

24TH September 2007

Good evening.

All: Good evening.

As I join with you this time, I feel upliftment is needed for some. As I draw close to you, I feel that the subtle energies need to be uplifted. Therefore, for this one time only, I wish you to listen to my voice so that each one of you feels the love and light which surrounds you.

Salumet's voice assumed a slightly slower intensity

I would like each one of you to focus within, to allow yourselves to feel the love and energies which come to you this time. I want you, my dear friends, to make connection with that part of yourselves which has connection to our world. I would like you to focus on this energy as bright, white light which comes close to each one of you—to feel that pull that is connecting to you spiritually and therefore physically, to enable you to forget for just a short period of time all of your woes of this Earth life. Focus, my dear friends, on the centre of your bodies. Imagine yourselves as a beautiful flower in bud, allow yourselves to open to that energy, that white light, and allow that bud to now begin to slowly open and to absorb that all-encompassing energy. Feel it in every part of your being. Allow it to empower you physically in every part of your body, in every cell of your body. I want you to be aware of this energy. I want you to feel the upliftment that comes to you, and when you are ready, allow yourselves to close down and to return to the physical and to continue to listen to my words whilst that energy continues to quietly uplift each one of you.

A pause of 1.5 minutes followed

Now my dear friends, I would like to say to you that on our next meeting I wish to discuss with you some information which will help you along your pathways, but for this evening for a short time I will take any questions that you may have.

Lilian: Yes, thank you for that, Salumet. George?

George: Yes, thank you. Yes, that was a wonderful feeling while you were talking. Thank you for that. I have a question. Can I refer back two years—we had a personal question and it was

about Tina Birch, who had a spirit presence with her and the question came from her sister, Angela, who lives on the Isle of Wight. Tina passed to spirit—that was nearly two years ago. She leaves two young children who live in their home at Walthamstow. One of them, Natalie, is quite severely handicapped with cerebral palsy and I understand that she has been talking of seeing a presence, a male presence and I know, within the family there is some fear that it might be the same spirit in attendance as with the mother. My own feeling is that Natalie would be close to spirit and there would be others wishing to help her and I wonder if it's a helper or guide. Would you have anything to comment on that? **Yes, I understand your question. Let me say this to you: although this young one is physically handicapped, she is also spiritually aware—as was her mother. So, there is nothing to be fearful of, but of course what is happening is that fear and negativity come from other members of the family. I can say that any energies being seen, if they meant any harm would have shown that aspect by now. So firstly, I say the family must relax and the child, if she so wishes and does not want to see, then they must approach someone who has the awareness and the ability to make connection to visit that home. What I would *not* recommend is that fear and negativity be allowed to build around this young one. It is a little worrying for her, but it can be altered and it can be stopped. There is energy that *is* present but is not harmful.**

George: Yes. Would I be right in thinking it can only be made harmful *by* fear and attitudes around?

Yes, it comes from those who are fearful and negative, and of course that can be built upon.

George: But if the presence can be accepted, then would I also be right in thinking that it's likely to be helpful to the little one—or am I making too bold a statement?

Yes. I do not wish to place words into your mouth, but you are making too much. It is a presence that is seen by the young one, because of her ability to see, but it is energy—but rather than allow fear to build, it would be better at this time for someone to make connection and to move the being forward.

George: Yes. At the same time, many of us would welcome such an ability to see...

Yes. Is it not just confirmation of what is achievable when you allow the mind to be free and open (yes) and is available to *all*.

George: Yes, thank you and I'm sure that will be a great help to the one who enquired about this and I think it has also been an instruction for us all.

Yes.

George: Thank you Salumet.

There is so much here within this Earth plane without even the recognition of fear. So many live their lives in fear—fear of the next moment, of the next hour, of the next day—when they should be *focussed* on this second.

George: Yes. Yes, and then we have freedom! **You have clarity—yes. I hope that will be helpful to you.**

George: Yes indeed. I'm sure that's a great help. Thank you, Salumet.

Rod: Can I just ask one question? Last week you said that meditation on the Earth plane is a wonderful thing and it would be of benefit when you went into spirit. And I thought, well when we're on the Earth plane we want to go within, and I understood that as to get within our inner spirit. And I thought, well what happens when we go into spirit, we're *within* spirit—is that the same kind of meditation? Would you be trying to sort of get within, *within*? Is that a stupid question?

I feel that you have become a little confused.

Rod: I thought I may have!

Yes. When you return home, you of course *are* spirit. On Earth you are cloaked in this garb of flesh. You are not physical beings with a spirit you are spirit with a cloak of human flesh. Therefore, when you return home to us, there is no need to seek meditation as such, because you have exposed that true self which is spirit. You understand?

Rod: I do now yes.

Meditation on this Earth plane is to make connection with spirit. You understand now?

Rod: I do. I misunderstood that little bit and I can see where you're coming from. I haven't re-read it and I haven't seen the script and I see where you are coming from now. Thank you very much.

After all, what is meditation? It is only to help you to focus. Once you have the ability there is no need for ritual, but I have to say that for many, many human beings it is a focus which is necessary for you, to still that ever-enquiring brain that you have. But it comes only with practice. I hope that has helped you.

Rod: The initial talk you gave to us to go within tonight, if you were there every night like that, that would be a lot simpler—that was quite a lot simpler tonight. Maybe within this room, I don't know, it was easier to go within. It was lovely. Thank you very much for that.

I think you have just made what you would term a compliment!

Chuckles

So for that I will say is 'thank you', but of course there is no need to.

Rod: Thank you very much anyway.

Lilian: Can you take another question?

I will take one more this time.

Lilian: Has anyone a question? Di?

Di: No. If someone else would like to ask one, I'm happy to listen.

Lilian: Paul?

Paul: No, I don't think I've got one this week.

George: I have what might be a quick one. Perhaps I'm digging too deeply, but we used the phrase last time 'graduations in time' or 'transformation of energy' and it left me feeling: can one conceivably see even 'time' as either an energy or something that connects in a rather subtle way to energy?

Time is an earthly matter. Time as you know it in our world does not mean the same as time upon your Earth. But yes, of course there must be passing of what you call 'time' and it *does* belong to an energy field, a subject which we have not touched upon as yet; but it is something I feel would be of great interest to you, my dear friend.

George: Yes, indeed. I think we've taken on board that time doesn't really exist in the deeper spirit (**no**) but there's a memory of it (**yes**) or a phasing of it in the astral planes.

It is transmutation of energy. Perhaps that is a simple way of putting it to you at this particular time.

George: Yes, I felt there had to be a connection with energy.

Yes, of course, but as a group you are not quite ready for this kind of information.

George: No, I think you're flattering me too. I'm not quite ready myself, I'm sure.

Lilian: We'll believe you.

Midst some laughter

Well I would not wish to contradict, but I know you have a most active brain.

George: Well, thank you. I do tend to rummage through the papers every so often and think about it.

But we need you to summarize and to place from your small machines onto your discs in order that many may listen to these words of truth. After all, that has been my mission for you, to bring to you at this time many aspects of what has always existed and known as truth.

George: Yes, we do our little best. It's Paul, across the room there, who produces the discs. Yes, that's a little beyond me at the moment.

You are all individual, but you remain as one. You all contribute in your own ways and it is heart-warming, I believe would be the expression, to see such unity within a small group of people.

George: Yes, we must of course include yourself within that unity, because where would we be without these teachings?

Rod: Just—I'm a very simple person—you just said something to George about time not being the same as here, but we have a guide in spirit who comes through from the Egyptian side, back from the pyramid time—it must be thousands of years ago—and I look at this fellow, who has been in spirit those many thousands of years, and he cannot be aware of that period of time like we see it. Would I be right that he wouldn't be aware of that period of time in the same way as we look at it? Or have I asked that question stupidly?

Do not put yourself down. Any question that you put to me cannot be stupid, because you seek an answer. People who come to you from any time—and remember what we have just said that *time* in our world means not the same as time in your world—what they bring back is their memories. They come to inform you of their lives, because it is something they wish to do for the betterment of others and of course their knowledge is now greater in spirit than it would have been when they walked this Earth.

So, the answer to your question is, yes they are much more aware. You understand?

Rod: Aware, yes. I just felt, would they have a *feeling* of time? Is that right?

Of now—the here and now? (Yes) Yes. Well of course they have the knowledge of life now.

After all, how would it be possible to return to a time and a place which is so different from their existence if they had not looked and understood what they were coming to?

Rod: I see where you are coming from now.

Yes, now you are beginning to understand.

Rod: Yes, yes. I see that. Thank you very much!

George: Would I be correct in thinking that that would be an aspect of a soul that comes through to us (**yes**) and that soul has progressed since that distant time, and that aspect has the influence of that progressing soul. Would that be a central point?

Of course. That is a very good way to address it, yes. The one who has lived that previous life is not existing as you would imagine, but has grown in understanding in *our* world and of course the aspect of the self desires to help others, if only by bringing information to them to help in earthly understanding. You must always, my dear friends, look at the wider picture of communication with our world. It is not to have a pleasant evening just talking of past times, but to allow you to know and understand that communication is possible and does exist. That is the purpose of that kind of exercise. You understand?

George: Yes. On a purely factual basis, that one who came through from Ancient Egypt was well tuned to making a little water go a long way in dry conditions and he was being helpful as regards the way *we* conduct ourselves *now* in conditions of extreme dryness. So his information was actually helpful.

Of course, and where you are fortunate is that the connection is made directly, whereas in many instances all people are influenced *indirectly*. You understand? (Yes) Such as your doctors or your farmers or—no matter what occupation, we in spirit try always to influence, but if you have an awareness and a connection *directly through the medium*, then that is much better, much clearer for you to understand. Would you not agree?

George: Yes indeed, yes. Yes, I follow that.

Well, for this time I will withdraw and I am sure that as your evening closes this time that you will feel that upliftment this time.

General thanks

George's Notes:

Time: This further reference to time, perhaps leads one to feel that the space-time basis of physical creation might be the energy field Salumet refers to ... or time belongs to the material realm because it is fashioned in space-time. Spirit is not of course, but progressing ones in spirit have had and know of planetary life, so that there is 'a memory of time' in spirit. That surely takes us a valuable step further in our understanding of the elusive 'time'.

Influence from spirit: Salumet points out on this occasion that, communication via a medium is direct, and therefore better and clearer than other influences such as those we might call 'inspiration' given to scientists, doctors etc.