

~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.*