?

**All is vibration my dear friends, all universes are 'conjoined'. Does that simplify it for you?**

George: Conjoined—yes. Thank you! That was beginning to dawn in my mind. Yes, that feels comfortable.

**We will expand as time goes on, but I feel my dear friends that it is better for you—and I use one of your earthly expressions—that you keep your feet firmly upon the ground. There is all of time to expand your consciousness. I hope you would agree with me... (Affirmations)**

Paul: We have all the time in the world...

**Now my dear friends I hope I have been helpful to you. (Affirmations and thanks)**

**Therefore I will take my leave of you, but know as always you are within the scope of my love and the blessings that come to you from our world.**

*(General thanks and farewells)*

*George's notes:*

*Many universes: 'Conjoined' is an interesting choice of word, subtly different from 'coincident'. To coincide means to occupy the same portion of space—but spirit has no space dimensions, so that the word is not quite right. To conjoin however, means to join or to combine. Space does not enter into the word definition. Therefore 'conjoined' is much the better word.*

*Menai Straits synchronicity: The days also agreed: 5<sup>th</sup> December 1664, 5<sup>th</sup> December 1785, 5<sup>th</sup> December 1860. On each occasion there was just the one survivor named Hugh Williams.*

**~17<sup>th</sup> April 2006~**

**Good evening. (General greetings)**

**I am happy to join with you once more my dear friends.**

Lilian: We're very pleased to have you. *(Affirmations)*

**There is much I wish to tell you in the weeks ahead, but it would be appropriate for more to be here with us. So therefore for this time only, I will speak to you thus: I have to tell you my dear friends, how happy we are, the way you have become such good ambassadors for spirit and this applies to all of you. In your own individual ways, you have created a great wave of knowledge, which has touched the hearts of many. So firstly I repeat our great thanks and love to you.**

George: It's very nice to hear that. I think we all feel that this year will be a very good year and so much is now coming to fruition, in terms of the written word, in terms of the computer discs that Paul has been working on and we feel there's so much being placed on discs and in the written word and we should this year, be able to take a huge step forward in presenting this material.

**Yes. Not all of your earthly creations are bad. In fact you are finding some good in your technology. (Affirmations) Yes, and your world as a whole has much more awareness of what surrounds you on this beautiful planet, because there is so much that man can take advantage of. And as I have told you previously, there is much to find within the waters of your world.**

Sarah: We look forward to finding out a bit more about that.

**Yes, but as always, again we must be patient and all good things will come.**

George: And I think in relation to the water that includes our ongoing energy resource, which I think you said something about, as energy, will eventually come more from the sea.

**Yes, it has to be so, but as always with human kind, you have to somehow believe that the knowledge comes from yourselves. (Amused chuckles) Although as you well know my dear friends, much is inspired not only from our world, but from people such as yourselves, who are devoted to the truth.**

George: Yes, the idea that it comes from ourselves, seems almost like a cosmic joke now.

**Yes, I understand, yes.**

George: We have become so much more aware of the sources of knowledge and inspiration that particularly comes to us from spirit. **(Yes.)** This is much appreciated.

Sarah: You were thanking us Salumet for passing on the word, but I can only say that it's your inspiration and those in spirit, that has inspired us to want to pass it on. It seems the natural thing to do now.

**Thank you for those words my dear friend. That of course is our purpose, to gather together those of you who are willing to listen to truth and who are willing to stand up for truth and also who are willing to spread their truth. On many, many occasions, in this planet alone, have we tried to inspire amongst humankind, elements of truth, which somehow have been corrupted and changed. But I am sure not only from what I say, but from your own recognition of humankind, that you also can see a quickening and an**

**awareness throughout your world. It is there for all to see, but our object is to try to spread the truth even further at this time in your evolution—and much is being done.**

George: Yes and perhaps we should not overlook the development with Bonniol, which *in itself* I feel, is a further help to us in spreading the truth **(Yes.)** and presenting a particular slant of interest to people. It's so nice that we are being able to compare our own progress as physical beings on a physical planet, with another group of physical beings on another planet. **(Yes.)** It seems somehow to reinforce everything, in making those comparisons.

**Yes, you have very aptly, led me into the introduction of my next words, which were to say, why as a group, you have been introduced to such knowledge. Because my dear friends, you have been ready to receive, you have been ready to accept, and you are now ready to give forth that knowledge also. And I am sure in some way, you will find disbelief, but it matters not, because as I have told you on many occasions, if only the seed is sown, then you have achieved what you are meant to do and we cannot ask more of you dear people.**

Sarah: Are there many other groups having visits from other planets?

**There are many groups throughout your world, who have contact with other beings, who can speak as you do, with a certainty and a knowledge. The way I have introduced you, is slightly different, in as much that your visitor comes through another, whereas with lots of groups, it is through trance work, but this is a conscious effort within this group.**

Sarah: What was the word you used...a trance group?

Paul: Trance 'state'...

**Yes, they receive information in that way. But of course we had been speaking much of 'mind projection'. So, as it is not easy for each here to project mind easily, we felt it was a very good exercise to combine both things. But to answer your question, 'yes' many people would clarify knowledge of other life.**

Sarah: Yes, that's good.

George: It's interesting too that it comes to us by this other method of communication, **(Yes.)** which apart from anything else, helps us to understand the nature of mind, which by and large on this planet, is rather poorly understood.

**And still it is. (Yes.) Yes, you will never fully understand the workings of the mind, because**

**after all, mind is spirit, therefore there must be limitations in your understanding.**

Sarah: So only when we return to spirit will we fully understand it?

**Fully understand, but of course as we continue forward in our knowledge, your understanding will become a little greater, of course it will. But to fully understand the mind, you must belong in spirit. And even then, I would have to say, it would take some considerable time for the understanding, because you see, it is a natural part of your spirit to use the mind, without fully understanding the mechanics of it.**

George: Yes, at least we are becoming more and more aware, that 'mind' is so much exterior to the physical brain.

**Oh, of course, it is I would say, almost separate. There is a union of course, but the mind exists on its own merits—it does not need a physical body to function.**

George: I know that in the past many have credited the physical brain with far too much.

**Yes of course, but it is their lack of knowledge, which brings forth these kinds of words. They do not understand, they only see a physical being and nothing, nothing else; so of course their thinking is dulled. Now my dear friends, I have one more thing for you this time and I would like you to look deeply within yourselves, because I bring to you a question, a question which I would like you to think about and to answer. And the question my dear friends is this: What with all the knowledge that you now have, and with the truths which I have brought to you, what do you now feel is the purpose of your earthly life this time—past, present and time to come? (Pause) And again I feel your silence.**

Paul: I'm thinking, to sort of put the record straight, on the spiritual meaning of life. To set the right—what others have done in the past that's been forgotten or changed—we can put it in such a way now, with the technology we've got, such that the truth *stays* and can grow and reach all those people that perhaps missed it, or didn't receive it properly.

**I understand your words and of course that is the purpose that you recognise for time to come. What do you *feel* has been your purpose in a more human and personal sense?**

George: Life is a journey and it's a journey towards greater perfection of spirit, which seems to be learnt through these physical bodies.

**Of course, but do you recognise your purpose this time?**

Sarah: My immediate thought was your little story about the diamond and trying to make ourselves better and I was just feeling a need to be less selfish, and so become a selfless person—that 'you' perhaps don't count so much, that you can just give rather than take. I think when I first came onto this Earth it was a 'take' and now it seems to be changing to a 'give'.

**Yes, now you are beginning to understand my question. Of course each one of you has the knowledge now to give of the truth and to allow others to partake of your truth. But as individual human beings, you came here with a purpose and this was part of your purpose, but there also was a human learning as well, to enrich and to enlarge your spirit. That is what I speak of and yes my dear friend, I would put one question to you: Where does that feeling come from?**

Sarah: It must come from within. It's just something I feel now...

**It is something you *know*.**

Sarah: Ah right.

**Yes. It is a knowledge that brings itself to the fore. And now that your understanding has grown, you see yourself in a much different light. Yes, that was a very good answer and as always I do not promise life to be easy, but it will be a life enriched with knowledge for each and every one of you.**

Sarah: Thank you.

George: As a child, as a young person, I seemed to feel that the horizons one looked to were so much closer then. The horizons today are so much more distant and that expanse to the horizon embraces so much more knowledge and awareness.

**Yes, I may say to you my dear friend, that even as a child, you exuded a knowledge, which captivated others and that has been one of your life's purposes.**

George: Well thank you, yes there were moments, **(Yes.)** I was not a paragon of virtue all the time. *(Chuckle)*

**I did not say that you were, but the purpose that brought you here, you have endeavoured to carry out, in the best way you know how. And these purposes in life, have lead each one of you to come together at this time, for the purpose that we have spoken of. But I would like you to ponder in your meditation state, what that human element, what that purpose has been. Whether you have achieved it, or are yet to achieve it, the recognition will be instantaneous for you. As the lady has said, it is a 'knowing', not a wondering, not anything else, but a true inner knowledge.**

Lilian: Well I remember you saying to me, that I was learning tolerance. **(Yes.)** I remember mentioning my mother at a time when we were both finding life difficult and yes I can see that hopefully I've become a much more tolerant person.

**You have my dear friend, but you still have a way to go.**

Lilian: Oh! *(Chuckles)* **(Yes.)** Yes I can see that too.

Sarah: Talking of mothers, my mother always used to go to church right up to not so long ago—2 or 3 years ago, and now you said when you get dementia, you start getting nearer to spirit, but now she's saying, she doesn't think there is a god at all. So from all her life believing there was one, she's now deciding there isn't one. I don't know if that's because she's not thinking...

**Yes, she is becoming not well in the human form, which creates the human thinking. But spiritually she will be moving towards that all-knowing.**

**Whether she is aware of it or not, I can tell you that she will be moving closer to going home, *(said with great gentleness)* to the joy of returning home. But she still has to endure the physical life, with all of its problems and all of its disturbances. You cannot change that for her.**

Sarah: She's looking forward to leaving this physical life, I know that much. I hope she's looking forward to another life unknowingly, because as I say at the moment, she's thinking there isn't one.

**No matter what you think physically, you can never deny your spirit, because that *is* your existence, that is the part of you that continues, that is the part of you that is reborn. You cannot change, so do not be too concerned.**

Sarah: But what about these spirits that don't know they've died and they're not moving on? Can you just again tell me, why then, if their spirit is all-knowing, why when they've passed over, they don't get the all-knowing? Is it something to do with when they left they were determined they weren't going to...

**Because my dear friend, they still retain their free will. (Oh yes.) You remember my words now? (Yes.) They still retain free will and if their beliefs have 'forgotten', to put it in a casual way, if they have *forgotten* that they are truly spirit, then they stay close to this Earth vibration and that free will, that *free thought* holds them back. They hold themselves back, but help is always available to them.**

Sarah: They've just got to accept it, **(Yes.)** when they're ready...

**...when they are ready, to release earthly feelings and realise their true being. I hope that has helped you.**

Sarah: Yes it has, thank you.

George: It might seem a curious question, but if I were to ask you if there are many conglomerates such as yourself, would your answer be that all is connected anyway?

**Yes.**

George: Yes I thought it might.

**Of course, how can we not be connected? It would not make sense?**

George: Yes, so we cannot really talk of separate conglomerate beings?

**You can speak of separation to a degree in this spirit side of life, but as you progress and you belong to the *fuller* aspect of life, then you cannot be separate, you are part of the whole. You understand? (Yes.) Separation comes only when you first enter our world and there are still many of life's lessons to be learned.**

George: Yes, I was just seeking a further impression of yourself having...

**I have noted your curiosity and at some stage I will try to explain to you, but it is difficult to explain non-human phenomenon as opposed to the physical elements.**

George: Yes I think it was partly from having knowledge of 'Seth Two', who also described himself as being part of a conglomerate.

**Yes, 'conglomerate' is a word we use mainly for your understanding.**

George: Yes, I see that all would be connected anyway.

**Yes, but the greater part—there can be no separation as such. (Thank you.)**

Sarah: Is this a physical question? Did you have to 'work up' to the position that you are in?

**Work up?**

Sarah: Yes, you know, did you start lower and have to work up to get to...I think it's a physical question. *(Chuckles)*

**I understand your question my dear friend. I feel the word you are looking for is 'progression,' progression of the spirit. (Yes.) Yes, that is correct. As time—and again we enter the physical word 'time,' as you continue in spirit, when the knowledge has become great enough, then yes, the spirit progresses.**

Sarah: And you did too?

**No.**

Sarah: No...I understand that *we* do, we progress, but I wondered if *you* had?

**Not in the sense that you understand. Of course, all of existence is progression, that does not stop, that does not stop. Always we are growing, as I too am growing in this situation with yourselves, with this teaching. It is a progression, it is a progression for this aspect of spirit that I am.**

Sarah: Why are there these different aspects of spirit, if I could say—you are, to put it in physical wording, a much higher spirit than us and than we will ever be. But why are there those—I understand we need you to teach us, so perhaps that's your purpose.

Lilian: Why do we have higher and lower ones do you mean?

Sarah: Yes, if we are all part of the whole, why are there these different...

**Because the whole is not static, it is ever-expanding.**

Sarah: So...yes I do understand.

**It is like the small child who is learning. Until they reach such time, as they feel they know all there is to know and then suddenly they *realise* they know very little and they move forward. So is all life—all life is ever-expanding, knowledge is ever-expanding.**

Sarah: I understand that, but why did you start off, being a higher knowledge, a higher being?

**As a being who has never existed upon this planet, that is what you mean?**

Sarah: As you are a spirit, you didn't start off as a meagre, as a lower spirit, if I can put it that way, spirit, and work up or progress to that? **(Yes.)** You started off your existence as a higher being?

**That is your words 'Higher being'—I just AM. I cannot explain it to you in simple words, but there are beings who have always been, not to the extent of the Creative Force, but there is energy which has mutated and changed, as all of creation changes. We are in difficult waters here.**

Sarah: Saying that now that makes sense to me actually, what you've just said.

**I am pleased, because always this is the problem, to try to put non-physical conditions into physical language—it is not easy.**

Sarah: But what you said then, I can understand that.

**That helped you? (Yes.)**

George: I think Jesus found a similar difficulty **(Yes.)** and I recall the phrase, '*I am that I am.*'

**Yes, it is something that I feel as human beings, is too difficult for you to comprehend. But yes, not all energy has trodden this earthly pathway.**

Sarah: Yes I understand that, yes.

**As do the Angels—they have never trodden this earthly pathway. It is a difficult subject.**

Sarah: But that does help a lot. Thank you for that and I'm very glad that you *are* as you are, because without you, we wouldn't be able to progress—so that's very good!

George: Yes, why should it be an assumption that life begins on a planet **(Yes.)** and progresses from there? One could say that this is an assumption that is made by a mind that needs to expand more, shall we say?

**You—I will say to you once more, as human beings you are at the bottom of the scale.**

**(Affirmations) And I do not wish to sound disrespectful to you, because human achievement does much for the spirit. But it does indicate that there is much growth needed.**

Sarah: Yes. When I asked you just now about progressing, I knew that you hadn't been physical, I meant it purely in spiritual terms. **(Yes.)**

George: But surely human beings are one way, one method of progression, but we should never view it as the only way.

**Of course not. All of existence is progression—all is expansion.**

Sarah: I think we may have gone over this a little bit before, but all our aspects don't necessarily have to have a physical learning curve? **(No.)** Only this one part, perhaps some parts?

**Some parts yes. No, not all aspects need to return to physical overcoats—of course not.**

Lilian: So what we call the 'Higher Self' that aspect would be...

**Your Higher Self is your spirit.**

Paul: And that spirit already *is* in a sense, is it—quite '*high up*'?

**That is the all-knowing part of you.**

Paul: And that doesn't wear the physical overcoat, does it, that just stays spirit.

Lilian: That's what I was thinking.

**You can call it 'Mind,' you can call it an aspect; it is that part of the being that helps to activate all areas of your existence. It is that part of you that is all-knowing and can help you to go forward.**

Paul: So if it's all-knowing, does that mean that it's part of the Great Creative Force?

**Everything is part of the Creative Force. You cannot say otherwise.**

Paul: It's just that when we're involved in the reincarnation cycle, we're perhaps the furthest removed from that purity?

**Yes, yes.**

Paul: But we're still connected to it.

**But it causes confusion, when you try to make a *scale* of spirit. It confuses your thinking I feel. You must just see yourself as that point, and part of the Creative Force. You must look upon this lifetime, this human lifetime, as part of your growth and not a part of you that is any the *less*, of spirit.**

Lilian: That's a good idea.

**You are kind of placing the human form to the very bottom of the ladder, which in a way you are, as far as learning, but not as far as your *spirit* goes. (*affirmations of understanding*) You have to find the connection at all times.**

Sarah: So all spirit is equal, in...

**When it is pure spirit.**

Sarah: Yes.

George: The material being is just a...

**Yes, it is nothing...**

George: It is just a method of...

**It is a method of *growth*, yes.**

Sarah: So we *choose* to come here, because simply because that is what we need for our learning?

**You have chosen to come, because that is what you feel is best for your spirit.**

Sarah: Yes it's not that we've been *given* this thing it's that we've *chosen*. (**Yes.**) So the other beings on other planets that are far more advanced or intelligent, or whatever word you'd like to use...

**It is just part of their evolution, within the whole scope of existence.**

Sarah: And whilst they're away from their hold in spirit, that's how they are, but once we return to spirit, we are all equal?

**You will still have the knowledge there, but as I have said, you retain freewill, which can hold you back in a sense. But you have the knowledge to progress and go forward. I hope that has helped you, I know it is difficult.**

George: This evening has been a nice cosy chat and we are very grateful for that.

Sarah: I've found it very interesting, it's helped me a lot.

**Good evening. (*General greetings*)**

**As we join together this time we offer thanks for all communications and connections made this time in the name of the Great Creative Force. We give thanks for all that we are. That having been said, let me say to you my dear friends: I intend to speak to you all whether your numbers be few or many next time concerning those beings who have never trodden the earthly pathway and the connection that they have with each planetary force and vibration. We have not spoken about the planetary forces before, so this for you my**

**If it helps to reinforce your thinking, then my dear friends, it can only be good. You are more than what you think you are.**

Sarah: It's just a shame the whole planet don't know all this, isn't it? If we could get it to all of them in one go, it would be brilliant.

Paul: Well we're gradually telling them all, passing on the whisper.

George: We're back to the object of our project.

**(Yes.)**

Sarah: We've got to get it to the world leaders, that's what we need to do.

Paul: We'll do that next week... (*Chuckles*)

George: As I see it, it doesn't really matter which level becomes aware, because even if the leaders don't become aware, they'll be dragged along.

Paul: And also, the very fact that we're understanding it now and thinking along the right lines, our thoughts alone must be sending out waves.

**I will use my favourite words before I leave you this time: You have spoken, and to SEND your thoughts, to UNDERSTAND your thoughts and to PASS ON those thoughts, is the most powerful tool that you can possess. There is the power of the *word*, there is the power of your own *one-to-one communication*, but you cannot have better than your THOUGHTS, because as you now know, there is no distance involved in thought projection. And that is part of your way of sending your thoughts. You have now taken for granted my dear friends, the healing thoughts, which you send every time you meet. You do not question, you do not analyse how these thoughts reach our world and how these people are helped; but indeed it happens. So, again I will leave you with that word: *thought*.**

*We all gave our deep thanks for this particularly enlightening evening.*

**~1<sup>ST</sup> May 2006~**

**dear friends, should be new territory of learning. Therefore we will consider that information for next time. Because we are few in number, (5) I feel it would be appropriate this time to help those from our world who are in need of your help. This is also something which will be connected to my talk to you next time: how you are used, my dear friends, in the use of healing. Much has been spoken about healing, but I do not think I have discussed with you in what way you are used as individuals. Therefore I will leave you**

**this time and allow those who need help to come forward.**

Lilian: Yes, we'll do what we can to help them.

Paul: Yes, and we'll look forward to next time.

**We will endeavour to try to use as many within this room as possible. There are many who are awaiting your voice and your help. I leave you as ever cloaked and bathed in the love of spirit, knowing my dear friends that you continue forward in your knowledge and your work.**

Sarah: Could I just ask before you go Salumet, you said that there are those waiting to come—all those who are going to come this evening, they are aware that they are going to come, they are not just ones who are going to be brought because they think they are ready to come.

**There will be a mixture and those from our side will endeavour to bring those most in need. But remember also my dear friend that these dear ones are so confused.**

Sarah: If we know that they know they are being brought back that puts a slightly different slant on it. When they don't know they are coming, sometimes it can be quite difficult.

**That is the purpose of your good work.**

Lilian: I'm sure with help with your side we shall be able to help.

**They would not be brought to you unless we thought they could be helped. Of course there are many who still refuse to accept, but their vibration is lighter for just being here with you. So you see, no matter what happens within this room, those we bring to you will receive the help that they need.**

Lilian: That's encouraging.

Rod: Presumably this is over a long period—not just tonight but over the coming months, to send our healing to those people.

**My dear friend, your thoughts for any other human being is great and it is never forgotten. Not only does it help with your own spiritual growth, but every good and light thought that you send for another is a gift to you. Yes, I would say always send thoughts of help for those in need, because as the others may understand but you may not, unless we are asked for help, we cannot intervene, we cannot interfere in another's life without being asked. So it is most important for those thoughts to be sent.**

Rod: Yes—on a daily basis.

**That my dear friend is entirely up to you and how you think—but on a daily basis is indeed very good.**

Lilian: Well, thank you for coming tonight and we look forward to the next meeting.

Paul: Just a quick one on-thought, on what Rod was saying: is it okay to send general thoughts out to mankind or is it better to be specific to certain people?

**Thank you for your question. Of course your thoughts can be more general than for individual people. Have I not told you that any thought is never wasted? And after all, collective thought is powerful and in the same way an individual thought for many is also expansive. We can use your thought for many and utilize it thus.**

Paul: Ah—good...I quite like to do the 'many' thoughts as one.

**Yes, we know your thoughts shine brightly for all of your planet. (Thank you.)**

**Now I must take my leave this time and allow those in need of help to step forward. (General thanks and farewells)**

~8<sup>th</sup> May 2006~

**Good evening. (General greetings)**

**You may remember that last time I said that I would speak to you a little more deeply about what you call 'absent healing' and also the planetary forces which surround you.**

Lilian: Yes, we're looking forward to it.

**We have begun this time, by asking for help for many in your world, who are in need of some help. You know and understand that your thoughts are powerful, but I wonder if you understand just how this operates from our world. As human beings you think much of space, when in fact in our world, there is no such thing. Therefore as the connection is made to us, those angelic healing beings, already have those people amongst them, in an instant. I want you to dwell upon those words just for a second. As you speak their name, so our angelic healing beings have them in their midst. And because of their knowledge and wisdom, they are able to see for themselves, what problems these dear ones have. The healing angels come to you, in the vibration of colour and light. What you may not know my dear friends, is these healing beings, take from each one of you, a little of the healing colour, which is necessary for healing to take place. And**

they are the ones who will distribute these rays to those in need. So therefore can you see the workings of healing and how each one of you are responsible for healing to take place? You are connected by your colours of light, not only on this planet, but on many others—it helps with planetary evolution. Do you have any questions at this point?

Lilian: Yes could I ask one please? I remember questioning you about my youngest granddaughter and you said to put it into the hands of the Creator and all would be well. Well I do ask for healing for her, but what would the difference be?

**She would be receiving help, but it may not have the outcome that you desire. She will be given the help that is sufficient for her in this incarnation. Do not always assume it will be a physical healing—you are closing your mind to the wider picture.**

Lilian: Yes—it's difficult to see when it's a child... No, no matter whether it be a child or an adult, healing is given to *all* who ask for it, but healing is on a much deeper level than the physical being. You touch the physical, you touch the emotional and you touch the spiritual. But do not doubt that she does not receive help.

Lilian: Yes, I'm sure—thank you.

**I know you wish me to say that her physical life will be free from all things that you *consider* not to be good, but again my dear friend, you do not judge, you do not know what she has to achieve in this lifetime. It is making her stronger *spiritually*. I hope that helps you. (Yes.)**

George: You mentioned the involvement of a colour; is there any connection to the colour healing that is done on Earth—is that an earthly equivalent of what you've just described in spirit? **Yes, colour healing does take place, but what you must *remember*, is that the instrument using colour, is giving of their best, although they do not have that wisdom that the healing angels have. Therefore it will be down to those beings, to bring the right proportion of colour for that person. In every room where there lies a healing thought, you have an angelic being of healing. If only you could but see with the inner eye, you would see a shining being of light in every room; and many of them are recognised by the colour vibration, which they use—so all is connected. What I wish you to try to think about is this connection between all things. You do not have separate healers in this world and you do not have separate entities in our world and separate angel**

**beings; each has a part to play in a united way. I do not feel my dear friends that you can understand the *grandeur* of the scheme of all things.**

Sarah: When you talk about healing colours Salumet, depending on what needs healing, is there a separate colour for that, or is it a combination of colours?

**All of life is colour—it is that you cannot see it, unless you use that inner eye, that inner knowing, which you all have. If you could see a human body from within, from the spirit, you would see that you are made of *many* colours. But it is not so much the colour, as the use of the vibrations and which vibration is used. Those angelic beings come on the vibration of love, which is one of the most powerful rays. Do you understand what I am trying to communicate to you?**

Sarah: Yes I do, yes thank you.

**Yes, there is much spoken about angels, there is much that is misunderstood also. There are two kinds for you to understand, whilst in this world. We have those angels, or 'planetary beings' as I would prefer to call them, because they come from the heart, they come from the *source* of all love. They abound on all planets that have form. And here we enter deep waters, but your understanding has grown because of the mind projection brought to you from another planet. You cannot fully understand or grasp, I feel, the evolution that is taking place on many other planets, because until now, you have not had any connection to them. But I assure you my dear friends that those who inhabit other planets, are as well aware of the planetary forces as you are here on this Earth.**

George: Yes we are beginning to feel this pattern that runs throughout the Universe and it's been so good to be able to compare notes with our friend who visits.

**But it is just a small drop in your ocean, that you have had communication in this way. What I want you to try to focus upon, is the connection between *all things*; the love connection, which ties you all together. I would like you to try to recognise the workings in your everyday lives, of these planetary forces, which are here to help each and every one of you, and they come as I have said, from the source of all knowledge. Do you have questions at this point?**

George: The source of all knowledge being the creative principle?

Yes. Yes and these planetary forces, these angelic beings, belong and come from that source. They themselves have never had form as you would know it, but they are capable of changing form as they wish. I have told you this previously, (*Affirmations*) but it is most important for you now, my dear friends, that you begin to understand that ***there is no space, that all is one, that all is joined and all is striving towards the centre of all love.*** (*Pause*) These may sound simple words to you, but they have the most powerful meaning for each one of you, for every human form upon this planet, as it does in every inhabited planet in this Cosmos. ***All is connected.***

Sarah: So when you think spiritually you can begin to understand. When you drop the physical overcoat then you begin to understand.

**You must use your inner eyes and you will begin—not to see, but to sense and to feel and to be.**

George: There's a question I would like to ask if I may. Is one of the differences between the angelic beings and yourself that they assigned or connected to a particular planet?

**All angelic beings of the higher order are connected to all planets. But there are those advanced angelic beings, who are connected to the human form and they are the ones who help, in the everyday living in your world. But the planetary forces who are the angelic beings, who are 'masters' if you like of Karma, who are masters in love and organisations—they are the ones that have not existed in any human form, or indeed in any form on any planet. So there are differences, it is just a matter of form. Is that helpful to you?**

George: Thank you, yes.

Sara: Can I ask a question? (**Yes.**) You mentioned that love is one of the most powerful vibrations in connection with the healing angels. (**Yes.**) What are the other most powerful vibrations?

**Wisdom and I would say to you mercy—mercy in the sense of understanding.**

Sara: Thank you.

**That helps you?**

Sara: Yes it will, in more ways than one. (**Good.**)

George: Does that connect to forgiveness, the mercy?

**Ah—all of these words come under the umbrella of love, as does the negative feelings and emotions, they all come under one umbrella. But the vibration of love is the most powerful that**

**you can use and it is that vibration, which brings to you the angelic healing beings. I feel that I would like you, my dear friends, to consider my words and to now think a little more widely, on how healing works and of those planetary forces, which are used for that purpose. I want you to think about space and how wrong that is for the correct picture in all things.**

George: Yes I feel very much immersed in the tremendous beauty—yes space doesn't come into the equation.

**No, but mankind is so immersed in thinking about space, but it is now time, my dear friends, for you to dismiss this from your vocabulary. There is much for you to ponder upon this time I feel. And let yourselves **FEEL**, rather than think.**

Lilian: Yes, I was just thinking how we are surrounded by love, aren't we—by all these different beings.

**But you are a powerhouse of love. Every individual here is a powerhouse for love and therefore you must raise your own vibrations continually.**

George: We seem to be immersed in this greater powerhouse.

**Yes, you must see yourselves as being the connective energies. You understand?**

Paul: In the sense that perhaps we are the ones to instigate the healing?

**Yes, we need your help of course—but without your help it would be more difficult. You understand?**

Paul: Yes, these beings won't do it until we...

**They need your connection—yes. But do not underestimate your own beauty, your own inner beauty that is used for healing. Each one of you strives for it and it is up to you and your own responsibility also, to make sure that you are constantly striving to raise your own spiritual gifts. And I feel for this time that I must take my leave of you.**

George: Could I just say that when angels have appeared in visions in the past, these visions, as described, don't seem to particularly relate to space. They may be huge, they may be small, they may be light, but I suggest these visions, they don't really appear to relate to space, on reflection...

**But they do on the planets that you have no knowledge of. They would be viewed in a much different way, although their love and energy would be recognisable by their colours.**

**Remember I have told you they can change form, they can present themselves to you with the**

human face, if you like, surrounded by great light and beauty. That is the way that they show themselves to you as human beings, but they can change form, as they so desire.

George: Yes, they're clearly not fixed in space.

No, again you must look at the *WHOLE* of existence—you have to find that connection between all things. As you feel the closeness and the connection within this room every time you meet, try to then expand that feeling to all of existence. Now I will leave it to you to think about this and when the time is right, we can take it a little step further. (*General thanks*)

~29<sup>th</sup> May 2006~

Good evening. (*General greetings*)

I am happy to join with you all once more my dear friends. As we begin this time, I want to say a warm welcome to the gentleman of logical mind, but who is willing to place that to one side for the betterment of his understanding. As always, my dear friends, it is better for any individual to come within this room, and hopefully to feel and to know and understand the difference in the energy that surrounds you, and of which you are part. It is important for every individual to come to know for himself what there is to know and experience, and to have a fuller understanding of life beyond this life. Now my dear friends, as always when we have visitors to this group, I feel it is essential for times of questions and answers, in order, not only for those who seek more knowledge, but for you also, my dear friends, that I might reiterate things said in past times. So, if you are happy to do so, we will continue with some questions.

Lilian: Thank you. I know that Jim has a question. Did you have one George?

George: Would you like to go first Jim?

Jim: Yes. I've been so impressed by what I've learned through George and the book and the understanding that I've gained through the messages from Salumet about spirit. I have friends who are in total disbelief, and I'm trying to talk to them and tell them of the good news about spirit. Can you give me some advice on a simple way, if there is such a thing, of talking to them to convince them of the reality of spirit?

**Yes, I understand your question. Let me say this to you my dear friend: as one who has for many years had a logical mind and has now come to the realisation that there is more to this life than first**

**was thought. Let me say this to you: that those who have disbelief—you cannot convince them otherwise, because you see my dear friend, they are not spiritually ready. You can of course speak with them, you can tell them what you feel and what you innately know, but you cannot convince another to accept *truth*. This is what we have been endeavouring to do for many years now, and what happens, as I have told all of these dear friends here, is that you can only lay the seeds, and when the time is right for them, that seed will grow into understanding and the *seeking* of knowledge. What you wish to do is admirable, but I understand how you *feel*, that you want everyone to have that grain of understanding that you have achieved. I would say to you my dear friend, continue to tell others of what you know, and allow *them* to come to their own conclusions—and do not judge them for their reactions. I hope that helps you.**

Jim: Yes it *does* help me and I'll remember what you say. Thank you.

Lilian: George?

George: Yes, I've heard from Jetté recently (*Danish friend*), who has sat with this group and she has sent a fascinating story by one: Mellen-Thomas Benedict. It is an account of he who died, in care, with cancer, and he had a wonderfully developed mind, and when in spirit, he asked questions. And it seems he was given what amounts to a tour of the universe, far back to the 'big bang', and he describes going beyond the big bang, to the 'energetic void'—it is described as, and then he returned. It seems he was dead for at least 1.5 hours in our time, and he was expecting to be reborn as a baby, but no, he was returned to his old body. And with full memory of what had transpired, he was able to write his account and I must say that the account given is very much in line with your teachings—also in line with the information given by Bonniol. I felt I would like to say this and to me, I feel it is a very true account, and I wonder if you have any further comments on the idea of returning to the big bang and beyond and what is described as the 'energetic void', or if you have any comments at all on that account?

**Of course, I understand your question. Let me refer to the individual here mentioned. Let me say this to you: he was indeed one of many to have had this experience, shall we say. When someone comes to our world before their time, they are privy to much within our world. He obviously had**

a task to achieve, and returned to the physical body. You, my dear friends, know full well, because of our many discussions, of what has happened. We have discussed the big bang... *(pause as Salumet's instrument coughs)*...I apologise for causing distress to the voice of the instrument. Let me continue my dear friends... beyond all of existence, there is a pattern of energy that you do not know of as yet. It is a pattern of energy that *all* souls strive towards, no matter where they have lived in physical form. That is why the mention of Bonniol's information comes into play, because all physical beings are striving towards a greater goal—to that universal force, which you all belong to. *(Pause)* As I speak my dear friends, I feel this energy, which I also come from, as a whole unit. And because I am speaking of such energy, *I now am blending with it*—this has not happened in this group before. But the very mention of the energy raises me to a higher degree of energy, and I have to struggle to remain with you. But this energy force is far beyond all-knowing knowledge at this time. It is not appropriate at this time to try to describe this for you, but the very fact that someone has returned and been shown such things, can only confirm my words to you over time.

George: Yes, this certainly is felt, having read the document.

**Yes, yes—there would have been a very good reason for his full memory on return to the physical.**

George: Yes, I should also have said that he returned with full remission of the cancer. **Yes, of course, you cannot come within those energy fields and return with physical ailments. It would be impossible, because when you are—*forgive me, I am feeling this energy pulling.* When you return from that energy field, it is like a cleansing, and of course most people have left the physical garb behind when any experience of this kind takes place. So I hope that has enlightened you just a little.**

George: Yes, it has indeed and I appreciate, we can't understand about the energies, but I think from what has been said, we are beginning to feel that there's the physical universe, there's the spiritual universe, but perhaps there are a number of what we can only describe as spiritual universes within each other.

**Yes, of course—it is a much wider picture, and to explain to you energy of which you have no**

**knowledge, would be like—how shall I describe it to you—looking for one grain of sand on a beach. It would be almost impossible at this stage of your knowledge.**

Lilian: So when you leave us for a few weeks, is this the energy that you go back to?

**Yes, I return to the part of me that...those words are not correct, let me rephrase that for you: I am one aspect of the whole, and the whole would then be regenerated by the energy fields from which I come. And of course I need to have those breaks in Earthly time in order to recharge that energy, if I may put it that way to you.**

Sarah: You said that we're not aware of that energy yet. Will there be a time when the physical being will be aware of it without going into spirit?

**No, it is impossible. Not all spirit are aware of this energy.**

George: On those rare occasions when you have been speaking to us and another has wanted to also speak, might I ask, would that have been another aspect of yourself?

**No. On those occasions it is—how can I say—like a surge of power to help me, but it is not another aspect. I am the only aspect of the soul who has been able to come to this physical world.**

George: Thank you. That clarifies that.

Lilian: Very interesting. Did you have a question Sarah?

Sarah: I was just thinking when Salumet was saying you are a conglomerate of beings...

**Yes, but I am the only aspect that is *empowered*, shall I say, to return.**

Sarah: So it's really like a bit of back-up you're getting...

**Yes, yes.**

Sarah: Some years ago, somebody came through Sue to say that there was going to be somebody of similar sort of teaching to you, who would come through her. Is that going to happen, or have things changed since? Do you recall that?

**Yes. Let me say this: that when communication takes place, there are many from our world who wish to make connection. But I can say most definitely to you, that there will not be communication within this group by another of my energy. There may be communication by others, but they will not be of this same energy—if that is clear to you.**

Sarah: Yes. Thank you.

**There are many who wish to communicate, but not...at this level.**

Sarah: No. That's fine and we're very happy with your teaching Salumet! (*Chuckles*) We don't feel the need of any more!

George: We'll take that as read, to use an expression.

**Yes, I appreciate your words, and of course I would be aware if I was not accepted by you, and would therefore withdraw from you. Do not worry I am quite aware of all of your feelings.**

Sarah: That's good. I wonder if you could clarify some words I have given to my daughter. She got very angry yesterday, and I said anger wasn't a good thing to have, it was a negative thing. And she said: well, it's an emotion, and you said to me that you have to have a balance of good and bad, and so I'm having an angry emotion. So I really didn't know what to say. So, what should I have said to her in reply to that?

**Yes, of course the reasoning behind the anger is most important. Of course people have emotions, which you call anger, which in fact sometimes they are being *themselves*. The angry emotion which I speak of, is when it hurts another. If it is directed to another human being, then that emotion is most definitely negative. And it would be for her a good thing to try to control any negativity because of course she is prone to deep and angry feelings. But if it is a feeling to allow her only to express herself without desire to harm another, then that is fine.**

Sarah: Oh right, thank you.

**After all, it is only a label is it not?**

Sarah: It is, yes.

**So, perhaps you can dwell upon those words, and think for yourself what the meaning *behind them* is. And in that way, you can see both positive and negative viewpoints, because of course, she is correct—all life is balance; you have the light and darkness and that must always be balanced.**

Sarah: Yes, that's why I was confused, because when she said that, I thought well that's right, it is that, but I could see that to have anger that affects somebody else is not good...

**Yes, anger directed to another will always rebound, in the same way as your thought-waves will rebound. If you think again, my dear friend, about the spiritual aspect rather than the physical emotions, then you will find the correct answer for her.**

Sarah: Thank you very much for that.

**You note that I do not give you the words to say, because this is a lesson also for you.**

Sarah: Yes—I have to find them myself, yes.

George: But if she recognises the balance, then perhaps we could say: you are teaching her well!

Lilian: Yes, we forget it's a two-way thing. Talking of children, you know I mentioned my granddaughter—I think the last time you were here. **(Yes.)** Unbeknown to me, she read the transcript and the little bit about her, which surprised her mother, and her mother said: how do you feel about that Catherine? And she was very happy to have read that.

**Yes, as I have said to the gentleman at the beginning of this meeting, the seed is there to be sown—and the time is right for her to begin to think about other things.**

Lilian: Yes. Thank you.

**So do you see my dear friends, how all of life is connected? (Yes.) And when we continue to discuss these things, that you see the connection more clearly.**

Lilian: Yes. Any questions Paul or Rod?

Rod: Yes. You may have been asked this before, and forgive me if I repeat it. I saw a programme last night—the Da Vinci Code—and it was surmised on this programme that Christ had married or had a lady friend and had a child, and this was debated one way and the other, and I thought: well it's quite interesting and why shouldn't he have done like the rest of us? Has that question been asked? Is that a fact or fiction?

**I would say this to you: that Jesus the Christ still walks upon this Earth to help, in other forms, and of course, when he came, he came in physical form to teach many of the truth, in the same way as many others have trodden this Earthly pathway. I would say to you, this 'story' as you call it is part truth, part fiction. We have discussed Jesus the Christ many years ago, and without me returning to that subject, perhaps you may find within the transcripts, my answers to many questions—if our dear lady could arrange that for you. (Yes.)**

George: Yes, the answers are there. Could I just add that I think this book, the Da Vinci Code—yes, it is a work of fiction, with also historical facts built into it. And it may well be that the interest in this book is one of the factors which is affecting—I could put it this way: it is affecting the influence of the formal church today. I think there are various things that are affecting the old established formal church, and it may well be that the interest in the Da Vinci Code story, is quite a big important factor in the present time.

Yes, I thank you my dear friend for those words, and of course, I have spoken to you about religion also and as I have said earlier, there is a time in life when seeds that have been sown, grow in order to give truth to mankind. And perhaps at this time, that story is one which will make people stop and think just a little more deeply. So again you see, the seeds are being sown in many ways, to discover what is the truth. But of course you must remember that Jesus the Christ was one person upon this planet, of one religion, which has been abused by many in their writings. I, my dear friend, would wish you to look at the larger picture of life, and not any one individual religion. I hope that has been helpful, but I am sure our dear lady friend will find for you, my words on Jesus the Christ.

George: Of course, our eyes have been opened also by the knowledge that there have been or there are religions and different Masters who have been to other planets.

Yes, of course. Again it is always the wider picture that you strive to understand. In that way, you will open more fully to the truth. Man has so much to learn, but he cannot learn with a closed mind.

George: And it's good to look beyond this single planet within the creation.

Yes, yes. It would be ill fortune indeed, for you to centre all of your thinking upon this one planet. Indeed, it would do much harm to your spiritual unfoldment, to be so closed in your minds.

Now, my dear friends, I think for this time, I have spoken with you enough. I would just say to you, that if you are happy, we have one rescue this time—you are happy for that to happen?

*(Affirmations)*

And as I leave you, remember always, I leave you enclosed within my love and the knowledge, which I bring to you.

*Farewells and thanks were followed by the rescue which concluded the evening.*

*George's notes:*

Good evening. *(General greetings)*

As always my dear friends I am pleased to join with you once more. This time I would like to say to you on a more general note than usual about the state of this, your planet Earth. In times past, mankind has made life most difficult for himself. There have been many causes of course, but mankind was on a journey of destruction. When first I came to you my dear friends, I did say to you that many of us from our world had come to

1. Jesus references: 18<sup>th</sup> July 1994, 23<sup>rd</sup> June 1995, 27<sup>th</sup> November 1995, 26<sup>th</sup> March 2001, 13<sup>th</sup> August 2001, 12<sup>th</sup> November 2001

*In the present transcript there are several comparisons to the sowing of the seed, and one is reminded of the parable spoken by Jesus concerning this.*

2. Coughs: *There is a very marked difference between the voice of Eileen and that of Salumet, and the throat may get a little 'tickly' at times. A cough is not produced often, but when there is a cough, Salumet seems to be able to deal with it, and usually needs to give attention just the once.*

3. All-knowing knowledge: *This may seem a quaint term, but 'all-knowing' is a state of knowing to which Salumet and the light-beings of spirit aspire to. They know the workings of the universes and are not shackled by time or spatial factors.*

4. Energy effect/blending: *Speaking of or being overtly consciousness of the higher energy seemed to draw Salumet and there was a small voice change, with the words becoming 'sharpened' or crisper where italics have been used. (And there was an early Bonniol communication in which he seemed to be drawn and had a little difficulty when speaking of another planet. The condition cleared when his thoughts were returned to Earth-Aerah communication.)*

5. Wider picture: *We are clearly encouraged to look to the wider, more universal picture in our thinking. The creation extends far beyond one book, far beyond one planetary religion, far beyond Earth, far beyond this galaxy and the creation is much more than just the physical universe. There is no need to be of blinkered mind! The pea that stays in the pod can have comfort but no future. We have now gone full circle and have returned to the parable of sowing the seed!*

~19<sup>TH</sup> June 2006~

give to you the truth. That is what I and many, many others are attempting to do at this time. I would like to place before you a more positive energy and say to you that even though mankind as you might see it, is still very destructive, I can tell you that on the whole mankind is beginning to recognize his true self.

George: Yes, I get the impression that these days there are more people who are frowning upon the few trouble spots that we still have, and I just have

the feeling that the consciousness regarding that is better.

**Yes. I would like you to consider each country within this world and how more open-minded individuals have become, where mankind is now able to speak out, to say what he truly feels, and this can only be good. And of course with the communication that is possible in all areas of your world, then these things are much more available to all of man. So what I wish to say to you my dear friends, is to take heart, and although there will be many incidences of what you would call violence or disruption within your world, always remember that in the wider picture of life mankind is slowly beginning to understand, and all nations are beginning to pull together in the voice of reason and understanding; that to have this world as it should be, mankind must at last take some of that responsibility. Therefore my dear friends take heart that these things are happening in your time.**

George: It is very good to have your words on that Salumet. I think many of us feel this change in our hearts, but it's so good to have your words.

**Not only can you know that these changes take place, but you know by the power of your thought that you can help to change and alleviate the many difficult areas. Is that not so?**

George: Yes. I think we are all working on that in our small way.

**Yes, it is good that you be reminded and not always to dwell on incidents which mankind considers to be destructive, because remember as you dwell upon those thoughts, then your thoughts will become reality, and therefore you will join this pool of thought of destruction. You understand? (Yes.) Therefore at this time, I feel in apt to gently remind you my dear friends.**

Lilian: Yes, it does help.

George: It's better that that other more positive thought becomes the reality.

**Yes, yes. And it may seem that I repeat myself so often, but in so doing, it reiterates what I have previously told you. Have you any questions about what I have spoken?**

Lilian: I was wondering, say, in the past when things have gone wrong and there have been wars and so on, is a lot of that the power of our thoughts or is that mankind just taking the wrong pathway?

**Be careful with your judgement! Partly it is part of the Earth's evolution and partly it is mankind himself, of course. He has a great responsibility,**

**but as with all planets with all that exists, there is an evolution which has to take place also.**

George: It seems very complicated to us; I mean, with just the Iraq war or the Iraq unrest that continues—there's been influence between governments and there's our own nation who has voted in our present government and there are our various feelings trying to influence decision-making and it's all very complicated!

**Of course, but *life* on this planet is complicated. Mankind has always felt in some way that life upon this planet is most troublesome, and yet each spirit is only too willing to return to this planet, because of the learning abilities which are here for them.**

Lilian: I was wondering about that.

**So you see, there is much to learn.**

George: And I guess the ultimate goal—that too is attractive: something to work towards by returning to this planet.

**Again, it is part of the growing awareness of the spirit—yes. Have you any more questions?**

Jan: I have a concern. I've been sat here trying to ignore it, but it won't go away.

**That is why I am here, to help you.**

Jan: My concern is a very human one, rather than—I know I should be looking at it spiritually but I'm going to talk to you of the human element. Many people are concerned of the migration of people from different countries into other countries that are becoming saturated and far too overcrowded, where they leave their own countries behind for looking for work and for a better life, which everyone can understand on a spiritual level, but what worries me is what happens in the future when everybody migrates to a certain area, what's going to happen to those other countries left behind?

**That can never happen. There will never be migration from one country to another, where one country is left *desolate*. That will not happen.**

Jan: I am thinking of Africa in this instance.

**But remember that each country has a karma and karmic effect will take a toll on every country upon this planet. What you speak of, of course, is a human concern, and this I understand my dear friend, but I can only answer you in a spiritual way. It is up to mankind to learn to adapt to all that life brings and in that way to bring forth the spiritual knowledge which is within, to create within this world a kind of humanity that is good for *all* of mankind. There is not one person or one nation who is above another. You realize how**

**diverse peoples and lands and countries are within this planet and therefore it is for mankind to learn tolerance and love towards his fellow man; and yes, we understand that humankind finds difficulty with this, but that is part of your learning.**

Jan: So we are all learning a very valuable lesson at the same time.

**Yes, yes. It may not feel comfortable in human terms and many people are not comfortable with many things in your world, but that is part of their learning.**

Jan: So I shouldn't be concerned, because...

**Well, I would say my dear friend it is always good to think, because in using your thoughts you can create much better things, but as I have said previously, the more you are positive in your thinking, the better results you will have and the happier your life will be on this Earth.**

Jan: Okay, thank you.

George: I think one aspect of this is that certain countries will be seen as more attractive and people will flock to them and there's some danger that those countries will become rather overcrowded, but on a positive note, perhaps we can see that as setting an example of good living and hopefully other countries will follow in that.

**Yes, I am afraid my dear friends that still mainly within your world there are materialistic ideals, which cannot be erased in the blink of an eye.**

George: No, I think we have to see that as a really major problem—the materialism.

**Yes, that is part of—and I will say carefully, 'problem', but it is still a major factor in your world today. But I have spoken of material things in the past and you know well my views on it, but of course this time I am being much more general and speaking about *all* of your planet. You understand? (*Affirmations*)**

George: Yes, it's very good for us I feel, to compare our materialism with certain other planets, including Aerah who have much, much less materialism.

**Yes, only because they have grown spiritually. The problem existed of course, as in many other planets—it is part of learning, it is that part of you that is less spiritual, may I say, but it *has to* be encompassed within you—the understanding has to become the reality.**

George: Yes, and perhaps it will be good for us to see spirituality and materialism as a kind of balance and know that we have to keep it in balance.

**Always there must be balance—yes, all of life must be in balance. Remember you cannot have light without dark—remember my talk about this and many other things. You, as beings, are in balance—the human element and the spiritual being, must be in balance at all times if you are to survive upon this planet. You understand what I am trying to tell you? (*affirmation*)**

George: Yes and helping us in our survival was, I think I am right in saying, the first part of your mission.

**Yes. If I can help but one of you to come to a fuller understanding of who you truly are, then I feel that my work has indeed helped. And of course I am most fortunate to have encountered so many people of like mind, who come together as you do and are willing to *listen* to truth. Of course, as I have always said to you, I do not expect you to accept my words without thinking in your own way, but as I know, and I appreciate how much you have come and how much you have grown together.**

George: I'm sure I could speak for us all in saying that we *do* accept your words and I think also we are the fortunate ones!

Jan: I wish it were just easier, at the click of a finger, to live the way that you speak without having this human cloak. I find it so nice—I can be looking for example in a book or on TV and wanting and being able I think in my own little way to see the wider picture and feeling that I'm connected to everybody and everything and then all of a sudden something will happen and the human element starts again. If we could only brush that aside, life would be so wonderful.

**Yes, but you are much too harsh on yourself. You must accept that indeed you have this human element, as you call it, and yes you have failings as many do, but that does not reflect upon your spirit, because deep within you know what is good and what is true. So do not be harsh, you can only but try your very best and we would not expect more of you. As long you are true to yourself, that you recognize that indeed you are spirit with a learning to do, then you cannot do more in *this* lifetime.**

Jan: I understand.

**And again, I return to the word I use most often, the power of your thought.**

Jan: Yes, I think I've experienced that in my personal life quite a lot just recently, and rebounding thoughts—bad and good thoughts

have come back to me in many different ways and I try to amend things that I feel I may not have thought in the right way.

**My dear child, it is the *trying* which is important, it is the *understanding* that is important. Of course you may fall down at times, because you are clothed in this human garb, but the *recognition* is what is important. Because you understand that some of your thoughts are not, shall we say, spiritual, but you recognize this and that, that my dear friend is the most important thing for you.**

Jan: So the recognition is part of the growth; (Yes.) every time you recognize you grow that little bit more.

**Because in recognition, you are trying to change.**

Jan: Yes, right.

**You understand?**

Jan: Yes, so you may make the same mistake over and over again, but as long as you recognize it each time.

**And try...**

Jan: And try...

**Yes. You have made many mistakes, not only in this lifetime, but in many others and sometimes you bring with you those failings. So you see it cannot be wiped out in an instant. That is what you have come to learn. You understand?**

Jan: Of course, yes I do entirely, thank you.

**But don't be so hard on yourself.**

Jan: Or any of the others in the room, we all must learn that, not be so hard on ourselves.

**Yes, and your hardest task my dear friend is in being judgemental. Try to be non-judgemental in all aspects of life and *then* you will find your own life will become much easier. But thank you for your question and I hope it has helped you.**

Jan: It has tremendously, thank you.

Sarah: You saying '*non-judgemental*', I was just thinking that the text that George gave us to read about the person who had so-called 'died' for an hour and a half, (*Mellen Thomas Benedict*) when he came back, all he could see was love in everybody, he just felt love for everybody and I thought, well, those are just the very words that Salumet has been telling us we have got to find.

**Yes. It is only when you discard this human cloak, if you like, and truly recognize yourselves as spirit that you understand really what great love means, what not judging another person means, and to have had that kind of experience remains, because it is so vivid and I am sure there are many people in this world now who have experienced**

**similar things and have returned to your world as much better people. It is only that they have recognized themselves as beings of love. But that is not available to many in this world without some kind of event such as you mention.**

George: No, I imagine the mind has to be developed to some particular degree before it can question in the way that that one questioned, and before that event can happen.

**But that is why my dear friends, it so important that you cultivate your meditating time, because when you go into meditation, then you are closer to *our* world, the spirit is closer to our world and all questions can be asked. You do not actually have to leave behind the human body for this kind of knowledge.**

George: Now that is an interesting and profound thought.

**But it is possible for *all* of you, it is just that it has never been considered, but if you ask the many people within your world who meditate for much time, they will tell you that it is quite easy to be within the human frame and yet the mind is free.**

Jan: Richard, my son, as you know who comes here sometimes, (Yes.) at the weekend he described his experience that he had at home as being with the nature spirits. (Yes.) I'm sure that he'd like it and we all would like it confirmed that he was correct, although we believe him 100%, that the nature spirits were with him.

**When next he comes, I will speak with him and I will tell him what is happening at this particular time, but I will speak to him when *he* is here.**

Jan: Okay, thank you. I will tell him, but he is digging his heels in a bit, but obviously he's on his way...

**Yes, his awareness is becoming much greater. He *has* resisted to an extent, but contact has been made and it can only go forward provided he remains open to it.**

Jan: And he's perfectly safe on his own, isn't he? (Yes.) He is protected at all times? (Yes.) He doesn't need us to be there with him?

**You can reassure him, once contact is established, then we do not fail you unless the mind so wishes and blocks us from them and of course then there can be *some* problems. But, no, he is okay, I think you would say.**

Jan: Thank you very much. I'll tell him.

Lilian: Any questions Jim?

Jim: Well, I keep thinking about the very large number of human beings upon this planet—a number like 6 or 7 billion souls on this planet. Do

all of the things that we hope for within this group for ourselves, are they true for everyone? It seems such a big number. It's mind-boggling, the scale of the spiritual existence of human beings. I haven't really formulated a question, but ...

**How large is the cosmos?**

Jan: Infinity and beyond.

**Yes. You are speaking of one small planet where people exist in human form, but in spiritual realms, space means very little. Everything is part of everything else, and I know this for you is difficult when first you are looking into many aspects of spirit, but let me just reassure you my dear friends that although you call it 'mind-boggling' I believe you say, the mind is never boggled. (Laughter)**

George: It's a human thought. (Yes.)

Paul: Brain-boggling...

**The brain becomes confused, but the mind is forever free and you may speak of numbers, but there will come a time when the many aspects of spirit becomes much clearer to you and really that only happens when you return and revert back to a spiritual being.**

George: Yes, I had the thought that there are more angels associated with this planet than there are human beings, because for a start we each have one guardian angel...

**Yes, you are one tiny speck of creation—you really are. Imagine my dear friend the tiniest of ants sitting in the middle of this room. What do you suppose his aspect of the world would be?**

Paul: Very small.

**And you are but one tiny part of all existence.**

Jan: One grain of sand, on a beach.

**One grain of sand.**

Jan: In the whole universe.

**There is [sic] many comparisons that you could make, but it is—and I understand the question from our dear friend, that in your search for truth, all of these questions are very confusing.**

Jan: That question has been put to me by many people who are just starting to think the way we do. If all of us have been here before and there are souls before us, etc, etc., it's very difficult for them to actually understand. They imagine rooms and rooms I think of people bumping around with each other—and of course, like you say, there is no space.

**Yes, you are looking at existence with a human form and that is why it is difficult to understand the essence of just *existence*. All that exists now has always been. We have gone this road before**

**also, but it is a very difficult subject to convince people of. But as you well know, the time will come when suddenly these questions become unimportant, because there just *is* this understanding and knowing of what life is. But I always say *question*, if that is what you need to grow and to try to understand. The understanding will come, but as always with development, it takes *time*.**

Jan: Why, Salumet, would somebody who has never really thought of life in a spiritual term before, suddenly start seeing what they describe as their guardian angel and spirit people around them—they can actually see them. Why would that manifest itself to somebody who may not in their knowledge—of course their true self could be a totally different matter, but their own human knowledge, aware of what's happening to them. Does that make sense?

**I think there is a saying within your world, and I will use it to simplify that question, and it is this: when the pupil is ready, the teacher is there. There comes to every individual within *this* lifetime as a human being, there comes some point within their lives when they are ready to accept some knowledge.**

Jan: Is that everybody in this human life?

**Everyone is given the opportunity—whether they recognize or accept that opportunity depends on each individual. Remember always my dear friend the interference of your freewill, because it plays such a large part in your existence in this planet. But every individual is given the opportunity to seek and to search their own spiritual being to find the truth, and it is then when these happenings, or the seed is placed within their mind, that they then begin to search and question.**

Jan: I'm asking this because I am preparing myself to talk and help this person who is very frightened at the moment. I haven't met this person at all, it's a telephone conversation I have had with them and they will get back to me I am sure—I wanted to have the right answer for them (Yes.) and you've answered that. Thank you.

**And of course remember, I have spoken—all actions are placed either in love or fear and sometimes it is perhaps the fear of death or some 'tragedy' as you may call it, but I would not use that term. It takes something like that for the spirit to wish to *seek*.**

Jan: That's clear, I can understand that—I can help her now if she calls me, if she's ready to call me.

**Yes, you will find the words. Ask to be helped and guided and you will be.**

Jan: That's great. Thank you.

**Now my dear friends I feel I have reminded you enough this time. I hope that my words this evening will trigger within you those ideas and thoughts which are sitting within your heads and that you will give thought to them, and perhaps, although I have spoken these words before, it will renew your interest and help you to go forward with new ideas, to continue to help others, and as our dear lady friend has said, to find the words of comfort towards another human being. In this my dear friends, I will leave you always cloaked within my love, and to know that as we leave this time, we thank you for all the help and the knowledge that you impart to others. (General thanks and farewells)**

*George's notes: It might be interesting to reflect for a moment on how world consciousness has changed since Salumet began his mission in June*

*Our list of names given for healing was lengthy this time, and Salumet's initial words aptly followed on from this:*

**Good evening. (General greetings)**

**As I join with you this time, we are pleased to feel the love which emanates from each one when asking for help for others. I would like to begin this time by offering some thoughts to that Great Creative Force from which we come. We ask that all conditions that come to us are accepted with love and as tests in this our earthly lives. We accept that these conditions are part of our spiritual unfoldment. We thank you for the intelligence to understand these things and the power that may be used to change the conditions of our lives. We also give thanks for that power of will which enables us all to overcome diseases within this world. But to do this we have to have an overriding will, power of the will and thought—the vibration must be much greater than any of your diseases which exist in this world. We have my dear friends understanding now of all of these things and it is appropriate on this evening of many healing thoughts given that we return the thoughts to the Great Creative Force, that within yourselves you recognize the power within. When we have finished speaking this time, I feel it would be most appropriate for each one of you to recognize where you stand on your own spiritual unfoldment and therefore to offer words and thoughts of what you would like**

*1994. The nuclear threat has diminished. East–West relations have continued to improve. Perhaps 'people power' has become more noticeable. Aspects of materialism are being questioned. The environment has become a front-line issue. Alternative energies are fully seen as necessary. Smaller and more fuel-economic cars are encouraged. Recycling is the first step towards a non-wasteful economy. Sensible diet is being seriously thought about. The media are beginning to account spirituality just a little more. The Internet is bringing unity to the whole world. The Planet Aerah communications help us to see our connection to the entire universal creation. Science detects and explores the world's collective consciousness. These are a few of the recent changes that come to mind.*

~26<sup>TH</sup> June 2006~

**now to achieve. I hope my dear friends you can agree to do this, this time.**

*(general agreement)*

Lilian: If we sit quietly and put forward what we would hope...

**For each one to speak out so others may hear and understand also what is trying to be achieved by each individual. You may be surprised by how many comparisons there are between you, but it is something I feel would be good for you at this present time. But for now I will take any questions that you may have for us.**

Lilian: I know Richard has got one. Would you like to start Richard?

Richard: Yes, Salumet, you said when I wasn't here last time, that there was something you would be able to explain to me?

**Yes. We have been told of your latest experiences and we are pleased to hear of this, but what I wish to say to you my dear friend is this: that from an early age you have been bombasted by thoughts and actions from our world, because always your life-plan has been that you may follow the spiritual pathway. No matter what your *physical* life unfolds before you, always you must follow the spiritual pathway. We have spoken and I have told you that the time is right for you to grow and this you have agreed with. (Yes.) Yes.**

Richard: I'm still very confused as to what to do about that.

**Yes, you must first of all have my dear friend, acceptance that indeed what is happening is from our world, and although you are happy to have these happenings, there is a degree of non-acceptance deep within. (Yes.) So firstly you must find within yourself that acceptance and that you can bring forth the words of spirit, because you see, my dear friend, you can be used in *many* ways spiritually. But as always, again your freewill will always come into play, and the danger is that you will place your *physical* lifestyle before the spiritual, but it is possible with our help that the two can go hand-in-hand.**

Richard: Should it mean a great change in my physical lifestyle?

**No, not necessarily. As I say, it is possible to lead your physical life and still allow the spirituality to come forward. We will only make the opportunities when you are ready. We cannot interfere in your life. We can try to guide you, encourage you, but we cannot interfere. But what you experienced before was in fact an aspect of your own self with the help of the elementals and the angels which surround you.**

Richard: More experiences like that would be helpful.

**Once you accept, then we can give you more; it does not work the other way. After all, why should we give you these experiences if you are not prepared to accept?**

Richard: I agree.

**You agree, but you still find difficulty in acceptance, but we will help you every step of your way. But of course, as you know and which you will, we feel, find difficulty with, is in giving of your *time*.**

Richard: Yes, I definitely see a difficulty.

**Yes, but there is a way and there is a pathway for you to follow.**

Richard: I will try my hardest to find it.

**We will help you, we will. (Thank you.) All we ask is for you to be open to all that we say, to all that you hear, to all that you feel—and the more that you accept, the more that we can give to you.**

**(Thank you.) Was there any question that you wish to ask of me?**

Richard: No I don't think so. Actually, there was one: The aspect of myself which you mentioned, **(Yes.)** would that be one called, Simon, my twin? **It is the aspect of you spiritually. Physically that was your connection, spiritually there is that connection also, but it is more than that. Is that helpful to you? (Yes.)**

Lilian: Yes, thank you. Any more questions, anyone?

George: Yes. I would like to refer to some work that our Russian neighbours have been doing very recently...Professors Golod and Krasnoholovets have been building quite large, hollow pyramids out of glass fibre and plastic, up to 44 metres high. They are two good scientists and they have conducted a number of experiments, and two of the interesting results are firstly that water as it cools to very low temperatures, minus 40 degrees Centigrade, it doesn't freeze! And another factor, seeds kept within the pyramid for a period then germinate to give a crop yield that is between 20 and 100% greater than would normally be. Now this sounds like an energy effect and rather like the energy of the crop circles that we talked about some time ago regarding the increased crop yields from the seed. So, I think we are beginning to have an understanding of the energy that is collected or enhanced by the aligned pyramid shape. Would you have any comments on that?

**Yes. I understand your question. Always—not always—I beg your pardon. If you go back to the time of the ancient civilizations, they were much more aware of energies than you are at this present time.**

George: Yes, I think some of us are just beginning to realize that.

**Yes. What is happening with your Russian friends and their pyramid experiments is not new knowledge, but is knowledge that has been regained and is now *beginning* to be understood by men of your time. The ancient Egyptians in your world, in particular that race, had much more knowledge of energy and vibration and space travel—we have touched lightly about this before.**

George: Yes, I'm sure we remember your words on that.

**Yes, but perhaps you could think of many bodies that have survived at sub-zero temperatures without freezing. When you speak of the water which reaches certain temperatures and still does not freeze, it comes under the same energy. And I would say to you, your analogy of the experiments and your crop circles are indeed related to that same energy. It is an energy not fully understood as yet, but I have to say many are being helped in this field so that the understanding is greater and that these, what are termed 'mysterious happenings', can now be collected and collated together in understanding.**

The energy used is indeed of a higher vibration than currently known in your world. But, do you remember my dear friends, when I told you that ‘sounds’ have their own vibration and that one evening you made the sound within yourselves and you could feel that vibration within. Do you remember? (Yes.) In the same way, the shapes of many things have their own vibration. There are many people in your world now, who find benefit from being within the shape of pyramids, because of the energy which is created within. And if you think of the shape of the pyramid, you will begin to realize my dear friend that all lines reach to a pinnacle as if the energy is being drawn upwards to a higher vibration.

George: Yes and I can say that radar does detect a column (Yes.) of some kind of energy reaching—I think the figure was 1,000 metres above the large pyramid.

**Yes, and beyond, you will then find that the vibration becomes even finer, but that is something not to be understood at this time. It is important for your scientists in your world now to recapture knowledge long lost.**

George: Yes. And there is mention of meditation being enhanced within the pyramid structure. **Of course, because as the energy reaches and goes from the top of the head, what is happening, but it reaches for the pinnacle. Can you see, because the energy is drawn upwards and becomes even more refined? (Yes.) So, perhaps my dear friends this would be something for you all to consider this time, the shape of the pyramids and how the construction is ever upwards and perhaps I will hear your thoughts next time.**

Lilian: And of course they have been found all over our planet in days gone by.

**Yes. The ancients were much more adept in their knowledge of these things.**

Graham: Did the ancients actually have a name for the energy associated with pyramids?

**Not that I can tell you. Of course they would have found a physical name for their own use. But, um—yes, of course they would have a name.**

George: The Russian scientists are theorizing on this and the name they have devised—they explain it in terms of what they call ‘inertons’, these being energy units which divide—but that’s part of their theory at this time.

**Yes, I have to say, if it is helpful then put a name to these things, but what I would say to you my dear friends: have the knowledge and the feel for**

**these things—names are unimportant; it is the recognition which is important.**

George: And I think we recognize from the work done that the energy penetrates many things and alters their character in some way.

**It is part of the scheme of life. It is just because it is the unknown to you as humans at this time. It is nothing extraordinary, in fact I would call it *most ordinary*.**

George: Yes, yes. One nice thing is that the political relations between East and West are so improved now, and this sharing of knowledge is a very nice thing that is coming out of that.

**As it should be, do you not agree? (Yes.)**

**...because mankind should be sharing with his brother, because all knowledge belongs to all people?**

George: Yes, and we can really appreciate the good work that these Russian scientists are currently doing—and thank you for giving us your further words on all that.

**Yes, well I will look forward to the remarks brought to us next time and whoever is absent will be asked at a future time. So this is something which we must discuss a little more of, now that the topic has been raised.**

George: Thank you for that—wonderful!

Paul: It is interesting that a lot of the more ‘simple’ people like the Native American Indians, they had their wigwams (Yes.) constructed in that sort of shape.

**Again, another very good example of the recognition of energy available. There really is, my dear friends, much in your history if you return and go back to ancient times; although the Indians that you speak of do not go as far back as those ancient civilizations of which I spoke previously, but their spirituality was great, their knowledge was full of understanding and acceptance. But this is an opportunity for each one of you to think deeply about this matter. Now I feel that we should go around each one of you this time to allow you to unfold from within what you would say to that Great Creative Force about your own knowledge and unfoldment. And with those words, my dear friends, I will withdraw from you this time, but I will be listening to the words sent out by each individual. As always, I leave you within the light of love, I leave you with the many thoughts which we have discussed and I leave you always with the anticipation of our next meeting. (*Thanks and farewells*)**

*We thought a while, and each gave our thoughts on how we see ourselves and what our further aims should be.*

George's notes: re Russian pyramid work: Internet: If you do a Google search on Prof V Krasnoholovets, it will produce an 8-page document entitled: 'The Great Pyramid as an Aether Wind Trapping Site'. A search on: Russian Pyramids produces other useful information.

Pyramid effects that have been observed:

*Water does not freeze.*

*Razor blades are sharpened, (compared to ultrasound polishing).*

*The vertical column extending above and detected by radar was 2 Km.*

*Salinity of water decreased.*

*Altered resistance of carbon materials.*

*Effects on animals and disease incidence.*

*Human aura is brightened*

*Foods stay fresh longer.*

*Domestic pets thrive well in situ.*

*Patient's burn areas heal faster.*

**Good evening.** (General greetings)

**I am happy to join with you this time.**

Lilian: We are very happy to have you.

**When last we met, we spoke about the energy and the pyramids and I remarked to you that when we came together once more I would ask you about your many thoughts on this subject. But because we are few in number, I will leave my discussion about the pyramids for this time until we have more in numbers. But nevertheless my dear friends we can discuss amongst ourselves what the individuals here have gathered from thinking about that energy within pyramids.**

George: Yes, gladly.

**I am sure that you have given thought to those words and are indeed happy to discuss this amongst yourselves.** (Affirmations)

Lilian: Bonniol, he talked about different shapes that give energy—plants and water. (Yes.)

George: Yes, I remember you talking to us about making a sound vibration within ourselves—to have the feeling of this—and I rather fancy that the energy of the pyramid is like a 'micro sound' form of energy—a higher vibration than what we think of as sound-in-air. I feel there are two parts to it in a way: shapes have their energy, I can see that, and the pyramid going to an apex will have a sort of condensing effect as the sound rises to the top and beyond, but also the orientated pyramid with two sides facing the east-west direction has a collecting effect of energy I feel from its passage through the ether, with the rotation of the planet.

*Meditation enhanced.*

*Plants grow faster in early phase.*

*Structural changes in materials.*

*Can cause nausea in too much pyramid environment.*

*Compare crop circles!*

*Seeds ... crop yields increased. Compare crop circle wheat!*

*Immune systems are enhanced.*

*Pathogenic strengths of viruses and bacteria reduced.*

*Radioactivity decreased.*

*Crystalline materials kept in pyramid, then transferred to surround jails, reduce crime.*

*Pyramids have been aligned to the pole star (which effectively aligns the other pair of sides to planetary rotation). The Russian pyramids are built to phi ratio and are described as having 70-degree slope. The Egyptian pyramids are less steep and to pi ratio.*

~17<sup>TH</sup> July 2006~

So I think there is a collecting effect within the pyramid and an effect from the shape in refining that collected energy. So I feel that there are those two aspects to it and it's a higher vibration which can get into things and modify structures. There's one other point: the pyramids made on the Earth are of two different side angles. The Egyptian pyramids are built to the 'pi' ratio and the Russian pyramids are built to the 'phi' ratio, which is a steeper incline of side, so I rather suspect that the angle of the pyramid is quite flexible, but the orientation of the pyramid is very important.

Paul: I think the Central American pyramids are a different ratio again.

**Of course the shape dictates the way the sound vibrations are used and as sound becomes more refined, then it reaches the point of not being audible to human ears—you cannot take one without the other. When you experience the sound within yourselves, remind yourselves of what you then felt. Can you remember?**

George: Yes. I felt an on-going vibration within self.

**Yes, until you became as one.**

George: Yes, perhaps a better word than 'on-going' is a 'resonance'.

**Yes. What you should have felt was that sound energy being refined until you became unaware of the human form and you became as one with the sound energy. So you see, all shapes, all sounds go together and, after all, is not the human form in some shape? And where does the**

sound rise to? Were you aware of these conditions, or was it just a little too early for you to recognize what was happening? Yes, I feel that it was.

George: Yes, I was not aware of the sound rising to any particular place.

**The sound will always rise to the pinnacle of the shape, to that point within the shape that allows that sound to vibrate at a higher degree.**

George: So with ourselves it would rise to the top of the head... **(Yes, yes.)**

Lilian: How about a round shape, because in nature, the planets and so on, are often round...

**Yes, you would have a vibration which would be surrounding the whole shape of the circle—no beginning, no end, but there would be a crescendo of sound and vibration.**

Lilian: I was thinking of the energy that needs to keep the planets in place—it must be tremendous.

**Yes, of course, but that is something that we cannot discuss at this particular time. I feel that to speak of shapes and energies is what you are now ready to receive.**

George: I was wondering about a perfect cone on a round base; **(Yes.)** that would have its energy-enhancing effect, but perhaps it would not be a collector of energy in the same way that a pyramid collects?

**No, of course not—because of the base, that would change the energy frequencies. There is so much that can be spoken about energies and while we speak of energies, my dear friends, have you become aware of the talking going on within your world of harnessing the waters of the seas? (Affirmations) I did tell you previously that that was the way forward.**

George: You did indeed, yes.

Paul: There is so much energy there.

**Yes. May we ask now for someone else's thoughts about the pyramids and the energies?**

Paul: I was giving it thought, but I couldn't get much past the idea—it seems like it's a chamber then, like a musical instrument for producing certain vibrations, which—I guess it's got a very pragmatic use for the Egyptians and the ancient people. I think you indicated in the past that—I understood that the pyramids were involved in the travelling to other stars.

**Yes, as the gentleman, my dear friend here (George in an earlier session) has noted that certain shapes and sides of the pyramids relate to those of other planets for the purpose of**

**space travel, which was not unknown to those ancient civilization.**

Jan: Were they (*Egyptians*) visited by other planets? **(Yes.)** They were—that's how they gained most of their knowledge?

**The knowledge was innate within them, which would make it easier to accept other cultures from other planets. Their knowledge was indeed far superior to anything on this planet at this time.**

Jan: At that time, or this time?

**Far superior in *their* time.**

George: And I think I can say that in addition to the pyramid energy that we talked about and how it becomes enhanced, I think I would be right in saying that there were further structures in granite and rocks **(Yes.)** within the Egyptian pyramids to further enhance and develop the energy.

**Yes, you are correct and this is something I will discuss with you when we have more people to listen. Yes, of course it is not only shape and sound but texture, and remember, as we have said, all *things* have their own vibration. You all, my dear friends, are nothing but vibration.**

Jan: What came first in the ancient Egyptians, for example their thoughts—to entomb their dead so that they could pass into spirit more freely, in their belief that they take all their possessions with them...

**That came to a later civilization. The knowledge of which we speak was innate within them.**

George: I think we are speaking of a time which is 10,500 BC or thereabouts.

**A little longer, yes.**

Lilian: Our friend who visited last week from spirit who lived quite a long time ago when the (*later*) pyramids were being built. He was aware of the energy in water and the food.

**As were all of those people. This knowledge belonged to all of that civilization. So you see it was normal to them, but gradually that knowledge was lost.**

Jan: Why was the knowledge lost Salumet?

**Because of the karma of the people.**

Lilian: They didn't want to listen, I suppose.

**Materialisation [sic] (*materialism*) was beginning to take hold. There are many, many reasons, but the downfall of many civilizations was caused by man's own ego and although that seems too simple, that is the basis of many, many civilizations' downfalls where mankind assumes a role of being the 'creator'.**

Jan: Was that part of creation's—was that part of man's freewill or was that part of our evolution that we had to lose that to come full circle which I am sure one day we will. **(Both.)** Both...

**Yes, both; yes.**

George: I think what we are talking about having lost would come under the heading of 'spiritual attributes' **(Yes.)** and while one can write down material things, can keep records, and the records don't necessarily get lost, but spiritual attributes *can* get lost, through our deviation from spirit. Would that be fair comment?

**Yes. I...**

Jan: So the wealthier they became and the more natural minerals and gold and everything else they found in the Earth—that became their downfall.

**And their beginning of abuse of all things spiritual.**

Jan: Including themselves.

**Yes, mankind basically, in simple terms, has lost his way; but as you well know my dear friends that is being reversed gradually in your world.**

Jan: In our lifetime this time—the people in this room—we've just been talking about how many years before Christ? 10,000 before Christ did you say?

George: Well, Salumet says more than 10,500.

**(Yes.)** But haven't we come a long way spiritually in the last 100 years even?

**As human beings, let me say it to you this way: You have always been spiritual beings, but you have been in the dark as far as recognizing those spiritual gifts. And perhaps 'gifts' would not be the correct word this time ...**

Jan: They're attributes as you put it, aren't they? **Yes, they are innate within you, but the recognition of who and what you are over time, has become lost. Mankind's focus has been placed in areas of living which are not spiritual, (Yes.) but slowly, as mankind has become more aware and able to accept and understand his own way of thinking, he can rationalize more easily that which he knows to be true, and at this time in your evolution you cannot deny what you know to be true. So, yes, you could say that you have 'turned full circle' I believe your words were.**

Jan: I believe that one day we will, but I don't think we are there full circle by any means yet.

**I would not be here if that were the case! There is much, much work to be done.**

Jan: The other thing is we are developing at a very fast pace.

**Yes. In this one of your centuries, the whole of your planet has become much more aware, because of the great effort from our world to come to you in many forms and to help you to know and understand who and what you are.**

Lilian: We are very grateful to you.

George: Yes, we are very grateful.

**And I have to say my dear friends, apart from all of the other information given, that is what is the most important part of our coming to you, that each one of you, whether it be within this group or in the many, many others throughout your world, it is to recognize and to know that you are spirit and that you have the abilities of spirit at your call.**

George: We are making contacts with other people around the world who seem to be active in presenting spiritual information.

**Yes, much, much is being given.**

George: Can I mention a new contact that we have just made or would that be a digression?

**Of course, if you wish.**

George: There's one Victor Zammit in Australia who is a retired lawyer and he's presenting evidence of the continuing life in spirit. He's very active and has a website and his findings are going out to the world. I know he has several times sat in with a group and there is David Thompson who is a medium in the Australian group and he seems to be very good at materialisations. He has materialised Sir Arthur Conan Doyle, and the materialised form shook hands with Victor Zemmit and he was *most impressed* with this. I wondered if you would have any comment about the idea of shaking hands with a materialized form?

**But there should be no doubt within your mind my dear friend that this can take place.**

George: Oh no, there is no doubt in my mind!

**Firstly, I would say this to you: that that form of mediumship is becoming quite rare today, because very few people are prepared to sit as diligently as the one you have mentioned to allow this phenomenon to occur, But I would say to you, 'materialization' is good for all of your senses, because not only can you touch, you see, you experience the *whole form* of those who have gone—they can speak to you, therefore your hearing senses are in force and there can be no doubt when this occurs that spirit *is indeed*.**

George: So, if our friend Victor is impressed in this way and in turn recounts this to the world, this is a useful presentation of evidence, can we say?

It has already been presented to your world by many people, but let me say that as long as you have sceptical people, the most amazing what you call 'evidence' you will not shake their foundations; but to those who are seeking, it is the kind of evidence which cannot be disputed. But again, as human beings, there are always doubts and suspicions and as in all forms of mediumship, it takes personal experience sometimes for people to truly accept. So, do not be surprised that this wonderful evidence is ridiculed by some, but I would say, apart from healing, it is one of the best forms of mediumship as far as giving evidence goes.

George: I can perhaps add that there has also been a materialization of the jazz musician Louis Armstrong with him singing and the sound can be played through computers today so that the evidence—I take your point that there will be many who will remain sceptical, of course, but the evidence itself and its presentation are I think becoming more impressive.

**If you are a seeker of truth, then of course you would be impressed, but as I have said my dear friend, the past century of your living here on this planet has produced much evidence in the form of materialization and still people wish to deny what they see with their own eyes.**

George: Yes, you are absolutely right, of course. **But I would say that this type of mediumship should never be lost and we are trying to encourage those who are capable of it to develop and come forward, but of course it takes many years of dedication from our world and from the medium involved.**

Jan: Going back to the subject of energy, Salumet, is the ancient practice of FengChui altering the energies within our own environment? **(Yes.)** Obviously that would be of a similar but very much smaller—same vibration as we mentioned of the pyramids, wouldn't it?

**Because everything has a vibration, not only human beings, everything vibrates at a different speed ...**

Jan: Even a man-made material?

**Yes, everything that exists vibrates. What you are speaking of is recognizing the best use of the energies available, whether it belongs to a light bulb or to a vase or whatever.**

Jan: So we can all experiment within our own environments, can't we? **(Yes.)** We don't have to necessarily follow what somebody else has tried.

**Yes, you should have that inner feeling for what is right and that would be a much better way to go, and not only be aware of the outer energies, but what is far *more* important is that you recognize that inner energy; and that then, my dear friend, returns you back to energy within the body and would help. You understand?**

Jan: Yes I do.

**Yes, that is a good way to go.**

Jan: That's something I am interested in I'm definitely going to really try to mediate and concentrate on that.

**Yes, it would be far better that you regain your own finely attuned instrument, and then you can become aware of all forms of mediumship which surrounds you within this lifetime.**

Jan: Yes. It's a human feeling, but I feel very frustrated sometimes, which is a negative feeling I know, but all the information that is within, you have to spend so much time—it's the giving it the time...

**Yes but the knowledge is worth waiting for.**

Jan: I think it's the excitement rather than frustration, it's an excitement. Richard and I were talking about the knowledge that you have given us. He said that you could be sitting within a group of people on a train or bus and suddenly have this overwhelming sense of '*I know, I know*' and you want to shout and share that knowledge, **(Yes.)** but you know you have to be one step at a time and tread carefully. I know exactly how he feels.

**Yes, but my dear friend you must learn how to harness what you call your 'excitement', you must harness that energy within, and then whatever comes from within is what is supposed to happen in your lives. It will be a natural emergence of spirit—but I understand your words and I understand your impatience, if I may use that word, to create a situation of your knowing and your knowledge.**

Jan: I'm sure we have all felt that, haven't we?

**Yes. Does anyone else wish to comment?**

Lilian: Sarah?

Sarah: All I was going to say was that just letting gradually the information come out or the knowing come out and I do find, although I have a tremendously long way to go, but I am beginning to—just suddenly things—I think, ah, I'm beginning to see things differently. The light is beginning to dawn, perhaps I should say that—just various things.

**That is the kind of words I like to hear. If but one or two of you *feels* that the knowledge gained is**

**helping you in your expansion of knowledge, then that is so good to hear.**

Sarah: It's good to feel, too, so thank you!

**But is it not just a recognition of who you are?**

Sarah: Yes, I'm sure it is.

**And not only who you are but who you have been and the whole form of your spirit. That is what you are giving out my dear friends, not only of who you *are* in this lifetime, but all of the knowledge that has been gained in times gone by. All of that knowledge is within you and it is there for you to use at any time that you choose.**

Jan: I definitely feel that those people—I can only refer to those people in this room—I know that they are all used as beacons of light, if that's the way to describe it, **(Yes.)** many, many people come to us, do they not? You've said, haven't you Sarah?

Sarah: Yes.

Jan: People are drawn to you.

**And can I say also my dear friends that people are drawn to your lights, even without your knowledge; they would be attracted to that spiritual light without your knowledge. So you see, your work as channels of lights are spreading all of the time.**

Jan: I've begun to recognize when those other like-minded people that you may not even have met before, you're very much drawn to—I'm drawn to them as well **(Yes.)** and in conversation, it comes out—it's amazing, they're on a level and you know, we understand—few words are needed to be exchange.

**Because your spiritual lights are compatible, shall we say, you are drawn together. That works also with those people, and I am sure you recognize also that there are certain individuals whom you feel you cannot approach or become too close to. (Affirmations) That is the energy pull between opposites, yes, so instead of coming closer together you feel you must stay ...**

Jan: ...avoid.

**Yes—that is a good word.**

Lilian: So we shouldn't feel guilty about this?

**No, but what you must not do is to pass judgement, but to step back and to leave the situation as it is.**

Jan: So it's still nice to smile and be pleasant, but...

**Yes, but be careful of any negative thinking. So you see again, all of life is energy.**

Jan: You can't get away from that word—that's how we started and that's how the conversation is still.

**Yes, you are now beginning to realize that thought and energy patterns are as one and how you use those energies in the way of thought is most important to your spiritual well being. Now my dear friends I feel for now I have spoken enough, but we *will* continue when we have a fuller group together in order that my words are heard by them also.**

Sarah: They will get a copy of what you said today anyway.

**Yes, but it will give them the opportunity to ask any questions before we move on to something different.**

Lilian: Well thank you again, it's been very interesting.

George: Yes. It has been a very interesting evening and I'm sure we will all of us look forward to some further discussion of the pyramid energies.

**And you see also my dear friends that knowledge is built in the same way as energy—a little at a time becomes more refined. And that is what you are all achieving my dear friends. So as I leave you, again I say to you, place yourselves in the love of the Great Creative Force and all will be well. I also remain close to each one of you and will try to help each one of you as needed. (Thanks and farewells)**

*George's notes:*

*Energy from sea: The internet indicates much activity. The UK has eight possible 'tidal barrage' sites and off-shore turbines are the other likely development.*

*Egyptian pyramids: Earlier discussions are detailed in the Salumet book, pages 62 – 67, that took place over the period 1995 to 2003.*

*Evidence for life after death: The Society for Psychical Research was founded in 1882 and over the years, many books and papers have been published. So, for the last 124-years huge quantities of evidence have been presented. This has been much valued by many of open mind. A notable early work was 'The Survival of Man – Sir Oliver Lodge (1909), 379 pp. But as Salumet says, there will always be some who remain sceptical. Victor Zammit's website: A regularly updated, interesting site: [www.victorzammit.com](http://www.victorzammit.com)*

**~24<sup>TH</sup> July 2006~**

*Just prior to the meeting, Graham had been talking about strange flight patterns of butterflies that had been observed, and this has sparked our interest.*

**Good evening.** (*General greetings*)

**I am happy to join with you once more my dear friends.**

Lilian: Yes it's great to be together.

**I would like to say to you this time: I was aware of your discussion about your butterflies and rainbows and I would just like to say to you that the butterfly in your world is indeed used for showing some people that there is more to life than first they thought. After all, if you think about your butterflies, have they not gone through their own metamorphosis into the second stage of their existence?** (*Affirmations*)

**Therefore you can begin to see some connection. Yes—that is why the butterfly is used so often for these things.**

Sarah: That's interesting because I remember watching a programme of some famous people who were visiting an old house in Italy and whenever a black butterfly appeared, there was an awful lot of spiritual activity within that house. It wasn't very nice spiritual activity, but it was always when the black butterfly appeared that that activity started.

**Yes, but the association was with the colour.**

Sarah: Ah right.

**You see?**

Sarah: So the black was not such a good colour.

**The negative energy, yes. So remember my dear friends, be aware of all of nature's dealings with you, because within nature herself there lies many invitations for you to recognize the working of spirit.** (*Affirmations*)

George: Butterflies are certainly very beautiful and a joy to be with. **(Yes.)**

Sara: Rainbows always bring joy and I think a feeling of hope as well.

**And also the energy from the colours. Remember, we have spoken of colour vibrations and this too plays its part. So I have deviated a little this time, but I felt that it would be good for you to think a little more deeply about all of these things.**

Lilian: Could I just say that last year I had a caterpillar—quite a large caterpillar. I looked it up in a book and it was an elephant hawk moth caterpillar and no way did I ever think I would be lucky enough to see the moth, because of course they come out when it is dark, but I did, in the garden not so long ago under a lilac bush. I wondered if that was coincidence or ...

**It is only that your awareness is now greater to all of these things, therefore you are more aware of what is happening around you.**

Lilian: I did feel very, very lucky.

**Yes, of course, and that is as it should be. There are many, what you call 'wonders', my dear friends, which are everyday happenings in our world, which are given to you in ways that you can recognize. If you are not fully aware of spirit as we near you, then we show you what you can and will understand, or at least gives you the opportunity to think about these things. You understand? (Yes.) Therefore my dear friends always look with those spiritual eyes. There are many ways in which we can touch you.**

Sara: Yes, I had seen this metamorphosis symbolism recently when my friend embarked on a moth project at school with children, and I saw how the moth for her had many meanings, because she was going through a change herself. It was very interesting.

**Yes, and of course she could recognize the many changes.**

Sara: She's very aware in many ways and now she's wearing butterflies all the time—and I think she is aware of how important the change has been.

**It is a good analogy, do you not feel? (Yes.) Yes, of course.**

**Now my dear friends, before we embark on further talks of energy and vibration of which I have promised you, we have one more exercise for you this time. I hope that each one of you will feel the energy which *is you*, which belongs to each person; and as we continue on this short journey, I would wish you my dear friends to speak among yourselves of what you experience and for this one time, we ask after this exercise, that there be some rescue work and we are attempting to try to use as many of you as we can. Therefore my dear friends open up your hearts to those who are in need. You can be used, you must not be afraid, because you are always, always protected. When you have experienced what I am about to tell you, we will then go on next time to what I have to say about pyramids and their energies and discussions we will have amongst us. I would like each one of you my dear friends to imagine yourselves, to use that spiritual mind to feel yourself within the vibration of a pyramid, to become that structure, to *feel* what the physical body is feeling and also to feel and understand with the spiritual mind what is**

**happening. Do you have any questions before we proceed?**

Sarah: We are going to be *within* the pyramid, not part of the pyramid?

**To begin with you must feel yourself within, but I want you to become part of that energy, to express what you feel and what the mind is also experiencing. You understand what you are trying to achieve? (Affirmations) And as you begin to have these senses of vibrations, towards the end of your experience I would wish that each one of you joins together as one form of energy. Therefore, I leave it with you my dear friends for this time. There is much for you to achieve, so open up your hearts and your minds. I will leave it with you, my dear lady friend, (Lilian) and when this is complete, we will be with you for some rescue work. (General thanks)**

*There followed a period of 10-minutes silence as this exercise was pursued. We then discussed the feelings experienced. These included sensations of energy-blending, being drawn upwards and a feeling of freshness at the pinnacle of the pyramid. One of us visualised pyramid sides and a desire to rotate a little into favourable position. There was a Good evening. (General greetings)*

**As I come to you this time, I feel that there is a great depletion of energy amongst you. This we will try to rectify before you leave this room this time.**

Lilian: Thank you. I think it's all the hot weather that we've had.

**I would say to you my dear friends that you must allow yourselves time to rest both physically and resting the mind. The two must go together if you are to remain physically strong and spiritually alive. Again, I will reiterate for you that you are in full control of this housing which you call the body. Each goes hand in hand—the physical and the spiritual mind must be in complete balance if you are to be strong. I feel my dear friends that sometimes as we are gathered here together, your thinking is strong, your awareness is high, but then as you enter back into your physical lives, much of what you know is forgotten.**

Lilian: Yes, very true.

**So I am gently reminding you my dear friends the importance of balance in your lives. I wish also to say to you that next time we come together I wish to speak with you about a subject that you have waited for and that will be: the energies available, and to the existence of the civilization of what you term the Egyptian race. So, I hope when we**

*feeling of smallness in relation to the greater expanse of energy. Mind seemed to diffuse into the greater energy shape and become part of it, all very difficult to describe. There was mention of dreaminess and following dream sequence. Four rescues followed, through Eileen and Sarah, counselled by Lilian—and all were able to move on. Our dear friend Leslie was always drawn to the rescue work when he presided. He too then joined us for a chat, via Eileen, explaining that he just could not stay away with 'rescue' work going on. There was typically much humour as we talked, and we mentioned the several plants that were passed on to us that continue to thrive, including 'aloes'. We referred to the aloes he'd left behind and he declared that he hadn't been issued with any of those. And I quickly had to say: 'aloes without an aitch ... aloe variegata!' I think I can say we are often aware of Leslie's presence, but it is so good that he also has a physical word from time to time.*

~31<sup>ST</sup> July 2006~

**come together next time, you will have your questions ready for me and I know that you will find much of interest from what I have to tell you.**

George: Yes I'm sure we shall.

**Now, I will take questions, but for a short time only, because this time I wish to work with the instrument that I am using. But there will be just a little difference this time inasmuch as I will allow some retention of memory as she returns. Therefore as she returns to you, she will remember some happenings.**

Lilian: She'll be thrilled.

**We will leave the rest of the time to whatever is planned for you. Therefore...**

Lilian: Before I ask the others about a question, may I ask one on behalf of Jim who was unable to come tonight. He's come two or three times, but he's poorly at the moment. He had been thinking a lot about your talking on thought and he was curious as to whether you had picked up the thought that he had sent to you—I don't know what the thought was. I was to ask you this if I had the opportunity. **(Yes.)**

George: I think the background of this is he is trying to piece together a structure for what is happening.

**Yes, he is seeking for answers, of course, and I entirely understand. But of course my dear**

friends, you know full well that my purpose is never to generalize. But in saying that, of course you know and understand that your thoughts are known to me, but it is not my intention to acknowledge every thought that comes to me. And what you have to remember is that, apart from the times when I come close to you on this Earth, I am returned to that pure energy from which I come. And although the thoughts will come to me from each individual, there are those in my world who will answer your thoughts and prayers. That is not to say that I dismiss those thoughts—not at all—but you have to understand the workings and the structure of energy.

George: Yes I wondered about that. There must come into the pattern: appropriate placement of thoughts.

Yes, of course. And although I receive the thoughts, I am not that energy that is able to create for you the answers. But if your thought is strong enough, as you know, it is always received—but your answers may not always come as you wish. I accept the thoughts, but my sole purpose is not in recognizing them, and if that my dear friends sounds rather dismissive to you, that is not my intention. I blend with the energy from whence I come, but others will take charge of those thoughts. Can you understand what I am trying to tell you?

Lilian: Yes.

George: Yes, I think we're beginning to see a certain beauty in this as opposed to an awkward complexity, shall I say. We have our complexity of things in the physical side to our living, but I feel it has to be a little bit different from that in spirit.

Yes. You will not fully understand, you cannot, and again I say to you, the difficulty lies in trying to find words to explain non-physical happenings. It is almost impossible for you to understand the laws of all energy. You see, when you send thoughts, you recognize them as *physical* attributes when indeed they belong to the spiritual energy of life. So you see, the matter is quite complex. (Yes.) I would say only to the gentleman involved, to carry on searching, to continue to send his thoughts to me if he wishes, but he must try to recognize that outside of this room I am *but energy* and not the physical association that he thinks I am.

George: Yes, I think that has to be seen as a very widespread error in our thinking.

Yes and because he is seeking, he feels because I possess a voice in these meetings that it is like sending a thought to another human being.

George: Yes, that really does help clarify, I feel. It is a complex matter, but I will say once more that any subject that becomes personalized, I will always try to be kindly in my answers but firm in the fact that that is not my purpose.

George: Yes thank you for that. Perhaps we should see personalization as not always appropriate?

It is not always appropriate. I know I have given help sometimes personally, but if you remember well, I have stated that there are many who walk in your world who can help with these personalized matters. My task is on a different energy vibration. I hope that will help your gentleman friend.

George: It is helpful to all of us, thank you.

Lilian: Any more questions?

Sara: I have got one actually. I don't know whether you will wish to comment on a personal situation, but I know somebody who has asked if I can ask you for advice. She's been having a very severe test recently—she's called Ros—with her partner/her husband who has completely changed character recently. She didn't really understand what the cause was. We explored all possibilities because it was so strange; we didn't know if it was caused by drugs he was taking for his illness or even we wondered about spirit possession, because he became almost vindictive towards her when previously it was not the case. We wondered what caused it or whether it was wrong thinking over a period of time. I wondered if it would be possible for you to give any guidance?

Again I will say, this is not my task, but I do accept your question because you are fearful for your friend—yes, you are fearful for the gentleman in question.

Sara: Yes I am.

It is not for you, my dear friend or your lady friend to question the actions of another. What I would say to you is this: that rather than try to find answers and explanations for his behaviour, is for *her* to look within herself in order that she may deal with a changed situation in their lives. Once she can accept that she cannot be responsible for his actions, she will then begin to help not only

herself but she will help him. So I would suggest to her that she steps a little way back from the situation and changes her own way of thinking about the situation.

Sara: That is very helpful, thank you.

**This applies to each one of you my dear friends—when life seems tougher for you or you cannot find the answers you are looking for, the fault lies with *you*, not the situation or the other person. But I would suggest that you continue to support her whenever possible, because your worlds can be healing for her. (Thank you.)**

**Now, my dear friends, I will not leave you because I wish to work with this instrument. I ask only that whatever work is here for you this time, that there be no loud voices for a little time. As always I leave you with much love, with upliftment in your lives and with the understanding of your own greatness. (thanks and farewells)**

*George's notes: Perhaps there is an important issue raised here. The spoken words of Salumet SEEM like they are from a personality, because he has used voice expression ... so that we can understand his message. But his true 'self' is of course pure energy, as is the case for all light beings. Our impression of God too, is not a 'head and shoulders' physical figure. The Creative Principle must also be viewed as pure energy. And in one sense, the closest we materialised Earthlings can get to the word of God, is to listen to a being of pure energy.*

~7<sup>th</sup> August 2006~

**Good evening. (General greetings)**

**I am happy to join with you this time. Your laughter before I came has helped to raise the energy within this room, so I thank you all my dear friends. As I told you last time I would speak with you about the ancient civilisation which (*Eileen coughed*) ... I said that we would talk about the ancient civilisation known to you as Egypt and about energy in as much as you will understand. Much has been written and said about your ancient civilisations, much of which is incorrect. And I know to this day there is much puzzlement about the structures that you call pyramids. We have spoken recently about smaller versions of the pyramids and the energies which they contain within. But let us go back in time to that time**

**when mankind had much knowledge, when that Egyptian race should have been leaders of their time in the way of spirituality, but of course, that word would not have been known to them.**

George: Might I ask if that would have been the time of Osiris?

**We go further back, we go further back in time, when many from our world came to advise and to help this planet to become—I will use today's phrases for your understanding—to become more spiritual in nature. The people of that time had much knowledge within. They understood much of the way of nature in your world. Much was made of the Earth, the Fire, the Air and all that was natural in your world. They also had the abilities of spirit in as much as they recognised the transmutation of energies and how energy could be used to benefit mankind. They understood what man has now lost. I would say when first they began to build—and I say to you: the knowledge *came* to them from within, from that innate understanding, but it also came to them from other beings from other planets. So, you understand my dear friends, how much knowledge they had before them. As they began their structures, their building work, it was for the purpose of 'travel' and 'time' and to be in alignment with the sun and the planets at that time. These structures were not for, as used in later days, as burial mounds for their pharaohs. That comes later and I will explain a little to you. Within the structures that they built would be a chamber that would be used by *all*—man, woman, child and even the animals of that time. It was used like today's people would use your cathedrals; for upliftment, for healing and to gain knowledge. Within these structures there would be one who would be willing to teach, who had come to this planet for that very purpose. Therefore these buildings were always in alignment to nature. And, as we have spoken briefly, the energies within pyramids is most powerful. I will hesitate at this point for any questions that you may have at this point.**

George: Yes, regarding those who came from elsewhere, the names that I have are 'Osiris' and his queen 'Isis', and there was a son 'Horus'. And it is my information that these were the last of that biological line from elsewhere.

Yes, that information is correct. That is why I said we go further back, because they were indeed the last in that line.

George: Yes, thank you.

**You understand?**

George: Yes, and there is a connection there that I wish to ask about. The Egyptian pharaohs that followed, there is one source which claims that they are incarnations of Horus...

**Yes, we will discuss this—yes, this is where problems begin to arise. From a race of great knowledge, mankind suddenly realises that he can have status. In that land at that time, because they had abundance of good earth, water, air and such to be used—as well as limestone, granite and all of these material things.**

George: Yes, and which would have been wonderful materials for construction...

**Yes, and which were indeed used for the later pyramids, but the pyramids of which I have spoken were constructed both spiritually and manually, whereas the later pyramids had mainly manual workers.**

George: Yes, it's wonderful to have that confirmed. (Yes.)

Paul: Is that where sound comes into it, to help with the construction of the pyramids?

**Sound of course was used, and the sounds were used in the hieroglyphics later used on all structure—on the pyramids, on papyrus, on stone, in many ways, and I believe you probably will know that the coding on these drawings and words—pictures, were to do with sound—connective sounds—I will explain as we go along. So we have reached a time when pharaohs decided that they were gods, and some I have to say were reincarnations, and you know about this subject, and will accept now that some pharaohs were reincarnations of previous, what you like to term, 'gods'.**

George: Yes, I was wondering if there was a parallel there with the fourteen Dalai Lamas that I believe are reincarnations of Buddha...

**Yes, the same *kind* of situation, but with the Egyptian race, it is a slightly different situation. Let me explain this to you: as time progressed the pharaohs realised that they could amass great wealth and it is shown on their drawings that the more cattle they could have, the wealthier and more outstanding they became. Therefore**

**materialism started to creep into their lives. But their downfall was that they began to think of themselves as infallible and that they themselves were godheads; and slowly, slowly this created many, many downfalls—many pharaohs came to no good.**

Paul: It sounds much like what was said about Atlantis.

**Of course—it is the same, it is greed of mankind, it is a denying of that inner knowledge, yes.**

Lilian: So the people that came from the planets, would they have visited other parts of our planet? **At that time, no, because the Egyptian lands and the building of the pyramids was for distance and travel. It was a point of unison with the sun, the moon and the stars, and pyramids were built to face north, south, east, west. But the details, and indeed they were so accurate, came from those space travellers at that time.**

Lilian: Would they have looked similar to human beings?

**At that time, I would say, they would take the form so the recognition would not make the people fearful, and this is where we bring in 'energy', the vibration, and how—you remember I have taught you that it is not static, it is ever-moving and energy can transmute itself into whatever, and especially the *higher* energies, the *higher* vibrations that come from our world, in the same way as I have told you about the angels, can change shape, can become whatever they wish and this is what indeed happened at that time. I am sure my dear friends, this all sounds very fanciful to you in this day and age, but I want you to *realise* that that civilisation had great, great knowledge.**

George: Yes. There was one ancient historian who referred to those visitors as 'gods' and differentiated them from the ordinary people. **Yes, because they had powers which surpassed, may I say, what the Egyptian civilisation recognised. So to them—and of course you must remember that although they had great knowledge, this also became coupled with superstition, which became another part of their downfall.**

George: Yes. Could I ask another question (Yes.) which may relate to the energy? An old name for the pyramid complex was 'Rostau' (Yes.) and Rostau means I understand: the shaft to the Duat,

the Duat being the sky-map of stars. **(Yes.)** Now would that shaft be the energy shaft that rises vertically from a pyramid?

**Yes. It is that light energy which has been given those names. It is the spiritual energy which is created within. Yes.**

George: Yes, I thought there would be a connection. **(Yes.)** Thank you.

Paul: Could I just ask you: is the spiritual energy connected to the Earth's energy that forms in these pyramids?

**Of course, but you must realise that the Earth energy is *dense*. It is the same *energy* but it is *denser* because it belongs to the Earth; in the same way that you as a human being are much denser in mass than someone would be who exists in spirit, but it is all the same energy—it has to be, because we are connected to all things. Is that helpful?**

Paul: Yes, it's becoming clearer, a little.

**Yes. Energy, my dear friends, will always be perplexing for you, because as I said last time, trying to put into human words something which is nonphysical is the most difficult task that we encounter.**

George: This is all fitting together very nicely, and a title given to Osiris was: 'Lord of Rostau'.

**Yes—yes. You have researched well my dear friend. Your knowledge is admirable and I congratulate you on it. But I am here to try to clarify any queries or questions that you may have.**

George: Thank you. It's wonderful to have confirmation, because there is so *much* information, and it's a matter of trying to pick the correct information.

**Yes, and you must use your inner feelings for this to happen.**

George: Yes and another factor that came up was the connection to the star Sirius. **(Yes)** That is the star that has been mentioned in connection with this.

**Yes. But of course the problem today in your world is that, as time continues, then the stars and planets become a little out of sync—is that how you would say it?**

George: Yes, that's wonderfully expressed, yes! **That also you have to take into consideration. But let me continue a little further. There came to that civilisation, many pharaohs—good, generally**

**kind people, but who became a little misguided about their purpose in life—and then the materialistic side of life came to be. And then, because of their great ego, they decided that they should have pyramids as pharaoh's resting places, which they so became, and in fact, some of the pyramids were built with manual labour and also the help of spiritual knowledge, because within that land they had all the resources to hand, and of course they had that great river which today I believe you call the Nile. So they had water, they had manpower, they had granite, they had limestone, and they had rock.**

George: And I believe they had a more favourable climate than they have today...

**Yes of course. Everything was in their favour for these structures to be built. So, that is when, I would say, about 9,000 years, because I know you like to stick to times (*Chuckles*) ... about 9,000 years before Jesus the Christ.**

George: Yes. That also fits beautifully with certain information, which is by no means generally accepted on this planet.

**I assure you my dear friend, it is around that time that the pharaohs decided, because they thought *they* were gods, that they should have a special burial places, and also that their cartouches should be specially made for them with the information for which they felt they had become great. I do not know if you are aware of this, but there are many in existence today, to show of these things.**

George: There are many cartouches...

**Yes. (Yes.) Yes, and of course, the hieroglyphics used—because you have to remember also, at that time, papyrus was very, very *expensive*, although the Nile produced much, much had been used in former times, so by the time we come to this era, papyrus was most expensive and so other forms were used to draw their pictures, which tells a story and which also brings us to 'sound'. And I can tell you that the Egyptian race used the sounds of 'oh', 'eye' and 'pee'. But they had a way of phrasing words by using sounds to put together, to shorten the examples of what they were relating to what they *thought* were the gods, because remember the superstition, because they had become a race filled with superstition and how to please their gods and their pharaohs. And the pharaohs had overcoming**

*(overriding?) power of the people at that time. But still, that civilisation had an abundance of great wealth. Their lands became farmlands. The grape became most important and they learned how to harvest. There was much going on in their lives. But they did reject what they should have been doing, and that was spreading the word about spirit, the energy and the ability to tell time, and also the ability to travel in space.*

Paul: Did you say the ability to tell time?

**Yes. Yes, the pyramids were used for time.**

*(Salumet's voice was becoming softer at this stage.)*

Paul: How would that work?

Jan: Using the sun?

**Yes.**

Jan: Like the sun dial?

**Yes. (Pause) I feel for this time, the energy is depleting a little.**

Jan: Salumet, before you go then, may I ask a travel question that sort of links to energy and travel?

One of my grandmothers who's now in spirit, she used to say that she would be taken in her dream state to fly, and one of the places she used to visit were the pyramids. **(Yes.)** I'm really interested to know the energy source in her dream state that she was using, and if she was correct. She'd fly all over the world...

**Because the pyramids still retain that element of energy, many peoples—I have to be quick I am afraid this time, because of the energy—she would have been drawn to it. As there are many places in your world that people wish to visit in their sleep state. Sometimes it is to the top of the highest mountain, which again, in a form is a pyramid, and ...**

Jan: Thank you. *(general thanks expressed)*

George: Salumet, this has been a wonderful evening and a very important evening, for us and for all who read the transcripts. Thank you so much.

*General thanks and appreciation from all.*

**I will try to say some more next time.**

George: Wonderful

Lilian: Yes, we look forward to that.

*As Salumet withdrew this time, we were left quite spellbound. One came through and quietly asked if Sara would conduct us on an inspired spiritual journey—a journey that gave us more awareness of our feelings within.*

*George's notes:*

*Scope: The data given confirms and considerably extends the facts given in SALUMET ... His Mission to Planet Earth, .pp 62-67.*

*Time: An understanding of time would have been important in space travel as well as in agriculture. The Egyptian 'star clock' was based on 36 star-groups in the heavens. And Salumet refers to stars being 'in sync'. One full cycle of Earth precession in fact takes 25,920 years, so that the stars get perfectly back into their same sync as seen from Earth just once in 25,920 years. (We are perhaps more familiar with the 12 zodiac houses, but the Egyptians divided further into 36 for their calendar.) There may well be more said on the time connection next time.*

*Written language: Salumet touches upon a very important development here. It was Thoth who was associated with writing. The hieroglyph form continued for many years, and Salumet indicates that a simpler form became necessary. Hence the development of what is known as cursive script. From hieroglyphs came hieratic, demotic and eventually Coptic and Roman and Greek alphabets. So the Egyptian hieroglyphs represent the mother of our written language. The important discovery of the Rosetta stone (1799), bearing hieroglyph, demotic and Greek script made translation between the forms possible for modern mankind.*

*Dating: The date of 9,000 BC for the origin of the Great Pyramid is a little more recent than the date of 10,450 BC given by Graham Hancock, derived from state of weathering and other considerations, but not too far different. The date of 9,000 BC is in line with the statement of Herodotus that 341 priest-kings (pharaohs) followed Horus if their average life span as pharaoh is taken as 25 years*  
*Rock: Having mentioned granite and limestone that were so important in pyramid construction, it seems odd that Salumet should separately mention 'rock'. I think this would be the bed-rock on which the structures were built. It does not matter about the type of rock for this of course, just so long as it is a strong foundation to receive the huge weight. We shall see about this in due course.*

*Energy fade-out: It occasionally happens that the power fades at the close of a session, and it just goes to show how dependent we are on the available energy.*

*'Egyptian Mythology': Perhaps the main factor in all this is the endorsement that this is a factual cornerstone of Earthly history, including the origin of our ability to write and division of the heavens into star-groups for purpose of time measurement. A dictionary definition of myth is: traditional narrative involving supernatural or fancied persons ... fictitious person or thing or idea. And there is much on the internet listed under the heading: 'Egyptian Mythology'. But this matter is just as real as Troy; also once very similarly regarded as mythic until Heinrich Schliemann dug it up. Osiris, Isis and Horus were real flesh-and-blood beings who made their mark on Egypt in ancient times and this has had its knock-on effect for our own society today. And we should not overlook the fact that the Egyptian race had already developed their spirit potential within, to a degree that led to and made possible this eventuality that happened around 9,000 BC. And there is no need to spend money on an air-ticket when 'astral-projection tours' are available in sleep-state!*

### ~21<sup>st</sup> August 2006~

**Good evening.** *(General greetings)*

**I am happy to be with you this time. I have to say to you my dear friends that there has been amongst you a little unsettlement spiritually with some of you. We hope that we can help this time to rectify these conditions within those who are feeling not quite themselves. *(Thanks expressed)* This time I would like, instead of speaking to you, I would like to place before you my dear friends one question that I hope you feel you can answer with all the knowledge of spirit and with truth and honesty. Whatever you feel we would like to be spoken aloud in order that each one here can hear the spoken word. My question to you my dear friends is this: 'Who are you?' Three very simple words, but let me say to you, when you think about these three simple words, you should have a sense of purpose and knowing within and although it might sound easy, I feel my dear friends that at this point in time it is a question that each must ask of himself.**

**Lilian:** So it's, 'what am I?'

**'Who am I?' Yes. Also, before I withdraw this time, I would like you all, my dear friends, to consider which part of understanding, of**

**awareness, you would like me to discuss with everyone in this room. Do you understand? And I will take one topic at a time whenever we meet in time to come. Therefore, I say to you, now will be your opportunity to think deeply about what you do not fully understand, because my dear friends you know that not only is my purpose in bringing you knowledge, but in trying to help each one of you to become much more aware. And with these words, I ask, 'who are you?' Try my friends to be honest and to express yourselves freely, and if I may say, you may even find that your own human emotional side may come to the surface. I will leave it with you dear lady. *(Lilian)* I will work quietly with this instrument whilst you continue with this self-awareness. I leave you as always surrounded with much love and light.**

*During the next 20-minutes or so, each one in turn expressed their feelings as to identity. The various notions embraced personal identity, objectives, connection to spirit, being a minute part of creation and Creative Principle etc. Salumet then returned to speak further:*

**I have to say just a few more words this time. I have listened to your words carefully my dear friends and I have to say to you that for the most part, your understanding of yourselves is still based in the 'ego I' of the material world. Did you notice how often the words 'I, I, I?' And of course that is the way of your language. But what I would wish you to think about as who you are, how about 'I am love', 'I am all-knowing', 'I am you as you are me'? That realization of leaving behind that material individual and seeing your true spiritual selves as that spark of divinity which brings you all together, that is the 'I' I would wish you to cultivate. Do you understand?**

*(Affirmations)*

**Sarah:** You said 'I am love', all spirit would be love

...

**To a degree.**

**Sarah:** Right, that's what I was going to say, because I was thinking that ...

**Yes, to a degree. It is a forward path, but you are all sparks of divinity and that cannot be anything other than goodness and love, and it is only human lifetimes that can change that. You understand?**

Sarah: So if you do good things, you increase energy, you increase love. Likewise if you do the opposite, you deplete all that...

**Yes. Remember, I have said that energy expands, is not static and so therefore it is always at the will, especially of you humans on this planet. But you have to, my dear friends, rise above the human thoughts and always, as our dear gentleman friend expressed so succinctly I felt, that you are part of a much, much wider energy. *You are energy, you are love* and you have all the knowledge.**

George: Yes, we probably all feel it but it's difficult sometimes to express in words.

**Yes. There is this time almost a tangible energy within this room and because of going inwards and trying to express your true selves, you have helped to create the energy here, so imagine my dear friends if each time you came together, you recognized the power of the energy that you are, how much greater would be spiritual happenings within this room. It is something to work towards.**

Paul: Sort of things like, *disengaging* from your personality.

**Yes. You must—you must if you are to truly know yourselves. I have expressed those words to you so often and I feel sometimes I am like, I believe you call: a record that sometimes becomes stuck.**

Paul: I think that we forget too quickly though, so we need reminding.

**Try to put aside the human thinking and to just *be*; then your recognition will become greater. I hope my dear friends it has given you something else to think about this time.**

*General agreement.*

Paul: Yes—something to aspire to.

**You are doing that of course. But to recognize your awareness is good for that growth and understanding. So instead of thinking too much, I suggest that you *feel—feel* and the understanding will be greater.**

George: Yes I think we are somewhat in awe of *your* succinctness, Salumet. We can't match that! **As always, your words are most kind, but I do not come to look for recognition. You know full well, my dear friends, that is not my purpose. My purpose is to help you in your understanding of the knowledge that has been lost by humankind. And remember, this is not new knowledge; it is truth that has always been.**

George: I think there is sometimes this feeling of *'I have been here before'*.

**I can assure you, you most definitely have—as you well know, but what you do not know is how many times or the length of your existence on this planet—and really that does not matter. But this is a lifetime that each one of you has chosen to return and to recognize that knowing that you have lost. And that is why my dear friends, when you accept my words, you feel a degree of understanding, only because it is knowledge that you already have innate within you. You understand? (*Affirmations*)**

George: I think I for one, have been a little confused in the past about the ego thing, which you mention and I have felt it to be something useful and something that can be used in organizing and presenting ideas and thrashing through things, and I guess there comes a time when that has to be put aside.

**Yes, I do not wish you to deny your humanity, after all you are cloaked in human form and you must use that housing which you have been given; you must look after the human form and all that goes with it, including your brain. So, do not try to dismiss that part of it, but remember it is only a covering. That is all I say to you.**

George: And the ego is all right as long as it doesn't get above itself, to use an expression...

**Yes. I would agree with those words.**

Rod: Would I be rude in asking: we've been back a number of times you say—have we progressed in coming back this number of times?

**I would say to you my dear friend that the word 'progression' can be a little confusing, because after all, individual lives are meant to teach something to you and even those who have led what you term 'evil lives' or lives which you would not term 'good' have indeed learned something. And all of that learning is retained in spirit—nothing is ever wasted. So I will answer your question the way that I feel you need to know the answer—and yes, most people *progress* and if it helps your understand to believe it in that way, then that is fine by us. No life is ever wasted.**

George: I think the difficulty for us is that the progression is not just along a single road but along a mass of roads.

**Yes. Many veins to lead towards one road, many lifetimes leading to the same goal and many**

**lifetimes to reach the top of the ladder, which then you will find will then extend even more and you are forever seeking. Then it becomes even more confusing to the human brain. We ask only in any lifetime that you try to adjust to human life, because, as you all know, life brings to you many problems and difficulties, and for others it is a smooth pathway, but that does not mean that one life is more difficult than the another; only that it is taking different directions. You understand? (Affirmation)**

**Rod:** And those around, I suppose, are affected? **You do not come to this life without first knowing who you will become in contact with. There is a pact you make before you return to human form, to be with those with whom you can learn the most and help the soul to progress. Sometimes you choose more difficult lives than others, but in every lifetime there is always experience that is before you to learn and that is never wasted. I hope you understand.**

**Rod:** Yes. I'm beginning to understand it. It's a large task; I didn't realize it's such a task really. I thought it was an easy thing to be in life, but to progress on...

**It is not always easy, but it is worth what you achieve.**

**Sarah:** When you say we know the people who we are going to become in contact with, who we progress with ... it wouldn't be everybody that we have come into contact with, it would only be just a few, the main people we have come into contact with...

**Yes. Of course and as all things, as the branches of a tree, there are not just a few main branches; those main branches have smaller branches leading from them to create that formation of the large tree. Yes there are I believe you might say, 'main players', main players who provide within the structure of your lives the opportunity for the experiences that you must have. And of course, you cannot live on this planet and not encounter many, many peoples. Of course you must realize, you oft times meet peoples that you instantly back away from; that is because you are not blending well together. But that does not stop the meeting, because my dear friend, it is another lesson for you to learn. It gives you the opportunity for *understanding*, for *forgiveness perhaps*. You see?**

**Lilian:** Yes, forgiveness is a big part of lessons we have to learn, I imagine.

**Rod:** Probably one of my biggest puzzles, Salumet, is forgiveness, because karma keeps coming in, and I just don't understand that. Karma and forgiveness doesn't seem to go hand-in-hand and there must be something deeper in this that I cannot understand.

**Karma and forgiveness—you do not feel you can forgive?**

**Rod:** Oh, yes, very much so.

**Why do you ...**

**Rod:** But then you say that people come back onto Earth and they suffer through karma and I assume that is because they've done something bad in their previous life.

**You must not judge my friend. Why do you assume that it must be bad? Karma is only dealing with what has not been dealt with in another lifetime. It can be a fear, it can be unforgiving attitudes. It is not always that you have done wrong—I do not like to use that word, because all of life is light and darkness. Karma only means that you must do what has been left undone. That is the simplest way to look at karma.**

**Rod:** That's a big help.

**Karma is only a word used by people in your world who at times would like to control others by explaining actions in their lives as being 'bad'. Karma is not bad, it is 'unfinished business'.**

**Rod:** I should love to read this passage out to my wife, because that's always been a bit of a problem between my wife and myself, trying to argue that one out. So thank you very, very much for that.

**There is no need to argue my dear friend.**

*Laughter*

**Understanding—understanding of...**

**Rod:** A friendly chat ... sorry! (*Chuckles*)

**I forgive you!**

*More laughter*

**Perhaps now your friendly discussions can be looked upon with different eyes.**

**Rod:** Yes! I'm so glad you've said that.

**Sarah:** When you said—when the twin towers in America, the planes were flown into them and they were wrecked, you said that was karma.

**Again, when we speak of karma, it is not karmic just for individuals: there is karma that belongs to places and to countries and to planets. Again, you**

are generalizing about a word that is much misused in your world.

George: I think one expression of our language is 'political karma'.

**Of course. You have to recognize again the power of thinking and you know my dear friend how powerful the thought is.**

Sarah: Yes.

**Yes, you all understand this now.**

Sarah: You have taught us well.

**Yes. So you then have to see the bigger picture behind thought, and there are many people who have thought in a lifetime and carried those, shall we say, 'damaging thoughts', for want of a better word. But that has to be resolved at some point. That is when in the next lifetime they will pay, as you would say, their karma. It is only unfinished business.**

Sarah: Thank you very much.

Rod: This cosy chat has sort of brought me a lot closer to you Salumet. I thought I was close before but...

**We do not wish you to be too close just yet?**

*General laughter*

**I am happy to answer any questions that you may have, but we are not ready for you.**

*Rod laughed a lot at the cosmic joke, and was happy to learn that at 84 years of age, his current life continues.*

Rod: That is rather nice to know. I am hogging this a bit but when I started with coming to you it was due to meeting Sarah when she said, 'But we are only a young planet, Rod'. This—what, a young planet? Now, was that meeting, as you said just now, one of those things that had to happen? Was it a planned meeting from your side?

**There comes time in individual lives when their pathways take them down a certain road and you have to understand, as all my dear friends here do, that you have a freewill; but opportunities are placed on your pathway throughout your lives and it is then dependent upon whether you make the right choice or not. The opportunity was placed and you accepted that road, to come—as I might add, you should have—to come to listen and to learn.**

Rod: Thank you very much from the bottom of my heart. Thank you.

**As you will realize that every individual within this room has taken many years of Earth life to come**

**together once more. Their daily lives are quite diverse, but they have been placed in a position where they have had the opportunity, in agreement with their choices, to come together once more. So yes, opportunities are always there throughout everyone's life.**

Sarah: May I ask: was Rod one of the monks in our monastery?

**I have to say he was not. But they do not all have to have been part of that community. There have been other lifetimes.**

Sarah: So we have known each other before in previous lifetimes?

**You are all of the same soul group. This is something you will understand when you return home to our world. And now my dear friends, I really must depart from you this time. I could not leave without saying to you how much I appreciated your thinking, but I did feel that I had to readjust your thinking just a little.**

George: We gladly listen to your words on that. Did you wish us to voice suggested topics for further discussion?

**Yes, if you will. Tell our dear lady friend, who will, when next I come to you, will tell me and we will find the time to discuss whatever you wish to discuss.**

Lilian: Maybe your instrument will have a question as well.

**It is entirely her choice.**

*Thanks were given to Salumet for the visit.*

*George's Notes: Perhaps we are beginning to see, or 'feel' ourselves, as less fixed within the planetary biology and somehow less dependent upon it. That other domain (of our more subtle knowing) is forever ongoing and free from all those awful hiccups that we encounter from day-to-day as part of an entirely material fabric. 'Eye' is an important part of the biology. The 'ego I' is a useful part of our physical being, just so long as it doesn't get out of hand. But the 'I' of spirit, of divinity, is all-powerful and forever. It embraces all, and the one you see is the one you be. Our connection to that more fundamental 'I' can always of course be strengthened to good purpose, and Salumet is helping with this.*

~5<sup>TH</sup> September 2006~

*There was a longer delay than usual before Salumet came through this time:*

**Good evening.** (*General greetings*)

**Before I continue, I ask please that you remove the bracelet from this instrument's arm.**

*Lilian removed Eileen's bracelet, as requested.*

**Thank you. I would ask you my dear friend if you will relay to this instrument to please refrain from wearing anything which is magnetic like the bracelet.**

Lilian: Yes we will. I'm sure she will be happy to do that.

**It is to do with the energy, of course.**

Sarah: Was that what the delay was with you coming, Salumet? Were you having problems with the energy in the bracelet?

**It was interfering and it was a little difficult to raise the arms of the instrument.**

*[When Salumet is about to come through, his instrument's (Eileen's) arms begin to rise up and then stay raised for the duration of his visit.]*

**You may even find that the voice this time seems a little different because of this.**

Sarah: Yes. It is a little bit quieter, not quite so clear.

George: Having removed the bracelet, is there still a residual energy from that.

**Yes, but I will clear it in one moment.**

George: Is there something we can do?

**Thank you, but no.**

**As I come to you this time, the energy with such a small number is good this time and because of this we feel it appropriate to take advantage and to allow those close to you to try to use that energy in whatever way they can. I, of course, will continue to work with this instrument and therefore ask that there be no sudden loudness. Again we ask only that you have open hearts and minds to what is available to you. And of course I cannot come to you without asking if you have pondered my words of last time.**

Paul: Who are we?

Lilian: Yes, I have thought about it.

Sarah: I'm afraid I didn't.

**No. No matter, there is much time for you all to come to know yourselves well. And before I take my leave, you have some topics that you wish me to discuss in our next meetings.**

George: Yes please. I'm afraid I haven't given a lot of thought to what was said last time, because this

is the time of the year when the children are home from school and we have been enjoying the company of grandchildren this week.

**Which of course brings great joy—so we cannot deny you joy within your lives.**

George: So sometimes the spiritual thinking is put on hold for just for a short time. As to topics, we have spoken on synchronicity several times. It would be nice to have words on the orchestration of synchronicity and how this comes about if that is possible.

**Yes, I understand. Perhaps we can discuss that for you next time.** (Thank you.)

Lilian: I know the question you asked: 'Who were we? Who are you?' So the next morning on the telephone I put it to my daughter and she said that off the top of her head she would say she was an energy and she would then eventually join a greater energy. Would that be a fairly good answer?

**It is apt, yes, of course, to recognize as I told you, not to recognize the 'physical I am' but the 'spiritual I am' and of course she is energy as we all are. So that is a good starting point.**

Lilian: She will be pleased. I will tell her.

Paul: It has also been said that energy is thought, so you could say that we are a collection of thoughts.

**That is a good analogy. Yes, that is along the lines which I would wish you to take.**

Sarah: May I just ask a question on behalf of my son, Salumet?

**Of course.**

Sarah: He said that he had an elderly lady in her 80s who'd had a lot of problems, a lot of illnesses, but she was still walking into the city and walked into the city to see him to talk about business. She suddenly started talking to Ben about how her grandfather had told her that family didn't come from this planet; they had been chased through wormholes by the enemy and the enemy had gone in the sea and they had gone on the land. There was a bit more to the story but that was the gist of it. Would that be true? I think you have talked to us about people from other planets coming onto this planet and that perhaps we didn't mix, but I wondered if you could just say a few words about this for me.

**Of this particular story, I would say that is exactly what it is—a story from those gone, whose**

**imaginations have been fed by things heard and elaborated as time has continued. I hope that answer is satisfactory.**

Sarah: I'm sure it is. I was dubious so that sounds fine to me.

**But do not in any way ridicule that person's hopes or that person's views, because if it has brought comfort to her, then so be it.**

Sarah: I'm not sure how much comfort it actually did bring to her, because she was told that the enemy had gone in the sea and that her family had gone on the land and that she wasn't to travel over the sea, because the enemy would get her. So in actual fact she confined herself to Australia, she had been all over Australia and she had lots of money so she could have gone all over the world, but she had actually only stayed in Australia for fear of going over the sea.

**Yes and her fear has kept her captive. That is why at this stage of her existence you cannot change her thinking. She will find in time what is true.**

Sarah: Thank you very much for that.

**Now I will leave you because there are those waiting who wish to make impressions upon you, whether it be words or pictures or feelings, but my dear friends I ask only that you express what you feel.**

Lilian: Yes we will. (*Thanks and farewells*)

## ~25<sup>th</sup> September 2006~

Good evening. (*General greetings*)

**As we come together this time, we give thanks to the Great Creative Force, we give thanks for bringing us together once more. (Pause) As we come together this time, I am sure that you remember my words of last time, when it was put to me that we may speak on particular subjects and our dear gentleman friend asked that we might discuss 'synchronicity'.**

George: Yes.

**Yes. I am of course happy to have discourse upon this subject, so do you have a particular question for me?**

George: Well, I *do* have a question as it happens. I've been in correspondence with Elaine, whose husband John passed to spirit last year. And before he passed, Michael from New Zealand telephoned, and Elaine asked Michael if he would like John to

try to contact him after passing, and Michael said he would very much like that. More recently, Elaine wrote a letter to Michael recalling that moment. And within about an hour of writing, Michael booted his computer, which was malfunctioning, and written across the screen was: I AM NOT DEAD. Because it was malfunctioning, he re-booted and again the message on the screen: I AM NOT DEAD. There is a rational explanation for the origin of the words, which were part of a music album advertisement. But the timing was amazing and Elaine asked me to see if you have any comment on that and what was in her mind, I know is: would John have had any part in that apparent synchronicity?

**I understand your question—thank you. Firstly let me say: do you remember my past words to you that communications from our world were altering, and that much more use would be made by electrical gadgets?**

George: Yes, I recall your words.

**Yes. That is my first statement to you. What better way to make contact with a loved one or an associate than to use the energy of that electricity. (Yes.) So I say this to you now, that of course, what you call 'synchronicity' was in fact, straightforward communication from our world.**

George: Yes—thank you.

**What I term synchronicity is just very slightly different. (Yes.) Of course, these are the words you would be expecting from me, because you see, to simplify, 'synchronicity'—and remember again, these are Earthly words—synchronicity in the true sense *proves* that there is a parallel world. (Yes.) Yes, I know that *you* understand this, my dear friend, but not all within this room would understand so clearly.**

George: Some of us like to think of it as two universes, (Yes.) the physical and the spiritual, and at times there would be a particular connection or signal—I'm not quite sure how to describe it.

**Let me again say to you words I have used many times, and that is: 'energy', energy to which you all come from and belong to—and you know full well my dear friends, that even within your world, your scientists now know how to what *they* term 'split atoms', which of course is energy. (Yes) So, why is it so surprising to those of you who know and understand our world that these energies, which have always been—and again, I repeat myself in saying that there is no past/present/future, but just 'is'. But energy can be transmuted in many ways, and a 'true**

**synchronization,' as I would explain it to you, is when two parts of energy from the same source, re-unite in some form or another.**

George: 'Re-unite'—yes.

**Does that make sense to you?**

George: Yes—thank you.

**It shows itself in a pattern of separateness when in fact it has always been joined together.**

George: Yes, and we've probably got a peculiar idea about: 'has always been'. **(Yes.)** When you say that past, present and future, are one...

**This is why, my dear friends, it will always be difficult for you to truly understand the explanations for these things, because you have not in this lifetime, experienced that separateness, or that rejoining of energy.**

George: Yes, I suspect the phrase: 'has always been' is a phrase to aid our understanding as it stands at present, but...

**Yes, but it is difficult...**

George: But if that time is all one, then it's not quite to that meaning... I find it difficult to express myself.

**As you do...so do I.**

*(Chuckles)*

**Always this is the problem.**

George: Yes, we appreciate you're endeavouring to express yourself in our terms that we will understand.

**To explain to you in simple terms of understanding, brings to it a few problems, but always I endeavour to take the simple pathway for your own understanding.**

George: Yes, that is appreciated. Thank you.

**And as always, and as you well know, as time continues, that understanding becomes a little fuller as time continues forward, and what was once most confusing, suddenly becomes quite clear. And I do feel that this subject is a little beyond your understanding and capability of understanding at this time.**

George: Yes, but it has helped enormously and I imagine that as Elaine's story is of a direct communication, I imagine that John might well have had some part in that?

**The one you call John would have been aware of the thoughts and the emotions of his loved one.**

George: Yes, I have further details that make that clear—very clear.

**Yes and that is how from our world, we are prepared and ready for all of these occasions.**

George: Thank you, and I know that they were a devoted couple—very close.

**Yes, which helps in the communication, of course.**

George: Yes, and I shall communicate this transcript to Elaine, and I know that she will be most pleased to receive **(Yes.)** your words on that.

**I would like to mention, perhaps another example of true synchronicity, as I view it. We have spoken about how the spirit can be far away in another place, speaking to another person, while the physical body is somewhere else and occupied. That is an example of separateness although belonging together. Do you understand my meaning?**

George: Separateness in the sense that the mind...

**The energy can separate, but comes together.**

George: Is separate from the material body. **(Yes.)**

George: Yes, I see. Thank you.

**I feel I have to say to you, that all of your lives—all of your *physical* lives must be associated with synchronicity, otherwise we would not exist as we do. It is the natural laws of life and existence.**

George: I think you're saying that it happens all the time, **(Yes.)** but we just are particularly noticing those special examples.

**Yes. Once the awareness and knowledge come to the forefront, then you say: *Ah! What is this!* When, in fact, you are surrounded each day by such happenings.**

Sara: Yes, I've noticed that names and birth dates are very often—well think of them as synchronistic. But I think that the dealings that you have with others, whether they are difficult or easy, I feel that these connectors that make you more aware of the links between you and others, I just think they make you look more closely, and I think about past connections, **(Yes.)** other connections from other lives, which have either caused it to be easy or difficult.

**But do not forget, my dear friend, that there are those who stand close by—your helpers, your guardian angels—all people in our world who stand close to help you in all matters; and in one sense, this influence comes from them. They also have a hand in these everyday happenings. You understand?**

Sara: Yes I do. They are very much meant to happen... **(Yes.)** I do see that and obviously the difficult links are simply to be worked through and understood...

**You must, as a whole, accept what life brings to you. But you must not exclude the help that is available to you, because there is so much help available, there is so much love to be given to you, from loved ones in our world. But as always, your responsibility lies with your selves, but perhaps, after this discussion, you will look at happenings and events with new eyes.**

Sara: Yes I'm sure.

**With—I repeat myself so often—with your *spiritual* eyes. And then you will see your understanding grows much, when this is done.**

Sara: Yes, I see.

**Have you any more questions on this subject?**

Jan: When somebody is in a coma and their spirit leaves that body well before the actual physical heart stops beating, is that similar to what you were talking about—the synchronicity of the spirit being in one place...

**Yes, it is, yes—an example. Yes, it is the separateness of the same energy. But in the case you are speaking of, there is connection until that cord is severed, and spirit is free. You cannot put apart physical happenings and spiritual happenings.**

Jan: I guess they're one anyway.

**Yes. Again, what has been has always been.**

*Lilian then asked if anyone else had more questions:*

Graham: Last week I was finding my teaching rather hard-going. I work with children who have special educational needs. I was finding it all a bit much, towards the end of last week and I asked for help and the difference was amazing! I knew I was surrounded by love and friends and helpers, because suddenly it all seemed so much more manageable and less difficult than it had done before. It was a very powerful example of what we are surrounded by and again, the link between the physical world and the spiritual world.

**Yes—I would like to comment just a little on the word 'link'.**

*(At this point Jan began to experience some profound form of healing, which Salumet soon responds to...)*

**You, my dear friends, are first and foremost spirit. You cannot 'link', because you already ARE. So, when you say 'link', what you mean is that you**

**are allowing that spiritual part of you to** *(Salumet's delivery slows, probably reacting to Jan's ongoing experience)* **be up—that spiritual part of you...**

**Forgive me my dear friends, for this interruption, but there is much intensity within this room this time. And just for a short time, I ask that each of you feels that love and energy, which is present at this time. Please attend dear lady (Lilian) for this one. (Jan)**

Lilian: Do you wish to speak?

Jan: Just pass that feeling around.

*(Sara visited each in turn and Jan then gave thanks for her experience.)*

**When you feel such intensity of spirit, you begin to understand my words, 'Past, Present, Future are as one.' And you will find on these occasions that sometimes the emotional body finds difficulty in containing itself. But I would say to you this: That in times such as these, to allow them forward. It is different from physical human emotions that most of you suffer from. This intensity of emotion brings with it knowledge and an experience of love, which you may not have in your everyday lives. And I feel that on these words, my dear friends, I will leave you to continue with whatever is here for you. (General thanks)**

George: A wonderful evening—and that is an understatement.

**I will be most interested next time to see what kind of reactions you feel from this evening. As always, my dear friends, I bathe you in love from that Great Creative Force to which we all belong. (General thanks and farewells)**

**~ 2<sup>nd</sup> October 2006 ~**

**Good evening. (General greetings)**

**I hope that our talk last time was of interest to you all. (Affirmations) Before I continue this time, would one of you choose a topic of which you would like me to discuss with you next time?**

*(Pause)*

Paul: Yes I was wondering, could we have something on altered states of consciousness?

**Altered states of consciousness—yes of course.**

**We will give our next meeting over to that conversation. Do you wish it to be in connection with anything in particular?**

Paul: I was thinking of alternate realities...

**Yes, you just wish to expand your mind and your thinking—I understand. So, as we come together next time we will discuss that for you. (Thank you.) This evening we will have some questions , for you.**

Lilian: Yes, I think Jim has a question for you. He's written it down—is it ok if we use a torch in the corner of the room to read it?

**Yes, I will make some changes.**

Lilian: Thank you.

*The light was shielded and kept minimal.*

Jim: When I read the question in the transcript 'who am I', I realised I know very little apart from the 'ego I'. I've learned that I am spirit temporarily dwelling in my human body and will at some time in the future, return to the spirit world, which I must say I know nothing about. Your suggestions that I am love, I am all-knowledge and I am energy, lead me to the conclusion that I need instruction in these basic concepts. If I am all-knowledge, the answers possibly should all come from within; also 'I am energy', leads me to think that the physical energies I know of, for example: heat, light, electricity, magnetism are not what this is all about. Would it be possible to define 'spiritual energy' in the way that other energies are defined? In addition, George has now given me the transcripts of meetings since the first in 1994, so there is a great deal for me to learn from *this* source. Your advice on how best to proceed would be very welcome.

**Thank you my dear friend. You, as we know—as this planet is a young planet, you, my dear friend, are young in terms of understanding, as far as others within this room are more knowledgeable. You will not understand every idea or concept that has been placed before you in one second. It is a gradual build of knowledge, knowledge which has always been, of course. But to you who are clothed in the human garb, you need to be constantly reminded of indeed, who you *are*. And when you speak of spiritual energy, your scientists, even at this present day, are beginning to understand the refinements of known energies. But spiritual energy cannot be fully understood whilst you inhabit this planet, because you see, spiritual energy belongs indeed to a different dimension of energy. Are you following me?**

Jim: I am following what you're saying.

**Yes. I have spoken much about life in our world, which is of course pure energy. I will say to you briefly, my dear friend, that you already are spirit, and this I feel you accept now, as well as physical matter. When that overcoat is placed to one side, and you come to our world, there are many levels of spiritual energy; many that I could discuss with you, but as of now I have not discussed it even with my dear friends in this group. But, because of your interest in spiritual energy, we will make one evening dedicated to that topic. It is a refinement of the energy, which exists already. It becomes more and more refined, but I will discuss it with you in a more understandable way, that you may understand what spiritual energy is. I am sure you will understand my words when I bring them to you, because what you cannot at this time fully understand, is the complexity of the levels within spirit. Most people upon this planet know only that you come to our world as spirit and that you progress, but they are not aware of *how* you progress through those spiritual energies, and this I will discuss with you. Are you happy with that?**

Jim: Yes. There's plenty there to think about—yes. I suggest that you do read what has been spoken, and you will come to some understanding. (Yes.)

**But you will not understand it in one moment. (Thank you.) But I would suggest to you that of course you also begin to know and understand who and what you are. And once that understanding comes to fruition, you will wonder why you had those human egos in place, because the beauty of your true *selves* will bring to you all of the inner knowledge that you possess. I want you my dear friends, to take command of your *physical* lives, in such a way that the spiritual part of you, which you *are now*, will be so strong that it would almost seem that you belong in our world. But, of course, you know that can never be, with all of your human frailties and fears and worries, but it is possible, my dear friends, for you to be in command of your own true spirit. And this, I urge you, urge you, to think about most carefully. And my dear friend, I will give you more on spiritual energy, for your understanding, and how it works within our world. (Thank you.)**

George: Yes, I'm sure we all look forward to that.

Lilian: Would you like another question?

**I will take another.**

Lilian: Did you want to comment on the Nevada Desert George?

George: Well, yes...we had a most interesting meeting with Bonniol last week also, and it seemed to develop into a three-way discussion, involving Jan's clairvoyance. She was shown various pictures and it was mentioned through Jan, that the beings, who accompanied Bonniol, had previously visited a region of Earth known as the Nevada Desert. I was aware that there are interesting ancient rock pictures in that region. I obtained a copy of these, and Jan had already made drawings of the beings who accompanied Bonniol, and I found that the drawings on the rocks in the Nevada Desert are very similar, in particular they have larger-than-human hands and considerably wider-than-human heads. I really intended talking further with both Jan and Bonniol on this. But, would you have any comment to add? We would be very glad if you have.

**Indeed I do have a comment, of course. It never ceases to amaze us that you as human beings, feel that you are some kind of select race, when in fact as I have told you many times, there is more to all of existence than this planet Earth and to which you now have some further knowledge.**

George: I think we're becoming more and more aware of this all the time.

**But I have told you my dear friends in past times, past/present/future are as one, and that all things that we would speak about, would *indeed* be given or shown in some other way. As you now realise, many of your ancient civilisations on this planet, had much superior knowledge, than you do today. And by their way of demonstrating what they know, today it has become a source of knowledge for those who are seeking. Therefore my dear friends I say only: why do you continue to be so surprised?**

George: Well, it's not *just* surprise, I think there is also delight there, **(Yes.)** that these visitors in the past, have made their mark in this way.

**For you all now to discover in your own time and in your own way—and again, we have returned to our topic of last time, of 'synchronicities'. So, that is the few words that I tender to you this time.**

George: Thank you. It's very nice to have your words on that.

**Now, I will continue to work with this instrument. I will tell you, my dear friends that we are**

**attempting other things through this one, but for the moment that is all you need to know. Therefore, I ask once more for quietness, as much as you can and that as I depart from you this time with my love, I will ask our dear lady, (Sara) if she will take you on a journey, that will bring to you some form of information, which each one of you is in need of at this particular time in your lives. So, my dear friends, until next time, I leave you surrounded in my love.**

Lilian: And our love goes with you.

*A few minutes passed and Sara then, with the inspiration received, guided us through a meditative journey, which can be found on our website:*

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

*We are going on a journey deep into the heart of ourselves. We are going for a walk in the moonlight, dark but for the glow of the moon. You are walking near a lake, and you are alone, completely alone. You are walking along a pathway, which continues for a little while, and in the distance you can see the lake. As you walk along you are thinking about your own life, and thinking about what things you might like to change in your life ... what works for you and what doesn't work for you. Is there anything in your life you would like to change or stop completely? Is there anything that doesn't serve you anymore, that used to be good but no longer gives much to you and your development? There's your reflection in the lake. You are going to sit ... you find a place to sit, just on the edge of the lake. And the moon is shining on the lake. You look into the water ... and as you look into the water you become aware of what needs to be changed. You stare at the water and the ripples on the water. You look deep into the water and what you see is yourself. You sit and you reflect, and now you go within and see what you can see.*

Pause

*Your pathway is clear ahead. Can you see where you are going? Do you know where you want to go? Is there a sense of direction and purpose? Is there anything in the way? Are YOU in the way? Does the way you took look clear?*

Pause

*You sit in the moonlight and draw strength ... gather within yourself. Try to feel a sense of what*

*your purpose is, and know that you can achieve what you want to achieve, and you only need to decide to do the things that need to be done.*

Pause

*Breathe in deeply and feel that peace in the magic of moonlight, and feel that you can do whatever it is that you want to do ... that your heart tells you that you would like to do. And there is no hurry. You have a sense of balance and peace within yourself ... balance means no stress or rush. All is well, and there is plenty of time. And if you're ready, you can leave the lake. Take your greater sense of peace and calm back with you and keep that inside you.*

George's Notes

**1: Nevada Desert petroglyphs:** *The particular features shared by the rock pictures and the drawings from Jan's interplanetary clairvoyance were: wide heads, large hands, 3-fingers per hand and slim bodies. Salumet seems to view such comparisons as 'old hat' and is amazed that we should be getting excited! Well I guess that's typical of 21<sup>st</sup>-century Earthlings ... we haven't quite wised up to a more orthodox 'universal' pattern of thinking, but we're trying.*

**2: Energy:** *Much has been said on this and more will shortly be said. Our scientists know more about some forms than others, and not all scientists agree. There is one whose work has not been so well regarded as it should perhaps have been over the years, largely on account of his pursuance of 'ether theory'. I speak of Sir James Jeans (1877-1946). It seems a pity to be sending out too much blank paper with the transcripts, so here is a quote that is elegantly descriptive of how physical energy is distributed in the Universe:*

*'The tendency of modern physics is to resolve the whole material Universe into waves and nothing but waves; these are waves of two kinds; bottled up waves which we call matter and unbottled waves which we call radiation or light. If annihilation of matter occurs, the process is merely that of unbottling imprisoned wave energy and letting it fall to travel through space. These concepts reduce the whole Universe to a world of light, potential and existence, so that the whole story of creation can be told with perfect accuracy and completeness in the six words, "God said, 'Let there be light.'"*

Sir James Jeans.

*All is energy as we have heard several times, but to think of it as bottled (atoms / matter) and unbottled (waves / light) seems a beautifully simple way of regarding the difference. And of course, the initial creation of light would have been immediately followed by the bottling process to create matter.*

~20<sup>th</sup> November 2006~

**Good evening.** *(General greetings)*

**I am so happy to join with you once again my dear friends.**

Lilian: Yes, we are very happy to have you back with us.

**I have been mostly occupied with matters in our world, which you would not understand of, but which needed me to return and to join with council there. But although it must feel like some time to you all since last I spoke, of course you understand it is but a moment in time.**

Sarah: Yes we do understand, but it still seems like a long time to us. *(Chuckle)*

**I know and I have been aware of your thoughts towards me on many occasions. For this I thank you my dear friends. It is good to know that you can extend your love without the voice of one who comes to you; it shows how much you have grown. I see that we once more are quite short in numbers, but of course it matters not to any work that we have to give to you, but of course it is satisfying to know that many hear the words given out to you within this room. What I have to tell you this time my dear friends, is that as we approach your yearly end and when I naturally return to my own home, it is important for you to know that there is still much for me to give to you. But I have to inform you that the time has come, when we need you to lift your own spiritual beings, to be used in any manner, by those of us in our world. I told you a little time ago that I would be working with this instrument for other things and this I repeat to you. She will not be aware of what is happening, but I can assure you I am working closely with her on many levels, not only in the confines of this room, but at all times in her daily life. And we hope to bring to you, over the next few years of your earthly time, much more phenomenon.**

*(Excitement expressed by sitters)*

But of course there are many things to consider, not only my working with this instrument, but with the permission of all of you within this room, because without your continued support, these things would not be possible. But let me assure you dear friends that we hope that your loyalty to us will be duly rewarded, in as much as we can help you in your own spiritual growth, because each one of you has a different spiritual mission. I know that you know of that and have sometimes wondered what is your place within this group. And let me tell you dear friends that it has been a testing time for many of you, but I can now reveal to you all that your loyalty will be rewarded.

Sarah: That's very nice to hear, but I have to say rather like you, we don't do it for any reward we do it because we want to learn from you.

**Yes we understand that you seek not any gratification. But nevertheless my dear friend, there are so many within these groups, who have only their own ego in mind. But that is not so here and that is why it is possible for me to use this voice-box and speak to you in a loving way and hopefully in an understandable way, because all matters spiritual are not easy to understand fully. But I have tried and I have been assured that our mission is going forward and that brings great joy not only to me, but to those in our world who are watching closely.**

Sarah: It's very nice for us to hear that too.

**I think for this time, if you have any questions or doubts that we may discuss them.**

Sarah: You said just now that we should open ourselves up for any use that spirit can make of us. Can you give us a little idea of what extra we might expect?

**In time to come? Yes of course I will, only because you have the desire to know, not because it is important. But do you wish me to speak of you personally, or as a group as a whole?**

Sarah: I think it would be interesting for all of us to know what you have in mind. Am I speaking out of turn?

*(Support/agreement given by other sitters)*

**You see what I mean by the goodness within this group that each one is concerned for the other and that is what we desire. Because in order to produce more phenomenon for you, not as evidence, because you do not doubt, but because it is a part of your spiritual development that you**

**have these things. You may find that some of you are used by other beings, to bring greater knowledge to this group. It may be that we will try to use more individuals, in producing different procedures such as 'apports' and such like. But all of these things, every sitting, is an experiment between you earthly beings and us in spirit. It is a two-way thing. That is why we must continue in love, in listening to what I bring to you and in your own endeavours to become more spiritually aware. Although your understanding of my words is great, your own ability to develop is just a little slow and our desire is that each one of you ask for help in your spiritual unfoldment. Do you understand?**

*(Agreement and thanks)*

**You all have spiritual gifts and it is your own responsibilities to develop these gifts to the best of your abilities. We need more than one evening a week that is what I am trying to say. We need your dedication, we need your understanding and we need your love. And when the time is right, you may be amazed what we can bring to you. Is that helpful for you?**

Sarah: That's very nice to hear yes, thank you very much.

Paul: I think it would be a wonderful thing to get some kind of phenomenon. The knowledge is the most important thing, but somehow the experience would...

Sarah: Compliment it?

Paul: Yes it certainly would, yes.

**Therefore we must all work towards these things.**

Sarah: We did find when we had the experience with the being that Bonniol brought over and Jan who had the clairvoyance—that was very nice for us to have that.

**Yes, it is what you term, 'evidence' for yourselves, because always as human beings you doubt. And that is not a fault, it is just part of your human nature. But sometimes we know, you need to have some kind of proof. But we will not provide it just because someone demands it. Why should we—there is no need, we do have nothing to prove.**

Lilian: Basically we have to earn what we receive.

**You only get what you are entitled to. So if you decide that your spiritual knowledge has gone far enough, then that is all that you will receive. So you must always strive to recognize and**

understand more. My words I hope, have brought to you a little greater understanding of your world and yourselves. But the time has now come, where you must work upon your own spiritual natures.

Sarah: Yes I must say your words—your teaching has been so good, I think for all of us, but I can speak for myself that in everyday life, I can hear you saying things—now Salumet said...

**Yes, but what we need to strive for now, is not what Salumet has said, but what you *feel* and *know* and *understand* from *within*, without thinking the words; to have that ‘*inner knowing*’ of all things spiritual that there is no doubt that what you are trying to achieve is right, because you know from within that it is right.**

Lilian: I think we’re probably a bit like children—it’s nice to have the encouragement from you.

**Yes, but I have to say you must never fully rely on my words. It is now time for the children to be a little more grown.**

Lilian: Yes I see what you mean.

**All children will remain children if you allow them. But you must help them to grow and understand and become their own person. And that is what I am encouraging you now my dear friends to do. That to go within and in doing so and developing, you will become a much stronger unit, which can then produce many things from *our world*.**

Rod: Yes. I suppose I’ve been thinking along a different line myself. That my job was to spread the word to friends around me hoping that they would take it on board. I’m afraid I haven’t found many of those friends who have taken it on board—I’ve stumbled a bit there, but this gives me another direction to go into.

**The best that you can do my dear friend, is to show by example, the way you live your life and I assure you that people who surround you will see that difference, that light that shines from within and they will say, ‘*What does he have that we do not?*’ Only then is it time to use words to help them on their way. They have to be ready to accept.**

Rod: I hope I can achieve that.

**If you have sown one seed, you have done well—you cannot ask for more. You will find that throughout the rest of your life that somehow those in need will be drawn towards you and you**

**can use the words to convince them, but only when they are ready to receive.**

Rod: Thank you for those words.

**In the same that way we waited patiently to come to you in this room and in another room. But we had to be sure that the mix of people was right.**

Rod: Oh!

*(Back in 1994, when Salumet first came through, it was said that they had waited a long time for the ‘right’ people to join the group, before these teachings could begin.)*

Lilian: It does amaze us Rod.

Rod: Thank Sarah for that—thank you very much for that.

*(It was Sarah who first introduced Rod to Salumet’s teachings and our group.)*

Sarah: It’s obviously meant to be Rod—only passing on the words.

Rod: Yes exactly.

**And now my dear friends for this time I will depart. But I have not forgotten that we have specific talks to come and we will discuss them before very long. But for the rest of this evening, let us see what comes to you, from those others who are waiting so closely by to you. Open your hearts, allow that love to enter and you can be pleased with what has been achieved this time. As always I leave you bathed in the light of love.**

*(Warm thanks expressed by all)*

*There were other speakers, including Ruth, Leslie’s second wife and a ‘rescue,’ both through Eileen. Leslie tried to come through Sue towards the end of the evening, but the power was getting low by this point.*

*Notes: The term ‘Apport,’ refers to something or someone disappearing and reappearing in another location. Bonniol has recently indicated that this is how one group of extraterrestrials have visited the Earth in past times.*

~27<sup>th</sup> November 2006~

Good evening. *(General greetings)*

**I am happy to join with you once again my dear friends. It is good to see so many of you together this time. I would like just to say that as you approach your yearly festivities, how much love is felt at this time of year. What I would wish to say to you is this: You know that all of existence is energy and we have spoken of energy on several**

occasions. But I wonder my dear friends, how aware you are when it comes to that energy of love and how different and pure it feels. I would say to you at this coming time of your year, when so many people are unconditionally giving of themselves, to try to become aware of what difference that energy is and becomes. I am sure that you would find that you are exhilarated by that awareness. It is something for you to ponder on I feel.

George: Yes I must say, I was considering the energy here tonight, which I'm trying to put the right word to it—I thought 'Powerful,' but that is not the word, because this energy is so easy to be with, (Yes.) yet it is felt and as you say, sometimes the love energy does seem different again.

**It is the purest of energy. Think of the mother with the newborn child and you can feel the expression of that unconditional love. But what I would like you to try this time is that during your coming weeks, to FEEL from other people, not only of like mind, but of strangers, of people who you come across in your everyday lives. Try to feel that love energy which comes from them, not towards you as an individual, but the awareness of that greater energy which is exuded. Do you understand? (Affirmations) I feel my dear friends, a great need for you all at this present time, to raise your understanding and awareness. I touched upon this last time, with those who were present and I know my words have been read, but I would like just to reiterate some of those words and to say to you that from this time, it is necessary for you all my dear friends, for your consciousness to be raised in all areas of this work. I know each one of you does very good work when it comes to sowing seeds, when it comes to speaking of people in need, but now we need each one of you to raise your own vibration and that must come from each one of you and only then will we be able to give you so much more; not because it is necessary for your growth, but because in this work, we must always go forward. I am sure you understand. (Affirmations) So I am placing some responsibility onto your own shoulders and I am sure that all of us in my world, will attempt to help and support and to convince you of many, many things and phenomena, because my dear friends, you have earned it. But we must not come to a stand-still, we must**

**continue to move forward. (Pause) I hope my dear friends, as I have been speaking of love this evening, that each one of you *feels* the love that is surrounding each one of you at this very moment of your time. There are many with you for that purpose.**

Lilian: Yes I'm sure we all do.

**Now, I feel for this time I will take some questions from you and then I will continue to work quietly with this instrument.**

George: Would I be right in thinking that in raising our awareness, this will be through meditation, through asking and through that inner feeling that seems to rise up?

**Yes, you have to give a little more of yourselves outside of this room. You have to allow that spiritual being to become more prominent in your everyday living. If you wish to make progress that, my dear friends, is what is needed. You have to live a life of example as well as question what this work is about. You understand?**

George: Yes thank you.

*Jim then had a question prepared which he read out using a small flashlight:*

Jim: I now regard myself as a student, as you advised me that I have a lot to learn. I've been reading transcripts starting June 1994 and I'm very grateful for the opportunity to ask questions. On the transcript dated 14<sup>th</sup> August 1995, Les Bone was expressing the hope that transcripts would be published and you Salumet said at the time, that the time would come, when the information would be gathered, put down and distributed. The transcript that I am reading is an embodiment of what was then said. Some of the information could be regarded as direct teaching for all who read it. Some it appeared to me, was directed to the group present at the time. On this occasion, you asked that persons in the group place their hands on yours, or actually on those of the instrument (*Eileen*) for 10 seconds and then to return to their seat, to feel the energy given and later to tell Les Bone what was felt. This was done. As I read this I thought to myself, I would like to experience such direct contact as this. Could it be done for me? And finally, in January 1995, you said you had listened to the thoughts that came to you during the period since the previous meeting. Should I personally regard myself as one of the group in this sense,

that is, would you listen to my thoughts? Thank you.

**Yes I thank you for your question. Yes, when first I came to you, much of what I had to bring was new to the group and in fact I feel that I might say, some of my teaching was against the beliefs of some. But that was part of my coming, that we had a group who was not only prepared to listen, but who use their own thinking, their own inner knowledge to judge my words, whether they chose to believe my teachings or not. And you may think is that not foolish, would it not be better to choose people who would believe every word that is spoken. But that was not to be my choice. I of course came from a higher source, where much has been discussed before I came. But to return to your question my dear friend, I will take your last question first and say to you, that all who enter this room, all who come before us to listen to my words, is indeed included in what you term 'this group', because we could not allow anyone to enter this room, with any form of negativity. And I know the others will remember my words that I had told them: many would come and many would go. But all who come have left with some knowledge. So yes your thoughts, as with every person within this room, I do take heed of. But it does not mean that I will express those thoughts to you, but I will try to help in whatever way is allowed. Also my dear friend, if you feel a great need to place your hands onto this instrument, hopefully you will feel the same energy that the others did in time gone by. Therefore I say to you, if you wish the opportunity, to take it now.**

*(Jim then approached the instrument)*

**Very lightly, no pressure on the instrument's hands please. Place them flatly on the palms and feel the love and the energy which comes to you.**

*(Pause)*

**This gentleman has healing hands.**

Jim: I need to reflect on this.

**Now do we have more questions this time?**

Graham: I was reading an early transcript, because I too am starting to read from the beginning again and I've realized how much I haven't understood and have forgotten and it's a worthwhile exercise—it really is. You gave some advice to a member of the group at the time not to do a particular trip. And the following week that person

came back and said they did heed your advice and they didn't go on the boat, but nothing actually happened—the boat didn't sink or anything. And you said that if they had gone on the trip they would have broken their leg. This was fascinating and it made me think that there are many, many potential realities in our futures. I was wondering if you could say anything about that, because it's an area I don't really understand? **Again we speak of something which is most difficult for you as human beings, because 'time' of course, is past, present and future. We come to an area which most of you find difficult to understand. But if past, present and future are as one, then future has already been—I'm looking for the correct word of understanding. Your future plans have already taken form, but your own freewill in this world, can change those things. I believe we spoke about this briefly, when one member had the wrong gender of child (*see 25<sup>th</sup> January 1999*) and I explained that the thinking and the freewill of the individual can change what is about—your 'possibilities', let me phrase it that way for you. You all have a life path, but it is influenced by your freewill. Therefore the formation of future plans—and I use those words only for your understanding—your future plans can be changed and indeed that is what happened with the warning, that I was protecting that individual, but of course I cannot interfere with your freewill.**

Graham: So the only thing that happened then was that she did in fact not break her leg (**Yes.**) and the other potential reality of her breaking her leg, was never more than a potential reality? (**Yes**)

Fascinating...

**I hope it has simplified it. (Yes.) It is a difficult topic and not one that many human beings fully understand. There are so many possibilities—that is a good word, 'possibilities'.**

Graham: Yes, thank you for that, that's very useful.

Jan: Salumet, on a similar subject, you told me, I think it was possibly a year ago now, that the reason I was in so much pain was that I was on the wrong path. And I knew I was in several areas of my life, (**Yes.**) One of which I put right was the fear regarding my husband. The second one recently has been my job. Within a couple of days of leaving that job, the pain in my foot has now completely disappeared.

**Thank you, you have confirmed my words and no better explanation than a physical happening. Always when we speak of responsibility for health so many people feel that health conditions are an outward happening, when in fact all health issues start from within. It may take many of your earthly years, but it still comes from within. So my dear friend, continue on the correct pathway and I will endeavour to help you all that I can.**

Jan: Thank you. I knew I was on the wrong pathway. I just needed the right opportunity to come off of that one.

**Yes you needed just a little ... (Push?)—push yes of course. I hope the ‘push’ was gentle enough. (Laughter)**

Jan: Thank you yes, it was gentle enough, but again my freewill, the doubting afterwards came, but I have been trying very hard to think that that was in the past and I now have a new chapter and to move on.

**That has always been throughout your living, the doubt in your mind and only you can control and change.**

Jan: Yes it's the self-doubting, not doubting anything other than myself. **(Yes.)** And I do try and work on it.

**That is good for you.**

Jan: But to be pain-free—I can't tell you how liberating that feels. Well Graham knows—If I had to write one chapter on anything I had learned, this would be it. *(Graham has made a remarkable recovery from a neurodegenerative disorder known as ‘Dystonia,’ -proof to us that healing can occur, when we are prepared to change, or as Salumet has said in the past, ‘When the spirit is touched.’)*

**And it shows how much you have grown in one year.**

Jan: Yes, thank you.

George: There is an interesting channel called Gregory Possman, who would appear to channel Jesus or perhaps an aspect of Jesus, or several aspects...The word used is ‘We’ and not ‘I’ as if it comes from more than one. It talks of Jesus and travelling in the east and being coupled with Mary Magdalene and there being 4 children and it all seems very real and a very convincing channel and I wondered if you would have any comment on that?

**There has been much spoken in your world on Jesus the Christ and we have spoken at length I**

feel upon that subject. But I will simply say this to you, that when Jesus the Christ came on his mission and that is why he came, he had a mission to accomplish in the human form—but I hope by now my dear friends, that you understand that when you are clothed in human form, you have human frailties as you would call them—not I. He came to this Earth plane to live life as a man, albeit with many spiritual gifts. Therefore why does it amaze you that he acted as a human man?

George: Yes I'm personally very happy with that. **Yes, he lived life fully, as a human being I can tell you this, it is fact. Where mankind has gone wrong with Jesus the Christ, is to see him as something he was not and he would be the first to reiterate these things to you. And yes, the essence of Jesus the Christ has returned many times to relate the truth of his human life here, upon this Earth.**

George: Yes so in the channelled work, to use the pronoun ‘we’, would be correct and acceptable? **If he was channelling the essence of Jesus the Christ, then yes there could be many aspects, therefore the word ‘we’ would be used. Is that helpful to you?**

George: Yes that is and it just seems such a very convincing channel and that Jesus should have children, I'm very happy with that—I see no reason why not and I think you imply that Jesus has been placed on such a pedestal that such a thing, many would wish not to acknowledge.

**Yes, it is abhorrent to many, to think that the son of Christ, as he was called, could actually function as a human man. And after all, that is what he was, he was clothed in human garb and lived a life as you all do. And how many of you here know of your true spiritual being? You do not, but whilst you are here you function as a human being. So I hope that has helped you with your question.**

George: Yes I felt it was something that would be good to be aired largely for the benefit of those reading the transcripts.

**I will say to you my dear friend, that no matter what the truth, whatever is said and given by Jesus the Christ, it will always be denied whilst there is so much bondage to Christianity. You understand? (Yes.) That people will always be reluctant to believe truth, in the same way as it has taken so long for all of us who come to you to help you to understand what truth is. But we have**

come to a stage in the Earth's existence, where mankind is now thinking for himself and realizing that he is more than human form. So I hope those words give you a little more to think about.

George: Yes indeed and when masters incarnate, then as you say, they are both teacher and human—simple as that.

**Yes, it is as simple as that and that is what all people must recognize. When you come to this planet, no matter what your spiritual being is, whilst you are clothed and live a life on this planet, then all of your spiritual existence beforehand, cannot take the place of life here on this Earth.**

George: Yes, that's very helpful, thank you very much indeed.

**Now I think to continue, and while I continue to work quietly with this one, that our lady friend, if she will take us on a journey of peace and inner knowledge, if she is happy to do that?**

Sara: Yes.

**I ask also please dear lady friend, that on returning, a little quietness just for a short time.**

Lilian: Yes.

*(Sara then took us on a meditative journey, before Bonniol arrived)*

### ~11<sup>th</sup> December 2006~

**Good evening. (General greetings)**

**Let us begin this time with prayer to that all-embracing universal power of love. As we join together within this room, we ask as instruments of spirit that those who stand close by and those who await a spiritual opening—that we be given any knowledge or information in the name of all that is truth and love; this we ask in all humility. We give thanks for those who have requested healing help for others, and with these words, I ask that our time together in this room be of upliftment, of help, and indeed of great love to each one here. With those words, my dear friends, I am happy to join with you once more.**

Sarah: We're pleased to have you with us.

Lilian: And we shall miss talking with you while you are away—if you understand.

**I am never far away my dear friends. I am but one thought away from each one of you, and although you may not be aware of our presence, let me**

**assure each one of you that you are forever within my circle of love.**

*General thanks*

George: Thank you. I wanted to thank you anyway, for being with me last Monday morning when I had an interview with Barry Eaton, and I asked for help on that occasion and I felt you were with me—thank you for that.

**There is no need my dear friend for thanks, after all you are an emissary of spirit. You have done much to give to all people the word of truth; for this, we give you *our* thanks.**

George: We all do our best.

**Yes indeed, but I wish to say to you this time, that I have spoken much of individual development. And of course, you are all individuals on a very individual pathway of opening to spirit, and that is as it should be. But, when you come together in this room, there is a connection with you all which proves most important to the work and the truth that I bring to you. So therefore again, my dear friends, I say to you: please dwell on your responsibility for your own spirit. Strive ever forward to try to achieve all that you can whilst you inhabit these bodies. It is not only for your benefit, but for the soul's growth that I ask of you these things. And we have seen much growth in these past few of your months, and although you may not recognise or understand it, the growth of each one of you is within and it shows to us who come to you each time. Therefore, this evening, I want you to once more look within—to think of your meditation with love each day, because without the quiet mind you will not progress. And the quiet mind, my dear friends, is what you are trying to achieve in your everyday lives. I understand, for some it is not easy, that the wars of the world bear heavily upon your shoulders, but you have now at your fingertips much more knowledge than before and it is apt for you to continue to move forward on that road which has been laid before you. After all my dear friends, you have already made the choice to grow spiritually when you took this pathway. I have never promised it would be easy, but it has given to you the responsibility for your own souls, and that is most important. So, do you have questions on anything I have said this time?**

George: There is a question which we all want to raise in view of a happening last Monday. To begin

with, on the Sunday, I listened to a Barry Eaton programme and he was interviewing a journalist who has written a book on Steve Irwin the Australian conservationist, who had died 3 months earlier. On the Monday morning, I was interviewed by Barry Eaton concerning the Salumet book, and some of your words will be beamed out to the world, as a New Year message I think, in due course. And that Monday evening, Steve Irwin was mentioned in our prayers, and following that, he seems to have come to us, and we all had a conversation. And I got the impression that he is very much an animal conservationist at heart, and there is a big programme of work for him in spirit relating to that. I was wondering if you would be able to comment on any of that, and confirm that it was indeed Steve Irwin who came to us?

**I understand your question my dear friend. Firstly, let me just say this to you: no matter the status of any one person whilst you inhabit a physical body, no matter their status on this planet, they are but one soul in a sea of souls, and when these souls come to our world, they of course remain close to the Earth plane for some time, especially around their family and friends; that you know and understand. (Yes). But, in the same way as those who come to spirit, stay close for a little while, also there remain those from our world who seek to gratify themselves by pretence. And I have to say to you, my dear friends, that the person who came to you was really not the one that you hoped it to be. But in saying those words, I wish you to know that anyone within this room, is open to what we would term 'mischief and although these circles are strictly governed, we do not always have the right to stop those souls who *are* determined to use an open channel. Therefore, I have to say to you that this was not the gentleman—but the medium is not to be blamed for this, because these mischievous spirits are so determined to have their day.**

George: Yes, we appreciate that sometimes one slips through.

Lilian: I remember you saying that before.

**It does not happen often, but it does happen and remember that, because the name, as you so rightly have said, has been mentioned before the actual meeting—then that mischievous one was ready and waiting.**

George: Yes, in a sense, we attracted him.

**Yes, you attracted him in the calling of the name.**

George: Well I'm very pleased that you have straightened us out on that Salumet, because we shall not be contacting his family now.

**I would wish to also state to you, my dear friends that if any communication, no matter which one is used, if there is doubt or suspect, then I think you would be right in rejecting that communication. And after all, I have said to you on many occasions, that even if *my* words do not sit comfortably with you, then you must reject them until such time as they are acceptable. But let me just reiterate that I am not of 'mischief.**

*Laughter*

Sarah: Salumet, would you have come through last week, had that one not come through? **(No.)** You weren't going to come anyway? **(No.)**

Lilian: So when that spirit goes back to spirit world, are they put right in any way and told that they really shouldn't be doing this?

**They will remain that way until they see common sense, I think you might say—until their own realisation is greater.**

Lilian: I see.

**In the same way, as in your world you have people who enjoy being mischievous and they cannot change so easily, so too do we have souls who are a little mischievous sometimes.**

Jan: Since this spirit came through myself, it throws me a little that when I am on my own and meditating, that it's that easy. I know you say I am protected...

**You must always first *ask for protection* before any meditation or sitting takes place.**

Lilian: That's a good idea.

Jan: I haven't done that before.

**Yes, you must always ask that any communication from our world is brought in love and is given in the name of the universal good.**

Jan: That spirit last week came with such emotion that he did fool us, **(Yes.)** but the following day, mum (*Lilian*)—we had a conversation and she said that she felt unhappy...

Lilian: Yes, and he left in this room afterwards a great feeling of—uneasy, wasn't it Sarah?

Sarah: I was very uneasy about it.

**Which is a very good indication that the communication was not genuine.**

Lilian: We must remember that.

Sarah: So if on another occasion, any of us should feel ill at ease with the communication, should we say at the time we're not happy?

**You can voice the opinion later of course. If you are unhappy then seek help from those in spirit to remove any unwanted information, and that spirit has to then depart from the medium. But I would suggest my dear one that you always ask for truth and protection before you begin, and that although we clear this room at the end of every session, that you can close yourself down as a channel. That is just as important.**

Jan: I do feel after you've spoken to us this evening, that it was an important lesson for everybody in this room—I think we've learned from it.

**Yes, hopefully all events will teach you something. (Yes.) Yes, but do not doubt your ability in any way. Those mischievous ones do sometimes slip past.**

George: It struck me that 3 months for a return to a group by someone of this general nature seemed a rather short period. The ones I know of have taken considerably longer than 3 months.

Lilian: And have spoken of their families...

**Yes. Communication is a difficult one—time has no meaning. A soul who is aware can return in a very short time. Whether they wish to do this is entirely of their own making. So time really does not come into it.**

Lilian: Following that spirit, there was a gatekeeper that came through. I think we found that quite amusing, didn't we?

**Once a soul has entered with the emotional and spiritual body of a person here on Earth, it is difficult to remove them, although you are protected as a group, and of course, if that person was indeed meaning any kind of evil or darkness, then of course there would be concerted effort to protect you, but the ones I speak of are not evil people, they are not beings of darkness—they are just souls who are mischievous. There is a great difference—in the same way as you have a mischievous child, you would not want to be rid of the child, but you would wish to teach and instruct the child that that is not the way to behave.**

Sara: Salumet, I remember a few years ago, my son attracted a mischievous spirit in his daily life. **(Yes.)** So I know that this happens in our *daily* lives

sometimes. Is it a good idea to ask for protection for our children, for those who are especially open'?

**Yes, of course.**

Sara: Because I imagine some people are perhaps more susceptible—are more open...

**And more sensitive...**

Sara: More sensitive and open, yes.

**You can, in the case of children, call upon their own guardian angel to stay close by to them, which they do in any case, but if the child is particularly sensitive then asking—and remember I have always told you, you must ask for the help. If you ask for help on behalf of the child, then it will be there.**

Sara: Yes, I often ask for angelic protection for the children. **(Yes.)** The guardian angel is probably the one to speak with about it...

**Yes, as long as you are asking for help it will be available. But of course, you can also surround that child and the dwelling within to be completely protected by love.**

Sara: Yes, that's a good idea, thank you for that. **It is something you should all do in your everyday lives.**

Sara: Is it sensitivity in children that can make them very easily influenced, because I see it in my son.

**Yes. There is a great sensitivity there.**

Sara: Yes, and I feel he can go in all directions, because he is sensitive and open.

**He will never conform.**

Sara: Yes, I can see that!

**And remember that he is an individual soul who has a pathway and it...**

Sara: It is part of his life.

**Yes, and you must of course restrain him at times, because of the very nature of being human, but at the same time, the connection with his father will always be strong.**

Sara: Good! And it helps.

**Although I feel at this stage, probably the mother is a little more lenient.**

Sara: More lenient, **(Yes.)** perhaps too lenient, **(Yes.)** okay, thank you for that.

*Chuckles*

Sara: It helps me because I find it very hard to know sometimes if I am too lenient or too strict.

**Do not be too concerned. Let your feelings guide you.**

Sara: Thank you.

**Are there any more questions this time?**

Graham: I was going to ask you about teaching actually—the very subject you were just talking about. As a schoolteacher it is so difficult, the judgement as to whether you are being hard on children or too lenient. I'm working in a school at the moment with a gentler environment from any previous school I was at—personally I feel more comfortable with that. **(Yes.)** But I do witness sometimes, amazing behaviour from the children who I teach. It begs the question as to how much we should go with it, or stand our ground to those who are not good enough. It seems a very difficult tightrope...

**Yes, of course. Again, because of the human conditions you are drawn, and because of your own sensitivity and knowledge you are drawn, but again what I would say to you, my dear friend, is to be guided by your inner light, to become more aware of your *inner* feelings, and then you will make the right choices—you will never get to be 100% correct.**

*Laughs*

**Otherwise you would be joining us!**

*Extended laughter*

**But I can tell you my dear friend that the direction you moved into is a very good one for your growth.**

Graham: Thank you. Yes, I do enjoy the job. I do find it sometimes a strain on my nervous system. But I do understand I'm growing because of it.

**You are doing it for challenge. (Yes.) Yes.**

Graham: And because it's something worthwhile and I feel it's worth the effort.

**Yes, and to see the results with those children are what brings happiness to your heart.**

Graham: Yes, and this affection of the children—they have lots of learning difficulties—I was taken by the school, my very first day by the warmth and openness of these children. It really took me quite by surprise, and it's what makes the job such a joy.

**And remember they are individuals, as you adults are—remember I have told you in times past, that children are but small adults and should be treated with respect. (Yes.) Of course there must be some restraint at times, but it can be done with love. And that is the most important ingredient for all of you human beings, not only to learn to give, but also to receive and that is the receiving that brings joy to your heart.**

Graham: Yes, thank you for your words Salumet.

Sarah: I was talking to someone the other day, who hadn't really had any contact with anybody who believes in spirit or comes to these groups, and he asked all sorts of questions, and one of the questions he asked was: How is it determined whether you come back as an animal or a human being? It made me think that if we are supposed to be descended from apes—an animal—and we are human, where does the boundary lie? Could you give me a few words that I could use for this person Salumet?

**I will indeed my dear friend. You will not return as an animal!**

Sarah: I did tell him that—but if we *were* once animals—maybe we were not ever animals...

**That is part of the physical evolution. It does not change what has become *within*. As you have grown, as evolution has taken place, *mankind* has grown in spirituality. You cannot interchange with the animals and human beings. That does not occur.**

George: Can we see the physical being as evolved to become a suitable vehicle to receive the human spirit?

**Yes, yes—all animals evolve also. We have discussed the animals which are kept as pets, and it is only love energy which brings that closeness. But those animals who have loved and give love, have evolved more than the animals of the fields—of the wilds, as you call them. They will return to the 'group energy' of animals, but the individual pets who have evolved with love will continue as individual pets and animals**

Jan: I have two dogs now, who have returned.

**Yes, because of the love bond.**

Lilian: What about the animals that are badly treated by us—maybe as pets or...

**They will return to the animal energy in our world. There is a 'group energy' in our world where they will return.**

Lilian: I was thinking about the cat that I have adopted. It's taken a while before it has become friendly with me.

**Yes, because you have given love and the animal feels that love, and therefore grows and becomes much more receptive to you. (Yes.) It is love which unites you all.**

Jan: Salumet, why have my two pets come back with the same condition that they had before?

Both have the same medical condition that they had previously.

**Only for recognition purposes. They do not have those conditions now, but in the same way as human beings return to conditions that they passed with. It is only for recognition purposes.**

Jan: Ah! So it works! It is recognised. Thank you.

**Now, my dear friends, I know my words are beginning to sink in with you this time, and I feel it would be appropriate to go on a journey of stillness and quietness, and to find within yourselves that inner love, that inner source of pure love, which, after all, is what you have come from. And I feel it would be good for you this time to go quietly within, and if our dear lady would like to take you on a quiet journey, then that also would be most helpful. Before I leave you my dear friends, I will not be with you for some weeks, as I will now return to that part which you would call 'home' and I will call 'my soul life'. Until we come together once more, my dear friends, I keep you all safe and within that love which encompasses you at all times.**

Lilian: Thank you, and our love goes with you. We'll save our questions for when we meet again.

Sarah: And we wish you well in your return again Salumet.

Paul: And we look forward to another year.

George: It's been a wonderful year and we look forward to another.

*George's notes:*

*This session marks the end of Salumet's teaching year. He returns at this time to that deeper spirit domain that is 'home.' It has been his practise to' return to us again sometime in January.*

*Mischievous ones: In spirit there are controls and gatekeepers. As a result of their good work, hiccups are fortunately rare. During the past 12-years, I recall just one other' impostor' and there was one that jumped the queue on a 'rescue' evening. When there is some uncertainty, it is a huge asset of course that we have Salumet to refer back to for guidance.*

*Time intervals and séance: Sir Arthur Conan-Doyle returned to his group after 10-months. Leslie, who founded and presided over this group returned after 21-months. Each was of course positively identified without any doubt whatsoever. (We were not in such fortw1ate position to make positive identification from prior knowledge in the case*

*above). Since the occasion of the mischievous one I have 'chanced' to read of FWH Myers who died in 1901, joint-founder and president of The Society for Psychical Research, and close friend of Sir Oliver Lodge. He returned in séance with positive identification after only 1month following death! His memory was apparently still patchy at that early stage. But as to identity there was no doubt.*

*Perhaps it is also worth noting that The Society for Psychical Research has, through its authors produced volumes of evidence during its 125years of existence. The scientific evidence that has accumulated for telepathy, the world of spirit, spirit communication and mediumship must surely now be described as positively overwhelming. Just one single book: The Survival of Man, by Sir Oliver Lodge (1909) 379pp was really quite sufficient in itself!!!*

### Exercises 2006:

#### 8<sup>th</sup> May

**What I want you to try to focus upon, is the connection between *all things*; the love connection, which ties you all together. I would like you to try to recognise the workings in your everyday lives, of these planetary forces, which are here to help each and every one of you, and they come as I have said, from the source of all knowledge.**

#### 24<sup>th</sup> July 2006

**Now my dear friends, before we embark on further talks of energy and vibration of which I have promised you, we have one more exercise for you this time. I hope that each one of you will feel the energy which *is you*, which belongs to each person; and as we continue on this short journey, I would wish you my dear friends to speak among yourselves of what you experience and for this one time, we ask after this exercise, that there be some rescue work and we are attempting to try to use as many of you as we can. Therefore my dear friends open up your hearts to those who are in need. You can be used, you must not be afraid, because you are always, always protected. When you have experienced**

what I am about to tell you, we will then go on next time to what I have to say about pyramids and their energies and discussions we will have amongst us. I would like each one of you my dear friends to imagine yourselves, to use that spiritual mind to feel yourself within the vibration of a pyramid, to become that structure, to *feel* what the physical body is feeling and also to feel and understand with the spiritual mind what is happening. Do you have any questions before we proceed?

Sarah: We are going to be *within* the pyramid, not part of the pyramid?

To begin with you must feel yourself within, but I want you to become part of that energy, to express what you feel and what the mind is also experiencing. You understand what you are trying to achieve? (*Affirmations*) And as you begin to have these senses of vibrations, towards the end of your experience I would wish that each one of you joins together as one form of energy.

27<sup>th</sup> November 2006

Think of the mother with the newborn child and you can feel the expression of that unconditional love. But what I would like you to try this time is that during your coming weeks, to FEEL from other people, not only of like mind, but of strangers, of people who you come across in your everyday lives. Try to feel that love energy which comes from them, not towards you as an individual, but the awareness of that greater energy which is exuded.