

~ 2nd 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 21st-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.