

29<sup>th</sup> October 2007

**Good evening.**

All: Good evening.

**Again I am most happy to join with you again.**

Lilian: We are very happy to be together again.

**At the beginning of this your earthly year, I said to you this would be a year of self-development, of getting to know who you are. Again, I wish to say to you my dear friends: what have you discovered about yourselves? Who are you? And what you would wish to achieve spiritually. This, my dear friends is no small question, but something that you need to harbour within your own minds—you need to cultivate that knowledge. So, therefore, for this time I wish to speak to you as individuals and to find from each one of you that deep knowledge which you should have found within yourselves. So, if you are happy this time, we will discuss this for you. Would one of you like to begin?**

George: Yes, well I feel that each one of us is the representative of a greater soul body, a temporary representative here on Earth and we have these inner feelings about direction and belief, and how we should move forward.

**Yes. You are the spokesman for this group, but my dear friend, what have you found out about yourself, your true self?**

George: Well, I can't go into any greater detail about that. I have my personal mission to become as aware as I am able and to present the details of this and of your teaching to as many others as possible. I feel that is my present mission here.

**Yes—you feel comfortable in what you are trying to achieve. Thank you.**

George: I feel comfortable in that I'm aware of problems of acceptance by many and I sometimes feel or wish I could do a better job than I'm doing, but I know the direction and that seems to be the important thing. I have feelings of —I wish I could achieve more.

**Yes. I thank you for your comments and I will say to, not only you, but to each one of you, you must not allow thoughts of self-deprecation to enter your mind, but what I would say to you all is: it is not in the *doing*, but in the *being*. Do you understand those words?**

Sara: Yes, I'm trying to appreciate each moment of whatever I am doing, (**yes**) so that I'm trying more and more to *enjoy* each moment of what I am doing (**yes**) rather than think of it as a task that must be done. I'm trying just to enjoy each moment.

**To be *in* the moment—yes. In that way you become as one with all things.**

Sara: And then the tasks don't seem arduous; everything is light and enjoyable.

**Yes. Once you allow negative thoughts to enter, you are holding back from that being.**

Sara: And you lose energy I think (**yes**)—you become tired.

**Yes, you are correct.**

Lilian: Yes. That's probably my fault—the negative thoughts. I realise very much when I have made a mistake—either with my thoughts or words.

**Yes, I feel sometimes my dear friend, you do struggle a little with those thoughts, but as you say, you have the awareness to turn those thoughts around.**

Lilian: Yes, I certainly know when they've been wrong.

**Yes, and remember also my words about negativity and illnesses and how you can avoid these things. There are many aspects to just *being*. You understand what I am saying to you?**

Lilian: Yes.

**Yes. What, my dear friend, do you see yourself doing in time to come?**

Sara: Me or Lilian?

Lilian. **I am speaking spiritually, of course.**

Lilian: Of course. Hopefully much more improvement on the thoughts—and words. And I think above all, as I see it at the moment, I've become much more aware of how many people are on this same pathway (**yes**) through books that we read and what we hear on the media.

**And remember always too, you have already used words, that words are healing, and you all my dear friends have that capability. So, again, live for this moment. Would someone else care to tell me what they feel?**

Sarah: I still feel, I have felt for quite some time that I'm quite drawn to South America to help under-privileged people in South America. I've had that feeling for quite some time, but my mother is ill and I feel that my duties are there. But I very much feel that I'm in a much more

'wanting to help others' mood than I was before. I think before I was very much out a lot for myself and I feel there's been a change there.

**You mean you felt for yourself in a negative way. Is that what you...**

Sarah: No, no, no, no. I don't think I ever felt negative about myself, but I have done a lot of things with me in mind rather than other people in mind, whereas now I'm beginning to feel that the other people are coming more to the fore. I want to help other people more. I would get more satisfaction helping others, than I would helping myself now, whereas before, I had satisfaction helping myself, if you see what I mean. The children—I was happy to give and help them, but I think overall, I now feel much more that I want to—okay I do get satisfaction—I feel it's right helping others and making others happy. I get a lot of satisfaction from that rather than just purely making myself happy.

**Yes, I understand, but before you can help others, you must have priority for your own spiritual being. Therefore to say 'I would feel better' is in fact speaking of the ego.**

Sarah: Yes, I suppose that's true.

**I do not mean that disrespectfully to you, but what I am trying to help you to understand and see is that each one of you, as spirit, has the responsibility to look to yourself first and only then can you go forward and help all these other people, not because it makes you feel better, but because you feel that this is part of the universal law and what you should be doing.**

Sarah: I think actually when I said that it makes me feel better, I've realized I haven't actually done it to make me feel better, but I've realized that because I wanted to help others it actually *has* made me feel better, not that I've done it just because it makes me feel better.

**That is better, yes. Thank you. Yes, your awareness has grown in that way, yes. That is good.**

Sara: I think I'm learning also to help people when I really want to help them, rather than coming from a feeling that I *should* help them (**yes**) or *ought to* help them. I'm learning to balance helping myself with helping others.

**There should really be no forethought. It should be something natural which comes from you; that light from your spirit, yes.**

Sara: I think I have a natural tendency to enjoy helping people, (**yes**) but I think at times in the past I've possibly done it too much sometimes. So I feel happier now that I can say 'no' quite happily when it doesn't feel right, but I can enjoy doing it when I have energy to spare.

**That is part of knowing yourself. Yes, that is good. Now we come to the gentleman.**

Paul: This year has been a sort of transitional year I think in some ways. I've been working outdoors more now, and I do less talking probably in my work than I used to do. I think talking less seems to suit me anyway. It's surprising how little you need to say. You can tune yourself into your surroundings and get by without many words.

**Yes, rather than speech, you can *feel*. (yes) Again it is a development of the spirit. You are right there.**

Paul: Sometimes, when you're not speaking, I've noticed you can find a very pleasant space inside you—when you're not meditating, but you're in the everyday world, you can be in a good mental state, but when you start talking, you lose it a bit.

**Yes. In actual fact, it is a better state of what you call meditation, because it is a natural lift of the spirit without thinking: 'I must sit down and be quiet'. In that way, it is occurring naturally. So, I say to you, you are making good progress in your achievements of spirit. Continue to allow yourself that quietness and that attunement with us.**

George: A further factor in Paul's development has been the way Bonniol speaks through him, and I see that as augmenting your teachings, Salumet, to a large degree.

**Yes, I am pleased that you see that connection, because you are correct in your words.**

George: Thank you. There have been many involved in this exercise from spirit, but I think I would be right in saying that you were the guiding factor in making this arrangement.

**Yes, because you needed to know the connection of minds. It is something that can be developed by each individual.**

George: And it has been so good for us to compare notes with Planet Aerah, a planet that has advanced more spiritually than the present Earth Planet. (**yes**) It has been so good for us to compare notes in that sense.

**There are so many who are more advanced than you human beings. I have told you that Earth is a very young planet, so try not to be too amazed that there are others who have greater gifts, as you might say, than yourselves.**

George: Yes. While on this topic, the book that is nearly complete now (**yes**) which logs the interplanetary conversations, with your commentaries built into it—I hope you are happy with that arrangement?

**I would have said by now, my dear friend, if we had not been happy. But a word to you is that it is not a topic which will be readily accepted by many, but what it will do, as I have often said, is to plant those seeds of knowledge. That is what is important, that always we move forward in all ways of the spirit, that the TRUTH be known to larger amounts of people; and as you know my dear friends, one little seed of knowledge grows and grows until you have a forest. Is that not true?**

*General agreement*

**Now we have another gentleman, please.**

Rod: Well, I feel that I'm on the fringe a little bit, but I would like to say that in the mornings I go out and stand and look at the hedge that I've got—it's multi-coloured—and I look at the beauty of that and I get a lightness—I feel it does something to me. It's rather beautiful and often I feel lighter in myself and I can meet people and feel much lighter. It's rather lovely and it's rather nice—I didn't get that before, I didn't have that understanding with nature that I've got now. I've never said this to anyone before but in bed in the morning I take in, I hope, energy from the universe, breathe it in—so I do hope I'm improving.

**Yes. Of course, how could we say otherwise? Again, you speak of *being* in the moment when you are taking in all of that beauty. What you are doing is taking in that love-energy, that energy of spirit which is available to you all. Continue my dear friend and you will find that your ability to blend with nature will become greater.**

Rod: Thank you.

Lilian: Graham?

Graham: Yes, I feel over the last couple of years since I recovered from the condition, (*Dystonia*) I've been able to go back to teaching, and

teaching very different types of children with very different types of backgrounds than I had been used to before. I found it rather startling at first and a little unnerving, but I think, particularly this year, I've felt a much greater sense of oneness with the children I'm with now and I feel a great joy to be amongst them. And I realize that they are all beautiful beings and I feel as though I can see the beauty in all of these children—and then this extends out beyond the classroom and all around the world, I can see the oneness I have with all beings.

**Yes. Of all of you within this room, you my dear friend are the one who has grown most. I have to say to you that you had to go through that course of illness before we could guide you to where you are today. It was a necessary step for you in order that you would open up and grow, because you had reached a stage where you had become almost 'still' as a spiritual being; and we needed to open you up to those experiences in order for you to find the beauty in those children; because my dear friend, we know at times it has been difficult for you. The situations that some of them have is not always easy to accept, but you are learning well.**

Graham: Thank you. Yes, I do feel very lucky and there is a lot of joy in my life through this—it's amazing.

**Yes, because you have opened up. You have blossomed, my dear friend, like a beautiful flower.**

Graham: Thank you for that.

**I am most happy to have joined with you my dear friends in listening to your own thoughts and feelings of your own growth. I hope that each one of you, in listening to the others, has achieved a sense of accomplishment and that the love you feel within your hearts for others continues to grow. And with those words, I will leave you this time. I say to you: know always I am close to you and I leave you bathed, as always, with my love.**

*General thanks*

*There was also this evening a child rescue. It was a sad case of dog-attack and some help was given to encourage the little one to move forward to the light and to those waiting.*

*George's notes re the book in preparation:  
Title: The Chronicles of Aerah.*

*Principal Author: Bonniol.*

*Co-author: George...*

*Commentaries by: Salumet.*

*Tagged: The Bonniol Texts – Intergalactic Conversations.*

*It is good to be reassured that Salumet is happy with the project so far. His comment that the topic will not be readily accepted by many, would be consistent with the fact that a number of mainstream publishers in the UK and US have been approached but they are just plain not interested. So it may be that it will just be available from ourselves and on the Internet ... and not the high-street bookshops.*

*Materialisation: Completion is currently being held back in anticipation that Bonniol and his team will be able to successfully materialise an Aeran object. An account of this and a photograph and possibly some analytical data would of course make a splendid note on which to conclude.*