

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

**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 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.

***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.