

5TH March 2007

Good evening.

All: Good evening.

As I join with you this time I wish to say ‘thank you’ to our dear lady friend (*Lilian*) for dimming the light just a little.

Chuckle from Lilian

Our connection grows strong when your awareness has come forward to meet my thoughts. As always, I am happy to join with you once again and was happy to note your awareness of the needs of many (*Before Salumet came through, the group had given thanks for spiritual help given to those in need.*) and my dear friends, you could not do this unless your own consciousness and awareness had grown. I was most interested in our dear gentleman friend speaking about raised consciousness within your world and this is true. (*A reference to being more aware of other life forms that share our planet, such as the elementals.*) I have told you on many occasions that *our* purpose this time is to bring truth and that you people on this planet to recognize that truth. I also have told you that this cannot happen in *your* lifetime; it is a step by step, slow progress, but nevertheless it is happening, and all of us in *my* world are pleased to see this progress.

Sarah: We are very pleased to hear, too, that it’s happening.

I would just like to stay on this subject for a little while longer and to tell you my dear friends a little of progress that is being made between our world and yours. Not only is the consciousness of man being raised—and I would say it is partly being raised because of the life of many good people upon this Earth who *show* their love and their knowledge by example—that is a way forward, to show by the way you live your own lives. But what we in my world are trying to achieve now is to alter all of the ‘stuck’ knowledge that is within your DNAs. This is little known at this time, but there are those upon your Earth who are gaining knowledge of this particular aspect of change. I feel some questions at this point...

Graham: Could you expand a bit of what you mean by DNA and stuck knowledge in DNA?

In the same way as all conditions of your life are within your DNA pattern, so also are thoughts.

Graham: Gosh, that’s interesting!

George: Does this change connect to a noticeable degree in genetic change?

Not particularly. It is something that has always existed but mankind down through the ages in many areas of living has become ‘stuck’—I believe that is your common word—and it remains so. Rather similar to those of you who reincarnate with problems from past lives, so too does humankind come with DNAs which are stuck.

George: So I think you’re saying that there’s a particular spiritual connection to the DNA helix. **Of course, of course, although it has the physical connotations, all of spirit has to be involved in these things. That is a way forward to release people from past thoughts and actions. It is something for you to think about and I will bring more to you when you have pondered those words.**

George: Yes, I imagine it is not quite like wiping a slate clean. Perhaps that’s ...

That cannot be.

George: No (*Chuckle*)

That would be much too easy, would it not?

George: Yes, but it is a factor that would make our way forward a little easier.

Changing your lives and thinking and to become that more spiritual being.

Sara: Re-programming the mind with better thoughts, more positive thoughts.

Yes, that is exactly what it would achieve.

Sara: So that clearly relates to what was said recently about the fact that any condition can be overcome, not necessarily taken away but overcome by the power of thinking.

Yes. Again it demonstrates the power of the mind. Do you see how thinking joins in all aspects of your lives and how powerful it is? (Yes.) It is that part of you which will always exist. Therefore, that is something for you to think about and I will await your questions next time. But it is a little more knowledge that will come from many angles, from many countries, because we in spirit are working with *many* in this work.

George: Yes, I’m sure it is true to say that we have not really thought about a DNA link.

No. It is something that is very new to your knowledge I know, DNA, in the amount of years that it has been discovered, but of course in our

world it has been known forever—so it is not new. So I hope my dear friends it has given you a little more to consider.

George: Yes indeed.

Graham: DNA is linked with our future evolution (**yes**), so if we're stuck with past consciousness in our DNA which we have at the moment, if we can let that go and move forward with our spiritual learning and awareness, then we will physically evolve as well.

Yes. Would you like to sit here?

Much amusement

Graham: I'm not quite qualified yet!

You started this conversation and now you have given a very apt explanation. It just shows how much you have all grown. Now, as I leave that with you, I will answer any queries you may have this time and allow others to come. Do we have questions this time?

Sarah: I would like to go back to something you said just now, Salumet, about your mind/thought always exists. Does that mean that each aspect of us that comes back here has its own mind and thought that continues to exist always with that aspect?

When you return here, you have the ability to join with the other aspects of yourself in spirit if you so make that connection, but when spirit returns to this Earth plane, that is an entirely new life and thoughts will be made whilst in that lifetime, because most people have memory erased for that purpose—because if you brought with you all knowledge, why would you be here?

Sarah: Exactly, yes.

You understand?

Sarah: Yes.

So no, knowledge is available through the angelic beings if you like, with whom you can make connection, not with your other aspects directly.

Sarah: But I was just thinking that each aspect that comes back, it will have its own mind, its own thought.

Yes, for that lifetime.

Sarah: Ah. But when you said it's with you always, when you return to spirit...

Thought is always there, it will return to that energy field. You are thinking on a physical level my dear friend—you have to let go of that way of thinking.

Sarah: It was just when you said it's always there, I was thinking that the next aspect will have its mind and its thought—but that all goes into a thought pool...

Energy cannot be rid of, but we have what you call an 'energy pool' of thought. You understand?

Sarah: Yes. I understand that, yes.

I am sorry if I have led you to believe wrongly.

Sarah: No, that's fine. No it's nice to have the confirmation. Actually all these questions always give you a little bit more information, a little bit more understanding. So, yes, thank you, that's fine.

That is what I would wish to encourage in each one of you: to use that thinking, to make connection with us in order that we can help you, not only in everyday life, but in understanding yourselves.

Sarah: Thank you.

George: You referred to my physically making contact with various people last time and I felt afterwards perhaps I should have taken up that point. Yes, I do write to a number of people—I don't always get replies, but I hope perhaps seeds have been sown, but yes, it would be nice to get more replies to letters. I sometimes wonder if I'm doing it in the wrong way...

You do what you feel is right my dear friend.

Continue and, as I have said, only one seed sown is a job very well done. You cannot expect more from humankind. Some are quick to take up any contact, but others will always be less happy to make response. But do not be concerned about this—all will fall into place.

George: Thank you for your advice, that's nice to have.

Now my dear lady friend (*Lilian*) I will leave the rest of this evening in your most capable hands.

Lilian: Yes, and thank you for the information tonight, very interesting.

It is good sometimes to make you think just a little bit more. And with those words, I will leave you. I surround you all in that great light of love. I ask that it bathes each one of you in love and in truth, and until we come together once more, I ask that each one of you be given the help that is needed.

General appreciation and thanks

George's Notes: Salumet's words: 'there are those on your Earth who are gaining knowledge of this...' Once again a topic has been introduced from spirit of which we in the group had no prior knowledge. The following two pieces plucked from the Internet may be of interest, the first dated three days after the Monday meeting! Parts that seem to particularly align to Salumet's words have been picked out in bold:

1. From ... NEWSFINDER, 8 March 2007, posted by Fotopoulou Sophia: The human DNA is a biological Internet and superior in many aspects to the artificial one. The latest Russian scientific research directly or indirectly explains phenomena such as clairvoyance, intuition, spontaneous and remote acts of healing, self healing, affirmation techniques, unusual light/auras around people (namely spiritual masters), the mind's influence on weather patterns and much more. **DNA Can Be Influenced and Reprogrammed By Words and Frequencies** Russian DNA Discoveries In addition, there is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies **WITHOUT** cutting out and replacing single genes. Only 10% of our DNA is being used for building proteins. It is this subset of DNA that is of interest to western researchers and is being examined and categorized. The other 90% are considered "junk DNA". The Russian researchers, however, convinced that nature was not dumb, joined linguists and geneticists in a venture to explore those 90% of "junk DNA". Their results, findings and conclusions are simply revolutionary! According to them, our DNA is not only responsible for the construction of our body but also serves as data storage and communication. The Russian linguists found that the genetic code, especially in the apparently useless 90%, follows the same rules as all our human languages. To this end they compared the rules of syntax (the way in which words are put together to form phrases and sentences), semantics (the study of meaning in language forms) and the basic rules of grammar.

2. Re book: *The Biology of Belief: Unleashing the powers of Consciousness, Matter and Miracles ...* Bruce Lipton...**Dogma of DNA finally dissolved!!!**, April 19, 2005. Well it's about time! For those of you who have been plagued by the dogma of DNA

(genetic determinism or fatalism) will find this book beyond inspiring! We have been told by western biology that the DNA is at the heart of who we are, with the DNA in the cell nucleus being the brain of what activates and makes the cell function and control the rest of the body's activities. From this model (actual called the 'DOGMA OF DNA' in Biology teachings) ALL life is DNA in motion and we are genetic beings with all our diseases and traits (physical & mental) pre-determined. This model/paradigm has become a key part of the very structured and defined mechanistic biological pharmaceutical medicine we see dominating the West today (sigh). BUT in this book Lipton has flipped this notion upside with the profound discovery that the DNA in the nucleus is in fact is NOT the brain or determining factor of the body. Lipton deconstructs the dogma by showing the mem-BRANE of the cell is the brain that is driving and determining the cells activities which equal the rest of the body and its functions. The key here is the signals that are received by the cells mem-BRANE. These signals consist of input from the environment but mainly the thoughts of the individual. He shows that when we become response-able and can pro-actively use our thoughts to cohere with the cells activities we have profound influence over their behaviour. **THOUGHTS INFLUENCE BIOLOGY**, now who chooses your thoughts?? When one controls the signals they control the cells and this changes everything we thought we knew about cell, the human body and ultimately dis-ease. I found this book to be an important piece of the 'beyond the BLEEP' new science information that truly shows how 'our thoughts control our reality'. The BLEEP opens up the dialogue but with not much advice on how to now engage this perspective. Lipton's book is a beacon for it truly shows how this revision of perspective can radically empower YOU to know how and why you are able to change your life. Unlock the power of your mind as it is a key piece of opening up to higher levels of operation internally and externally. *The Biology of Belief* is almost beyond belief as it is a part of the next phase of the new sciences that are dogma shattering. This book is a leap forward: knowledge is power - self-knowledge is self-empowerment - all you have to do is believe it! It was 1953 when James Watson, Francis Crick and Maurice Wilkins discovered the double helix

structure of deoxyribonucleic acid, that we now call simply DNA. Much has progressed in this field in the last half century! The two above items representing East and West as they do are in keeping with Salumet's 'many countries' being involved.