

27TH August 2007

Good evening.

All: Good evening.

As always I am happy to be with you this time.

Sarah: We're very happy to have you again.

My words this time will be short because I wish to work with this instrument at this time, but before that I will answer any questions that you may have.

Lilian: Thank you.

I also would say to you my dear friends that I hope that you have considered what I said to you some little time ago about the subtle energy changes which were taking place around you—each and every one of you. And that could be a topic of discussion amongst your selves whilst I work quietly this time.

Lilian: Yes, that's a good idea.

Do we have any questions?

Lilian: Have you another question, Di?

Di: Yes, I have a question Salumet, about soul mates: If you could explain to me whether it's possible to know who your soul mates are in this incarnation, in the life we live now, and whether you connect with them and whether you ultimately end up with them when you are aware of who the soul mates are, or you have a feeling that's who they are?

Yes. You must be just a little careful when you say 'soul mates' as if there are (*sic*) a group. A true soul mate does not come in every lifetime; but I would say to you that you would be aware in an instant if you were to meet your soul mate in this particular lifetime, because that spiritual attraction is so strong that no man could keep you apart if that is your desire. But remember that soul mates can be anyone who enters your life: it can be a child, someone of the opposite gender, or sisters or brothers or anyone who co-exists in this life. I believe, and I know, that soul mates always have a very strong bond and I am sure that the group will inform you of my words about soul mates, which is now written down and is on one of your what you term 'discs'—yes.

George: Yes, I was going to say, the CD-ROM disc has an index and 'soul mates' is an item in the index.

Yes, it will help to explain further for you the meaning, the true meaning of soul mate, because you see, in this world 'soul mate' is used to express meetings with other people when in fact they are not soul mates. So I suggest my dear friends that you help our dear lady friend by issuing my words for her, rather than I continue with words at this time.

George: Yes, she has a copy of the disc to work through, in fact.

Yes.

George: But that will take some time.

Yes, but I hope it will be helpful to you.

Di: Thank you.

Lilian: So it's very unlikely that we meet a soul mate in our lifetimes?

Not unlikely, but do not assume that you will always meet your true soul mate. Unfortunately mankind is too quick to assume people are soul mates, when indeed they are but acquaintances or people who have planned to come into their existence in this lifetime.

Lilian: Yes, thank you.

George: Could I ask a question about the nature of spirit?

Yes.

George: We are familiar with the material world and the way we are all separated by space. In spirit, although there is a oneness, there are still individual entities, if I can put it like that. **(Yes)** There are soul bodies, angels and light beings and ones such as yourself. So I'm reasoning that there is a form of separation which does *not* involve space. Perhaps this involves frequency, but I'm assuming that there are other means of achieving individual entity, apart from space.

Yes, you are speaking about separateness.

George: Yes.

Yes. The problem my dear friend comes when you use the word 'space'. Of course, it is a physical word, but I fully understand what you are trying to say and yes, unlike existence here on this planet or any other planet where man co-exists in *one* space, in our world there are many *graduations* of time; and I will continue to use the word 'space' for your benefit, but in fact all is dealt with thought, and that is a separateness that exists in our world.

George: Are you saying thought itself has its own separateness?

Yes. You understand?

George: Yes, I'm beginning to get there.

It is not an easy subject to explain, but as you continue in the world of spirit, you know full well that identities and bodies, if that is the correct phrase, need to be used and all is thought connection. And in the same way that thought can in an instant transport you to wherever you wish or so desire to go, so too can that thought keep you as separate—I prefer to use separateness.

George: And we can think of thought as energy or a special form of energy perhaps.

Yes. It is energy, it is not a special form it is part of all that is natural. You understand?

George: Yes. I began by thinking that even in the physical world we have radio and TV (**yes**) and sound all occupying the same space—so space is not essential to separation.

No, of course not. When you look at it from a physical viewpoint that is a good analogy—yes. So I hope you now use your thought a little more correctly.

George: Yes, thank you! That does help to clarify.

Lilian: Do you have a question, Sarah?

Sarah: Yes. Salumet, last week you talked about the physical mind. I was under the impression that the mind was spiritual and the brain was physical.

Yes. It was just a misuse of the words which can happen. Of course the mind belongs to spirit and the mind, if you like, in physical terms is called the brain. I apologize if I confused you.

Sarah: That's okay.

George: And again, would I be correct in thinking that a tiny part of mind is more or less fixed to brain so that tempts us to think of that tiny part as physical?

Well, you cannot separate the spiritual and the physical—they have to intermingle. They co-exist as one, but it is only when the physical overcoat has outgrown its use that the spiritual mind then moves forward.

George: Ah, it then becomes *totally free*.

Yes, again, it is a separateness. (Yes) You see the connection there...

George: Thank you—that does help.

Rod: You did say Salumet that by the end of this year we would all notice a difference—I forget the word...

Paul: A sort of metamorphosis.

Rod: That's the word—I had to look it up. Would we notice this difference?

You should become *aware* of any change within yourselves. Do not look for *physical* change, although that also can happen at the same time. As I have said, the physical and the spiritual have to coexist. One cannot exist without the other. But yes, I hope that you would recognise within yourselves that change.

George: Yes. I wonder if it might also show in our communication with others and attraction between ourselves and others?

Yes. That would be the *purpose* of any change, any *unfoldment* that you may have in order that spiritually you go forward, because what you do not wish to do is to stay at one level. All is available to you—all spiritual power and gifts of spirit are within. But although I can come to you and tell you what you are capable of, I cannot do it for you. That, my dear friends, is up to each and every one of you. You understand?

(Several affirmations)

But of course we bring the opportunities to you, and it is up to you to use that spiritual awareness at all times, to put to one side all fear and all negativity and to go forward with your lives.

George: Yes, we are all so blessed with your teaching and last time, there was one from spirit, who followed you, and he spoke of how your being and teaching, shall I say, presented itself to him in spirit and it sounded truly wonderful. He was obviously sensing energies and sound and light of which we are not aware ourselves, sadly. But it sounded a wonderful description.

Yes. I have to say my dear friend that I am most humbled when I hear words such as those you have just used. Of course I come to you on a mission of truth and love, and I have not always explained to you fully what this communication means, and how difficult at times it can become. But that is of no consequence for you; but to hear words as you have used them, I am indeed most humbled.

George: It just goes to show how these words are appreciated, not just by ourselves here, but by those in spirit as well, and that's a lovely realisation for us.

Yes, if only you could see the enthusiasm that is shown when the opportunity to learn is given to many of these souls. It is a wondrous sight at times to see such joy.

Rod: Is the learning in spirit by *thought*, or is it by reading books, or by what method?

It depends on where you are at certain times. Of course there are available to you many halls of learning which anyone can go to and there we have the most beautiful books with all knowledge within, but as you progress through spirit it is a different way of learning. Sometimes words are unnecessary, but for some, they like to hear spoken words, because that is what has always brought comfort to them. And spirit is a place of—whatever you need or want is available to you.

Rod: There's just one little thing: you did say when you are in spirit, you communicated in thought, I thought **(yes)** and suddenly I felt that it must feel lonely, but I hope I'm wrong on that and you're not lonely, in spirit.

My dear friend: that is a word that is never used in our world. You cannot be lonely when you are surrounded by great love and beauty.

Rod: Ah, that's nice.

In a sense you are a little fearful of the unknown, but let me reassure you that as great joy is within your world when a child is born, that also happens in our world when you are reborn into that home from which you came. You are surrounded by love—you are never alone at any stage.

Rod: Beautiful.

Sarah: Salumet, going back to the mind—thought and mind: when the mind is released from the physical brain/body whatever, that goes into spirit and that is your thought. Am I right? **(Yes)** So when a baby is born and they have a physical brain and they have their mind again, this mind that comes, is that the spirit that comes with you? I am just a little confused on that.

You are seeing mind and spirit separately when in fact it is not. Mind *is* spirit (yes). Yes. Try to focus and it will seem less confusing.

Sarah: Yes, thank you.

Now I feel, that for this time, I will continue to work with this instrument and allow the rest of your evening to continue.

Lilian: Thank you once again.

General thanks

And as I leave you, my dear friends, we ask and give thanks for all that we receive.

George's notes:

1. Time, space and separateness: Salumet refers to man coexisting in one space. This probably equates to the physical universe in which we physical beings live, having just the one pervading space or space-time. But in spirit, there are graduations of time, and clearly, aspects of soul have led physical lives at different periods through history. So perhaps these are the graduations of time referred to, and these will be within soul. Thoughts too, seem to be autonomous and have been referred to in the teachings and by Bonniol as 'living' and would perhaps be labelled in time.

*2. Soul Mates: The references for Soul Mate are: 17th October 1994
31st August 1998
12th November 2001
And Soul Family 7th February 2005*

There was some muted discussion as Salumet worked with Eileen followed by exchange with a control through Sarah, and then a rescue relating to a house fire to conclude the evening.