

26TH February 2007

Lilian: Welcome Salumet.

Good evening.

All: Good evening.

As I come to you this time there is with you a sense of pressure within your energy field; so I will begin slowly this time. As always, my dear friends I am happy to join with you once more.

Lilian: We are very happy to have you back again.

Your thoughts of healing are taken and your concerns for your wider world are most appreciated, as is always, your thoughts outside this room. We have watched each one of you closely as you approach your everyday lives; your consideration for others—that innate love which you feel for those in need, not only human, but also the animal and vegetable kingdoms. It shows to us my dear friends how much you have grown and I hope always to remind you of this, because even although you are not aware of your own spiritual growth, we can see that over time that light quickens even more brightly, and for this we wish to thank you.

George: It is very good—very reassuring to have your words on that.

Lilian: And we're grateful for the teachings that you bring—it helps us along the way.

Yes. For this time I will not be with you too long, because we do not wish to place any unnecessary fatigue to the instrument this time.

Lilian: Yes, we understand. (*Eileen had not been well*)

You would do well to understand that communication with our world is natural, but there is always consideration for the human form at all times, but even more so with this type of communication. You understand?

(*General agreement*)

Therefore my dear friends I will answer anything for you and then will proceed to work quietly with this instrument for the rest of this evening.

Lilian: There is one question I think we're all interested in hearing. Will you start, Sarah?

Sarah: I know you've told me I shouldn't worry about communications that come through me aren't real, but we did have one the other day and he said that we are already preparing for our passing over to the other side and that when we go over to the other side we would be surprised at the thoughts we've been having over here. Can you just say anything about that?

George: Yes... I think this, Sarah, originated from another group and it came via a soul aspect of the person in that other earthly group. I think I'm right in saying that.

Sarah: Yes, I had completely forgotten that.

Lilian: Which was completely new to us...

Yes, I understand what you are saying, but there would be no need for another aspect to be involved so closely with one lifetime. So your question is... what are you confused about?

Sarah: Well, I think first of all that somebody came through me and said that somebody from another group wished to make contact with us and then this other person came through and because this person was still alive, it was a spirit that was doing the talking for this person who was still alive. Then the message was that we are already preparing for our passing over to the other side with our thoughts that we're not aware of. Is that right?

Lilian: Yes, they had teachings from someone, say, similar to you in their group, only maybe different teachings and this was one of the teachings they passed on.

Can I just clarify one thing for you?

Sarah: Yes please, thank you.

When spirit returns to earthly form, that has been their decision. The other aspects of the soul remain just that. There is no contact whilst you inhabit these human forms, with other aspects of the soul; that only takes place when you return home and then all is made available to you. So, therefore, yes, all is placed before you, all conditions of that lifetime, which of course include any thoughts that have been sent forth, because you understand that thoughts remain and are real and are reality. So therefore your thoughts are made available to you, but not any more so than the whole of your living. All is known anyway, so I would say to you my dear friend that when communications take place, you have to at some stage of your development be just a little more discerning with whom you are making contact. You understand?

Lilian: Yes.

I do not say that this is incorrect, but what you are being given I have to say was from someone whose knowledge was in some way a little limited.

Sarah: Yes, well that's why we were keen to ask your opinion, Salumet.

But don't doubt the communication aspect: that is real. But what I would wish you to do now as you each develop more clearly, is just to be a little more discerning of those who come to you. If you are in doubt, place the question before us and you should have the answer immediately. Do you understand?

Sarah: When you say 'place the question before us'...

Send your thought to us and have it—I believe you would say, 'clarified'.

Sarah: I think that's why probably we were keen to ask you because maybe it just didn't sit quite comfortably with us.

Lilian: No it didn't, did it—we were just puzzled.

Sarah: That's probably—we got the answer already and we didn't need to ask you!

I can assure you that there are many groups throughout your world who would be taught all of the things that I am teaching you, because when first I came to you, did I not say that this had been a chance for us in spirit to come at this time to teach many truths—nothing new, but to remind mankind of what has always been. So therefore it must make sense to you that there would be many, many more being taught these truths.

Sarah: Would there be by any chance, because this communication who came through said it was from someone who was living already—might there just be a chance that they wanted to make contact with us because they had been made aware that maybe we had a greater teaching than they had, or is that just...

That is not correct. Why would they not make human contact? That is the question that you must ask.

Lilian: That's what your instrument said actually when I was talking to her.

I would only say: what is most concerning as far as I am concerned is that they are involving other aspects of the human form and that is not so.

Sarah: I think it was just because somebody from another group wanted to make contact with us and in the meetings they would have to do it via another spirit—that's not good then, you're saying?

Another aspect, I believe you said.

Sarah: Well I think George said that but I don't think that's quite right. I think it was, what I understood, it was somebody from another

group who was making contact with us but because they were still alive they had done it through a spirit.

But it is not sensible, would you not agree, for this to take place?

Sarah: It did seem a little strange, I have to say.

Yes. I would not be too concerned provided you understand that some communicators are not as advanced, if I might use that word, as they sometimes think. They do not wish to deceive, but they, themselves, do not have that knowledge to give, and therefore as people become confused in your world, so sometimes our communicators get confused in *our* world.

Sarah: Would there be a way if I were just to say mentally not to have this sort of communication—would that be apt to say that?

Your communication should begin at the beginning as you join together to ask that you receive only that in love and truth, and that of course you know each of you are protected. But to do it individually is wise also.

Sarah: But then of course this one was doing it in love and truth probably but it just wasn't quite right.

That's why I say: do not doubt the communication aspect, only sometimes what is said.

George: Perhaps one could see it as an experiment: like the general run of experiments, some are sensible while some are very questionable.

Yes. All have their own views and I will not say motives—that is incorrect. But they feel that their advice to you is correct when sometimes it is a little wayward. Perhaps that is the best way to describe it to you. I hope that has helped in some way.

Sarah: Yes, thank you. Well all I can say is: 'thank goodness we've got you, Salumet!'

Lilian: Yes. That was going through my mind. Yes, thank you.

I believe you already have communication with others who are having information from us along very similar lines and I am sure they did not need another communicator from our side of life. The communication has been made by our dear friend here.

Sarah: Which dear friend is this?

The one known to you as George. He already makes contact in the earthly sense with those of like mind, does he not?

George: Yes.

Yes. And that is much more appropriate my dear friends for those of you in this world.

George: Yes. Are you able to take another question, Salumet?

I will take one more only.

George: Could you clarify for us the difference between 'mind projection' and 'astral projection'? We're aware of some differences. I think the mind projection involves mind or brain connection, and I think astral projection can occur during sleep state (**yes**). Could you clarify that area for us, please?

Yes. Astral projection is a solitary endeavour. Mind projection requires another mind. That is the utmost point to make (yes). There is no point in having mind projection if it is not taken up and received, but the spirit can make astral projections by itself and travel throughout all of eternity as a solitary unit.

George: Yes. So could one say that astral projection is like the first part or the outset of mind projection?

Yes. I would suggest to you that is a rather clever way of looking at these two things. Mind projection is on a much more spiritual level although all of you can do it when it is created and used properly. Mind projection is what is used in our world all of the time; there is no need for words. It is a mind-energy (yes) and it becomes much more refined as you move forward in our world.

George: Yes, and I take your point about it being more spiritual and that connects with it being shared (**yes**); not only perhaps being shared by the two people principally involved but also shared by the 'support' groups, if I could use that world.

Yes. There will always be those in spirit aware of any thoughts. There are those who are *called* thought-keepers but I believe you know all of this. But, as I have tried to tell you in times past, you have to begin somewhere with mind projection because, remember my dear friends, you *are* spirit. You must always remind yourselves 'you are *not* human, you are *spirit* clothed in human garb' and if you constantly remind yourselves, mind projection should become much easier for you. It is the human element of man which holds him back—he is afraid in his own limited way of what is available to him. You understand?

Sarah: Are people who contact deceased—people in spirit communicate with them to pass on messages to us—is that a form of mind projection?

It is used of course. It is more a blending of—we will use the term 'mind', but it is more a blending of energy; it is slightly different. When you use mind projection, you are sending to another. When mediums here make contact with *our* world, the energies are used differently.

Sara: Salumet, can I just ask: If I'm sitting at the piano and I suddenly receive some inspiration, and I can suddenly play a new piece, that I've never played before straight away, is that mind projection? Is somebody projecting that to my mind?

That is a form of mind projection, yes, because you are not *aware* of any connection or you have not as you say in your world, 'tuned in', then you are open to mind projection.

Sara: Because I've been really amazed sometimes by that but as far as I have been aware, I've just been feeling very relaxed.

Yes and you have opened up to receive from our world.

Sara: Presumably if I ask for more in meditation, that would be given, and I sit more...

That is possible—I will not say it is necessarily true that you will receive more. It will depend of course on whoever is trying to inspire you.

Sara: Right—then the other question I wondered is: I feel there are different people with me sometimes because my playing is very different (**yes**). I noticed this weekend, I played twice; the second time it was a very different experience.

Yes, there are a group who come to you.

Sara: Ah, thank you. That does answer the question.

Yes, there are a group of five.

Sara: Five! Um! That's very interesting, thank you. **Now, are you happy with your answer, my dear friend?**

George: Wonderful, yes. I'm sure that's clarified things beautifully for all of us. Yes, that's wonderful.

Now I will withdraw this time. I will work quietly with the instrument (*Eileen*) and leave it with our dear lady friend (*Lilian*) to continue with whatever is in store for you.

Lilian: Thank you again. Thank you for coming. **As always, I leave you surrounded by my love.**

General thanks

George's Note: So *astral projection* is a solitary no-limits tour, while *mind projection* also is unlimited. But it is a meeting of minds which allows dialogue or inspiration, and it is with involvement of guides.