

28TH January 2008

During our meeting of 21st January we received the welcome news that Salumet would return for this meeting and we are always grateful to those in spirit for keeping us informed.

Lilian: Good evening Salumet.

Good evening. I am happy to join with you again.

George: We, too, are all delighted I know, to have you back.

I thank you my dear friends for your love and your willingness to meet with us once again. I have been absent from you for just a short time—your time—but it is most welcome by me to have that breaking-off of connection in order that I might rejoin to that space in time from whence I come. It gives me the opportunity to speak and also to seek counsel about many, many subjects; and as I come to you this time, I want to say to you my dear friends that each one of you has indeed grown spiritually and I know I say this to you often, but it is true—even when you are not aware of that growth, it *has* happened. And for some it may be one of life's experiences that has helped you grow, for others it has been an awakening to things spiritual, but no matter what the cause has been, let me reassure you all how much you have grown.

Lilian: Thank you for telling us that. Probably we are not aware of it as much as you.

No, no. You cannot always see it for yourselves, but you have indeed grown much and for this I say to you 'well done'. And let us begin this, another of your earthly years on a positive note, that you may all remain positive throughout whatever comes before you, whether it be troublesome in nature or whether it is something that you feel is good for your life; let it all come and be positive, because when you refuse to entertain fear, then indeed you become stronger and life becomes less of that struggle, which I have to say, belongs to you all. This coming year I would wish my dear friends that you feel that each one of you are inter-connected with each other, not only yourselves, but all of mankind, not only on this earthly plane, but throughout all of creation; that you can *feel* that connection more strongly, because without the knowledge of inter-connection, you would be lost I have to say. Whether mankind realizes it or not, you cannot be one single entity. You understand what I say to you?

Lilian: Yes.

George: Yes, I'm sure we do and I love the way this time you spoke of returning to 'space and time' and this is something we all understand and accept so much better now.

Yes, it has taken a little *time* for you, but, as you know, that has always been my purpose: to serve you simply, to continue to reiterate those truths that stand before you, but which are not always seen to be *truth*. I would like you to feel part of every planet, part of all existence, to become aware of that 'integration of energy'. That is what we will try to achieve in this coming year. It will be taken slowly and each of you will again experience it in different ways, but you will experience that coming together, that union of energy, which I know you feel within this room, but not always when you are away from this room; it then becomes a little more difficult for you, I feel, but that will be our goal in this coming year. I do not intend to say too much this time, but I am comfortable here with you so I will take only a question or two before I leave you to ponder my words and to continue with whatever comes to you next.

George: Yes. Our dear colleague, Jim, is unable to be here this evening. He has asked that a question from him be put to you (**yes**). If I could just read that: It concerns what is known on this planet by many as 'salvation'. He explains: *it is a feature of the world's religions—the Saviour is of course Jesus who died on the cross. We are all saved from the dire consequences of our sins if we repent and ask for forgiveness and accept Jesus as our Saviour.* (I would say this is very much a Church belief.) *I understand that our sins include original sin, so no-one is excluded, but Salumet has taught us differently from this: we do not progress in this way, but billions of people are going to rethink on this important matter. In fact, it seems to me that the Church is offering salvation in the name of Jesus and no-one is excluded. If the story of Adam and Eve is myth and their sin in disobeying God is also, no doubt the authors of this had no clear ideas of reproduction and this was their explanation—the best they could do. I do not feel held by this any more than most, although one hears that there are groups in America which still have this belief. There are many*

side issues to this and all things could usefully be gathered up. The question would be non-specific, but Salumet's comments about it as a very fundamental issue would be invaluable.

I feel myself this is very much a Catholic Church item and the confessional is strong in the Catholic faith, where sins are confessed in the name of salvation. I'm sure Jim will be very grateful for any comments or discussion that you may have on that?

Yes. Our dear friend of whom you speak is of course still strongly attached to the belief systems that have been given to many of you and *hold you, jail you* to beliefs in order that many people have power over you. We have discussed on many occasions about religion and my views about them. You do not come to this life, and I quote his words, '*with original sin*'. How can an all-loving energy produce something which is so imperfect? It takes from the human being the right to live a life of love and hope and to be dependent upon others for their—again I quote, '*salvation*'. This cannot be. These words were purposefully used in order for mankind to be kept *down*. That power could be used to keep the masses under control. This you all know, but our dear friend Jim still struggles with all of these questions.

George: Yes, this may relate to close family and so many on the planet will be, I know, in this very situation. There will be many around who have the *old influence*, if I could call it that and I think those ...

And they have become their own jailers, because they cannot *release* these thoughts and they are negative thoughts. Whether they understand this or not, it is negative thinking to think that you come from a source which is all powerful and cruel—and it cannot be, it cannot be.

George: And of course in the days of the Roman Empire when the Church basis of this religion was founded, it was very important to the Empire to control millions of people.

Yes. And of course they took their information from all other sources of what you now term religions or beliefs. So, if only mankind with his intelligence now would use that knowledge to think for himself, to allow that spirit to come forward, he would realize that all is not as it should be. And I believe my dear friends I have told you that the world's religions are taking a back seat to what humankind is now beginning to know and to understand about himself and the source of good. You cannot be saved from any deed that you have committed. You cannot take on another person's—and again I will quote his words, '*sin*'. That is where your personal responsibility comes into play.

Lilian: In some case it's almost a comfort zone, isn't it, if they think someone can save them from their sins?

It is very easy, do you not think, that you can be absolved in one second of all that you have done in a lifetime? It does not make sense if you think about it logically. Why should what you call the '*evil*' people of your world—and I of course would dispute that use of the word, but for your understanding, why should they be absolved, while there are many, many good people? What is their reward? It then becomes an unfair equation. You understand?

George: Yes. I think one of Jim's deep concerns has been that so many millions of people are bound to the church in this way, by this forgiving of sins.

Yes. He cannot change or alter what is here; only each individual can change and that, as I have told you in the past, takes time, but it is coming. Many people who have been taught in this way, and it is not only Christianity, it is widespread throughout many of your so-called religions. I await the day when there is no title to what people feel. The love that encompasses them, that all people feel part of each other with the responsibility only for their own actions, not those of another, or for one to step forward to absolve them from their deeds.

George: Yes, there is so much thinking for so many to do in rising above the traditions (**yes**) of so many years.

It is deep-rooted, but it is happening—be assured it is happening. It needs one small light within a darkened room for that knowledge to spread as the candle flame does. Gradually and slowly the room begins to light, in the same way it takes one person to spread the word of truth, as each one of you my dear friends has done in your daily lives. I am sure each one of you could tell a tale of who you have helped just by the use of your words.

Lilian: Thank you Salumet.

I would say to our dear friend Jim, to continue to look but do not be influenced by the words or the actions by those close to him, because I say to him, he is on the correct pathway. He will be helped, helped in his understanding, helped to realize that he cannot change another's thoughts as much as he would so desire to do so. He must remain positive in the knowledge that that Creative Force is all-loving and protective.

George: Wonderful to have your words on what I feel is a big world issue.

Yes, it is. It is part of the scheme of change that is taking place on your Earth at this time.

Lilian: Yes. We can see and hear in discussions that—it's either on our televisions, on the media of some kind—discussions which are very interesting. You can see the change a little bit.

Yes, it is happening, but until mankind feels an inter-connection with each other there will always be disagreement or disharmony; but it is up to you who know the truth to steadily move forward. Be assured that what you know, not what you believe, but what you know to be *truth* is carried forward in love and in light. That is the way forward. Light that small candle in the darkness and watch it grow.

Now my dear friends, as I leave you, I give thanks to that Great Creative Force for joining us together here in the name of love, that we might for this very short time feel the energy of each other. Take the knowledge that is given and continue to grow spiritually on your own individual pathways and learn to share with others that knowledge. For this I give thanks to you all.

Lilian: Thank you. Would it be okay to ask about a lady who has shown a wish to come, Valerie Hallet? I just wondered if you felt she was okay. I really don't know this lady very much. She's reading the book that George has written.

Yes. If all are prepared to welcome her, I have no objections.

Lilian: Thank you.

George's Notes: Let us not forget that the deeper spirit that is Salumet's natural domain is both timeless and it is without space. And there are other beings of pure energy (formless beings of light) with whom he has counsel whilst away. On this occasion, and for the first time, he refers to his return to 'space in time'. Albert Einstein and modern scientists would more often use the term 'space-time'. Our world has been created in and occupies space-time, whilst the deeper spirit does not. At last, the terms of science are seen to move closer to the spiritual picture for a fuller understanding by those of us living in the 21st-century



A rare sight to greet the New Year – three albino squirrels checking on their provisions, seen in Purbrook

A HAPPY NEW YEAR TO EVERYONE

4TH February 2008

Before the session commenced, the group were discussing the early evolution of humans, possibly starting with animal species prior to ape-like form.

Good evening.

All: Good evening.

I am happy to join with you once again.

Sarah: It's nice to have you back, Salumet, thank you.

Lilian: We wondered if you had been listening in on our conversation just a short while ago.

I understand your conversation, not only here, but in your daily lives also. I wish to say to you my dear friends that it is heart-warming to listen and understand how you take all information given. You absorb that information, but it is right that you should at some time question knowledge; I have always imparted this to you. Therefore it makes me glad when there are discussions among yourselves, with various comments. I would just say this to you: I will wait until there are a few more of you present in order that we can discuss a little further about humankind.

Lilian: That would be nice.

You, of course, understand that the whole of this planet has evolved, but what we have not discussed is the reincarnation of humankind and the reason behind that reincarnation. It has an impact on what you were speaking about, so I will return to it for you and hopefully we can clarify any thoughts that you may have.

Lilian: Thank you.

Because you are few in number this time, I will take only questions and remain with you for a short time only and hopefully when we come together with more people, we can have a longer evening of information. Do you have any questions this time?

Paul: I've got one. I've always been interested in the story of Joan of Arc and how this farm girl was able to rise through and eventually lead the French armies in the 15th Century in France. Her rise to leadership was partly because of her visions and clairvoyance that convinced people that she was sent by God—those were the words at the time—to become a sort of saviour of France when she was at war against the English. I think it has fascinated me because—I wondered about how humans are usually influenced by spirit and I can't quite see—I think when they become military leaders, I wonder about it, whether they're misinterpreting their guidance or whether it is necessary sometimes to fight in combat situations, because otherwise some humans would dominate the world too much.

Yes, I understand your questions. Firstly, you have to understand that the person you speak of had already chosen her lifetime; it was not an easy life to live. No matter what time in the planet's existence, there are those souls who choose to come for more difficult lives; this is part of their own spiritual growth. That is the first point I wish to make to you. For the wars, the cruelty, the leadership, you have to remember that you live on a planet where learning is uppermost. You must remember that mankind creates wars, not spirit, but, as you say, sometimes it becomes necessary for humans to be involved in some form of what you would term 'wars', because mankind has created these things for himself. Therefore you have to have leaders or strong human beings, who can become involved in order for peace to reign. This may be confusing to many of you and I understand why that is so, but throughout your history, man has fought against his brothers, unnecessarily so. Every nation has been involved at some time or other in conflict with his neighbours. You wonder about the influence of spirit on the one person of whom we speak: she was indeed influenced from spirit to try to create a situation which was able to sustain a peaceful country, but in order to do so, she had to become involved. I would say to you, she was influenced correctly at that time in history (yes), in the same way as your leaders today in this world have to take decisions which are not basically their own true nature, but because they have become leaders, it is necessary to do so.

Paul: Yes I understand that.

You understand. It does not mean that they have to lose their own spirituality, but they have to do what is best for the *whole*. I know it is difficult, it is always difficulty to place into human words the workings of the spirit.

Paul: But I think that one, Joan of Arc, did go down in history. Well, she was later given various titles, a saint and ...

That was only because of the religions of the time. She was no more—I do so wish that these titles would be dropped from humankind. She chose her destiny, and although each one of you do so, there

are points in a life where you meander along that pathway, but that does not mean it is not your chosen path. You understand?

Paul: Yes.

Sarah: You get leaders like, for example, Mugabe who, many believe is not being a good leader, but we shouldn't criticize, it's not our place to criticize, but it seems hard—I mean maybe he's doing what he's doing for other people to learn, but that's quite a difficult one to swallow really.

Lilian: The good comes out of the bad.

You cannot have black without white; you cannot have that darkness and that lightness apart, because they both belong to the same energy. And it is how it is used, that is the important point, what the human being decides to do with that spiritual energy. And there is so much fear in this world that it creates more problems. That is why my dear friends I urge you always not to be fearful, because it is a negative emotion, and as humankind you are emotional beings.

Rod: I would imagine the fear now is increasing because of our advancement in media—televisions, paper—and it's repeated over and over and over each day. If you come across an old person, they look at the television and they get really upset by that day's news and the fear must be enhanced, and possibly it's not a very good thing then, from what you're saying; we're sort of making ourselves worse.

You cannot, not live in this world, because you are already here. What you have to realize is that *you* are responsible for the way that you react to every given situation—that is your spiritual responsibility. You may be surrounded by fear and evil, as you like to call it—I prefer to say misguidedness—but you have the ability my dear friends never to be fearful, because, after all, you will continue for all time, so what is there to be fearful of? Look to the wider picture. Always look to the spiritual aspect of all things.

Sarah: Yes, those were some good words, Salumet.

Rod: That was fantastic.

And if I may say to our dear friend who asked the original question, I would say: do not dwell on what has gone. Give your thoughts to what is to come, live in the now and do not question too much about what has already passed and in that way, you, as a spiritual being, will grow and grow. Give your thinking to those in need now. 'Now', that is the important word.

Paul: Thank you.

I hope it has helped you.

Paul: It has, thank you.

Sarah: Those words were very good.

Lilian: Yes, interesting.

Rod: I am always very, very—not puzzled, but whatever question is put to you, and we go back thousands of years, George comes up with somebody hundreds of years ago, Paul comes up—and you are able to go to that area, that person and you know the facts. It's like a computer! That amazes me.

Sarah: It's better than a computer, Rod!

Laughs

Yes. That is indeed new technology. I have to say, I am just a little older! Yes.

More laughs

Rod: You go back very quickly and come up with the answer very quickly.

Because truth does never, never change.

Lilian: Can you take another question?

I will take one more.

Lilian: I was wondering about, on this planet we have brains and we use our brains, and we have a mind which belongs to the spirit. On other planets, probably much more evolved than we are, would there be any species at all that would not need a brain, they would only need a mind, because they were very spiritual people, very knowledgeable on spiritual matters. Is there a planet like that?

If you had only the mind, you *would be* spirit. There would be no necessity for a form of some kind. So no, no matter what form, there is always a *form* of brain, not necessarily the same as humans on this planet, but all the same, there has to be something functional other than the spirit mind.

Lilian: Yes, obviously that's simple now *you* say it. We wouldn't be here if we ...

No, if everything was all spiritual, you would be in spirit. You understand?

Lilian: Yes, thank you.

Sarah: Bonniol (*from Planet Aerah*) told us about—on a planet they had something like mushrooms, (*the Mushroom people*) but they must also have some form of brain then.

Yes, it is an intelligence, perhaps a better word than brain; it is an intelligence that is used. But, yes, if you have form, there has to be some form of intelligence, but once that is discarded and you are pure mind, then of course, you are in the spirit realms. Has that helped you?

Lilian: Yes, yes, thank you. But going back to Paul's question, I wonder if Winston Churchill in a much more recent time, he was influenced from spirit on a peaceful level to help.

All leaders would be influenced to make the best decision, but of course, with freewill they can override what spiritual information is given to them. That is why our dear friend wondered why Joan, as she was called then, was receiving the correct information.

Lilian: Yes. It is just that I had read that this particular man had had his quiet times and I thought: 'yes'.

Yes he was influenced, but so are all leaders in your world. But because we try to influence, doesn't mean that those thoughts are accepted.

Sarah: Eileen, who you are using at the moment, she's just read a book where characters on the television are imparting information about universes and various such things, so they are also probably being influenced, and they're in an influential position where they can pass messages on as well.

Yes, the more aware, the more open, the more dedicated you become to the spiritual way of life, then you go beyond the realms of this Earth. Your own knowledge will take you further; that is part of spiritual awareness. It is open to each one of you my dear friends. So, accept or do not accept; that is entirely up to each one of you. If any information does not sit well with you, then disregard it for the time being. It does not mean it is right or wrong, it means only that you are not ready to accept that information, and you never will whilst upon this planet accept all that is available to you. You already know how diverse information can be and it is up to each individual, either as part of a group like this one or by themselves, to decide what they accept as *Truth*. I can come to you my dear friends with many words, but remember also, I have told you, if you cannot accept my words, do not be concerned, it will come to you when you are ready.

Sarah: I have to say that everything you've said, Salumet, I haven't need to query—it just seems right what you tell us.

Yes, because I waited until such time as each one of you was ready to open up to develop and to accept the words of truth.

Sarah: When you say 'each one of us', you mean each one of our spirits—you've waited many, many lifetimes then to bring us together?

Yes. You have all ... even now you are developing at your own pace. Everyone within this room now and the others who are not present, have your own individual development. It matters not what you feel physically, but it is what you are accepting as spirit; that is what shines through to the physical form—it is that spirit within that shines. Again we return to the word 'responsibility'. You are all responsible for your own thinking, your own actions and, of course, the acceptance of any truths given to you. So you see my dear friends, that as your awareness grows, so does the responsibility grow also. You cannot then deny what you know as truth.

Sarah: That is true because when you do something that you know hasn't been quite right ...

You know.

Sarah: You do definitely know.

Yes, and therefore the responsibility is much greater. Now my dear friends ...

Rod: Just butting in there a bit quickly, Salumet, it's no good asking for forgiveness, as you said, to somebody on Earth?

Do not ask for forgiveness.

Rod: You can't ask for forgiveness for that sin?

You are responsible for whatever action you do; you cannot be absolved just like that. There has to be cause and effect, that is the natural law and that cannot be changed.

Sarah: You did say, at least if you recognize what you've done wrong, you are half way there.

Yes, that recognition is the beginning of understanding. Yes, of course. There is so much, is there not, my dear friends to think about? When you feel you know a little, you suddenly realize you know very little.

Sarah: Yes, that is true.

Yes.

Rod: As George says, the more you know, the more you know you *don't* know.

Yes, yes, it is true.

Lilian: Thank you once again.

Sarah: It's been very useful.

But we will discuss why evolution takes place in the way that it does and hopefully it will be clearer for all of you.

Lilian: Yes, we look forward to that.

General thanks

George's Notes:

Joan of Arc, Maid of Orléans (1412-1431), broke with French troops, the siege of Orléans and drove the English from the Loire towns and remarkably turning the tide on the war with the English. She was said to hear heavenly voices urging her to save France. She was finally captured and burned at the stake on the trumped up charge of witchcraft and heresy.

12TH February 2008

It should be mentioned that during the discussion about human evolution prior to last week's meeting, the subject of reincarnation was also included.

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As we join together this time I feel your energies. I thank you for your welcome and say to you that each time I come I feel that love bond strengthen; for this I thank you.

George: We are very pleased that that is so, all of us.

I am pleased to see that there are more of us this time.

Lilian: Yes, that's right.

Yes. We spoke last time of evolution and we had some questions from our dear gentleman friend (*Paul*) and I did say that we would discuss it when there were a few more present; I think this may well be an opportune time. As you know and I have said to you, the essence of your life, not only human life, but all life, is to *evolve*. This I know you all easily accept. We also know that there are many diverse opinions about this subject, not only from our world, but amongst your own scientists and we have discussed it previously, have we not?

Affirmations

Yes. Our dear friend asked the question about the evolution of mankind, is that not so?

Affirmations

Yes.

George: Yes, indeed. I think we're fairly clear on the biological evolution going back as far as what we term 'apes' walking on two legs and their ape-like predecessors that walked on four, but I think we have no knowledge beyond that. Please correct me if I'm wrong in this.

Yes. We will talk a little further, but firstly let me say this to you my dear friends, that ever since time when spirit communication has taken place—and that has taken place since the arrival of humankind who had understanding—when that point of evolution had been reached, then we in spirit were able to

communicate much more easily. You know my dear friends that there exists not only this planet, but many, many planets throughout many, many universes. We also discussed that that life form on many other planets is not the same as this one. Within this galaxy, this Earth planet is a place of learning and evolving. All of existence belongs to the same essence, whether you belong to the category of human or animal or angelic existence—and there are many more—no matter which one you belong to, originally we all stem from that same essence. This I know you fully understand, do you not?

Lilian: Yes.

If you do not, please let us discuss it now.

George: Yes I think we all understand the essence, but we probably don't understand the fuller nature, should I say, of that essence or perhaps how the essence relates to what I might call the 'Mind of God'—the 'Creative Principle'.

The Creative Principle, that is much better. Yes, all of creation is part of that greater, shall we say 'mind', just to help you in your understanding. On every planet which comes to your focus, there has to be a beginning and we begin at the very basis of existence, and this your scientists are now beginning to realize, that even the tiniest of existence has intelligence. It is this intelligence within all kingdoms which unites us. I have told you that the angelic kingdom, especially the higher realms of angelic beings, have never walked upon this earthly plane, nor any other planet, because they are belonging to a different branch of energy. Let us speak of 'branches of energy' to keep it simple for you. Humankind has indeed evolved, but what you do not understand is that that strain of evolution belongs to those who have intelligent understanding. The question asked by you last time my dear friend was: 'Can we evolve into other animals—do animals evolve to human beings?'

Paul: Yes.

Yes, that was your question.

Paul: That's right, yes.

Yes. There are many different avenues of evolution and you cannot change from one to the other, and much has been spoken within your world that from the tiniest, tiniest life, man has been created. That is not entirely true, because there are evolutionary *trails* of life which do not intermingle. I have spoken of this before.

Paul: Yes.

Yes. Do you have a question at this point?

Paul: Just to clarify then. There is a completely separate evolution for the animal kingdoms.

Yes. The elemental kingdoms, the animal kingdoms, the human kingdoms, although we do belong to the one essence and that cannot alter; there has to be that trail of evolution separately, for these things to take place.

Sarah: So that includes apes and monkeys as well?

They follow the line towards human evolution, but they would not intermingle with the elementals—the sylphs, or the elemental kingdom, although much has been spoken that this is so. You have to go from the beginning and this is what others do not understand, because they do not have that knowledge.

Paul: I wondered about native American-Indian beliefs about 'power animals' and I wondered because people have particular animals that seem to give them strength at times at times (**yes**), whether that was due to a past life as that animal?

I think you have to remember my dear friend that you have the power to *transmute* energy and that may be one explanation for why the connection—and do not forget that that race of people lived closely with the animal kingdom, therefore the blending of energy of spirit would be such a strong one.

Lilian: I remember Bonniol telling us that they had evolved from two species, so it would be a blending of the energies?

They would have evolved because they had chosen to evolve in that way. This is what you do not fully understand. When we have spoken of evolution, all that you know is what your earthly scientist have discovered or *feel* they know. They do not know of the spirit within. You understand?

Paul: I think, yes...

But remember energy can be transmuted into anything that you desire. So therefore, those from our world, if they wish to come to you in some evidential way, can transmute their energy into being a butterfly, a cat, an animal of any kind, but it is a *transient* energy. Do you begin to understand? But the line of evolution for the human being is one that is slightly different, but it would belong to the line of the great apes and that line of animal. You understand?

Jan: Why spiritually did man, evolving from those great apes, why did he spiritually almost 'branch off' into a human away from an ape spirit?

It is called the evolution of the mind of spirit, the understanding and intelligence of the spirit.

Jan: If somebody could write a book on it, where did we consciously decide, that because the way we were evolving, our intelligence ...

Because, to exist upon this planet, you had to evolve to exist.

Jan: But we left our cousins as they were...

Because they have not evolved enough. Those who remain in that state, in the same way as you have children within your schools, if they do not learn, they remain in one class while another will grow and have more knowledge.

Jan: I perfectly understand that on a physical level and how would we have evolved from apes...

But you cannot separate physical from spiritual. You cannot have that separateness, because they go hand-in-hand.

Jan: So, basically really, the apes being our ancestors were more than happy to stay as they were and how should be...

Some, not all, otherwise there would be no evolution. Energy is ever-moving, ever-growing, but these decisions you have to remember are made from spirit.

George: I would imagine that an important part of the biological evolution would be the development of brain (**yes**) and the capability of its transmitter mode.

Yes. You can speak of physical improvements all that you like.

Jan: But I'm trying to get to the *spiritual* side of things.

Yes, it is the spirit that decides.

Jan: So the spirit world decided that some of the apes would split off and evolve in the way we have. So the spirit decided.

The spirit decides.

Jan: Right, I understand perfectly now. Thank you.

Yes. Always the problem is that you see things on a physical level and it is very difficult to try to put into physical words natural laws. That is always our problem to make things simplified for you.

Sarah: So, Salumet, going back to the apes, if an ape spirit at some stage now, decided it wanted to grow, would it the next time come back—it couldn't just suddenly come back as a human being, or could it?

No. It would be ... it would go back to that animal soul, which then realizes how much it has grown. It is only when there is love-bonds with humans that animals have that interaction and then the spirit within goes forward. It is not really a conscious decision as you would know it, it is a natural evolution.

Lilian: It seems to me that if we watch the wild animals, they are not so different to what we are.

There will always be leaders and followers and the leaders of the animal kingdom are the ones who are moving forward. This does not take place in an instant, this happens gradually over time.

Lilian: Really they are as intelligent as we are, only in a different way.

Jan: Their intelligence is their instinct (**yes**). Their instinct is what they survive on (**yes**). We've come away from instinct—we've lost that. Well, we haven't lost it but we have just sought out our intelligence as our driving force as opposed to our instincts and the instinct is what keeps the animal kingdom, I believe, as a whole consciousness in their spirit world. They live in the moment, they don't live in the past or the future, they live in the moment (**yes**) and that's the difference.

Humankind has become very analytical much to their own detriment.

Jan: Yes.

Yes, that natural instinct, that instinct to survive. That is why so often you hear: the strongest will survive, in the animal kingdom.

Jan: It's a law of survival that is so balanced (**yes**) that, I believe as humans, we've completely lost that balance and we're striving for it, as is this group, to feel that you are in balance once again. But animal kingdom feel that all the time. They don't judge when a lion is attacking a buffalo and he is being eaten alive, he doesn't judge that lion, he's just ...

And that is the law of all existence (yes). Yes. That is what I would wish you to dwell upon, to go a little more deeply into what existence is about.

Rod: Could I just say that we do get some beautiful pictures on the television and some of them have been looking into an ape's face and looking into their eyes and there seems to be a very deep thought pattern going on behind those eyes.

Jan: You can see into his soul.

Rod: Yes and I often think there's something there they can't give and we can't see. I would love—I don't suppose you can say if there is some inner depth there?

Of course. There is intelligence, there is spiritual intelligence, but they cannot express in the same way as you of humankind, because once man has developed speech, a lot of the instincts they have are lost.

Sarah: And of course the other difference between us—you've always said to us it's wrong to kill, it's wrong to kill anything and yet the animal kingdom, they wouldn't survive a lot of them if they didn't kill, so that's a little...

Jan: But they very rarely kill their own kind. Sometimes apes do...

Sarah: Some animals do, don't they, if it's a rival's litter they'll kill those.

Paul: They're also capable of altruism as well, protecting other animals, not just their own.

Sarah: That's true, too.

Yes. You cannot judge another species, because you do not understand the thinking or the instincts behind it. In the same way you cannot judge another human being, because you do not have that wider picture. You therefore cannot judge the animal kingdom.

Sarah: The animals that have been domesticated—cats and dogs—is that their way of growing as well?

Yes, yes, that love-bond is not broken, but after a while they also return to the pool of animal energy. It is a difficult subject for you to understand on a deep level.

Lilian: Will we be able to understand it more when we go back to spirit?

If you so desire.

Lilian: Yes. That's good.

Paul: I think we've touched on it that nature spirits are on the same evolutionary path as the angelic realm.

Yes. They can evolve into the angelic kingdoms; that is part of *their* evolution.

Paul: So what would be the pathway for our cats and dogs then? Where are they going?

They will always belong to animal kingdom, but they have the ability to interact with humankind—to feel that connection with humankind, to help humankind; and they will remain because of that affection and love-bond for some time to come, but then they also will return to the energy of the animal kingdom, to then go forward on another pathway. Is that helpful to you?

Paul: Yes. Thank you.

Rod: Could I just ask one little thing: in the world today we've got people who are facially quite different—Japanese, Chinese, Mongolians, Europeans as we know them—different facial features. Does this mean to say they originated from a different kind of ape in the past?

Yes, it has to evolve from somewhere. Yes, yes, that is a simple answer.

George: I think in the beginning, Salumet, you mentioned the intelligence of the individual cell.

Yes—memory and intelligence also. Remember, too, that cells have memory.

George: Yes. So I imagine there's a general influence from spirit regarding cells apart from the more specific and understandable influence via brain. Are there two forms of influence from spirit, or does the cell intelligence not have a particular connection?

All intelligence stems from spirit so of course spirit has an influence.

George: Yes. So there would be this general influence concerning all structures as well as the particular influence through our wonderful brains.

Yes, and of course the brain is the physical aspect, but yes, intelligence comes from spirit, is influenced by spirit, but the human brain plays its part of course. One without the other would leave you non-human. You understand?

George: Yes. It's ...

All organisms have intelligence. It may not be the intelligence that you understand as human beings, but there *is* intelligence.

Jan: Some organisms, if I'm right, have a collective intelligence as opposed to individual intelligences.

Yes, you are correct.

Jan: So their collective intelligences work purely on instinctive intelligence (**yes**). *Turning to Rod* - We discussed, do you remember a couple of weeks ago, the three of us discussed just that, after the meeting.

Rod: The small insects.

Jan: Yes. And if I can ask another question please? If I can make it sort of joined as it's the only way really I can get my point across. When spirit decided, for want of a better word, that we were going to 'branch off', if I can use that term, from the apes and our brains were going to evolve, from spirit's point of view, how did man do? When spirit looks down and says, 'Well, we have set him off on his way, he came out of the trees, he learned how to light fires, hunt, everything that we've actually done over millions of years—when spirit looks down, how do they view how man has done?

I understand your question my dear friend. I understand what you are trying to say, but to make a comment would be *very judgemental*—that we do not do. Mankind comes to this planet, to learn, to grow and, because of freewill, to make many, many mistakes. The most intelligent being upon this planet does not make him superior. Therefore, to make judgement is wrong; I have told you this on many, many occasions. So what we would do from spirit is try to encourage right thought in order that that mind can evolve in the correct way, but we do not make judgements as you would suppose. You understand?

Jan: I do, I do and maybe it was a pretty naive question.

Not at all.

Rod: You were looking for a progress report.

Jan: I was looking for a progress report, yes (**yes**), because, you know, we know ourselves that we've been pretty—we have made mistakes.

And is that not good that the human mind can make those judgements for himself?

Jan: Yes.

Yes, so would you not say that that is a step in the right direction?

Jan: Yes.

Yes, thank you.

Rod: And I suppose if you look at when we came out of those trees and now we're flying out into space and we're sending stuff right out with satellites going around the Earth and what have you. In that way there's been some wonderful progress. They're very clever people and with input from spirit, obviously—that's where it mostly comes from, I guess.

Paul: But we're still in our infancy.

But we're not impressed by clever people.

Lots of laughter

We wish people to look inwardly to recognize what they are, not how clever their brain is. The brain is just part of the uniform, it is not the spirit.

Rod: That brings us back down to size, doesn't it?

George: Returning to the cell intelligence (**yes**), perhaps the science of kinesiology is a demonstration of collective cell intelligence.

Yes, I would say you are correct. What your scientists do not know about the workings of the cell, is just how intelligent the cells are. There is much more to be discovered.

George: Yes, wonderful. And I think I would be right in saying that the principle of kinesiology is not generally and widely accepted on this planet!

Not yet, but we are hoping to make improvements in all manner of things. These things are not new in your world—they have been lost, but they are things that mankind has already used, has had the knowledge of for some length of time, but to you humankind now, it all seems like something new. We are trying to move you slowly backwards, not to the animal state, because with intelligence you can use it properly for good.

Jan: You are now trying to open our spirit channels. I know what you mean by not going backwards, but in a way we've got to step one step back and look within again, which everybody has stopped actually doing until the last sort of ten years, in my opinion, and now it's widely spoken about and as we've mentioned before. So, yes we all need to step one step back into ourselves.

Paul: And sort of to the land as well.

Jan: Absolutely and feel that ...

Paul: ...not so much concrete.

Jan: ... and feel part of ...

Rod: Like the Indians.

But before you can be part of anything else, you *have to go inwards*, you *have to know yourselves*, you *have to be content with that knowledge*, before then you can integrate with the rest of what you call nature or the animal kingdom or another human being. Until you have the *knowledge* of what and who you are, all of these other things are surplus to your requirements.

Jan: We have to know our own attributes first before we can know somebody else's.

Yes, and then you become that very essence of energy, which you will then shine and show to all that is around you; then you truly begin to show that you are spirit first and foremost.

Sarah: And for those who are ill, if they were to go more inwards, they could perhaps see why they're ill? **Yes, of course. Again it is that the human brain almost interferes with what can take place, because the human consciousness is always looking for a negative to the positive. Again we speak of light and darkness and although they cannot be separated, they can at least be recognized.**

Sarah: So that's why spiritual healing works so well, because it goes straight to the spirit, which is where we should be trying to get to ourselves.

When the spirit is touched, then healing can take place, yes. Now I will ask our dear gentleman friend if what I have told him this time satisfies his questioning.

Paul: Yes, I understand much more about the animals now and human evolution. Thank you. Could I just squeeze in one more? **(yes)** It seems like the dolphins and maybe whales seem to be—I wondered if they are a slightly different case to the other animals, because 'dolphins' it's said have got even more developed brains than us. So are they perhaps...

But they belong also to a different line of evolution.

Paul: Right, so they've got a different one again to other four legged animals, for example.

Yes.

Jan: They are an older knowledge—they've been here far longer. Their evolutionary line is so much older than a lot of land mass animals.

Yes.

Sarah: When you say that the animals, when they progress and when they go back into the pool they can go forward. As long as that animal is of a particular line, will they reincarnate at all and if their spirit were to come back again, would they always come back as the same animal?

This is where we have many contradictions in your world and those who come and tell you of these things can only express and explain to you their own knowledge of such things. And this is a deep subject because we are going back to the very essence of all being. We are speaking here of creatures who come to this planet for a learning experience, no matter whether they are humankind, of the aquatic milieu, whether they are angelic beings, no matter what, they are here to *grow*. But whatever growth is made is never lost. What I can say to you is that once you have travelled the road of evolution, you will then want to continue along that road. Does that make sense to you?

Affirmations

You would not evolve into humankind and then wish to return as a wasp.

Laughter

Sarah: That's actually why I asked about the animals, because I wondered if say, a wasp, then wanted to come back as something with perhaps more intelligence or had evolved a little bit further.

But it would be within that animal kingdom.

Jan: It has no experience of any other thing ever, ever. It has not experienced anything other than a wasp.

Sarah: So it would come back as a wasp?

Jan: Yes.

Sarah: Always come back as a wasp?

Jan: Yes.

And then evolve from there.

Sarah: But evolve into what?

Jan: King wasp, queen wasp!

Lilian: Evolve back in spirit.

No.

Jan: It wouldn't need to evolve.

Yes. This is where confusion begins, because as humankind, that brain is thinking, 'it must want to do this, it must want to do that, it must evolve to this, that or the other'.

Jan: It doesn't need to.

It does not need to.

Paul: It's perfect.

Sarah: Ah, yes, okay. I just wondered when you said that it will continue to evolve, I wondered ...

It can evolve in spirit. It will return to the pool of energy from whence it came.

Sarah: Yes.

You understand?

Sarah: Yes. So, once it had become the 'king' wasp, if you like ...

Jan: No, that was just ...

Sarah: Yes, I know, but then it wouldn't need to come back again?

I feel you are trying to make too much of the evolution of these creatures. I think you need to rather travel along the evolution of your own kind for understanding.

Sarah: Right.

Jan: Because the wasp belongs to that one consciousness again, the wasp, he's not an individual, he doesn't need to experience life again; he experiences whatever he needs to experience in spirit once he's gone as part of one essence, one whole. He doesn't need to return here again.

Sarah: I can understand that.

Jan: Salumet explained to me once when I asked him the question, that our domestic animals *do*, because of the love-bond that they have with us. They can return again. They have come onto a different path almost than that one consciousness, because they're individuals and they do have individual brains, personalities—because my two dogs have come back to me the second time. They're totally different breeds, they're different genders, but they've come back to me again, because that love cannot be separated. But the wasp doesn't need to have that love with us as individuals, because they're part of that one consciousness.

And remember that love is energy; please do not forget love is energy, it is the strongest form of energy in this world.

George: Could I just go back to dolphins? They seem to express joy and love and they have a healing property. People who swim with dolphins are often healed in some way (**yes**). I wonder if that healing ...

Because they exude the energy of love—it is simple and again, as human beings you try to complicate all of these conditions. These animals—dolphins or no matter what, who interact with humans, only want to interact in *love*, and when that takes place, there *is* great healing.

George: I can easily accept that because they seem to *exude* love.

Yes, that is their *purpose* on this planet. Everything has a place, everything has a time. You cannot change the laws of existence.

Rod: I said, I think last year or the year before, there are children being born now who are being given more spiritual knowledge.

They are not given, they have *earned* it.

Jan: They're being impressed.

Yes. They are beings with that knowledge. They are not given it, they have earned it.

Rod: But they will probably make things open more.

They have the opportunity but again with freewill, you can never be sure. But you are here to experience joy, you are here to grow, you are here to be *Spirit*, but as always with freewill and this intelligence that you are all so keen to speak of, there are many, many mistakes.

Jan: I feel I should apologize tonight Salumet, for jumping in, but I...

No, do not apologize, my dear friend. I am always happy when you question anything, because then the opportunity is given to you all to *think for yourselves, to feel for yourselves*, to either accept or not, what is given to you.

Jan: When I'm talking to you in this way, the feelings that I have and the clarity that I feel, that's my spirit coming forward, isn't it?

Yes.

And that's when I can approach the subject and—well, it is clarity.

Yes and that is good for you.

Sarah: Going back to these animals and the love-bond, I was just thinking that my daughter is not well at the moment and neither are her guinea pigs and they are very attached to each other, all three of them and ...

Because they are feeding from her energy.

Sarah: So they are becoming ill because she is unwell?

Yes.

Sarah: And if she were to get better, would the guinea pigs get better?

They should do if she gives out the right energy. You cannot have a love-bond with an animal or another human being and not have some response.

Sarah: Right, thank you for that.

Rod: I notice when you come through, and I never get it normally, but when you come through I get a strong love feeling that I've never had before into that corner (*where Eileen sits*)—incredible, it's a lovely feeling.

I thank you my dear friend. I hope that each one of you, when you leave this room, feels the connection between all of you.

Lilian: Yes, I'm sure we all do.

And I do try to bring to you some love, some understanding from our world, in order that you may go forward and feel that you have gained something from these meetings.

Jan: It has certainly enriched all our lives beyond expression.

George: We certainly do gain from these meetings—yes, wonderful.

Sarah: It always feels very comfortable in here when you are with us, Salumet. Well, when you're *not* here, this room always feels very good, but especially when you come through, it always feels *very* good.

Thank you my friend, it is good. And I know when I join with you, even sometimes when some of you are feeling a little low within your human shells, that that spirit is soon lifted, that all of you unite to make the brightest light, and for this I *will* be always grateful to you.

Sarah: Thank you very much.

Paul: Thank you.

And now, my dear friends, as I take my leave from you, let us give thanks to that *Great Force* that we know of as God but is *Love*, that is all things and say, until we come together again, we say thank you.

Lilian: A big thank you.

George: Yes, wonderful.

Paul: Yes—lots to ponder.

Sarah: You wish the whole world could sit in on these meetings, don't you?

George's Notes:

1. Creative Principle: Creative Principle, Creative Force, God ... there are many names / titles in our literature. We know that Salumet's preference is for Creative Principle or Force. I feel a point is that Creative Principle or Creative Force are expressions that link to the entire creation of its Creator, and is understood throughout all the cosmos. 'God' is much revered here on this particular planet and derives from Earth's antiquity, and continues of course to be recognised by all. Salumet is not of this Earth, nor even pertaining to this one galaxy. That he looks to the whole of existence (not just this one minute corner) and to the Creative Principle that made and loves all, is understandable indeed!

2. Single cell intelligence: Exactly as Salumet says, the intelligence is a modern finding (re-discovery) and kinesiology utilises that intelligence to find out about illness, diet etc through muscle response (body interrogation bypassing brain).

3. Transmuting energy: It is quite well documented that angels (and elementals) can present themselves in any form to suite the situation. The implication is (and again there are accounts) that sufficiently developed humans can also do this. As stated, it is transient, not a part of any evolution.

18TH February 2008

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

Please forgive the slight delay this time as there are others who wish to look upon this meeting. I am always happy to include those from our world who wish to learn for themselves what takes place at these meetings.

Lilian: That's interesting.

George: It's so nice that we can all gather from above and below, as it were, on these occasions.

Yes. Sometimes it depends upon your light, your energy, whether we can allow this to take place; but, as you know, there is always around each one of you your own helpers and they will always stand close to you, no matter what degree of energy you are giving out. But it is what we call the 'onlookers', where extra energy and love is needed. Your energies here this time, your light of love, is most strong and it gives us all the opportunity to say 'thank you' for this, because of course, I say again, without your love, your energies, your devotion, these meetings could not take place. I felt that last time has brought to each one of you a little more to think about, to think about your own space, your own time, and what is happening within that time.

George: It is a great encouragement for us to think more widely and not only about the biological side of things, but the most important influence that comes to us from spirit in relation to evolution.

Yes. Although all of these things are interesting for you, they, of course, are not the essential parts of the teaching. All of your questions, all of my answers, hopefully brings you to the realization that there is more to life than most people can see, but my dear friends, we have reached a point where, no matter what I say to you, the important thing is that each one of you takes that knowledge and 'lives' that knowledge, because in the expression of that knowledge and love, *that is how you grow*. I could say to you a thousand of your words, but if you do not take those words and utilize them for good, what is the purpose? You understand? (*Affirmations*) Therefore it is essential my dear friends that we give some time to going within each individual and to realize who and what you are, to never forget what the essence of life is about—and that is love, the expression of love in your daily lives, not the emotional love that you all are so fond of, but the *spiritual love* which comes from within. I have shown you *mind connection* that comes far from your earthly world. You have communications where we have told you a little of life in our world. I have declared to you *truths* for this world and also denials of words which have been spoken. All of these things are indeed good for your growth, but there comes a time when we have to have fewer words and more action. You understand what I am saying to you?

Lilian: Yes, exuding love a little more, we do—each one maybe?

You have to now live lives as spiritual beings; you have to put to one side the human side and show and live *Spirit*. I therefore say to you my dear friends that I will continue to remind you often of the truths I have given, but I may not always be with you quite so often, but that does not mean that I am not aware of you. But we wish now, for you to develop your own spirits. You have reached a stage where you have gone through learning, finding knowledge of spirit, learning of truths of spirit, but you have to know yourselves, it is important. It is important for the work to go forward and that, my dear friends I must give all of you some credit for, because each one of you works so well in extending that truth which I have brought to you. I believe I have said on many occasions, *there is no new truth*—it has always been with you—and now it is your responsibility to utilize those truths, to help others when appropriate, never to judge, and to feel, FEEL with the spirit within, and that is different from feeling with the emotions. *You have to take control of those emotions* and that I would say to our dear gentleman friend (*Rod*) who is new or newer to our group than others that he still finds that part most difficult, because he is an emotional human being, as you all are, but to allow the spirit to come forth, you must take command of that emotional being. Have you any questions about that?

Rod: That's a tough statement. Are you talking to me, Salumet, in that case? (**yes**) Yes, I'm an emotional person and they do overwhelm me a bit (**yes**) but to say—I don't know if I could contain them, I've got to I suppose. I was trying to take in your other things, to conquer fear (**yes**), to push out love. Now I often wonder whether I push out the right love. I lie in bed and push out this love to the universe as you tell me to.

Yes. But it is emotional. It is coming from the emotional being rather than that pure love, without becoming involved. There is a difference, but it comes in time. I *feel* that you could take examples from our dear friends within the room.

Rod: Yes, you're right there.

We all have emotions here, but to a certain extent they are contained.

Rod: Yes, I realize this when you do the rescues—and I realize that. They overwhelm me, but I must try and ...

George: There is a sadness in the room this evening. Our dear friend, Jim, who is now in spirit (**yes**). We know that he is in the light...

Although he was seeking, all of you have helped him; by being here with you it helped to secure some knowledge of what lay ahead, although he was a little reluctant spiritually to leave that old body behind, but of course he accepted it as you know. But he will be helped.

Rod: He's probably asked a thousand questions since he's been up there, I expect.

He has had to rest for a while. Yes, he will no doubt want the answers to many things, but I know he would wish to thank you all.

George: We know he was physically very weak, so yes, I imagine it would take a little time (**yes**) to recover from it.

Yes, just a short time, but it helps when you have some knowledge of where you are going home to.

Lilian: I think it's quite tough on his wife at the moment.

Yes, we never cease to be amazed by humankind and how distressed they become when their loved ones are being reborn. If only you could see the tears shed here when spirit decides to come into another physical body—there are tears shed then. What you call birth is to the spirit darkness for a while until they realize that it is for their own growth that it is happening.

Sarah: You mean the one who's being born sheds tears or the ones left behind?

Sometimes and those who are close to them, but not tears as you would understand tears but a *heaviness*.

Sarah: Parting for a while...

Yes, until they return home and then there is much joy. It is only you humans who are left that feel this deep loss and this pain when you should be rejoicing for those loved ones.

Sarah: We're lucky that we have the knowledge now; it makes it much easier for us.

Yes. Yes, you must always bring it to the fore of your thinking, it will help. But because of your conditioning, your many years of seeing 'death', as you call it, it has led to this deep sorrow within each one of you when in fact the union which takes place in coming home to our world is something to behold.

Rod: I suppose way, way back in our lives, well in my life anyway, when you were in your teens and early twenties and somebody was killed, it was a blackness that we just didn't understand, it was the end **(yes)**. So there were certain factors and that takes a long while to shun that.

Because it is the lack of knowledge—it is the fear of not knowing and I have spoken too many times about fear (yes). Yes. You only have love or fear and why not live your earthly time in love and leave those fearful thoughts behind.

Sarah: I must say that my daughter has had a long time of being ill—she was depressed and she has got through that and now she's just been ill again, not with depression but just physically ill, but she said, *'Mum, you know, I think I've had this illness to make me think and go within.'* So your teachings have helped her enormously.

Those are wise words and the recognition from within will help her.

Sarah: Good, thank you.

Now my dear friends, have you any questions this time?

George: I would just like to say something about your words to us on evolution last time, Salumet. There are so many in our world who feel that the scientific material side of evolution explains all, but it's very good for us to have this information, this much wider information, because there are many who read the transcripts and I feel it is important that we put that fuller picture to others.

Yes. Of course I have told you in previous time that all of these people are being influenced for the right information, but it takes much time. And of course the information which can be given to you is very limited because you are one small part of the whole and your understanding is not great enough to accept what lies beyond the tip of the iceberg, and that is where we are, at the very tip. To know what lies beneath will take many eons of your time before full understanding could be complete. That is why it has to remain simple in order that understanding is acceptable. Because you see my dear friend, everyone is at a different stage of development and understanding, so you can therefore understand the problem in teaching. It is like taking a school of people of different standards and ages and trying to teach them all one thing; it would not work, you agree? (Yes.) And this is what is happening now when we try to give of the truth. There will be those who never understand in this lifetime, there are those who might pick up a glimmer of hope, there are those who will accept the information readily and make use of it and there will be those who always just question and procrastinate forever. You understand? (Yes.) That is why I have always tried to keep these teachings simple for you, in order that *all* kinds of people will take something from it for their own growth.

George: Yes, I'm sure you have given us a sufficiency Salumet, if I could put it like that.

Yes, thank you, thank you.

George: We spoke of the physical brain last time and its connection to mind **(yes)** and there is also the facility to translate thought into language **(yes)**. Wonderful! But I just wanted to say that we also appreciate that the development of the brain had to have its connection to spirit in the first place.

Without the connection to spirit, there is no brain!

George: Yes, so, although we speak of that physical thing, all comes from spirit really.

Spirit is the spark of all life; it is as simple as that. We spoke last time about intelligence in all things—and that is the element which has grown in humankind—and of course, that also includes the brain. But it is most interesting, do you not agree, to see how much more a brain can be developed if it is utilized properly and also how confused it can become in giving out of information. I, of course, am simplifying those things, but it is true and that is to do with the evolution of man as he has come through many stages of his evolution. But that brain from the very beginning has had all the essentials of truth, because of the connection to mind. You understand?

George: Yes.

Do not forget that. Although we speak of developing brains, it is only that the brain has not fully activated.

George: Yes. It is our connection to soul (**yes**) and to all-knowledge ...

All knowledge is already there.

George: And we appreciate the brain has much spare capacity which has not quite fallen into place yet.

Yes, but it is a wonderful piece of equipment for human form, do you not agree?

George: Yes! In a sense, as far as *this* civilization is concerned, there is much forward planning there and much spare capacity which will doubtless come into use at a later stage (**yes**). Is that a true statement?

But as I said to you last time, we are not impressed by intelligent people.

George: Perhaps I talk too much!

No, you seek. You are a seeker, and for that we would always help you, but what is more important is that you go within and *seek* that knowledge from within. You understand?

George: Yes, indeed.

Jan: As human beings we're five-sensory but when we become spiritual beings we have six senses and it's that sixth sense, as it's commonly known, that I feel that we're here to develop.

Is it not interesting that man limits senses to six? You will be surprised.

Jan: How many more there are...

Yes.

Jan: I would class the spirit at the moment, because I am five-sensory, but I'd like to think that my spiritual side is my sixth sense (**yes**), but if I can develop many senses, then ...

Your sixth sense, as you call it, could enable you to expand throughout the universe. There would be no limitations, shall we say, whereas what you call *human senses of the brain* are very limiting, as you now know it.

Jan: Yes, they are limiting (**yes**).

Rod: We can only get this by meditation I think. Is that right?

That is what mankind now needs to do, to go within. For some it is simple; they have come into this world with their senses intact. They are your mediums of the world who have known from quite far back that they have been given, or so they think, some gift when in fact it is a natural happening that you all have.

Rod: So for a person like me who has great difficulty in doing this, the only way is to persevere, I guess—there's no easy way out.

You have to give of time. You have to go within if you are to become in touch with that knowledge and truth. You cannot do it by saying 'I am a spiritual being and I will do this'—it does not happen. You have to now, and I will use your earthly words, you have to *earn* that knowledge once again, because it has been forgotten.

Jan: So when you mentioned to us, Salumet, and suggested that you will be stepping back from us a little more at these meetings (**yes**) that is for us to develop precisely that.

Yes, it is important that we take you forward.

Jan: That's fine, thank you. Jokingly, we all have the equipment. We all now need to...

Use it.

Jan: ...'spark' it.

Yes.

Sarah: I know you say we mustn't have emotions, but I have to say the thought that you're not going to come regularly makes me quite sad.

Jan: I think we all felt that sort of jolt.

It only means it will not be most weeks as it is now, but there will be many opportunities, I assure you, but it's important that the times I do not come that you really sit and let the others come to you and help you to grow.

Jan: I can understand, Salumet, why you feel that we're at the right junction in time to do this, because it's very comfortable for us to sit here and listen to your words, but I feel that we need to do more as a group (**yes**) to blend that energy and to take that forward.

Yes, you have to experience other things for yourselves and although it gives me great pleasure, it makes this heart full. I have to be responsible in all of my actions. It is comfortable too, because my love for you all is so great.

Rod: So you won't mind if we shed a few tears!

Jan: We won't shed any tears.

Some chuckling and muttering

Jan: It's joyful to know that Salumet is still with us and watching over us all.

I would like you to take those words as a great respect for you all my dear friends, because I know that you can achieve much. I know you are already spreading the word and, as I have said, there comes a point in your realization that you have to go deeper and I will of course try to help each one of you.

General thanks

Sarah: And, Salumet, will it give you a chance to go back to where you belong more often now?

Of course.

Sarah: Yes, good.

I do not remain here, but I will be aware and of course, will be able to continue with my own growth, if you like, because it is never-ending and there is much that I can achieve.

Sarah: And do you feel you have grown since you've been with us?

I have seen over the last few times of leaving you that we have been treading the right pathway and that of course—I almost said brings me 'joy', but that is an earthly word—but of course without you I could not have undertaken this work. But that does not mean you can begin to slacken off because I am not with you!

Chuckles

Jan: The people that—I'll use 'people' loosely, but the spirit beings that you brought with you tonight, are going to become, are they not, a more active role with us in our meetings?

Yes, that is the purpose of their visit here this time, but a lot, of course, will depend on each one of you.

Jan: And how we develop...

How you develop, how you blend with them, your connection with us and...

Jan: I feel them in the room now...

Good.

Jan: ...my voice is wavering. It is very powerful.

They are overjoyed, yes.

Jan: Very powerful and a lot of love being brought in the last couple of minutes.

Lilian: So will they be coming through to speak to us at all?

Not this time.

Lilian: At any time?

They will use you in the way that is best for each one of you and they will choose those of you who make the connection most strongly with them. There is much still for you to learn. But there are of course other subjects, which I have promised at times to speak about, and of course I intend to do so.

Sarah: That's good. Yes, 'pyramids' comes to mind.

There have been some that I have promised to return to, yes.

Sarah: Yes, thank you.

Now my dear friends, if you have no more questions, I will take my leave and allow the rest of your evening to continue.

Rod: Can I just say, Salumet, that if you're going to go on learning and you're on top of that mountain, and I can see a mountain, then we must be down here somewhere and we've got a long way to go. And you say many eons, but we'll never get to where you are, I know, but thank you for the words you've given me and the rest of us.

I thank you my dear friend. Now, I leave you bathed, as always, in this light of love.

Thanks from all

Lilian: And our love goes with you this time.

George: We cherish these meetings and shall look forward to the next.

George's Notes:

Living the Knowledge: Most importantly, this is what we now need to do. Looking back in time, it was Aristotle who said of the mysteries that they are to be 'experienced' not 'learned'. He was right. And I know, as we all know, that to sit before one such as Salumet, is in itself an 'experience' that far outweighs centuries of learned (and learning) societies debating the validity of mind and spirit in the scientific parlance. That is one application of Aristotle's truth. That we should now 'live the knowledge' as taught by Salumet is a further application of that truth.

Love: Salumet makes the point that it may spring from emotion or spirit. On an earlier occasion he spoke of that love between mother and child as being an example of the purest love. I think it might be correct to say that, with love in its purest form, the emotion of fear would not even enter the equation.

Brain has all the essentials of truth: This is a big statement. Daily meditation strengthens our (soul aspect) connection to parent soul. Parent soul as part of spirit, has all-knowledge. Masters who, in various modes, come to Earth to teach have perfect connection to soul / spirit / all-knowledge. Hence, they are able to work what we can only describe as 'miracles'. They are able to manipulate the cosmos in a way that physical humans cannot. In Salumet's case, he has on occasion as part of our instruction, 'arranged for' soul aspects from our history to come and speak with us and to answer our questions. That he comes to us in the way that he does, is perhaps another miracle, although we have become aware of some of the considerations involved. It is well reported how Jesus was able to heal. Ordinary humans are not able to do these things, at least not quite in the ways as understood, and we can only describe them as miracles. These things are made possible by and follow from that perfect connection.

Influence: Salumet has spoken several times on the way scientists and politicians receive 'influence' from spirit. This is how 'discoveries' and 'political successes' eventually come about. Perhaps the information that our little group receives must be tempered within or just behind this Earthly progression format. It would simply not work if we tried to dictate to our leaders!!! So information given has to be very carefully weighed, and we should not receive too much.

25TH February 2008

Just prior to the meeting there was mention in our conversation that certain scientists consider there is now experimental proof of multiple universes.

Good evening.

All: Good evening.

I am pleased to join with you once again.

Great pleasure and surprise was felt by all at Salumet's visit.

Lilian: Yes. I don't think we expected you tonight, but we're very pleased you've come.

George: Wonderful!

That is why I have come!

Laughter

I could feel, my dear friends, some of your disappointment at my words last time, but, as you know, there is always a purpose for these things and you have accepted most gracefully that there is much to be achieved on a personal level for each of you. (Affirmations) Therefore, my dear friends, I am here to say that although I am withdrawing, it will be few and far between misses until you become much more acquainted with my absence. So as always, we will take it slowly.

Lilian: That's very kind of you.

Yes. I was happy to listen to our dear gentleman friend about your scientists and their discovery of what we know already, and also I would wish to say that there are many advances made with discoveries in the line of medicine from the waters of your planet. I am sure that you would be aware of this already happening. Yes. There is much more to come, not only in the field of medicine, but in the production of energy. There is much to be achieved, so I forewarn you of these coming advances, but of course you already know.

George: Certainly there is much thought going into energy sources.

Yes, I did advise you some time ago about this step and there is much for them to discover, yes.

George: It's nice to know that that's going ahead steadily.

Yes. We are focussing at this particular time to help those men of education to realize that all does not come from books, but that nature has provided amply for them if they would but listen to that quiet voice which guides and helps them.

Sarah: When you talk about energy, I was reading—it may not have been your words, but I have a feeling it was your words—when you said, or whoever it was said, they were afraid for our planet and that nuclear energy wasn't good, but you've said to us since that nuclear energy *is* okay but we're using it incorrectly. **It should have been used for better purposes, but also that is being utilized once more into the correct channel of use. Yes, we have discussed that previously, yes. There is much still in your world that is uncharted—uncharted territory, that mankind can make full use of and this you must do, because the supplies that are now being used in your world are gradually becoming depleted. Yes, therefore man now has to look further than he has done thus far.**

George: Yes, we're very much a mixture where the nuclear issue is concerned. I think I would be right in saying that industrial use of nuclear material for energy production is acceptable, at least to a degree, while—yes I'm afraid we're very slow to rid our planet of nuclear weapons. There have been treaties and signatories to declarations, but we're slow to put those things to one side, which is sad for us to observe here.

Yes, I feel my dear friend that each nation in your world is cautious, because they realize the devastation that nuclear energy can bring, so there lies with each nation an innate fear that although they may use this energy for good, that others will use it unwisely. So there is always a situation where there is so much fear.

George: Yes, it seems to be an uncomfortable balance at the moment (**yes**) and fear is certainly a part of it. **Yes, we have to influence in order that this fear can be dissipated, yes, but remember also that a form of nuclear energy is useful again within the field of medicine.**

George: Yes, indeed.

Yes, so always remember my dear friends: 'good' and 'bad' belong together as in all things, light and darkness in all things.

Jan: Salumet, going back to what we discussed last week, our going within; can you suggest some ways to us as a group, of spiritual mind type of exercises that we can—what I'm asking is really: everybody's meditation is obviously different, but can you suggest while we sit here for the rest of the evening, an exercise for us to concentrate on that will enable us to see that spirit within?

You have only but to ask, each individual one of you, to be allowed to see at that moment what is necessary for you. There is not one exercise that is suitable for you all, only in the fact that you come together as one and the energy that builds from you is as one, but you are all different in how you are evolving.

Jan: Before you came through tonight, I was actually asking if I could look within, so I was obviously doing the right thing.

Yes. Just ask that you be shown what is necessary for you and always remember to stay in the moment. Sometimes you humankind are apt to want to move forward too quickly. Take your time, allow the bond with us to take place naturally and you will be surprised at what you can achieve.

Jan: That's really helpful. You've told us so many times about controlling our thoughts and that's what you mean by staying in the moment.

Yes, you must be in the moment. You must have that love bond and allow the spirit to be free in order that greater communication can take place.

George: I think we are generally aware that the whole planet is moving forward and I think this process is being stepped up by a number of measures. You told us some time ago about the etheric change around the Earth (**yes**) and we've talked about soul input from different sources (**yes**) to aid the process. Graham asked me to ask a question of you concerning this and relating to the year 2012. There have been a number of prophecies concerning a change in the planet at that time. My own feeling is that there is a connection to ancient Mayan prophecy which links to their calendar and in their calendar the fourth great

cycle of existence ends in December 2012 and what they have termed the fifth great cycle of existence begins then. But there have been prophecies from a number of sources more recently concerning big changes in the planet in the year 2012. Is there anything you can say about that?

Yes. Firstly let me say that changes do not take place at any one particular time. What is happening—and remember what I have told you that energy is never static, it is *ever-changing*, it has to evolve, it has to move forward. What is happening in your world, is of course *many* changes that involve those in my world and those in your world, and remember there is always an etheric counterpart of the Earth planet taking place. What is happening in the year you call 2012 is an accumulation of those changes which have taken many, many hundreds of your years to evolve, but by that year of your time there will be a wave of understanding. That is the great change. It is an understanding that will take place.

George: It concerns the *consciousness* of our planet...

Yes. Is that helpful to you?

George: Yes, that does make it all become very clear.

Lilian: That's interesting, because Sara was talking to me about it as well.

Yes. It is a realization. But always, too, you must remember that the consciousness of mankind can alter these, what you term, 'predictions'. So always keep that to the fore of your thinking.

George: Yes. We also have the, I think it's a fairly general feeling, certainly in the group here, that the current material system of things on our planet has to come to some quite big change (**yes**). It can't continue in its present direction and by about that time I have a feeling that there should be a realization about this.

Yes, those changes, as I have said, have gradually been taking place, but that is why my dear friends it is most important that in your daily lives you be truthful, you live the life that you know you must and be an example of good living to all people in order for that wave of knowledge to grow. You understand?

General agreement

Yes. But that is why there is this *excitement* about this one year, but I would say there are many, *many* more exciting dates in your calendar.

George: Yes. Thank you—I'm sure Graham will be very pleased with your clarification of that.

Yes. Thank you for your question.

Sarah: I just wanted to say, Salumet, I think I jumped in a bit too quickly earlier on and I remember where those words came from: the radio was on and I think it was 1974, I'm not quite sure, but it was in the Hannington area and over the radio came a voice from—wherever it came from—giving these words over (*the airway*) and the BBC couldn't stop that interference, because it was from a wave they didn't understand.

Yes. We have spoken of this previously.

Sarah: I think it was perhaps before my time, but I just happened to read through that transcript the other day.

Yes.

Sarah: Thank you anyway. I apologize for ...

Not at all ... now my dear friends I will take my leave this time. I have been happy to come just to clarify that there will not be *long* periods of my disappearance.

George: We are delighted to receive you and are delighted to have that message from you.

Yes, but of course I will inform you if I will not be with you on the following meeting, in order that you can, if you so desire, choose to develop in some particular way—and remember my dear friends that we are always here and are always glad to hear what your desires and wishes might be and of course we will help in any way with your individual development. And with those words I take my leave and as always I cloak you in that spiritual light and love which I hope will sustain you until we meet next time.

General thanks and farewells

George's Notes:

Proof of multiple universes: *New Scientist*, 24th Nov 2007 article: 'Standard Cosmology Cannot Explain Such a Giant Cosmic Hole.' A void with very few stars and galaxies, observed in the constellation Eridanus, is nearly a billion light-years across. It is thought to be the imprint of another universe beyond the edge of our

own. It is cited as the first experimental evidence for another universe, also vindicating string theory. (String theory sees the ultimate building blocks of matter, sub-atomic quarks and leptons, as strings of mass-energy vibrating in 10-dimensional space-time.) The void was also revealed in maps of big bang afterglow (NASA's WMAP satellite, 2004). And the string theory itself leads to there being many, many universes. This is all becoming totally in line with Salumet's earlier simple and straightforward statements.

Discoveries in line with medicine from the waters of your planet: There has been recent publicity concerning this, which just shows how Salumet keeps so much in touch with Earthly developments (or should I say: knows them in advance). Clean water and sanitation have been very recently voted / hailed as the biggest advance in medicine in the last 200-years. This matter of course is also currently extending to 3rd-world projects.

Nuclear Energy: Sadly, there is still much more reference on the Internet to weapons use than to peaceful application. Regarding peaceful energy production, the world has 439 nuclear reactors spread through 31 countries, the US, France and Japan accounting for 57%. The French reactors produce 80% of their country's power. The US figure is 20%. Overall, 15% of the world's electricity is nuclear. Iran has its Bushehr reactor (and if that is seen as a problem by some, then what of the other 438?) Some navy ships and submarines are nuclear powered; also ice-breakers. The long-considered cold fusion process remains controversial while research still continues. There are programs producing a number of radioisotopes for medical use in cancer therapy and universities have associated research and upgrading programs.

Nuclear Peace Moves:

1995- Canberra Commission on elimination of nuclear weapons.

1996- World Court, The Hague Peace Palace: ruled use and threat of nuclear weapons to be illegal.

1999- The Hague Appeal for Peace Conference: called for abolition of nuclear weapons and landmines.

2000- U.N reported that 5 nuclear nations – Russia, USA, China, France, UK had each agreed in principle to rid themselves of nuclear arms.

2005- Nuclear Nations should take the lead in disarming – British Pugwash Group, reported in Nature 9th Feb 2005.

2006- Nations should disarm and stop the spread of nuclear weapons – Kofi Annan, Sec General U.N. Final address as Secretary General.

NOW! - United Nations Nuclear Watchdog: US, Russia must disarm! Reported – Associated Press, Oslo.

3rd March 2008

Lilian: Welcome to you, Salumet, and thank you for coming.

Good evening.

All: Good evening.

As we come together this time, let us give a welcome to our dear lady friend. As always we are happy to join with those who seek and as they come and go, it only enables us to spread the truth of life a little further. I hope you would agree my dear friends.

Affirmations

George: Yes. This is always a nice feeling.

I will take questions if the lady has any to ask.

Lilian: Thank you. Valerie?

Valerie: Please could you tell me how we can heal ourselves, please?

Yes. Everyone has the ability to self-heal, but to be able to achieve this, you have to go inwardly; you have to allow that spiritual being to be the stronger force in your life.

Valerie: I understand now, thank you.

As all of the others within this room realize that sometimes earthly life can be harsh, but the ability that is within you to heal is a natural happening. But firstly, as the others know, you have to allow all fear to leave you and we know full well that you human beings find this most difficult. You have to allow the fear of life and loss and sickness to be forever gone from your thought, because you see my dear friend,

your thought is that strong force, which can bring to you help. But I have to tell you, it is a huge responsibility for you, but it is achievable. Are you happy with that explanation?

Valerie: I am very happy. Thank you very much. I will try very hard.

You will find that after this meeting you should feel some upliftment of spirit when you leave the room. It should carry you forward and allow you to realize the power of spirit.

Lilian: Thank you.

Valerie: Thank you.

Lilian: We have another—I'm sure you know what I am going to say, but we have another person who has shown an interest to come and listen to your words. He is on our television ...

I have already noted your excitement!

Laughter

Lilian: I don't need to explain (**no**). If, and I say if, because I guess he's got a long way to come, I don't know—if he could come, you're happy to speak with him, are you?

Of course! Any seeker of truth should be welcome within this group. I am always happy to meet with those who seek, to express and to grow.

Lilian: So I'm sure if we can arrange this, you would come through and speak to him, thank you.

Yes. I will be happy to speak to him.

Lilian: Thank you. Did you want to ask a question, George?

George: Yes please. Connected with that, he being in the position that he's in, it would be nice to be able to predict a suitable date—I'm not sure how possible that is going to be. I would also mention that we've had correspondence and he has actually brought up a question. I know that it's a question that's a great concern to some people. It concerns what is known as the Yellowstone Park in Wyoming, USA. It is a volcanic area, it is a large caldera of volcanic workings, an area of hot springs and there is geological *persuasion*, shall I say, and coupled with satellite observation, also psychic prediction that there is a huge potential disaster developing at this time. I don't know if you would wish to comment on any way at all regarding the possibility of this form of disaster?

I will make comment for you, only because you have broached the subject. You will not stop the evolution of this planet. There will always be what you term 'catastrophes', 'disasters'—this we have previously discussed. I deliberately do not bring to you predictions of this kind, because I feel that it is more important that we bring the positive aspects to life that mankind can look forward with that positive state of mind, rather than dwelling on predictions of disaster, which, at times, cannot be avoided.

George: Yes, I was rather expecting you to comment in general terms on that, which you have (**yes**). Thank you very much for that.

What purpose does it serve to tell you of pending disasters? It would only allow your thinking to become warped or fearful and that is not my purpose. But you cannot stop the evolution of this Earth planet. You understand? (Yes.) I am not evading the question, I am rather trying to steer you onto a more positive way of thinking.

George: Yes, and I would comment myself that I would expect a Master to handle this in general terms. Thank you.

Yes.

Sarah: Salumet, last time you were talking about when we go back and everybody is pleased to see the returning spirit (**yes**). I just wondered how it is when you have a returning spirit who is in his or her own darkness. When do they recognize that person coming back, when they've come out of the darkness or when they come over nonetheless within that darkness?

The recognition is there before they leave behind the physical garb. No one is left alone, whether they are in spiritual darkness while on Earth, they still have those of us who are trying to support them at all times. So no one is ever left alone. But, as you know, it is up to spirit to recognize for himself what he must go towards; he must learn to recognize the true self. So do not be fearful for them.

Sarah: I was just wondering if they would still be just as pleased to see that spirit come back?

Yes, because they can see the wider picture.

Sarah: Yes, this is our problem, isn't it? It's too narrow.

Yes. You are speaking of one lifetime of darkness perhaps, when in fact the whole picture is a different story.

Sarah: Yes, yes of course.

You understand?

Sarah: I do, yes. Thank you very much.

George: Yes, that of course is a very important point, which hadn't occurred to me in quite such plain terms, but yes, in spirit the picture would be that much wider.

Of course, yes. If you take a snapshot of someone or a group of people, you are limited to what is within the scope of the frame, but if it was to be extended, then you would see the *fuller* picture. Think of it in those terms and it will become a little more understandable.

George: Yes, so that would be a huge asset and incentive for a soul in darkness.

Yes, it is only that the soul has not created for itself the purpose of this lifetime and is spiritually unaware of what should have been attained, but the whole of the spirit does not rely on only one lifetime.

Lilian: Yes, that's the thing we forget.

If you had a child in a classroom who was very bad in one subject, you would not judge that child on one lesson, would you? He may well excel in all other fields. So, again I say my dear friends, be careful in the way that you judge. It is another lesson on judgement.

George: Yes indeed.

Yes.

Valerie: Is it wrong for us to judge people?

Yes. You must avoid making judgement, because you do not know the whole story.

Valerie: It's the pebble in the sea?

Yes, you can put it that way if that is understandable to you, but to pass judgement makes you unsure, because you do not fully understand the whole picture of that being.

Rod: It's the thought that comes up almost daily in our house. One says something and then immediately says: 'hang on, you cannot form a judgement!' So your words have come out frequently in our house, Salumet.

That is because your awareness is growing. If you pass judgement and think that you are correct, then that is when you must be wary and realize that you must not judge another human being.

Rod: Nothing to do with that, but we had in our house this morning a little baby. She's coming up to five months, and I just look at that little soul and think 'that's a brand new spirit in there', and it always amazes me. I've got no statement, but I just think it's such a wonderful thing to see that life and the spirit starting from that little child.

It is a brand new human being, not a brand new spirit. Be careful how you judge her, because you are making judgement when you make that statement.

Rod: Oh dear, here we go again!

Chuckles

Yes. You do not know what the purpose of that spirit is—because it is in the form of a human baby that means very little.

George: Yes, I rather think Rod might have been seeing the purity of the young child.

Yes.

Rod: It is the purity of the eyes, the purity—it's beautiful.

Yes, you are looking at the human frame and the beauty that that in itself creates, and the love that it brings forward from other humans. Yes.

Rod: Grandmothers and what have you ...

Yes. If only humankind could retain that kind of love for all of mankind, what a wonderful Earth you would have!

Rod: There would be a lot of nuzzling, kissing going on as we do with these little kids, don't we? Smell them, kiss them ...

Well, they are human emotions. I speak of the *pure* love which you feel. Yes, I hope that has helped you my dear friend.

Rod: Yes, I better dig that pure love out I know. It's something you spoke about recently with me.

But I have not objections to you kissing!

Laughter

Lilian: Yes, I think the rescue that we did once with the little girl in the kennel and then you commented the next time you came. I think that was such a big lesson to us on 'judgement'.

Yes. It is a huge issue for humankind, because it seems to be a natural instinct when you are in human form to think that you know better than another, and as I have said to you in past times, firstly look within at yourselves and if you find fault with another, then look to yourself first.

Rod: Would it be a wrong thing to, say, if you had a lot of policemen in here, lawyers, judges; where do they come in on this?

Where do they come? They are spiritual beings in the same way as each one of you are. It depends on where they stand in their understanding of who and what they truly are. It matters not what the title of the human form takes, it is what is within that matters.

Sarah: I think perhaps Rod: did you mean they have to judge people?

Rod: Yes, they're forming judgements.

But that does not exclude them from being spiritual people. That is only a profession on the Earth that they have chosen. It does not make them right or wrong, it is what is deep within the heart that matters.

George: Would you, Salumet, differentiate between judgement of a person and judgement of the ways of a society? This might be a little area of difficulty, because in judging the ways of a society, that could usefully lead to a better way forward. So that's an area that I've been thinking about.

Yes, but in whose opinion?

George: Ah! Yes!

Much laughter

I need say no more.

More laughter

I would like you to think about that.

George: Yes, well I think the way forward should be positive for a society and not negative.

It would be a much better way if you were rather than to judge, would be to send positive thoughts that all of those people work and find truth for themselves. In that way positive thinking grows.

Valerie: Does this also apply to our government?

Yes. They are being inspired and helped, as all of the others here know. They are being helped to make good judgement for the people who surround them.

George: So they are being helped from spirit and our own positive thinking could add to that.

Yes, of course. But do not pass judgement that is not your place to do so. There are many areas, are there not, where judgement takes place without you even recognizing it?

Affirmations

But again, it depends on your cultivation of awareness. So, I feel I have given you a little more food for thought this time.

George: You have indeed and judgement is a very complex area.

It is, it is, but I have to say my dear friends that you do well, but forgive me if I constantly remind you.

Sarah: Please do.

Valerie: Please do, we need it desperately.

Lilian: Yes, that's true.

Valerie: Should we be living a simple life? I suppose our thought processes should be simpler and not so concerned, anxious—to achieve more within ourselves and our thoughts. Can we make our thought processing simpler to make things a lot better?

Everything that you wish to achieve, no matter what it is that you choose in this lifetime is possible when you go within. That is when changes can be made. On an intellectual level, you can, of course, make changes in the material world, but to make lasting and spiritual change, you need to go within. Do you understand?

Valerie: I do understand, yes.

Yes. But you do not need to live a completely simple life. There is nothing wrong with the material world provided you do not seek and make a great love of all material life, but accept it as just part of the life you have chosen to come to. It is the *love of* materialism that is wrong, but in itself, there is no problem with it provided you are generous of spirit with your fellow human man. Is that helpful to you?

Valerie: Yes it is very—thank you.

George: Yes, so there has to be a balance and the material consideration could stifle spirit—nearly. **Yes, only if you crave for it, and place it far above spiritual growth. It is the spiritual growth which is the important factor in your lives. When the spirit is to the fore, materialism is less important, but it is not wrong provided all other areas within your life are good. You understand?**

General agreement

George: Yes, because a society such as ours has to develop some complexity in order for such devices as computers to emerge (**yes**) and these, I think I would be correct in saying, are proving to be useful in connecting to spiritual development and other things.

Yes, and we are using such machinery to make contact with some. It is a new form of energy and as with all things, there is positive and negative aspects to it. But, as you know my dear friends, as I have told you often, all of life is light and darkness, but you have to have balance. That is what is important—that is important.

George: Yes and I think we have to observe that not all roads that have been taken are light. Genetic modification work (**yes**) I think has to be seen as an area of some darkness.

Yes. There will always be light and darkness, it is the nature of your world; it is a world of learning of many things. So, accept what comes to you my dear friends, accept it with love, because you know fully well that love can dissipate all darkness.

Valerie: Yes.

Yes.

George: Yes, it could even dissipate problems that arise from genetic modification perhaps?

Yes, it has the power to do that, but it is in the recognition that that power becomes activated.

George: Yes.

Yes. Now my dear friends, I feel for this time that I will withdraw and allow those who stand close to come a little nearer to you; and as always I leave you surrounded with my love and light and that you all feel some upliftment from this evening.

General thanks

George's notes:

Yellowstone Caldera: Several points arise; not least of course that Salumet reminds us that prediction is not his object in coming to us. His mission here is to teach and to uplift ... and back in 1994 when it began, his stated mission also included: to steer us away from the nuclear oblivion that we sadly headed towards. But whatever ensues from Yellowstone it will doubtless become part of our learning. Perhaps we should go within if personal decisions are to be made. And we should stay positive in our thinking! A further factor is that our thoughts on positive and negative issues, feed into earth's collective consciousness, and during the past decade our science has been able to actually measure and record the energy peaks of elation and despair that exist in earth's consciousness collectives. So our thought impressions exist as a scientifically proven reality.

Computers: These are of course useful in transcribing and sending out the Salumet emails; also book preparation. But our teacher has also referred to direct-interaction-from-spirit with computers to convey messages. This method of spirit communication is a new phenomenon but we already know of instances.

Genetically modified Crops / Foods: Salumet has spoken on this ... an 'unnecessary step for humanity', but nevertheless it has been taken ... there will be light and dark issues arising. Fresh in mind is an article in New Scientist, 15th Sep 07: 'The Itch that won't be Scratched'. It concerns Morgellon's disease, the very existence of which remains in dispute. But some evidence is cited that it is a real and rather strange fungal condition of the skin, connecting to 'cross-kingdom genetic modification of food crops. Time will tell on this matter.

17TH March 2008

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I come close this time I want to say to you my dear friends, if only you could see for yourselves the intensity and the change in your asking help for others, I think that you would be in awe of what you have all achieved. When first you started to ask for help or pray, it was on a much lower level of asking, because then you did not realize just how to give out those healing thoughts; but now I say to you, be pleased with yourselves my dear friends for the love that you give out to others. Those who stand close by, those who receive these healing thoughts give thanks to each and every one of you. And remember that a thought for others can be given at any time throughout your living day. There is much unity here this evening amongst you and it is good to see; that is not to say that at other times the unity is not there—of course it is, but just sometimes as we come close together, the light from you seems to be so much stronger. That of course makes it easier for me to join with you, to have that connection with you, and for that I thank you my dear friends.

George: That's wonderful, that's very good to hear. Thank *you*, Salumet.

Lilian: Is there a reason that sometimes it's better than others?

There can be many reasons: it can be how your emotional being is, what has happened during your week of life, how the instrument that I am using is also feeling. All of these points make some difference and although we are able to modify many things, understandably it helps if conditions are good. Yes, but I wanted to say 'thank you', because your thoughts this evening have been carefully taken.

Lilian: Good, thank you.

What you must never do is to send out healing thoughts without that true expression of love in your hearts—that is what brings results.

Pause

That surprises you?

Rod: Maybe it does. I don't think I've had that in my mind at times—I just say a prayer, but I haven't done that.

It is easy to use words ...

Rod: Yes it is.

...it is much more difficult to *feel* those words. Next time you wish help for another, try to leave the words and to *feel* what you are giving. You may be surprised.

Rod: That's interesting. So spread the love out to all that you normally pray for, yes.

Send the thought to us and we will do the rest, but it has to be heart-felt. It is too easy to allow words to come from your mouth without the *feelings* of those words.

George: Yes, we've heard and accept that a prayer can be wordless and I think this is perhaps another way of putting it, it can be entirely feelings.

Yes, as your 'thinking' is wordless. Yes, you do not formulate words for your thinking; the thinking comes to you naturally, does it not? Yes. Try to achieve that state with your healing thoughts. It will help. I am

sure each one of you will feel that unity with us here in spirit when you can achieve that. That is something for you to attempt when you are alone. When we are together now as this group, then of course words need to be said, to know who you are asking help for; but try to achieve this when you are alone.

Lilian: So when we first hear, say someone who is ill or going into hospital or if a disaster happens in the world and we feel real sympathy, would that really be the best time to ...

Yes. That sympathy is instantaneous and so should your thought. At that moment that you *feel*, by feeling you are sending the thought for help. Do you understand? (Yes.) Do we have any questions about this?

Paul: Is it a bit like a blending when you're ... I guess when you see someone who you think needs help—it's more like a *feeling* (yes) like an empathy?

You should almost be part of that being that you feel for, that you desire the help for them, yes. It is the feeling that is important, not so much the words.

Paul: Because *the feeling* is—words are never going to be quite as accurate as a feeling. The feeling is everything I suppose.

True feeling; not emotional feeling; do not become confused by emotion; the feelings I speak of are spiritual feelings. Again my dear friends be careful that you do not confuse the earthly with the spiritual. You will *know* my dear friend when a thought is a spiritual thought rather than an emotional, earthly thinking. I am sure that each of you already know the difference.

Sarah: A sort of connection.

Yes.

Lilian: We have a young lady with us tonight who's not been in very good health lately. Are there any words of encouragement you could say to her?

She is treading the water at the moment. She feels that she is going nowhere. But again, a lot of emotional thinking is taking place, but if she sits quietly this time, we will try to help her to clarify her thinking which, of course as you know, commits itself to the physical body, but the spiritual thinking has to be right. She feels that she is going forward one or two paces and backwards double that amount; but I say to you my dear friend, try, try—and I know that it can be difficult for you human beings when life seems to be hard—but try to keep yourself uplifted.

Do we have any more questions please?

George: Would it be true to say that the highest spiritual thinking would be completely without any attachment to fear, while emotional thinking could well have shades of fear attached?

Yes. Emotional thinking creates fear. That is why I have told you in past times that it is important that you keep emotions under control.

George: So that is one difference that one could look for in, shall we say self-analysis.

Yes, yes. You know that you all have an emotional being and that is part of what you have enjoyed with physical life—that is part of it—but you do need to keep control, because I am sure all of you are aware of what can happen when the emotions are not stilled: people unfortunately become unstable when the emotions are allowed to run riot. You understand?

Lilian: Yes, it is most unpleasant.

Yes, so it is most important that you are in charge of your spirit and its actions.

Sarah: There is a young lad—actually he's the son of ... my husband is with another woman and it's her son, and he has a very strange ... he has a very adult thinking for a young lad: he's vegetarian, he's spiritual, but he's rather on the dark side. They are having a lot of problems with him. Would his problems as a young lad be caused from the emotions of the parents?

If he takes aboard their emotions. As we have said from the beginning, you keep away from those you do not have an affinity with, because the spirit feels that those connections are not right. As you know, you do not always like some people. That is not because you truly dislike, but because your spiritual sense is telling you that you are not compatible.

Sarah: But this child would have chosen his mother, he would have chosen his parents, so can that be that you come and then find that you're not compatible with your parents?

Of course; it is not so much that the parents are so important, as the conditions that that situation can give to the spirit. You may choose your parents, of course you do as you know, but it is the situations in life which are more important. And of course as a child, the parents will have an effect on the human being, but should not on the spirit. You understand?

Sarah: Yes, yes, I do.

Because the spirit already knows what is right and what is wrong for them to achieve.

Sarah: So if he is sort of like a little bit of a misfit within his community, but his spirit knows that maybe what he's doing is right for him?

It may well be. It is difficult to comment, it is difficult to generalize what someone should or should not do. What I am saying to you is that spirit innately knows what is right and what is wrong. But we all know that in this earthly life there are many problems for many people and, of course, the effect is wide when there are problems which are not dealt with in the correct way.

Sarah: So that's the important thing, to deal with the problems correctly.

It is not the problems that you face it is how you deal with them.

Sarah: Right, yes.

You see, two human beings can have the same problem and one will go a true and steady path whilst another will err, shall we say, or take the wrong pathway even although that clear pathway is open to them—it is your freewill, it is your choice. All of you, I am sure, have earthly problems—that is not a question, because I know that each one of you in some way, big or small as it may be within your own thinking; problems occur, but it is up to you, my dear friends, the way that they are dealt with. And I have to say, truly you know which is the right pathway and which is the wrong pathway and it is, my dear friends, your own responsibility for your life here. Have you any questions?

Rod: It's just a comment really, but I was listening to a gentleman this morning who was giving me his marriage problems—his marriage seems to be folding up, he's got a couple of kids, one 1 and one 2 year old and for once I was speechless and I said: 'I don't know what to say'. And he said: 'Well, pray for me', and I said: 'I'll do that'. And then a few minutes later we had a big hug, which I find quite nice to people like that. And I said: 'Two years ago I wouldn't have been doing this', thinking of you—having a hug with another guy and saying a prayer for him—and so I thank you so much for that.

Does gender matter?

Rod: Not at all—not now, no.

Spirit is spirit whether you be a child, an adult, a male, a female—it matters not my friend.

Rod: No, it doesn't.

Lilian: So, again, that first feeling of sympathy was the best time for healing.

That was the beginning of the healing thought, yes. That is the genuine healing thought, when you 'feel' it. But I would like you to try when you are thinking of another, to try to *feel* what you are giving out.

Lilian: Can you take any more questions?

I will take one more before I leave you this time.

Lilian: Has anyone a question? George?

George: Yes, it's one I'd like to raise. You spoke sometime ago about Jesus and Mary being of the same soul energy and it being rare for two to be on Earth at the same time, of the same soul energy. Did you say something similar of Jan and her son Richard?

I believe I said there was strong connection, I don't believe it was soul energy; there is a difference. You are all connected; each one of you has had connection, spiritual connection, but when you speak of Jesus and Mary, that energy is almost—I am trying to find the word to simplify it for you—it is almost a division of the same energy. It is, how shall I say, like identical twins (yes). Yes, in every way. But spiritual closeness as a mother and a son, that is slightly different, although you all belong to the same energy.

George: Close but not identical.

Yes. This is something that we have not discussed before, but I will return to it for you in order to clarify the difference, because so often I tell you we all come from the same source, which of course we do, but there has to be degrees of energy at different times and that is what we need to discuss further.

George: Thank you for clarifying that rather special identical set of energies or pair of energies.

Jan: Richard and I were together in a different lifetime ...

Yes, as you all have.

The voice that came from Jan seemed remote, as if it might have been coming from a soul aspect.

Jan: ...and this time we have been brought back together for our own learning and purpose ...

Yes. Do not struggle with your words. I know what you are saying.

Jan: I am not really here at the moment, Salumet. That's why...

No. Just try to save your energy and I will say this to you all, that throughout many lives you have come together, many of you, as you well know, but that does not make you the same kind of soul energy as the Jesus/Mary energy. Because you come back together in the one lifetime does not make you that soul energy. It is a complicated subject which I will go into in greater detail, but for now I wish only to say to you that that is a different type of energy, or different usage of the energy—perhaps that is clearer. Is that helpful to you?

George: Yes, thank you very much. That has clarified it to suit our understanding—I think that is a way to put it.

Yes. It is the understanding which creates the difficulty and of course the usage of human words to create that which is not understandable to you—that is always our problem and that is why it is most important to simplify everything for mankind. And on saying that, I will take my leave my dear friends.

Lilian: Thank you once again.

I would ask my dear lady friend (*Lilian*) if you would place your hand upon the head of our visitor (*Emily*) for a few moments in order that we can give a healing to her, if she is happy to do so.

Lilian: Yes, I will ask her.

Until we come together next time, I leave you my dear friends clothed always in spiritual love and light.

General thanks

7TH APRIL 2008

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you this time I would like to begin by just saying to our dear friend, the one known to you as Jan: I give you some upliftment this time (thank you). Sometimes you allow your fears to overwhelm you. I am here to say to you: Do not be fearful, because we are round and about you at all times.

Jan: Thank you. What has sparked this? Is it something in my everyday life that I'm fearful of or is it a spiritual matter?

Sometimes you are fearful of *life*, but you are beginning to overcome that, but just sometimes you do allow it to overwhelm you. I know you understand...

Jan: Yes I do.

...but we wish you to know that you are never alone.

Jan: Have you been aware that I've been calling on you personally just recently?

Do my words not verify this for you?

Chuckle

Jan: Right. Well that is so nice to know. You hear everything I think, because I haven't spoken them out loud (**no**) but I've asked for your protection.

There is no need to outwardly say the words. You know that all thoughts reach us and I will always endeavour to help each one of you if that is how it should be. Of course, I cannot ever interfere with your pathways, but we can help in many, many ways.

Jan: I know that you're aware when I asked for protection on two occasions in the last couple of days and I did have an overwhelming sense of calm come over me and I knew nothing would happen to us. But I have realized today that I don't need that 'fear' on this particular—and you obviously know what I'm talking about (**yes**)—and I believe that the animal in question has come to us as a real gift and I really do thank spirit for bringing him to us.

Trust in us. That is all you need to guide you. Each one of you must give of yourselves, allow those thoughts and feelings and offer it to that great divine spirit, or whatever name you wish to give to that universal love. No matter what you call it, allow it to go and you will always have an answer for your questions. This applies to each and every one of you.

Jan: I know you've said this to us so often but you have to actually experience it first hand; and now that I have, I don't feel as alone (**yes**)—I'll never need to feel alone.

You never are alone. All of you have many who stand close by who are waiting to help and to uplift you in your everyday lives, but so too must you not believe but *know* that that help is there for you. It is not a belief system but it should be a deep *knowing*, a knowledge that we are always there for you when you are in need.

Jan: Well, if there were any doubts before, I don't have them after this conversation and I promise you I will do everything within my power to expel those negative, fearful thoughts.

Those words from you are most welcome and I know that it has helped you in your understanding.

Jan: It has, thank you very much.

And that leads me now to a question my dear friends that I wanted to say to you this time: What is your understanding of the phrase 'brotherhood of man'? Would anyone wish to say?

Jan: I believe it's our spiritual connection to every spiritual being that walks this planet.

Very good.

George: I would say a *oneness* that has many details within it.

Yes.

Rod: Everyone being interlinked.

Yes. So you see, by your expression of those words, you show that your understanding of that phrase has meaning; whereas most people on your earthly planet would say it was a connection to his fellow human being, where they feel that *equality* breeds that phrase 'brotherhood'. But my dear friends it shows to us that you have allowed the layers of materialism to drop from you, that each and every one of you understands and you are like the butterflies emerging from the chrysalis. So I say to you my dear friends, to us it shows just how much you have really grown. It is now time my dear friends for you to begin to fully emerge, to become that beautiful butterfly that spreads its beauty throughout your world.

Lilian: That's a lovely way to put it.

But of course it is no easy task. Butterflies as beautiful as they are have a short lifespan in this material world, as so do you all as human beings. This one lifetime is a very small part of your existence and I also know that you understand this also. So my friends, that is another reason why in times to come we are going to devote more time to your individual development. Can you now see a purpose for this plan?

General agreement

Yes. Each one of you shines like a butterfly—has the beauty and the gentleness of the butterfly.

George: Yes, I think you—to perhaps phrase it differently: you speak of a spiritual cell of influence on the physical planet.

Yes. It is a realization of all that is already known but as always ... (*Salumet was silent for 15 seconds*) ... forgive my silence but to each one of you this time I extend that spiritual love that bonds between you all. I hope my dear friends that you feel it from us.

George: There is a very special feeling here tonight.

And discussing afterwards, some of us clearly felt a tremendous 'thick' energy at this point.

Yes, there is a unity here this evening, even although we have one who is quite new to our group, but indeed has had a bond with us through your many recorded words. Please accept the love that is being given to you this time; it comes not only from myself but from many, many others who have gathered

here this time. So I say my dear friends, accept the love and the light and the knowledge of spirit that it uplifts and upholds you throughout each stage of physical being.

George: Wonderful. I think our silence means that we are almost overwhelmed by this.

Yes, and although my stay this time is short, I hope you *feel* the power of the love which is given to you.

Paul: Yes.

Lilian: Yes, thank you very much.

And I will say only my dear friends that your next time together will be given over to those who wish to come to help you to develop your own individual gifts—not even gifts but your spiritual rights. With that my dear friends, I will leave you. I will continue to work with this instrument (*Eileen*) for a short while and leave you all in the capable hands of our dear friend known to you as Lilian.

Lilian: Thank you. Our love goes with you.

General thanks

5TH May 2008

As is our regular practice, at the start of the meeting we voiced prayers for healing and for those in need:

Lilian: Good evening Salumet

Good evening.

All: Good evening.

As always my dear friends, your out-pouring of thought for others is indeed commendable and we, of course, thank you from our world that you give of your time to think of others. I, on behalf of many, say ‘thank you’. It is, of course, good to join with you once again, that we come together albeit in small numbers (*six on this occasion*), that we join this time in order for you all to grow. Sometimes I feel you are puzzled my dear friends by your own individual spiritual developments, but I say to you, do not allow those thoughts to gain entry into your physical thinking, because only those of us from our world know how much you have grown spiritually. Do not be too harsh on yourselves. All of you are treading the pathway that is meant for you at this particular time in your existence.

George: It’s very nice for us to have your reassurance on that.

General thanks

Yes. You are inclined to have doubts but do not allow them to take hold. It is understandable and we do understand my dear friends that sometimes when life becomes troublesome, it is difficult to rise above all of these happenings, but I say to you, redirect that thinking into something more positive and then you will begin to see results from that thinking. You notice my dear friends how often I return to the subject of thought and thinking. It is only in order for you to become more aware of the *tremendous power* which you have within yourselves.

George: Yes, I think we are beginning to learn that. I think that we’re so much more convinced now that mind is really everything and the power of course is connected with mind.

All of your life is thought. You cannot exist, my dear friend, without the power of your thought.

Remember that your thought is creative; it is a great part of your physical life. Therefore you must begin to understand, accept and acknowledge that power which it has for you. You understand?

George: Yes, happily there are a number of individuals in the world who are recognizing this. Our learned societies perhaps have some way to go, because of their very much intellectual thinking, but there are signs that many people in the world are recognizing the true power and nature of mind.

Yes. Over time I have given you many analogies of a seed that is sown; that is all you need to do for others, then it becomes *their* responsibility, not yours. Once the seed is sown, *you* must let it go; you have done what you have to do. Then the responsibility lies with how you deal with your own thinking. That is the great responsibility of your physical lives; responsibility for all that you think and what you do. I am sure you agree with those words.

George: These are wise words.

Sarah: And even those who are, say, mentally impaired—I think we’ve gone over this a little bit before—mentally impaired, that’s their responsibility even though perhaps they’re not thinking as a ‘normal’ person would.

Yes. You must separate spirit from the physical conditions.

Sarah: Yes, of course.

There are many conditions in your world which affects clear thinking of individuals, but the spirit remains unharmed; that is what you must try to focus upon.

Sarah: Yes, that’s my failing—I tend to think sometimes too physically.

Yes, you have to learn to separate that spiritual aspect, which after all, is the part that continues, that survives the physical conditions. So always focus upon that and your understanding will then become clearer and greater.

Sarah: Yes, thank you for that.

Yes, I think for this time we will have just some conscious discussions, if you so desire.

Sarah: Yes, thank you.

Rod: Could I just make a comment. I emailed a very elderly gentleman in Pennsylvania, America—an old friend from my village in Gloucestershire—and he came through and said, ‘Where do you go every Monday night?’ And I know he’s a church-goer and I thought that this was going to be difficult. And I wrote an email and my wife said, ‘I think you’ve over-stated it a bit’. And he came back and I said, ‘Would you like me to send a transcript?’—I did and he thought we were rather marvellous and I thought, from what you’ve just said, I’m going to send this transcript as well, because it’s so meaningful for him as well. It’s very, very apt. Thank you very much.

Yes. I would say that that country is becoming much more spiritually aware and this, my friend, is a good lesson for you: it teaches you that you must never pre-dispose yourself to what another person will say or do or react to. You understand what I am saying?

Rod: Yes I do.

You are pre-judging what the other person might be thinking or saying or doing.

Lilian: Especially if they are of Christian or any other religion—I find myself being a little careful.

Rod: You’ve to lead in very gently.

Lilian: Yes. I don’t want to destroy what they have.

You could say that was being *kind*, that was being *thoughtful*; but also my dear friend I wish to say it is you being a little fearful, because you anticipate a reaction from another, instead of being yourself which you must, all of you, know and understand—you must be true to yourselves. If someone cannot accept or refuses to accept, then that must stay with them.

Rod: Well, I look forward to his reaction to this transcript that we shall send him. Thank you.

Yes.

George: Perhaps I could bring another one into this discussion. I’ve been having much correspondence recently with one who I will name as William and he has read the Salumet book and is very keen to spread the knowledge of the teachings, which is very nice—and he is in a position to do that. I just wonder: you have this great awareness—would you be aware of the person I am speaking of?

I, as you speak, am aware, yes. I would say that anything that comes from any of us in spirit, we are most grateful for anything that can be given to a wider audience. We, of course, do not *seek* publicity as you call it, we seek only to bring to many the truth of spirit.

George: Yes, I can certainly feel this happening and I just wondered to what degree it might have been orchestrated *from* spirit.

Remember my words: there are never any accidents!

George: That’s right and I was aware during this sequence of one particular synchronicity! Anyway, our friend has a concern and a question about claustrophobia and he’s wondering, I think, if it is always something carried over from a past life and secondly, if it is proper to confront and attempt to deal with it.

Yes. I understand his question. Firstly, let me say this to you: all problems of a physical nature do not necessarily come from past times, but of course, you know my dear friends from even our experiences

within this room of one of our dear friends (*Graham*), that when those problems surface in a lifetime and come from a past time, they need to be addressed, they need to be confronted to allow—and let me say this to you, again it is based in fear. So to allow the physical life now to be free of these fears, it is wise sometimes to face whatever the problems may be. I can tell you, his fears are from times gone, but also were exacerbated when he was a small child. I would say to this, our dear friend of correspondence, that it probably would help him to go back in time and face his fear.

George: This would be a self-monitored regression, would it, going within?

It would be much better to allow someone to help him bring that time forward. It is a time for regression if he truly wishes to abandon that condition. But it is something, as I have said, that has been exacerbated when he was a small child and fearful of small spaces.

George: Yes. I know a number of children find their way sometimes into small cupboards and become fearful.

Yes, it is sometimes within their own nature to make themselves afraid, but with some that fear remains.

George: Well, thank you. He'll be very pleased to have that information, I'm sure.

Yes, but of course, his freewill, his judgement is entirely his own, but he can be free from it if he so desires.

George: Yes, and perhaps still on this subject of human fears, which is connected, I have a question. I was talking with Graham today—Sara and Graham have sat with us many times ...

I have noticed their queries, yes.

George: They have difficulties with young children and baby-sitters and the distance. They are away at the moment. They are going through a phase during which they would dearly wish to be here, but are not finding it possible just now. Perhaps I could read a question that they have placed.

Lilian: The name is Andrew Smith and I think you're possibly aware of what we're going to ask.

George: It does concern this approximate time of the year 2012 again. Andrew Smith is speaking at meetings concerning Earth changes around the year 2012. He claims great tidal waves will devastate coastal areas following a North Pole shift from current position to Tibet and that Earth's axis of rotation will align to vertical which will effectively end seasonal weather and make a moderate climate worldwide. This seems dramatic with a great potential loss of life for people who are in the wrong places. My question is this: is this speaker who claims his words are truth, originating from a number of angels, whom he names, and spirit beings and ones such as Mother Mera and the Count de St. Germaine—he names a lot of people as sources of his information. It's our understanding that nothing is absolutely certain and with positive thinking such things can be modified or averted. Andrew Smith is in process of publishing three books called 'The Revolution of 2012'—so, if you can add any comments to that, Salumet, those comments would be gratefully received, because this gentleman seems to be saying a great deal and publishing books in support of what he's saying.

Yes. I understand your questions. It is not for me to say who should listen to spirit beings who come to others to, let me say, to judge them—that is not my part—but I hope that you know my dear friends, I have come to this Earth plane for positive reasons: to uplift, to deliver truth and to help those that we possibly can. I would say there are many in your world who give information—and I will not use the word 'wrong', but I will use the words 'misguided'. How many people who have listened to these words are now living with a fear?

George: Yes, indeed.

Yes. I cannot condone that kind of spiritual message, but in saying so, as I have told you all on previous occasions, this planet has an evolution which must take place—that there is no doubt, that cannot be averted; but there have always been what you Earth people call 'tragedies' on your planet; we view them slightly differently. Therefore I say to our dear friend Graham, he must make judgement from what he hears for himself. I, myself, feel that it is unnecessary information which has been elaborated to bring fear to people and also for monetary gain in writing these things.

George: Yes. I had those feelings precisely, almost precisely.

Yes, of course.

George: And the other thing is that there are so many names from spirit mentioned—this is not the pattern to which we are accustomed; we are much more accustomed to ...

Why would those of us in spirit wish to bring so much gloom and doom when the majority of us as spiritual teachers are trying to make Earth and mankind much more positive in their responsibility for this planet?

Sarah: And can their fear, if so many people ...

Create reality...

Sarah: Yes, exactly.

Yes, that is the problem.

George: Yes, the fear itself can be such a problem.

Yes that is why you have to counteract this way of thinking.

George: And, as I say, we are accustomed to your own mission, we are accustomed to White Eagle, we are accustomed to Silver Birch, but we're not accustomed to large teams of such ones coming through to one person.

No, I feel that perhaps, and I do not like to dismiss people, but I feel that somewhere there is some ego involved.

George: And to use one of your expressions, we should not readily accept something which sits uncomfortably with us.

Of course, always I say that to you; whatever I say, whatever any other spiritual teacher says to you, whatever you read, no matter what it is, if it does not feel right to you then you do not accept.

Sarah: So that would be the answer to the next question I was going to ask, Salumet, because Sara, Graham's wife, had asked me to ask you if the group she was in, was right. So that would be the answer: if she feels comfortable there (**yes**), it's okay, and if she doesn't, then it's not.

I cannot say—I cannot interfere with her spiritual life, that is decisions which each one of you has responsibility for, but what I would say to them is that whilst they are concerned about what is happening with this planet, they are not living in the *NOW*.

Sarah: Yes.

I hope that will help them.

George: I'm sure it will help them. Perhaps there are too many people endeavouring to make plans for the future and being guided by fears (**yes**) and this is, as you say, not living in the now.

They should be living for this moment. Spiritually you should live in each moment, all of you. Of course there always will be changes to your planet. There inevitably *will* be many changes. You only have to look back in your history of time to see what changes have taken place, but you cannot live your earthly lives in fear.

George: That in itself is a valuable message.

Yes, I *feel* that is the point of what I say to you: that whilst you are worried, concerned and—you are not in the moment of time, you are not living as spirit at this time. I hope it helps them to begin to question and to try to understand the reasoning why someone should bring to them his fears and doubts instead of trying to bring more positive thoughts and upliftment.

George: Yes, I'm sure this will help enormously.

Yes. Unfortunately, there is always a problem with some people who are not looking to do spiritual work, although they would always dispute this and say that they do, but I can assure you my dear friends that at times you must use your own spiritual thinking to understand what is round and about you.

Lilian: We're very lucky to have you helping us along the way.

Sarah: We certainly are.

I hope that has helped. I will bring, or try to bring to them some comfort, some peace of mind to allay any fears that this has brought to them.

Sarah: If they could just tell that Andrew Smith that maybe he should start thinking positively to stop anything that he has ...

George: Yes, I think they were looking for clarification of thoughts and feelings and ...

Sarah: I think that's the thing; if they had doubt, and they obviously *did* have a bit of doubt, otherwise they wouldn't have looked for the confirmation. And if there is any doubt, then obviously it's not right.

Do we have any more questions this time before I take my leave of you?

Rod: I'm always pleased that you remind us of the important words that we're supposed to keep—we do need constant reminders—I should write them down and put them in my kitchen: Thought, Fear, Love—there's a core of words that you've got to constantly to remind yourself of on a daily basis.

Yes. If you remember those things, write them down if you so desire, but always remember 'Love' above all things—to love your fellow man. After all, you are all on a journey together: Truth.

Rod: Truth...

George: Yes and there's so much happening today that is good and positive and these, I feel, are very exciting times.

Yes. I am happy that you have adopted that attitude of thinking, because I am sure each one of you, my dear friends, understands now how powerful *you all are*, not only as individuals, but as groups such as these; how much good you can do, like you start every evening giving out thoughts for those in need. That spiritual light my dear friend is what we are trying to cultivate throughout *all* of your planet, and I am happy to say that even with your so-called 'disasters' and 'tragedies' that the spiritual word and acceptance is slowly spreading.

George: I would like to give thanks for the continuing, wonderful synchronicities, which we now understand is a synchronizing of the two universes.

Yes, of course, that is wonderful to understand. Do you not agree?

George: Yes, indeed. And the recent book that has come my way—it was written 40 years ago by Helen Greaves, called 'The Testimony of Light'.

Which only goes to prove my dear friend that truth is unaltered.

George: Yes and having experienced the wonderful Bonniol communications (**yes**), mind-linked communications physical being to physical being via spirit, this particular book is also about mind-linked communications, in this case a physical being with a dear friend who had passed to spirit.

Because, you see, mind is the very essence of spirit (yes). That is the basis of it all and is it not so simple when you use those few words 'Mind and Spirit'?

George: Yes. And it was so nice to discover this book, this account of mind connection having had the Bonniol experience (**yes**). It seems to connect extremely well.

Sarah: We're still looking forward to our gift from Bonniol—I think he's working on it hard.

There are many parts of your jigsaw to put into place still, but my dear friends I wish to say to you and thank you also for your time, your devotion to these meetings that we have. If only I could take you all now and show you the light that you have created within the spiritual realms of life, I am sure you would be quite pleased with your achievements.

Sarah: That's kind of you to say.

George: Thank you for telling us.

And now, for this time my dear friends, I will take my leave.

George: It's been a wonderful communication and there have been so many excellent teachings involved. Thank you so much for all that.

General thanks

I will always endeavour to help each one of you in any way that I am permitted, but even so, *know* my dear friends that I cloak you in spiritual love, in spiritual knowledge and we will endeavour, especially in this coming year, to help you develop even further.

General thanks

George's Notes:

Timing: *This was the time of immediate aftermath of the Burmese cyclone and the Chinese earthquake, each with huge loss of life.*

Fears: *It is clear from what has been said that it is well to differentiate between 'personal fears' and 'fears of future'. It would frequently be useful to confront a personal fear but fear of future is a different matter. Fearing the future or consequence of what might happen, takes us out of the 'now' and leads away from inner spiritual guidance. It seems important that we seek our own 'guided' pathway regardless of fear of a possible future event constructed from, at least in part, intellectual thinking. That is not to say that intellectual reason has no place; it has ... just that it should not take over and swamp, other relevancies.*

Now: *The Power of Now, Eckhart Tolle, Hodder & Stoughton, London is suggested as further reading. A power that goes beyond words ... a place where our thought-created problems dissolve and we discover what it means to create a liberated life.*

Testimony of Light: *Helen Greaves, Neville Spearman Publishers, Saffron Walden, 1969. Currently available from Amazon. The book accounts mind-to-mind communications between Helen Greaves and Francis Banks, M.A. (formerly Sister Francis Mary of the Community of the Resurrection, Grahamstown, South Africa).*

19TH MAY 2008

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As always, I am happy to join with you once more.

Lilian: Yes, it is lovely to have you with us.

Again, we hear your healing thoughts, we hear you talk of the many disasters in your world. I would like to remind you my dear friends, not always to dwell upon those happenings in your world that create so much disturbance. I would wish you daily to remind yourselves of the beauty and the love which surrounds you all. Even in your darkest moments, seek out the beauty and the light of earthly life. Each one of you, my dear friends, is blessed in this way. That is not to say your lives at times can seem harsh and cruel, but it is your individual responsibility to maintain that aura of light, that love which is round and about you at all times. Seek always the beauty of life.

George: Yes you are quite right, of course. The love and the beauty are always there, come what may. **But because you are human you sometimes allow those unhappy times to over-cloud the joy and the beauty. I am not saying it is easy but nothing that is gained for good is so easy. So, just remember my words my dear friends, remember my words daily in order that you may help yourselves. Again, it is a gentle reminder of what you are seeking towards—searching, finding - it is an ever, never-ending trail. Even when you come home to us, this journey is ever onwards to seek the brightness in your lives. Not always is this recognized but I tell you my dear friends that the continuance of life is ever seeking, ever looking for Love. That is what is important to you, or *should* be, and that is why I ask you now to think about it and to put those thoughts into action. I hope you will agree with me.**

George: Yes. And I think, now we see the return to spirit as, shall I say unexceptional, but it is just the trauma involving so many sometimes—we see the strife of it and, as you say, because we are human, we feel for those people. *(This refers to the cyclone in Burma and earthquake in China, each taking the lives of many.)*

You extend your love to all of these people and of course that is as it should be, but what you should not do is *dwell* upon it, but send out your love for these people and *we* will then do *our work* in helping them. If you cannot change a situation, you must look it fully as it is, as it is happening and then you must continue onwards. Have the recognition but do not hold on. Do you understand?

George: Yes. The love factor is really all-encompassing.

Yes.

Rod: I think we've got such an efficient media system that probably every time you put the television on, it's there and they are very, very efficient at putting all the doom and gloom on—they're very good at that. **Yes. It is impossible in your world today not to know what is happening in all parts of your world, and that is not a bad thing, but I am saying only that you must offer your love, your help, your support and then *focus* on all that is good in your world. It would seem too often that your 'media', as you call it, dwell too often on those what you call 'disasters' and do not focus enough on what is good in your world.**

Rod: That doesn't make news—you're exactly right.

Paul: I think as well there's a tendency for people to think that nature can be cruel. And it's just that we don't understand nature, that's all, because we don't see that it's always trying to balance itself out (**yes**) and it's actually trying to do things that are going to improve itself, because it's got far greater intelligence than man (**yes**), but because we don't understand that intelligence, we look at it as something cruel. **Yes. I wish you to look at the fuller picture. So often I use those words, but I have to reiterate those words for good reason, because you are so limited in your understanding, not only of your own world, but of everything else that exists. Therefore it is difficult for humankind at times to fully understand that this planet has its own evolution, that this planet has to balance both light and darkness, which I have spoken to you of; and always it has to be a balance of love, evolution and knowledge and continuance of *many* planets. But when you see the fuller picture, then your understanding should be a little clearer and the only way that that understanding comes is if you allow yourself to be open to all things, to all happenings in your world. You have to strive to be *more* than who you think you *are*, because you are not just these frail beings clothed: you are light, you are spirit and you must always strive to bring that forward.**

Paul: Yes we should remember that we are *not* human ... that's the...

You are human, but you are spirit *clothed* as humans. It is a very short time as a human being, but a much greater time as that true being of spirit. It is something I would like you all to think upon this time.

George: Yes it's easy in this day and age to be brainwashed into a kind of awe of desolation and disaster, but that leads nowhere and is really inappropriate for us. Yes, I think I understand that, but there is so much more to life that is highly relevant.

Yes, and you must begin with yourselves before you can take the wider picture of the world on board. So that is why I say, look for the good in all of your lives, even in the moments of despair. There is always something that can lift you that can make you find the good. It may be some small thing, it may be that you see a beautiful flower that you look deeply into and you realize that you are part of something much greater. That is up to each individual to find their own beauty, their own light in their everyday lives.

Sarah: For those who are leaving this life, who are in despair, who are perhaps depressed, dementia or whatever, it's difficult to be able to tell *them*, to look for the beauty.

Yes, but they will be being helped from our side—the spirit is being helped. Yes, I understand your question and, yes, I understand there are difficulties, but they are *human* difficulties. Again, look to the wider picture, look always to spirit. There are those in our world whose task it is to help those people in their transition into our world, a world of beauty and light if that is where they belong.

Sarah: Yes. And eventually everybody will, even those who go over with their own darkness, they will eventually reach that light.

Yes, no-one is ever alone—never alone.

Sarah: Thank you for those words.

Now my dear friends, I will leave you with those words this evening. I want to say only this to you: whatever you feel, see, hear this evening within this room please discuss it quietly amongst yourselves. We will try to bring something to you because the energy this time is good. So as I leave you, as always I say: take my love which surrounds you at all times. We do hear your thoughts and words and they are never wasted.

George: And thank you so much for your timely message this evening.

General thanks

The evening continued with some of us receiving impressions and finally a rescue. A gentleman had died in a pub and had difficulty in accepting this. He spoke through Eileen and one waiting for him in spirit spoke encouragement through Sue. With this and Lilian's counselling he eventually accepted his situation and was able to move forward ... but not before checking with Lilian that he could take his pint of beer with him!

Audio link: <http://www.salumetandfriends.org/resources/rescue+beer.mp3>

George's Notes:

There are a few echoes here from earlier teaching: Our lack of understanding so often connects with a devotion to intellectual thinking as opposed to spiritual thinking / It is the soul's ongoing progress that is important, to which this brief earthly life makes contribution / Recognition of nature's intelligence is often lacking (but nature will ensure by her various means (which include angels and elementals) that the planet moves forward ... and human existence depends on this factor).

And there is perhaps a danger: if media preference dwells too much on the exceptional ... then the exceptional might become the norm. So we must, as individuals, be circumspect.

16TH June 2008

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As always, I thank you for your welcome. It is always good to join with you my dear friends.

George: And wonderful for us of course, to have you with us.

I wonder how many of you have noted in recent times how much progress is being made within your medical world. I have told you that many medical discoveries would happen in this coming time and already these things are taking place.

George: Yes, you are perfectly correct, Salumet. I'm aware of the various applications of stem cells and there are a number of improvements in delicate instruments that help to correct eye sight and hearing.

Yes. In all areas of help there will be improvement, but within your medical profession there will be a new knowledge amongst those who work closely with the peoples of this earth plane. They will now begin to understand that in treating people, there is more than just the physical body. That realization will be slow to begin with, but it is gaining momentum amongst many of your professional people. It is an exciting time for those who wish to help others. There is much influence from our world in order for this to take place.

George: Wonderful! We're also aware of the work of spirit doctors and one in particular, Ray Brown, has come to our notice, and the one who works through Ray Brown seems to be doing wonderful work.

Yes. There are many in your world being used at this time with the same kind of work which *he* achieves, but you will always, my dear friends, be guided by us to help each of you to maintain that balance of spirit, mind and body. Do you think that it has been coincidental that these meetings should happen? Not at all! There is always a purpose in our work.

George: We accept your guidance and teaching that there are no accidents!

Yes. So that should give you something to think about. Also in this coming time, you will find that new ways of finding resources for your world will begin to happen. You remember I have told you on previous occasions that the seas of your world will become important.

George: Yes.

Yes. I would like you to keep this information to the forefront of your minds. Yes.

George: Yes. I think we shall all be much happier to see that development as regards energy, and possibly wind power as well rather than nuclear reactors which have serious disadvantages I feel.

Yes, but do not forget that all power given to this earth plane also has good purpose. This we have discussed before.

George: We have indeed.

Yes. Only mankind turns all of these things into *negatives*. Yes, so it is mankind who needs to change.

George: Indeed, and given my preference for sea-power and wind-power, it's difficult for me to conceive how mankind could be negative with these sources.

Yes, but it can happen; it comes from greed, it comes from a needing to take for themselves all that should be shared.

George: Yes, I'm afraid there is still that about.

There is too much still—too many materialistic people in your world.

George: Yes, I think we are aware.

So, because of this state of affairs, it will be, I feel, a slow progress but nevertheless, it *will* be progress.

Rod: Would there be people on Earth doing research and development on sea waters at this present moment or is that to come at a later date, Salumet?

It is already beginning, yes. All influence comes from our world. We try to influence those who are connected with all of these projects. We try to guide and to impress upon them what is necessary. But as I have told you in recent times, my dear friends, always try to focus on positive aspects of life. Try to dissipate those negative energies which surround you—and it helps and makes our work so much easier.

George: I think from what you say, Salumet, you imply that energy from the sea is rather more important than energy from wind-power.

I would not say more important; it is just one aspect. Yes, so be aware that these are things to come.

George: The reason I asked that question was, it can be more of a person inclination or personal effort, in setting up small wind-power devices.

Yes, of course. Mankind can take responsibility for that *kind* of energy, but sea-energy is something that *has* to be focussed upon by professional people who know what they are doing, and to whom we are trying to bring the knowledge. You understand?

George: Yes, these would be large projects.

Yes. It is not something that will happen as you would say: overnight.

Rod: I take it this does not just include just tidal movement, but using the actual water as a product of energy?

Yes. There is much energy that has not been tapped into as yet. There is new knowledge to come.

Now, my dear friends, I will take any questions this time before I leave you to continue with your evening.

Rod: I haven't got a question, but just a word of thanks really. Two or three weeks ago you mentioned about when somebody got 'gloom and doom', to push it to one side and look at the brightness alongside. And from thereon, for that couple of weeks I was forever telling people just to do this. I must get more practice—I think I've been a little bit dormant this week—but that was a wonderful, wonderful piece of information for myself and people around me, because we do have a few 'gloomy/doomy' people and we seem to get gloomy as well, so thank you very much for that.

It is human nature to not always be full of sunshine, but the more you practise being positive, showing love, receiving love and helping others, the easier it will become. But it takes a little focus sometimes, because we in our world understand that life for you at times can be difficult, not only your own lives, but those of friends and family that surround you. It is too easy for mankind to allow those worries and concerns to feel as if they carry a heavy burden, but each one of you *is* spirit, *is* love, *is* light and that is what you should be trying to cultivate each moment of your lives here upon this earth.

George: Focussing on the sunshine of our lives, we have such wonderful memories of the Bonniol visits and we feel so privileged to have had those visits over such a period. I have the feeling about that that we really need to upgrade ourselves, improve our spiritual expertise, should I say although that's not quite the right word, before Bonniol will visit us again; but I feel that we need to develop our group activity more in terms of the aspects of mind projection and group energy perhaps. I just have that feeling that we have to work on ourselves a bit before we can expect our visitor to come to us again. Have you any thoughts on that yourself?

You wish me to comment? If you would remember the initial reason for that visit was to show you mind connection (yes), that was our topic at the time and that is why you have been brought such

information. Of course it is necessary for each one of you, not only in groups such as this, but in people who have everyday lives and perhaps who do not even have the knowledge which you have got, that every person seeks further to expand that spiritual being whilst here upon the earth plane. And of course the purpose of that knowledge, of that change, is to grow and grow and grow. It would be an enhancement of communication with those from other worlds if you could try to perfect your spiritual gifts which you all possess. After all, you cannot allow spirit to be dormant; you cannot say: 'We know enough' because you know so little. You understand my meaning?

George: Yes. This is getting towards my feelings about the matter.

Yes.

George: I was just a little bit puzzled with—there was a loose end in the attempted materialization. It showed signs of happening but it didn't quite come off and I wondered if our friend had the desire to carry that through. But I just had the feeling that we need to work on ourselves a bit more.

Yes. There is more than one energy needed for what you term 'materialization' and of course each person within this room is a conduit for that energy, so therefore, you have to be together first and foremost in your *desire* to use these energies properly. You understand? (Yes.) But firstly, as I have often said to you, you have to look inwards to yourself first. You have the ability ... *all of you, for all of these happenings, but you must truly believe and want these things.*

Rod: I need to strengthen my system up because I'd been up the top of the garden in my place and I'd been working hard and I thought: 'I could do with a cup of tea', and I could see Daphne in the kitchen down there washing up and I think 'Daphne, tea – tea – tea!'. I look at her and I make the 'T' sign with my fingers and she doesn't even look at me and I feel a complete failure. I think—I don't think I can be giving a lot of strength to this group if I can't get my wife to get me a cup of tea!

Laughs

I appreciate your humour my dear friend but I will use only one word to you: 'practise'.

Sarah: In fact there was one who came through last week who said it was a message from you—I don't know if that's right or not but anyway that was to practise mind projection (*during our meeting*) last week. **It is no good my dear friends to do any 'exercise', as you call it, occasionally; there has to be continuity, there has to be that regularity of purpose. You cannot expect these things just to happen.**

Sarah: I think that was a little memory jog for us.

Yes. After all, many, many groups sit together as you do for many, many, many years and find very little happens. It is not because they are less spiritual, but they do not focus on the right aspects of themselves. They allow everyday worries to come with them to their groups. They allow everyday living to become that important part of themselves, when in fact it should be the *spirit* that is to the fore; the use of the gifts of spirit, the clear seeing, the clear hearing, the materializations—all of these things happen when the spirit is to the fore. You understand?

Affirmations

Rod: Continuous practise.

Yes.

George: We are a little bit sporadic at the moment and, actually, I projected a coloured triangle, a red triangle this week. Paul picked up a triangle, but I'm afraid my red colour wasn't a very pure red and he picked up a green triangle! That about sums up our efforts sometimes—we're partly there in projecting to each other sometimes.

But if you have part success, that is what should spur you on to continue, and I might suggest to you my dear friends that you keep it simple: instead of a red triangle, try either the colour *or* the triangle, until you are more proficient at this thing. Keep it simple.

George: Yes. Thank you for that advice.

Now, with those words, I will take my leave this time and allow the rest of your time to be used by those who wish to come to you. As always my dear friends, I leave you cloaked in that light of love.

Lilian: It's been lovely to be together again. Thank you.

General thanks

George's notes:

Medical Advance: A further very recent advance has been a cure for skin cancer melanoma using cloned tumour-killing cells originating from the patient. Can other cancers be treated in this way?

Energy from Seawater: There is in fact a recent discovery reported on the Internet that is the likely item to which Salumet alludes. John Kansius working in the field of developing a frequency generator for cancer treatment has applied radio frequencies to seawater with a surprising result. Elemental bonds within the seawater are broken with release of hydrogen. As long as the seawater is irradiated, it can burn like a candle due to the hydrogen released. And the phenomenon has been demonstrated at a university. In this way, seawater can be used as a fuel! This is a groundbreaking discovery!

Mind Projection: We are all of us ... group members and readers ... encouraged in this development. Still the mind, exclude thoughts, picture a simple object and see if it can be picked up by a friend. Play the game with a friend as a mind exercise! We have done it with Bonniol and we continue to practise it amongst ourselves. It works, and can always be improved upon. And it could eventually replace the mobile phone!

23rd June 2008

Good evening.

All: Good evening.

As I join with you this time let us extend a warm welcome to our dear friend.

Lilian: Yes, it's nice to see her again.

Ann: Thank you.

I have to say you are just a little nervous, but I hope that as this evening continues you will feel more relaxed and comfortable.

Ann: Thank you.

George: Ann, my wife, has been reading all the transcripts and she's familiar with your words, I think.

Yes, but it is not quite the same as being here within this room.

Lilian: Yes, some people find the darkened room a little strange.

Yes. Because we are small in number this time, we will give our dear lady friend an opportunity to ask any questions that she wishes.

Ann: Thank you. I have had several questions, but I don't think I shall be able to put them into words very clearly, so perhaps I'll ...

Lilian: I shouldn't worry, because I think you'll find Salumet will know anyway.

Ann: I expect he will.

Lilian: Even if you stumble.

Ann: Well I'll try. There is one question concerning the best way to serve. I wonder whether—I'm often distracted by the world and I wonder whether one can serve best by doing good works or by going on retreats and meditating and being in the silence and raising one's consciousness, and hoping to heal the world that way; or whether one should try to achieve a balance living in the world, and trying to be peaceful as well and meditate. Sometimes I find it difficult.

Yes. Firstly let me say this to you. You are a good soul. You have an innate goodness that many people do not possess. That is the first thing I wish to say to you. I know you wonder often that what you do and the path that you travel ... if these are the correct things to be doing. Let me say this to you my dear friend: each one of you in this world has many opportunities given and of course you are well aware of your freewill, which must always come into play when choices are made. The pathway that you try to follow is the correct one for you, because that has been your choice. There are many pathways to our world; let me say that categorically to you. We all, do we not, *believe* that our pathway is the true one. I am here to tell you all that whatever pathway feels right for you—that is right from within the spirit, cannot be wrong. When you follow your life's pathway, your actions and your thoughts become as one. You do not have to think about the words that you say, the deeds that you do, the joining together with

spirit, because it comes naturally to you. I am sure each one of you within this room has said or done something and immediately you know that those words or actions should have been avoided.

Lilian: That's true.

We do not ask more of you. After all, the human element whilst on this earth is a great part of your lives, but it is the understanding and the knowing that is important, because only then can you fully understand the way forward. I will say to you my dear friend what I have told the others, that meditation is most important to your spiritual wellbeing, because only in that state can you achieve that union with us. So, if I were to say to you only one thing to help you, it would be to be quiet and to go within; by going within, not only do you unite with spirit, but healing also takes place. But ultimately as in all things, the choice is yours and I believe that each one of you knows and understands when your lives are running smoothly and that spirit is to the fore. Would you not agree?

Affirmations

I hope that has helped you just a little.

Ann: Yes, thank you very much.

Do we have more questions?

Lilian: Do you have another one, Ann?

Ann: No, thank you.

Lilian: Anyone? George?

George: Yes. I would like to refer back to last week and you were talking, Salumet, about energy from seawater (**yes**) and there was the implication that this was something really new. And I looked on the Internet following that, and I note that there is a gentleman who has noticed that if you irradiate seawater with radio frequencies, there is bond-breaking and release of hydrogen ... and I just fancy that this could be a new energy source. There is much work to be done still and there is already criticism that in a closed system you cannot put a small amount of energy in and get a large amount of energy out, but the critics are overlooking several factors. Anyway, I just wondered if this might relate to the energy form to which you alluded last time.

Yes. Firstly, let me say: if I gave you the impression that this energy is new, please forgive me. As you know, there is nothing new: it will only be new in the *minds* of man when he rediscovers what has already been lost.

George: Yes ... yes, we understand.

Yes, so in that sense it is not *new*, but in the mind of mankind at this present time, it will seem to be a revelation, it will be a discovery and, as always in your world, there will be disagreement. Yes, always there will be disagreement amongst men, but how often throughout your history have these things then gone on to be correct. So do not be too concerned about the disagreements—that is a natural process, but I am sure it will be something that is beneficial for mankind. I hope that has helped you.

George: Yes, it would not be proper I imagine, to say if this *is* the line of development which we are re-discovering.

Not at this moment in time. But I understand your curiosity and of course we know, dear friend, how much you wish to investigate in your own way, but for this moment I will leave it like that.

George: Yes, I appreciate that, thank you.

Lilian: Did you have a question, Rod.

Rod: I've had questions in the past, Salumet, and I've said, 'I must ask Salumet that'. There's one thing that gets bad as you get older ... it's your memory. I should write these things down, and I will do, write these things down, because you come up in conversation and I think: 'I will ask that'. This isn't the question I was going to ask, but I find it uncomfortable on how people die. They don't know they've died and they don't pass on very well, and they seem to hang around. In fact they get there and they still don't know they've died. I know I find this uncomfortable and obviously I can't do anything about it.

I understand my dear friend. It is because you have not conquered the emotional state. You have to capture those emotions and put them in place before you will find it easier to accept what has to be. It is *physical* emotion you are feeling, not *spiritual*. You understand?

Rod: You've mentioned that before.

Yes.

Rod: I have tried.

But it will come. You are too harsh with yourself. Of course it is distressing, but as you continue with this work, you will find that acceptance comes more easily, so do not be so harsh with yourself.

Rod: Thank you for those kind words.

You must remember that of all of those who seem lost are never alone. They will not always remain in those states. That is why groups such as this and others are used to help them.

Rod: Wonderful. Thank you, that's wonderful. These two, these three, are wonderful! (*Rod refers to the mediums receiving 'rescues' and Lilian who counsels.*)

George: I think the time factor comes into this as well...

Yes—which is of course also difficult to understand.

George: I mean, those in spirit will not be as conscious of time as we are. I think that's correct.

Yes, of course. Our dear friend has a little way to go in his understanding, but let me tell you dear friend (*Rod*) that you have grown.

George: I think we all have some way to go in our understanding; and that leads to another question. Our health service/our hospitals, they dwell on cleanliness at the present time (**yes**). There's great effort in making the places scrupulously clean/sterile, but it occurred to me recently that the birds and the animals, they are quite different—any old puddle will do for a drink!

Yes. I understand your question and yes, of course, there will always be in your world what you call 'germs', but what are in fact parts of *life*, an *existence of life*. But there has to come a point where man and, I will use your term 'germs', have to adapt to each other, as have many things in the past that man has not been able—and let me use these words kindly, '*take control of*'. You understand what I am saying?

George: Yes. 'Adapt to each other' is a nice expression.

Yes. That is the best way to put it to you. Sometimes there can be too much what you call 'cleanliness', but it is a destruction of a natural thing in your world. Mankind, unfortunately, has interfered rather a lot in this world and caused many problems and this is just another one of them. At the moment in time, that is the best way they know how to deal with your germs, but, as in all things, there comes a time when the 'adapting to each other' takes place.

George: Yes, I rather fancy something like that took place when Albert Schweitzer, a rather enlightened one, was in Lambaréné in Africa and there were open sewers there, and in that sense there was not cleanliness, but there were hospitals there and I suspect that people get a chance to develop their antibodies in their systems when a *few* germs are about...

Yes.

George: ...but in extreme cleanliness conditions perhaps we don't build up the antibodies well enough.

Yes. As in many things in your world, medicine also has been abused at some points and not used correctly, but always we are trying to influence so that mankind grows in understanding, that mankind becomes as one with everything in this earth.

George: Including the germs!

There has to be balance, yes. You may find that some people will be shocked by those words, because they see your germs as alien to good health, when in fact all things have purpose. But I would say the important word here is 'balance'. I hope that has helped you.

Lilian: Interesting.

George: Yes, I'm sure that has clarified.

Rod: It must be exasperating for people on your side who are trying to influence doctors and what have you, to bring in a new product and then see it used in an incorrect way later on. I guess this isn't just medicine, I mean this is ...

Throughout your world, yes of course...

Rod: But it must be exasperating for you to think, 'what've we got to do to get that lot organized?'

Well, I have to tell you my dear friend that we do cultivate patience.

Chuckles

George: And would you classify 'exasperation' as an emotion?!

I feel that, yes that is a physical emotion. So I will leave that one with you.

More chuckles

Now, I will take my leave this time and allow the evening to continue.

Sarah: Thank you very much for coming.

George: Thank you for those educating and inspiring words, Salumet.

Rod: Are we allowed to wrap you in *our* love?

I feel your love each time I come to you. For this I am forever grateful to you and know always that I am close by.

General thanks

George's notes:

Many Pathways: *In the early days of his teaching Salumet likened this to the many longer and shorter routes across a sports field. Equally, there are many influences from spirit so that the future appears to us to be largely ordained. But there is always that freewill factor ... always choices. Whatever the actual route forward, meditation ... spirit connection ... remains a key factor.*

Energy and Seawater: *There has already been much research in the direction of 'fuel cell' to produce hydrogen from water, but there are difficult problems ... not least that the expensive platinum catalyst is easily 'poisoned'. Seawater is a complex mixture. Does it include its own inexpensive catalyst for hydrogen production? Many questions need answers.*

Germs and Disease: *In contrast to today's hospitals, Albert Schweitzer's first is described in George Seaver's biography (1947): '... he utilised a windowless broken-roofed fowl-house for his surgery, his bungalow for his dispensary, and the open sun-smitten courtyard for the treatment of his patients till the regular evening shower drove them for cover to his veranda.' Today, we attempt to eradicate germs and as a result develop problems of poor or non-resistance to disease. It is a pity that there are slogans such as: kills 99.9% of all known germs, when at least 98% are actually helpful to us, in fact without microbes we simply cannot survive. Half the planet 'excludes' such diseases as foot-and-mouth at great cost and with periodic animal slaughter (the shame of which is felt by many of us) while remaining countries allow such diseases to be endemic. This is a difficult situation for our world in which animals of the 'exclusion countries' build no antibody resistance to the disease in their blood, while those of endemic countries have been allowed to build their natural resistance. The latter may on occasions succumb to disease to the extent of a few percent of the herd ... depending on quality of diet. Good diet is of course another very important factor.*

7th July 2008

The evening's events took all by surprise. Firstly, one giving his name as Samuel spoke through Eileen to say that Salumet would be away for 2-weeks and something of interest was planned for this time. Next, one via Sarah indicated that several would join with us and we were to see who or what could be sensed. We were to compare notes and finally one would be with Eileen of whom we should know the identity, and that person was described as a great spokesman. It was apt description.

Paul quickly felt the one drawing close to him wrote diaries. This was later confirmed as the historical figure of Samuel Pepys—famous for his diaries. Several minutes passed as we voiced our various impressions.

Then Sarah named 'Churchill', and this seemed to be a key word to unlock proceedings.

That is I.

Sarah: Oh right!

Sarah had also mentioned Elizabeth 1st earlier and so this was quickly clarified in a strong speaking voice through Eileen:

Churchill—I have refrained from speaking too soon and to say it has been a great opportunity to say to you all: not all things...

Eileen coughed

...Dratted voices cause you nothing but trouble ... this I have to say to you: not all that is said is true about spirit and those who come to speak with you. It has been said that those well known in the world only return to those they love—not true. There are those, as myself, who still need to communicate, and will take any opportunity that is available to us.

George: Wonderful! And I am old enough to remember your speeches whilst you were on the Earth, and I note your voice is still strong and has that kind of intonation.

Rod: And the inspiration you gave us all. I was 10-11-12-13-14, but the inspiration to me and the whole country—thank you very much for that. It's such a humble thing to say, I know.

I was amazed by the attention I received when I passed. I suffered many disappointments in my life, unknown to many. But I have to say that my heart was touched to see so many who had good thoughts of me.

Lilian: I think the country and everyone in it needed a figure that was giving us hope.

One thing I will say: to give up any habits that you may retain...

Jan: Are you referring to smoking?

Indeed I am.

Laughs

Lilian: We've been told that.

I assure you that this is so. And I did for some time, 'suffer'. I use the word guardedly.

Jan: Did you have emphysema?

Slightly, but not widely known.

George: But we realise, it was more than just a cigar, was it not—it was a symbol that went with you.

It was a presentation of myself. Yes, even now I feel my hand go to clasp one.

Chuckles, as Eileen's hand was raised a little in clasping gesture

George: And whatever one's feelings about war today, it's strange having lived through that period in the '40s; it seemed to me then, and on reflection to have been a very special period in our history, when we were getting things sorted, and on reflection I cannot see any different solution or outcome for that period. But hopefully, world-warfare has now ended and there will be no more of that. Have you any such thoughts?

I do. I follow all that takes place in your world—even today. I wish I could rewrite history, but that is not possible. My part I played was to the best of my ability and although many errors were made, I feel justified in saying that I travelled the right road as far as war was concerned.

Sarah: You were probably being influenced from spirit anyway, weren't you?

I now know that—at the time I hoped, but did not fully know.

Jan: Mr Churchill, I'm too young to remember—well actually I can remember you being prime minister when I was a little girl. I can't let this opportunity go by without asking you if yourself and Mr Hitler have met in spirit and spoken—and I'd just like to think that you actually shook hands and made friends.

I cannot say that to you. For some time my 'goodness' was not strong enough to do so. And still, although I am aware of this gentleman, I have no desire to meet with him, but of course, all forgiveness is there.

Lilian: I think we've been told he'll be in darkness, of his own doing of course, for eons of time; so possibly he is not even ready to...

He is not ready, because he feels he was justified in making a new world. But there is no resentment, no malice, and I have to tell you: I admired his earlier strategies of war as a man who knew where he was going—not the actions that were committed, but in the earlier part...

Jan: ...as a strategist...

Yes, that part of him I can congratulate him for, as being a person myself of great detail.

Jan: Yes—I hope you didn't mind me asking you that question.

Many people have made and written judgement. I am happy.

George: Well, we all realise that this is a learning planet. We are all learning and where you are now, I think I'm right in saying: you are still learning

We are all learning, yes.

Jan: Has your viewpoint on warfare now you have passed over, changed completely?

Slowly, I am changing.

Jan: I believe you've been in spirit a relatively short time haven't you, compared to ions of time?

Yes, it does not happen in a moment.

Jan: No.

Rod: So what about your wife? Have you got a happier time meeting your wife again?

Families are always different than acquaintances. There is always a love bond, which isn't severed on passing—that still stays strong.

Rod: That's lovely.

But I have to say: I am still interested in my family of the present day and I am sure at times they feel my presence.

Jan: I'm sure they do.

Rod: Didn't one drive down the road the other day with some children in the back of a car? Is that part of your family?

Sarah: Soames (surname) that was, wasn't it...

My family has extended greatly—as all here, as you know.

Jan: Are you a public speaker in spirit?

Every opportunity I can, I will speak. I do not now command such attention, but the oratory still takes place.

Jan: That's nice.

George: You said...you referred to a desire to rewrite history, but I would add to that, that while you were on the earth, you did a very good job of actually writing the history in three volumes I think it was.

(Originally 6-volumes and various abridgments followed)

Yes, I have to say my pride took a place to the forefront at those writings, but I speak not only of the time when I was with you, but previous history*.

Jan: Do you look down on 'No 10' and are interested in what goes on behind the big black door?

I have to say: no.

Jan: It's of no interest any more to you?

It is of interest, but not so much anymore.

Lilian: You're on a different journey.

Yes.

Lilian: And I believe you used to meditate—I've read about you in a book—you used to sit quietly and meditate.

Yes, I had connection with spirit, but I suffered many black days when knowing and feeling spirit was my salvation.

George: Yes, I can feel and imagine that.

Yes.

George: And you painted...

I suppose you would say I was an artistic person.

George: Yes, and did that also help you to relax?

Music...It helped me—you must forgive me, my voice is going, because my energy is leaving. I found expression in my writing, my paintings—many forms of art.

General thanks as power faded. Further questions were attempted, but the energy faded, so we said our thanks and appreciation.

**There were many causal factors leading to WWII, for example, the failure to honour armistice agreements of WWI and then the re-arming, and yes, it would be a huge advantage if we could have rewritten this part of history!*

George's Notes

Winston S Churchill completed his epic work: *The Second World War* in 1950. He makes unrestrained statement on episodes of the conflict. And that he refers to 'MADNESS' as an affliction that, in war, carries with it the advantage of SURPRISE, may be seen as an example of his literary flare as applied to political confrontation.

21st July 2008

The evening began with a rescue, followed by one through Sarah, who gave further details to the group concerning our past lives together as monks, which was first mentioned on the meeting of 30th June 1997:

Lilian: Nice of you to come.

I am very happy to be able to come back to you again, after such a long break.

Lilian: Well it's very nice to have to—taking the time and trouble to come.

I do not consider this to be trouble!

Chuckles

I am most happy to be able to come to you again. And this time I would like to tell you that we are able to bring you a little more information about the time that we spent together when we were on another continent.

George: Wonderful!

You remember when I came to you and we were working in the area near the Nile?

Affirmations

Now this time, I would like to tell you that although you were not with me at that time, we were together, but in a different area. We have been together as a Closed Order and I believe that you have already been told that you were monks together?

Affirmations

Now this is where I fit into your picture.

George: I think I'm right that last time you told us about Egypt and it was your time or one of your aspects time—it was Ramasses 1 who was in power then. Are you that one or is it a totally different aspect?

This time it is of course the same person speaking to you, but it was a different aspect that was on the planet in the Closed Order, as opposed to when I was in Egypt.

George: That's interesting to know the connection.

But of course now that I am speaking to you, this is the same spirit as before.

George: Yes, I think we understand—interesting.

Now, you have been told that you all worked together and I believe this information was given to you in a light-hearted manner.

Lilian: Yes it was.

But this was also a connection to be given to you, so that when I came to you, you would be familiar with what has been in the past. I was but a very small figure in this community, but I was one who had a lot to say.

Eileen: Are you saying that we were a religious group, in that time.

Yes, this was a Closed Order and dear lady, I believe you were not in this order.

Eileen: No, they wouldn't let me in!

Laughter

Eileen: I was a mendicant.

George: Eileen has a different and most valuable purpose in this group.

Yes, you did not need the strict—how can I put it—the strict regime to learn, because you were a much freer spirit than those in the community.

Those who were together in that order, they needed a little direction, a little push towards the right pathway and although as you know, that line is not perhaps the one you would wish to be in, in this lifetime, it was a ...

George: ...a necessary stepping stone—would that be it?

That is a much better use of the language than I was going to say—yes, that is correct, that was the beginning of your search for the truth. Now, dear lady—dear lady mendicant I can say to you—you had already found that little light and you came to the group at the Order, because of the previous connection you had all had together. It was for you just, shall we say, to make contact in that lifetime. So, you have all been together and I have touched upon your lives before. So, it is with the greatest of pleasure and no trouble that I have come this evening, just to tell you that we have been connected in the past and we will again be connected in the future.

George: Lovely.

So, I am most happy that we are now all together one more time.

Rod: Does this include me?

George: Yes, I was going to say, are able to tell us if Rod here had any connection with the groups, because Rod is a relative newcomer to our circle here, but he fits in so well.

I am just asking where this gentleman fits in. If you can bear with me for just a few seconds, I will find out for you, where he first became connected with you all.

Pause

Another then appeared to be speaking through Sarah:

I am here to tell you on behalf of my dear friend, that this gentleman was an inn keeper and his connection with you all is via the work you did in the monastery. You provided the wine and other drink for his inn. He was not part of the religious Order, but he did indeed have contact with you.

George: Nice to know that he was around and nice to know that Leslie, our group founder, made the wine!

Rod: Was that what I was—a wine maker?

Eileen: Yes, you were an inn keeper.

Rod: An inn keeper—thank you very much for that lovely information.

Lilian: So we made the wine...

Rod: ...and I sold it for you.

Lilian: Yes—we sold it to you.

Rod: You sold it to me...

Eileen: And I just came round begging!

Laughter

The first speaker then returned to finish through Sarah:

Now, I hope that my friend has been able to help you with that piece of information and I now will be happy to go back to where I belong and look forward again to another meeting—maybe I will be able to tell you something else. But I do not know at this moment if any other aspect of my being was in connection with you at any other time. I am sorry I cannot tell you this now, but should I be able to come back, perhaps I can bring you another story.

George: And we can assure you, you will be most warmly welcome.

Rod: A real history lesson.

General thanks

11TH August 2008

We began somewhat hesitantly on this occasion. A rather nasty type of summer cold had been about and in particular, Eileen was left with a cough which could really be a nuisance. She had a drink of water and we hoped for the best...

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

I thank you for your welcome. As always, I am pleased to join with you once more. The instrument has been concerned about communication with us, but we will try to help in any way that we can. There are many of you in need at this time. Be assured that those in our world will draw close to you this night and we hope that you will feel the benefit of our love.

Lilian: I'm sure we will.

George: Thank you. There do seem to be a few viruses and germs about at the moment.

None of you are infallible!

Laughs

Therefore it is not unusual for you, any of you, to be plagued by human ailments. So do not be overly concerned. Each one of you finds strength in illness and overcoming many obstacles in your daily lives. This is part of the growth of spirit—but you fully understand this, therefore I will not repeat my words. This time, my dear friends, I wish to say to you just a little about your own growth which you know, each one of you, how much and how far you have travelled the road of *knowledge* and *Truth*. In your world, since the beginning of human existence, we hear so often: 'Show us the way.' Or: 'Why are we here?', 'What is the purpose of life?' You, my dear friends, have travelled with me along a pathway of discovery, of knowledge, of truth—truth that has always been. You have made discoveries, not only about yourselves, but about mankind and all those who exist within this planet. Not only that, you have been associated with mind connection, with planets further afield and this, my dear friends, you have all accepted, you have all gained from this knowledge.

George: Yes. You have brought us riches beyond measure, *Salumet*, of which we are so appreciative. It is, of course, our earnest wish that we can place all these facts before others and we strive to do this, and there is much enjoyment in that as well. So, thank you!

Yes. You have grown, but the purpose of growing spiritually is that you continue to expand that consciousness. We have spoken much about *Time*, *Energy* and *Growing* ... so many things over time have we not? What I would like to say to you all this time is: I would like to take you just a step further in your understanding. You know full well that when you discard these physical overcoats, that you are once more reborn to spirit. Of this there is no doubt within your human brains and thinking. You have accepted that mind belongs to spirit and that there is much that is open and waiting to be experienced. So we come to the first question placed before us: 'show us the way'. This, my dear friends, this is what I have tried to achieve with you over the many years that we have come together. (*Salumet first came through on 27th June 1994*) You have moved forward in your thinking, in your experience of spirit, of your understanding of all things greater than yourselves, because you know you have accepted that you are *more* than yourself; you are all as one, you belong to the wider picture of *Life*. So for you my dear friends, you *are* finding your way in beginning to know what the plan of life is. There is much you will never understand whilst here. This, too, we have discussed, but let us take the next question: 'Why?' Why is there existence? Why does mankind strive for this knowledge? Because, my dear friends, it is a natural inquisitiveness within him to find the reason why. That is why mankind in time past has become more interested in that which lays outside of this planet ... of this universe. That curiosity is a form of searching for 'why?' I wish to tell you that as you leave these many universes behind, you realize that still you remain within a 'Void'. Your scientists and those who are interested in other life forms are beginning to understand how little they know. Do you understand that each star, each planet, has a form of communication? (*Pause*) This we have not spoken of; but if you accept that all of life, all of consciousness is expansion and knowledge, then of course there has to be a form of communication—not in the sense that you would understand, by words, but by *energy*. Each form of energy has colour—this we have spoken of briefly.

George: Yes, and Bonniol spoke of a pulsing light (**yes**) which would be seen from out in space on approaching planets and suns. Is that something you ...

This is an experience that is open to all within many universes, but I am trying to take you just a little further. As you leave behind those lights, those planets, those universes, still you realize that although

you belong to the whole, you are still within a void. But within the void there is knowledge, knowledge of all planets, all universes, all things. This is a knowledge that is the 'WHY' of existence.

George: Might I ask if the void is synonymous with Great Creative Force?

The void is the result of the Creative Force. It is this seeking, the returning of the energy of the Creative Force. We are speaking of deep matters here.

George: Yes. So, in a manner of speaking, the void encapsulates *all*.

Yes ... yes. As you are one small planet, you are captured within that void, which again is only part of the knowledge; it contains many vibrations of energy and each vibration of energy belongs to colour. And as it is upon this earth and spirit, where communication needs a blending of energy, so too within the void are there communications with energy. Do you understand my dear friends? I do not want to take you too far without understanding.

George: So there would be blending of energies within the void and that is how we should see communication.

Knowledge ... that is where knowledge lies and that is only part of the whole. Do you therefore see the expansion, the continuity of life, the knowledge, the growth—all part of the Creative Force; and yet here you are, one little being and how really insignificant you are within the whole. Would you like to ask any questions?

George: Insignificant and yet we connect throughout ...

Yes. You can imagine yourself as the bottom of your big toe, reaching and searching for the top of the head. Can you see how mammoth that would seem?

George: Yes. I have read articles about the question 'why?' Why are we here, why is the entire system here? And some authors have dismissed this rather flippantly and compared it to a 'free lunch', which isn't really an answer at all. But you have given us a wonderful insight.

We are here in order for the Creative Force to *express* all things. For that ... I am searching for the word that you would understand—perhaps just to say that the Creative Force is looking for expression in all forms of existence. Therefore, to continue that expansion of consciousness, which in turn affects every being, every universe—all of existence. Do you understand my dear friends?

Rod: I think this is far more complex than I'd ever envisaged, obviously. Does it need ... do you have to organize it? Does it organize itself? Do you have to control it?

There are—and I use the word reservedly—there are laws to abide by, of course, but not in the way you would understand. Of course, there has to be structure, there has to be intelligence, and remember my dear friends these are earthly words which I use to really describe to you something that is really far beyond what you could truly understand.

George: It seems to me that the Great Creative Force actions all this into growth (**yes**) in order to be able to examine its *expression* or grow further from that expression.

There has to be expansion; that is why the Creative Force needs to have some form of expression. But that basically answers the question 'why?'—a question which has puzzled mankind and those on other planets for so long, because the understanding has not been available to them, although nothing has changed. It has always been, but consciousness has grown, evolution has changed planets.

George: This question 'why?' has been examined, as you say, by our exploring outwards (**yes**), it is also being currently examined scientifically by a huge cyclotron (**yes**) constructed at CERN in Switzerland which has taken many, many years to construct and it is specifically to answer or attempt to find out 'why?'—and that construction is about to come on stream, I understand. Now I don't know where the Great Creative Force would fit into this construction or perhaps it is part of the growing expression.

Yes. I am aware of what you speak of, and of course any attempt to try to understand ... in our world can only be for the good, because it shows that mankind is opening up in his own consciousness to try—and I hasten to add, they will never fully understand, but they are *trying* to understand.

George: And a refreshing part of this development is that it's seen to be huge investment for no, no monetary gain whatsoever (**yes**)—and this is rare in our history.

That is why I say it can only be good, because it is affecting the consciousness of man; not the emotional being, not the monetary gain being, but because they are *seeking*. And remember, if you seek you will be given answers. You understand?

George: Yes, and I know there are a number of scientists who'll be absolutely delighted if they find answers.

Yes. The seeking is important.

George: And their excitement will probably travel around the world.

Anything to do with the 'way' and 'why' will always find ears to listen. They will also find ears that disbelieve or refuse to listen, but that does not halt the progress that is being made by many, not only in your world as I have said, but in other planets who are also seeking. Now my friends, I hope I have brought to you a little more to think about.

Affirmations

George: Yes, that is a wonderful teaching for us.

It becomes ever *more* difficult when we reach this stage of explanation, because it is difficult to find words or expression to explain to you something so wonderful, so magnificent that it is just too much sometimes for the human brain to take and understand—but I hope I have brought it to you as usual in a simple and understandable way.

George: Yes. And these words can be written down and they can be read through more than once if necessary (**yes**) and that always helps with the thinking.

Yes. You tend to absorb that information a little more easily, I agree.

Rod: Can I just ask a simple question? When we come back onto earth, they wipe the computer (*memory*) completely clean and we come back with no memories of our previous spirit life, or very little, although I understand on a previous talk you did say they were bringing children down with *some* memories. The question is, you talk about other planets all over the universes, do they have the same problem? Do they come down with the computer completely cleared, their memories completely cleared of previous life? **That is part of spirit world, whether you come from this planet or another, those who reincarnate for whatever reason tend to have the memory erased, otherwise what would be the purpose of learning? But not all people have that memory erased—some are able to remember, but that is not the normal. Most people do not remember why they have returned, but it does not apply only to this planet. Is that helpful?**

Rod: It does, thank you very, very much. I didn't want to feel we were the odd one out!

Chuckles

There is nothing odd, there is nothing special—you are just part of *being* ... on this one planet. You understand?

Rod: And may I just say on my behalf how honoured I am to get this information from you—I know the rest are, but I feel very honoured. Thank you very much.

I never cease to be amazed by this humility that each of you show towards my words. I should be the one who comes in humility. I am most grateful to you all that you accept not only my words, but that you extend to me much love, which in turn enables my own growth. And as always my dear friends I will take this time to say to you, I leave you with the thoughts of this evening, with my love, with my upliftment and with the support of all in spirit who draw close to you. I will let your evening continue.

General thanks from all present. It is remarkable to observe that there was not one single cough throughout the proceedings!

George's notes:

Clearly, this was one of those wonderful deeply philosophical teachings for which a few, more extensive than usual, scientific notes will hopefully help to clarify. As the scientist present on this occasion, I will do my best:

Space: *We have come a long, long way since that period in the mid-20th century when the majority who taught physics strongly asserted that space was nothing and I recall, as a young student, being 'put down'*

for daring to think otherwise. There were just a few who thought that if we have to assign any properties at all to space then it cannot be written off as 'nothing'.

VOID: In astronomy, void is a term used to denote areas in the sky of 'cosmic nothingness', defined as 'empty space containing no normal and no dark matter'. Normal matter includes planets, stars and galaxies. Dark matter is matter that does not interact with electromagnetic force but its existence can be inferred from gravitational data. The largest void (recently) found is nearly one billion light-years across. Recent articles declare its reason for existence to be unknown. This, in astronomy, is a hot topic.

In classical physics the void is nothing (no matter or energy) and it remains a mystery.

[Quantum theory/physics: That tremendously significant and successful branch of theoretical physics based on the assumption that energy is comprised of quanta or tiny discrete units.]

VOID deduced from Quantum Physics: This is the exciting concept that connects strongly with the Salumet teaching. Quantum theory sees the void as a virtual mass of virtual particles that forever appear and disappear. This theoretical phenomenon is called 'quantum fluctuations'. It follows that there is an intrinsic energy within the void, and this is known as zero-point energy. This energy would be infinite if it takes the form of a continuum, and each cubic millimetre would contain enough zero-point energy to create a new universe! This derives from the theory. And a general statement of quantum theory is that every particle (of our universe) is a (waved) excitation of an underlying field. This is of course adequate description of how all solid matter of our familiar universe derives from the underlying energy. In 1948, Henrik Casimir had predicted from theory that two facing mirrors in 'empty space' placed one micrometre apart ($1/1,000,000$ metre = $1/1,000$ millimetre) will produce a disturbance in the quantum fluctuations that will pull the mirrors together. Only in this last decade has nanotechnology advanced sufficiently to be able to use the 'atomic force microscope' to test Casimir's prediction. He is now seen to have been perfectly correct and zero-point energy is now a scientifically proven property of the void.

Therefore, the enormous energy of the void that has the capability of converting to matter, to which Salumet refers, has recently become a part of our scientific reasoning process.

27th May 2002: When we first got to hear of the term 'zero-point energy' or 'zero-point field', we checked with Salumet if this was one of the newly discovered energies that he had mentioned as a significant advance for humankind sometime earlier. His reply then: I have held back my words to you ... because did I not tell you that there would be many discoveries on this planet that were unknown to you at the time? And now, 6-years on, he evidently considers it the time to speak in some detail on this subject. Timing has always been important.

[Universes: Salumet has from time to time referred to a plurality of universes. This plurality agrees with 'string theory' requirement and while our universe is based on space-time, others will have different dimensional arrangements.]

CERN: Conseil Européen pour la Recherche (European Organisation for Particle Physics Research), outside Geneva is funded by 20 European member states including UK. The project began in 1952 with the construction of a small synchrocyclotron (1954) to accelerate and study colliding atomic particles, under the direction of Prof C Bakker. The current enormous accelerator is 27Km circumference, built into the countryside. A very special camera to record collision data of particles travelling near light velocity weighs 20 tons and has taken 10 years to build. It is the total assembly of a giant synchrocyclotron that has taken so many years to construct and it is about to come on stream.

It is clear from Salumet's words that the void that envelops all contains more subtle qualities than will be found in the CERN project, and it relates quite closely to Creative Force = universal consciousness = God ... and the creation -----

25TH August 2008

Good evening.

All: Good evening.

As I came close this time, I listened to you speak about the *good feeling* around your earth, because of the joining together of many nations. (*Olympic Games in Beijing*) It gladdens the heart to know that peoples can live in harmony, be happy for another human being's success. If this can happen at such times, why not in everyday living?

Affirmations

But it is a very good example of unity—of energy together.

George: Yes, it is hoped the effect of this will have a lasting influence and will be remembered well by the many nations who came together.

Yes. Unfortunately with humankind, these things do not always happen, but it is good to see when it does happen—much to think about by all people—yes.

Sarah: And if we could get all the religions to be thinking along the same lines instead of having too many discrepancies or too many arguments about what should be and shouldn't be, that would be even better.

Yes. It is of course step-by-step. There are changes within your world, but of course always they are slowly taking place. I hope and I know that my words to you last time gave you much to think about.

Affirmations

My purpose was not to confuse but rather to stretch your thinking.

George: Yes and of course our own terms that we use sometimes confuse and I was going to ask you: we have the term 'zero point field' and 'akashic field' and 'source' and I suspect these refer to much the same thing; certainly these three things are beyond space-time and they all involve communication. Would you care to clarify?

Yes. Of course, as always, words are limited for descriptions such as these, but, yes, because of the expansion of knowledge within many scientific communities, these things are given human terms. I would say to you, they are related, but *the source* will never fully be defined—that cannot be because consciousness is still expanding to that point—is always seeking, always growing. But, yes, I would go along with names that you have used for the understanding of something that is not yet quite understandable to the human brain. Does that help you?

George: Yes, and we appreciate that additional factor concerning source.

Sarah: It is the void that I was ... I think of a void as being a certain *space*, empty space—well of course the void you're talking about is certainly not empty. Is this void an infinite void or is there something ... again you're probably going to tell me I'm thinking with a human mind—but it's difficult to imagine. The only way I can imagine it is as an infinite void and there are no beginnings or endings to it. Am I right in thinking like that?

I would suggest, if that is the way you feel comfortable with the explanation, then hold on to that for now. The void I speak of is of course, ever-growing, ever-expanding knowledge, because it contains all knowledge and is partly a mirror-image of Source; which again is something we have not broached.

Lilian: If we start to say why and wherefore and everything ... that started us searching—does that mean that the void expands a little bit to accept our 'whys'?

Your own consciousness will become part of a wider consciousness, which then belongs to a wider consciousness and, yes, so it continues. You cannot use the *mind*, which is after all spirit, without some effect.

Paul: Is the Source the same as the Great Creative Force?

I would say as far as my knowledge goes, that is what we call the Source, the Great Creative Force, but that is for our own purposes; all is striving towards the Source.

Paul: I was thinking of the void then as ... it sort of comes out of ... as you say, it's like the mirror of the Great Creative Force or Source ... so it's like a manifestation of it.

Yes, it is an expression of the source, yes.

Paul: Just as we are made, some people say in 'God's image'—we are one kind of expression of the Creative Force.

Yes, you are creative energy. You need to think of yourselves as particles of energy to begin to understand. Is that helpful to you?

Affirmations

Lilian: That makes it more simple, for me anyway, if you think of everything as spiritual energy—each person and so on—and blending together, that makes it much more simple for me, this energy blending. **If you take each individual human within this room and you take the energy which is in the void of this room but you cannot see, all is expanding and growing—nothing remains static. But that is a very primitive explanation. I feel that this explanation gives you something to think about for some time to come.**

George: Yes, and the synchronicities continue!

Yes.

George: And I was reading a book that had been passed to me and within a few days of your teaching I was reading about the ancient Indian ‘Rishis’ and what is termed ‘Vedanta’ and it seemed to be a version using other words of your teaching to us.

Yes. Always this is a problem to use human words for your understanding. So many times I have told you of these difficulties; that is why you must keep these explanations simple in order for you to find a little understanding.

George: It’s very nice that, as you have told us, there will be confirmation from other sources of what you tell us and this has happened already!

Yes. There would be no point if the information does not also come from elsewhere, because then it shows you the truth of my words. And remember, dear friends, the simple truth is that *all truth* has always been, nothing is new. Do not forget those words: *nothing is new*.

Paul: Talking of synchronicities, there was quite a good one a few weeks ago: it’s quite rare for lions to give birth to albino cubs, but there was a zoo in Germany where actually *two* females both had albino litters on the same day. People thought that was incredibly lucky—but nothing is luck ... so some say white lions represent part of the change—the new world that’s taking shape, because the energies are changing. So somehow that can affect these things? I don’t know if there’s any truth in that.

Always mankind looks for explanations, does he not? But if you think about the colours and the representation of colour, white is at the end of the spectrum of pure energy. So think upon this and perhaps you will find your answer.

George: I suspect there is a greater incidence of albino animals being born today. I know there are several lots of albino squirrels—and it’s very unusual. I just get the impression there are more albino forms being born today than in the past.

As there are more who join your human race as teachers. So we are speaking of the animal kingdoms; there is a comparison. You understand?

Paul: So these albinos are ...

Have a purpose within the animal kingdom.

Paul: Ah, right.

Sarah: Salumet, can I change the subject? Have you finished with the albinos?

Paul: Yes.

Sarah: You said that nothing is new and you said that this void and all that’s in it is a mirror of the Source. We are seeking to be perfect, so ...

You are seeking to return to the Source.

Sarah: Return to the source, but in order to return to the Source, we’ve got to get ourselves ‘*right*’!

Yes. You will encounter many obstacles in your way, such as human life. That is part of one of the obstacle of expanding and growing.

Sarah: So at one time, the mirror of the Source was perfect—was the exact mirror image and as things have gone on it has expanded and we’ve had the difficulties along the way. So is that right? And will it at some point—in fact I don’t think it ever will, because you said we will never reach the Source—but will it ever be a perfect mirror image?

No.

Sarah: And was it ever?

No.

Sarah: Ah, right.

The mirror image of the Source is ever-growing, ever-expanding; trying to reach the Source of all life—the Creative Force, whatever words you wish to use. But that is why there are many universes, many different people, many sources of learning, because *all* is trying to reach the Source of all things. You really now are beginning to touch upon deep matters.

Lilian: Yes, like where did the Source come from? When did it start?

Sarah: It always has been.

Lilian: Pardon?

Sarah: It always was, it always has been, I would think. Isn't that right, Salumet?

Yes. So now my dear friends we will leave those words with you once again to ponder. It matters not if your understanding is not great at this moment in time, but gradually, if you are willing to open up, to transmute energy that is needed, then your understanding will become much greater. And so, we will leave it there for now.

General thanks

George: Can you take other questions this time?

I will take just one more.

George: Thank you—there is one. The one we know as William who asked about claustrophobia, he was very pleased with the answer given and he is most appreciative. He has asked the question again about the year 2012. There have been some crop circles recently and William has some knowledge of astrology and there seems to be an astrological reading from one that indicates a shift or a spread from that year to the year 2019. I think you will say that *'I told you so—it's not all going to happen in one year'*. Can you say if there is any significance in this reading?

You are correct in your assumption. I said to you that it is the expectation of that year that people are clamouring to make as special. As you know, energy can be changed in an instant as can any predictions given by those on your planet who have the knowledge of what lies ahead. It can be given but it can also change in the natural expansion of consciousness and how things are created and done within that space of time. So I would say to our dear friend, not to become too absorbed in particular dates and years, but to take them only as guidelines of what is happening within *many* worlds, not only this one. And that would be my answer to him. I hope that will help.

George: Yes, thank you and it occurs to me that the year 2012—that's the next ...

Olympics that you speak of...

George: Yes, our next big Olympic games event, in that year!

Now my dear friends, I will take my leave of you and allow the rest of your evening to continue.

General thanks

8TH September 2008

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

It brings great joy to join with you once more. I am pleased to see so many of you join with us this time. I hope my dear friends that you found the last meeting of interest for each individual—there was something just a little different.

Lilian: Do you mean the last one that we had?

Yes.

Lilian: Yes it was, it was different—interesting.

(This had been an individual development evening each trying to sense something—and that which was sensed equated to each one's individual needs.)

There is much more for you this time, therefore, I will stay only a short time. Therefore if you have any questions, I will be happy to answer them for you.

Lilian: Thank you. Okay ... George?

George: Yes, I have one that relates to the last time you were with us. There is the Greek legend of the Cornucopia and it is said that the father god, Zeus, was raised by a goat. He accidentally broke a horn from

the animal and he returned it, and the horn would produce any wish that the person having it would have. It was normally depicted being held by the goddess 'Fortuna'. I felt the horn was rather like the 'void', beginning from the father god and expressing everything—in the Greek legend it was frequently depicted with bearing fruit and flowers ... and clearly the father god was able to see the fruits that were produced and we were able to experience our fortunes. I felt it was rather like the Creator and the Void except that that is rather more complicated with the expressions going on forever to infinity.

Yes, I accept your analogy. Let me just say to you my dear friends, that within Greek mythology there are many elements of truth, as there is in many of your ancient civilizations, *many* elements of truth, because in those times many people were closer to what today you call 'the Creator'. Therefore to make these truths palatable to others, they were given in the form of stories of gods and ... dare I say 'magic'. But, yes, I understand how you see the relation between what you have spoken of and the void. There are many examples that could be given, but I feel, partly for simplicity and for your understanding, that we could perhaps make an analogy more simple for you in everyday terms: You, as human beings, are the houses of the mind. Within the human form, the mind is restricted, but in actual fact the mind contains all knowledge. So, you could say that the mind was the analogy of the void. Do you understand?

George: Yes, the mind...

The mind knows all things, but is only a shadow of what it truly knows, whilst within the void of the body. Does that make sense to you?

George: So the human mind would connect...

The mind is the spirit.

George: ...would connect with the universal mind and...

Yes, and therefore expand in that way.

George: And thereby have all knowledge.

The mind holds the knowledge of all things and it is only in the process of expansion that that knowledge is made available, whether it be housed within this body, whether it is taken home to our world, then the mind is freed to continue with that expansion of consciousness. You understand?

George: Yes. Thank you for that!

Sarah: On the subject of mind, Lilian and I were talking about the mind projection that Bonniol and Paul have together, and we were wondering: when Bonniol projects his mind into Paul's mind, he uses Paul's mind, but does his mind ... I sort of felt that maybe his mind took over Paul's mind, and maybe Paul's mind ... I wasn't quite sure how it works. Can you explain a little more how it does work?

You cannot take over another mind—it is a blending.

Sarah: Just a blending—yes.

It is blending and making use of the knowledge that is already within the person you call Paul. You understand?

Sarah: Yes.

It is not a matter of taking over the mind.

Sarah: No.

Lilian: Yes, that makes sense to me now.

Sarah: I suppose it's like you have said to us before: it's a blending of energies, really.

Yes. Yes.

George: Going back to the Creator, one could almost think of the Creator as being a summation of all the initial expressions from zero to infinity.

Yes. That *is* Creation.

George: A mathematician might wish to express it in that way.

Yes. And whatever way is acceptable or understandable, that is good for you. It helps in expanding your own knowledge in the same way as your scientists are trying to understand all that exists. Even if you have a blueprint of something, it is not totally the full picture. You understand?

George: Yes. And it's interesting that you use those words at this time when the CERN particle experiment is coming to fruition.

Yes, yes. But I feel you have to try to understand that existence will never be static: it is ever-changing, ever-growing. That is why with what you call 'prediction', so often there is variation of the happenings.

George: Yes. Perhaps one can think of prediction as a very useful 'guide'.

Yes, of course. Anything that helps to expand the mind can only be good and, after all, is that not what each one of you is striving for: growth and knowledge, and of course, I have told you that you already have all-knowledge. It is almost like the children in your schools, that to be successful in their learning, they need to revise the facts. Would you not agree?

George: Yes indeed. We are endeavouring to get into that process of revision.

Yes, that is what is needed. Now, I think for this time I will take my leave. I know you still ponder my words and that is what I wished for you that you would think just a little more deeply and remember it is an ongoing process.

George: Yes, a wonderful process (**yes**). Thank you for helping us.

So, with those words, I will, my dear friends, bathe you all in the love of spirit. Know that many stand close to you. Know always that you grow more and more each time in the body of full and everlasting spiritual love.

General thanks

George's notes:

There are pearls of wisdom in this brief narrative that are truly profound:

Mind is likened to void but it is a mere shadow whilst housed in the human body.

EXPANSION is a vital key factor in achieving the all-knowledge enlightenment.

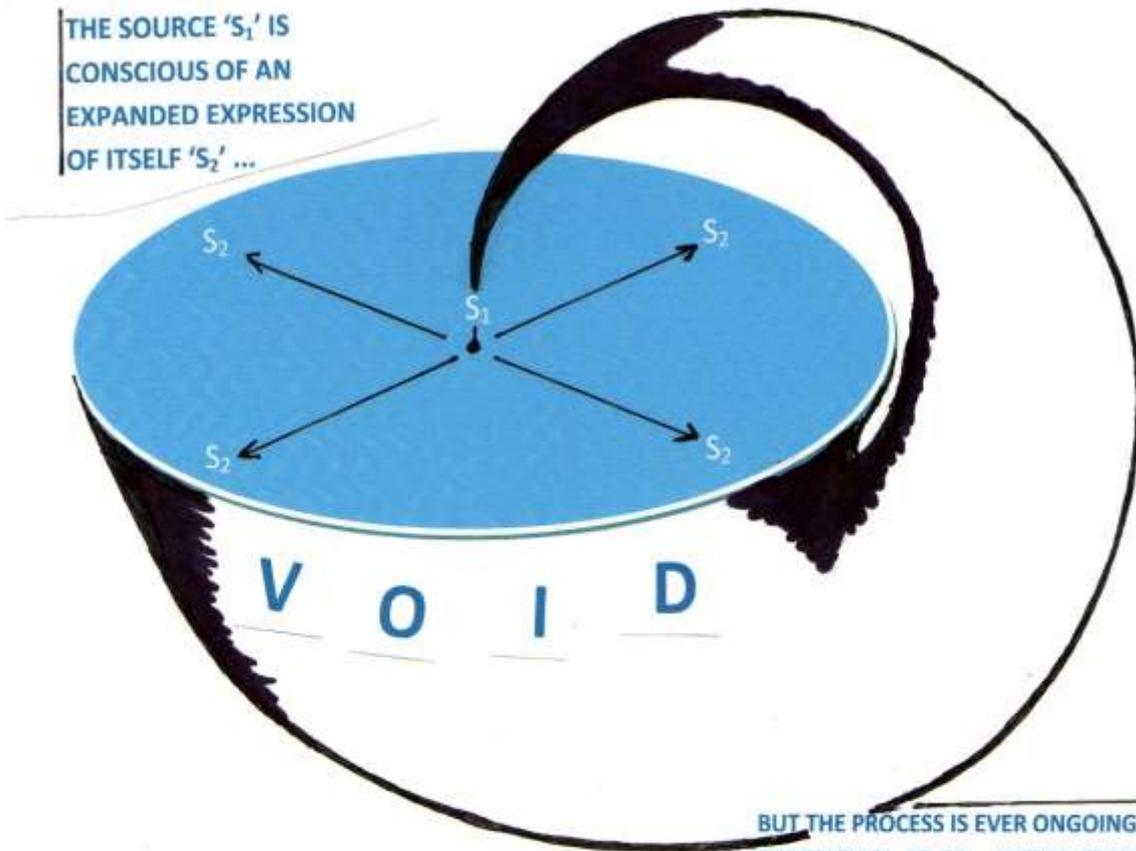
But we are reminded that existence is never static ... and this may well mean that those scientists who grapple with the incredible apparatus at Geneva may well be evaluating a moving target ... in more ways than one! Tomorrow's world is bound to be different from yesterday's world or today's world, because that is the ever progressing way of the creation.

As a part of the CERN experiment, an item called the Higgs boson is sought. It may or may not exist. It arises from purely theoretical consideration to help provide an explanation for 'gravity'. But we know from several other communications that mass and gravity change as planet spirituality changes, so it might be interesting to see how the hunt for the Higgs boson develops.

The diagram over page is an attempt to illustrate how the 'void' might be compared to the legend of the Cornucopia. And by making this comparison it might just give us a better picture of the void and how the expression of Source is ongoing.

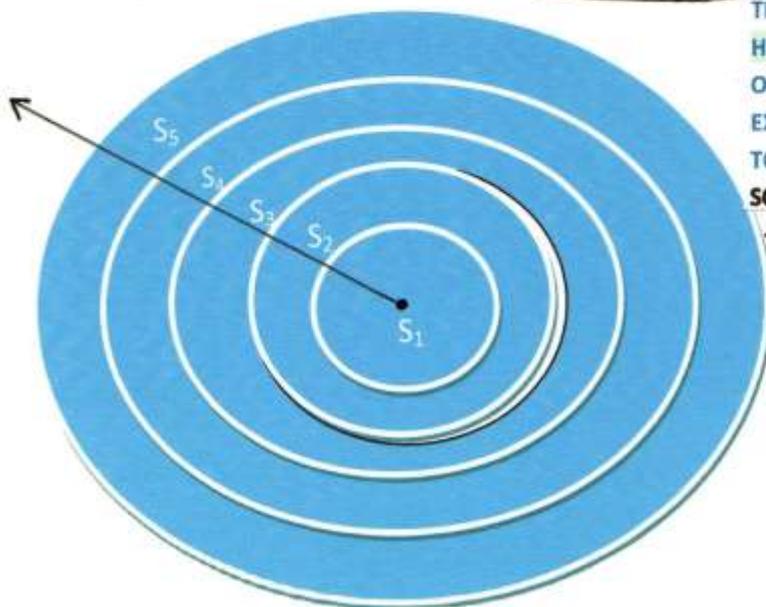
DIAGRAM: EXPANDING EXPRESSION OF SOURCE WITHIN VOID

THE SOURCE 'S₁' IS
CONSCIOUS OF AN
EXPANDED EXPRESSION
OF ITSELF 'S₂' ...



BUT THE PROCESS IS EVER ONGOING
THROUGH S₁, S₂, S₃ ... WITHOUT END.
HENCE: SOURCE BECOMES THE SUM
OF ALL THE POSSIBLE EXPANDING
EXPRESSIONS OF ITSELF FROM ZERO
TO INFINITY, OR

$$\text{SOURCE} = \sum_{S=0}^{\infty} \text{EXPANDING EXPRESSIONS}$$



CORNUCOPIA LEGEND: *In Greek Mythology, Amalthea was the goat who raised Zeus. When he accidentally broke a horn, Zeus gave it back with the power to give the possessor whatever he or she wished for. The goddess Fortuna was often depicted with This 'horn of plenty' filled with fruits and flowers that was also a symbol of fertility.*

22nd September 2008

Lilian: Good evening to you Salumet.
Good evening.

All: Good evening.

As I come close to you this time it gives me great joy to see how well you blend together on this evening. That is not to say you do not always blend together well, but only on certain occasions the light that emanates from each one of you is even brighter, and this is so this time.

Lilian: So if we've had a laugh and a joke before we come together, does that help?

Laughter helps to raise the vibrations within the room, but it is not only that, because when I come to you, many preparations have already taken place. But what does help is that each one of you, even with earthly troubles, has entered this room in a positive frame of mind. This is what helps—helps you to blend together as one.

George: That's nice to know. Thank you.

I do not intend to stay with you too long on this occasion, because I would wish to work quietly with this instrument this time. I know sometimes there is puzzlement about what happens when I work with this instrument. I can tell you only that the unity and the blending become more powerful each time this exercise takes place. It is a refinement each time, of those very subtle energies which are necessary for communication. The instrument is perfectly safe and it is our endeavour that we work even more closely together whilst I take part in these meetings. If you have any questions this time I will be happy to take just one or maybe two questions.

Lilian: Thank you. If I could just ask what maybe a very simple one: sometimes if you are listening to a singer or a piece of music and it somehow touches you, not to make you feel sad, but there has been a young boy just lately who has appeared on our TV screen and his voice is really beautiful, and I wondered why sometimes it seems to touch something in us—not to make us feel sad, but I can't describe the feeling..

It is only recognition of those spiritual gifts, whether it be from music, whether it be from the laughter of another or whether it be just appreciation of all nature. It is a certainty that it is you blending more closely with all that is spiritual.

Lilian: Ah, thank you.

All of you at some point have felt this I am sure.

Several concur

Rod: There's a record called 'Angels' with young singing on it. There's one or two tunes in that—you can't help but cry, they put it over so beautifully—it overwhelms you.

Lilian: But it's not a sadness, is it?

Rod: Oh no.

Lilian: It's difficult to describe.

It is a recognition and a blending with the sound that they give forth.

Lilian: Does anyone else have a question?

George: I wonder if I could tell a story. It's a story that begins 2,000 years ago with Paul of Tarsus, who was I feel, very much the servant of mankind. He carried the then pure teachings of Jesus to Ephesus and on into Europe. Paul also spent time with the Essenes and during that time experienced a vision which he wrote about. It was a vision about description of 10-spirit realms with subdivisions, and what happens in them. That document was sealed in a jar and did not come to light until the year 1945 at Nag Hamadi in Northern Egypt, and a translation was not made known to the world for another 32-years after that. In the meantime, Paul trained as a doctor (*in spirit*) developing wonderful medical skills and assembling a team of doctors. Now, at the present time, he works as a spirit surgeon through the medium Ray Brown, and his wife Gillian organises the clinics. Now, Ray Brown and Gillian and Paul have between them written a book. I should say that this is an unusual spirit surgeon arrangement, involving Paul being able to work for up to 7-hours at a time. And Ray Brown is looked after by an Indian gentleman named Waters Running who 'unhooks' him and takes him to spirit where he spends some time in the Halls of Learning. So that Paul is able to work for 7-hours in his medium host. They have written this book and Paul has written a quarter of

it himself, and I note that he lists 10-spirit realms in much the same way as he did 2000-years earlier. While on this topic I would also say that the book we published in year-2000 had mention of Ray Brown and Paul working through him, and 3-pages were devoted to Paul's work 2,000-years ago and included a listing of the spirit realms of his vision with the Essene. Well, it's quite a complicated story that stretches across 2,000 years, but there are wonderful connections. And as to the book published in 2000, I was aware that there was much help from spirit in writing that, and it was my aim to include all the *important* happenings on the Earth and it's noteworthy that Paul got such mention in it. Well, that's the story, and I just wanted to say if you have any comments on that or any elaboration, we would be delighted to hear it, Salumet. **I thank you for your time in telling what you call 'a story', which is in fact the events in the life of one gentleman connected strongly to spirit. I wish to say to you, my dear friends, there are many in your world who have the same connection to lives of the past, who are what today you term 'psychic surgeons', but I will agree in part that this particular gentleman has cultivated the use of spirit for longer periods of time than most people. There have been others, perhaps not so well known, but let me assure you there are many in your world today who do the same kind of work. Yes of course, when the gentleman leaves his physical body, it is an agreement with spirit that he is well cared for, in the same way that this instrument is placed to one side whilst I speak to you, albeit for a shorter length of time. Two thousand years you say—it is but a *small amount of time*, when we speak of that eternal part of spirit. Two thousand years may seem to each of you to be a *very long time*, but as you know, time means little to us in spirit. So do not be surprised that these happenings take place.**

George: Another factor is that several of us have in recent months paid visits to Paul/Ray Brown, and it has been quite a joy and a privilege to have actually spoken with Paul of Tarsus! I have consulted him with a view to possibly improving my hearing, which he is endeavouring to do through reconnecting neurons. And he seems to have a particular skill in doing that sort of neurosurgery. Anyway, it's been wonderful to have met and spoken with this gentleman.

You have to remember my dear friends that nothing happens by accident! There is always good reason for these happenings.

George: I felt this web of connection seemed rather significant.

Yes ... yes. I welcome your story, but of course, for me I see many, many in your world who do equally good work—maybe different, but nevertheless, excellent work for spirit. Is there anything more you wish me to say?

Rod: I would just like to add that Gillian, the one that George mentioned, would love to hear your voice, would love to hear you in this room; I thought that was rather nice.

It was stated that Gillian has indeed received a book, CD and this transcript will of course be forwarded to her

Now, my dear friends, I will take my leave, I will allow your evening to continue and I will endeavour to work quietly with this one.

General thanks

George's Notes:

Books mentioned:

A Mere Grain of Sand, Ray & Gillian Brown, Tagman Worldwide Ltd, 2004. (Any enquiries re this title should now be by telephone to 07831641321).

The Apocalypse of Paul, Paul of Tarsus, Nag Hamadi Library, 1st century AD. (Details on Internet).

A Smudge in Time, George E Moss, Gemma Books, Wittering, 2000. (Copies still available: georgemoss@talktalk.net)

Clinics with Ray Brown are held regularly around the country and abroad. Email your enquiry to: raybrownenquiries@hotmail.com

Website: www.raybrownhealing.com

20TH October 2008

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As always I am happy to join with you this time. There is with you this time a feeling of tranquillity and peace which is not always with you.

Sarah: That's nice to know, thank you.

Lilian: We don't always seem to notice these things that *you* do.

Yes. It takes a little more sensitivity to use the spiritual aspects of yourselves to recognize within this room the energy which is being given off by each one of you; but that brings us nicely to what I wish you to do this evening. I will answer any questions you may have, but for this time I would like you to take part in an exercise whereby the spiritual sensitivity comes to the fore with each one of you. To do that my dear friends I wish that each one of you goes around this room, looks deeply at each person and to find one thing that is positive, one thing that is *not* so positive, and perhaps give us your thoughts as to how the less than positive aspect can be transmuted into more sensitive areas of being. Do you understand what I am saying to you?

Sarah: Do we physically have to get up and look at the person or can we do it from our seats?

From your seats, yes.

Lilian: Just one person or everyone in the room?

Each one in the room—yes. You will find it interesting, I hope, but it is an exercise for growth. You understand?

Lilian: It is the spiritual aspect ...

That you will be using, yes. It is all too common that you use only those physical senses, rather than try to see the true aspect of the being. So, I hope you will take part my dear friends and whilst this is happening, I hope to work a little more deeply with this instrument. Therefore, I ask that any conversation may not be too loud.

Sarah: Will you be coming back to comment on what we say?

No, but I will be aware and perhaps next time.

Sarah: Yes, thank you. I always find it interesting to know how far off course we are!

Yes, I understand. Now before we begin, do you have any questions for me?

Lilian: Any questions anyone? I'm sure George has...

George: Yes. I'd like to refer to the TV news this morning and the stocks and shares market worldwide seems to have settled somewhat at about 2/3rds the value it had earlier this year; and secondly we seem to be heading into an industry and trade recession; and thirdly there was a very honest reference to a UFO encounter that happened in 1991 over Heathrow Airport—nice to have a really honest reference on the news media. And with those three things, it left me feeling that these are all things that the world *needs* and it seems to be in line with the teaching, and I just wondered if you would agree with that.

I, of course, cannot dispute the teaching, but, yes, when honesty and truth surface, this can only be for the betterment of mankind. Only when mankind realizes that honesty is part of the spiritual being, only then will mankind realize the true aspect of living. No matter what time in your earthly history, there has always been highs and lows of earthly living, whether it entails the many wars, the ravaging of land, or as you speak of now, the deep depression as regards trade and monies. All of these things are part of the evolution of your world. Remember, I have always said, there is positive and negative and if you wish to simplify your lives then remember those two words: positive/negative, good/bad, dark/light. Each needs the other to survive and this crisis that you are all feeling at this time, of course will pass, but it will leave

behind the recognition for change and that is the true purpose of these things: the realization and change which must take place.

George: Yes. I was wondering if it was part of a process (**yes**) of simplification of life.

Yes. It is to *help* mankind recognize what is important in your lives; that importance is not 'gain through wealth and materialistic things', but by going inwards and recognizing, how you say, the brotherhood of all mankind in the goodness and the love which should be extended to all peoples in your world. That, *that* is what mankind must strive for. You understand?

George: Yes, yes, thank you. That is a nice clarification for us. I know a number of people are finding it quite difficult to understand what is happening, because there's a tendency to think of it entirely in physical terms.

It is only a physical thing—that is what you need to remember. And of course it is important that you survive and live well. We do not mean that you should live your lives on this planet in poverty and deprivation; that is not our meaning. I have spoken in the past: you can have much wealth and still be the most spiritual of people, so do not assume that wealth is wrong—that is not so. It is the craving and greed which goes with it that is so wrong.

George: Yes, I think '*how it is regarded*' were your (**yes**) words before.

To many of men in your world, it has become their god, to the neglect of all things spiritual; and I will leave you with one word again which conquers all things, and that word is 'love'. It is small in number, in letters, but it is *huge* for your existence. And now, with those closing words, my dear friends, I will withdraw and work with this instrument and allow each one of you to go around this room and let us see what happens.

Lilian: Thank you. It's been lovely to be with you and thank you for being with us again.

George: And might I just ask if your instrument (*Eileen*) is included in this?

No, I will be working with her. She will not take part this time.

In the exercise that followed, I think we all sensed 'love' as the major positive attribute and as to the 'less positive' attributes noted, these seemed to reflect back to self. Perhaps we were being polite!

George's Notes:

Positive / negative: Concerning the above, it is probably correct to say that both extremes of the physical condition are needed to create the REALISATION that links to spiritual pathway. So the financial 'crunch' can be seen as a learning process that results in a realisation.

Ray Brown / Paul and further details following on from our 22nd September report: There was a further visit by three of us on 18th October. We arrived early and it was 'break time' with Paul not in residence and there was a wonderful opportunity to chat with Ray about the healing work and the travels of Ray, Gillian and Paul. It seems that there is a forthcoming book, by Paul on the spiritual teachings. That should be interesting! Statements by Paul of Tarsus, I would expect to relate very well to the original teaching of 2000-years ago and the Nag Hamadi scriptures dating from Paul's sojourn with the Essene. The three have travelled to Paphos, Cyprus, and it seems the famous 'whipping post' is genuine but it has been moved for some reason from its original location!

Healing results: I am able to say of friends and family that one who had a painful wrist due to carpal tunnel syndrome is now free of that pain, one whose walking was restricted due to a foot condition is now walking further and faster, and one with an ankle that ached during work sessions (due to an injury years earlier) is now free of the ache; we think proper tendon condition has been restored. And as to my poor hearing, I still wear the aids but sound quality is improved and I now listen to TV news at 13-volume setting instead of 17 ... a distinct improvement for which I am grateful.

There is a thick folder of testimonials and letters of thanks in the clinic waiting room, from: Sir John Mills, professional footballers, surgeons and many who have endured pain from trapped nerves, and various conditions for months and sometimes years ... and who are now suddenly free with full life enjoyment restored.

27TH October 2008

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I join with you this time I take just a moment or two to assess what is happening with each one of you. I know my dear friends that last time you found the exercise I gave to you to be a little frustrating, to say the least. Therefore, this time I would like you to further consider what I have asked of you and to continue what you have started; and as you think more deeply, then when we come together next time we will discuss it more fully.

Lilian: Well, I found it easy on the positive side, realizing how each and every one of us has grown spiritually, but on the negative side it was a blank.

I will say only this to you: do not think so much about *negativity*, but rather *traits* that each of you have, but those traits can be transmuted into better ways of living. For example, and I hope this may help each one of you: if someone focuses and worries about money, to us it is a negative, but to you, you may just find it part of life's habits. So you see, it is not negative in the way that each of you are conceiving it to be. Is that more helpful for you?

Lilian: Yes.

Sarah: We were a little confused last week, well I was anyway, as to whether we should be looking at the spiritual aspects or the physical—how the person is actually living or trying to get the answer from spirit?
You are looking with spiritual eyes at physical conditions.

Sarah: Ah right, okay, thanks.

And then you should be able to assess each individual in a most valuable way, because sometimes as human beings, you need to be guided by the thoughts of others before you recognize any of these negative traits. You understand?

Sarah: Yes.

You are all being very kind to one another, but you must look with spiritual eyes if you are to discover and work through this form of exercise. So my dear friends you have another chance this evening to see what you can achieve.

Rod: Salumet, I might be a bit dim on this, but to say that I could look at ... just take an individual ... look at Paul now right across, to know Paul and for me to discover ... I know what makes him buzz ... but to go in deeper than that, I don't know him that much. I have a difficult thing even with my dear wife here, she's difficult to understand. So, perhaps I'm looking at it at the wrong angle, am I?

You need to go inwards before you look at another person. You cannot do it with the physical eyes only.

Rod: Ah, so you have to meditate.

Yes. You go inwards and it is a knowing.

Jan: I find it's absorbing that person's energy that you are able to...

Yes, that is correct, but to enable you to do this, you must use spiritual eyes. Of course you cannot find negatives, because you do not know each other so well in physical lives; therefore to understand another being, you have to use spiritual eyes. You understand?

General agreement

I do not say that you will achieve too much this time, but it is the beginning of understanding yourselves. Does that make sense to you?

Sarah: Yes, it does, thank you. It's clearer than last week.

Rod: But if I'm looking at another person, does that help me look at myself?

You do not *look*, you *feel* and of course that will help you in your own self-understanding as to what may be achieved by going inwards. You understand?

Rod: Right.

Do not be too concerned, but it is an exercise which will be most beneficial to you, not only within the confines of this room, but in your everyday living. Now, I will give you the time to work with yourselves and to try to discover your fellow 'men' within the room. But if you do have any questions this time, then now is the time to ask me.

Sarah: I just wondered, Salumet, when you're working with Eileen, can you tell us a little bit about where she actually goes when you're working with her?

Yes. I believe I have said before to you that her mind is placed to one side whilst I take control of the voice. I use her voice to speak to you. She is perfectly safe and is of course taken care of by her own guardian spirits. She is not aware of the place where she is, because we do not have sufficient time for her to have that spiritual understanding—but it is not important. What *is* important is that she remains safe and I am allowed to use her voice in order to communicate with you.

Sarah: Once or twice Eileen has said she's had some sort of feeling about being in a place, when she's coming back, not when she's going, when she's coming back.

Yes, because her own spirituality is growing the more I work with her. That is why at times I need time to work with her quietly in these conditions.

Sarah: So really you're just working on her voice, are you?

I use her voice, I am using the body to some degree. As you can see, I am able to move the arms; I could use the whole of her body but it is not necessary; it is her voice box that I need to use.

Sarah: So when you say you are working with her, you're just really working on her voice box...

No. No, I use only the voice box to speak to *you*, she is being cared for by her own guardian spirits.

Sarah: So what exactly are you doing when you say '*I'd like to work with Eileen*'?

We are giving her time in the realm of spirit to grow and to enlarge as a spiritual being, so *her* understanding grows greater.

Sarah: Ah! Right!

You understand?

Sarah: Yes. So you're doing it for Eileen and not for you?

Yes.

Sarah: Ah! Right! Because I always thought it was for *your* benefit.

It is in part that the more we work with her spiritually, the easier it becomes for *me*. It is not easy to explain something that you do not experience for yourself. She is apart from her body just for a very, very short time. It is no different from what happens to you all in sleep state. You are not aware of anything in sleep state, are you?

General agreement

No. It is similar. But no harm comes to you whilst you sleep; in fact in sleep state the spirit is rejuvenated. You understand?

Lilian: Yes. That is an easy way for us to understand.

Sarah: So this is also part of the reason why we need a certain amount of sleep, so that spirit has time to rejuvenate.

Yes, yes. It is as any form of machinery; you cannot work it continuously without it breaking down. And so the spirit needs to be free whilst the body rests and recuperates from the stresses and the strains of your earthly world.

Sarah: So if people have ... you said 'break down' and I was just thinking of a 'nervous break-down' ... has that got anything to do with the amount of time that the spirit has over the other side?

It has to do with the responsibility that each of you has in taking care of the housing of the spirit.

Jan: On a dream theme, I have a house in a different part of the world to here, and I know that I'm much more relaxed and open when I'm there and I dream such a great deal more, and I believe it's because my spirit feels freer from the stresses that I feel here and I actually look forward to going because I have such

strong spiritual dreams—that is a good description of them really. So our physical, in our dream state, does affect to a huge degree our spiritual side in sleep, I believe.

Yes, yes. The two cannot be separated. Whilst you are in human form, the spirit is housed within the flesh of the body, but as you all know and understand, you cannot ignore the needs of the human flesh, of the human situation; and that human part of you has to eat, has to sleep, has to rest for it to function fully. But to be a good vessel for spirit, that part is most important for the well-being of both flesh and spirit—you cannot separate them, because one will always affect the other. You understand?

Jan: Yes.

Sarah: So, the only time they are separated is when the spirit returns to its home again, back over the other side.

Not only in sleep-state, but in meditative state. When you meditate, the spirit is raised from the body, the mind is separate. In true meditation, you are joining more to the spiritual aspect of yourselves and in so doing you improve the human flesh side of the being. Does that make sense to you?

Affirmations

I feel sometimes, as human beings you cannot see or feel that close connection. Sometimes the body is viewed as the all-important thing and the spirit is some distant form which is spoken about.

Jan: I think everybody in this room wishes immensely that it could be the other way around. As we've spoken on numerous occasions, our physical lives do encumber that spiritual side (**yes**) but for many people on this planet—and they're so easily recognizable—the ones that are spirit first, physical personality second, I think we can all admire from afar and the more you're involved in this work, the easier it is to recognize them.

Yes, and you recognize other human beings either by form or spirit, by expanding your own spiritual self. The more you expand spiritually, the more aware and sensitive to your fellow man you become.

Jan: It's a sensitivity that grows much more with maturity. It's a sensitivity I've found that's more empathy than sympathy and with your teachings, I've found it much easier to separate the emotion from that, apart from in my everyday life with my own children and that's my hardest part of all—to separate that.

We have never said it will be easy for you and I am sure many people who you would speak with will have some area within their lives that they find difficult, even with spiritual knowledge, but that is also part of your spiritual growth, because the struggles of life make you stop and view life differently. Would you not agree?

Jan: I would.

That is why I would say to you my dear friends: that is why people struggle when there is illness, when age comes to the human form. Why must there be pain/suffering? ... because within those limits of pain and suffering, the spirit grows. The spirit recognizes itself, but the human side of you finds this most difficult to understand. How many times have you seen someone who has suffered much, shine through that pain ... that suffering, and they almost glow with that spirituality that they find. They are the inspiration for spirit. They are people who have found themselves and know that the pain and the suffering are but temporary.

Rod: Yes, amongst ourselves in the past we've always said that these people have got something special—they have something that we haven't got and that is right. I see where you're coming from.

That is wrong! That is not right, that is wrong, because you all have that ability.

Rod: Well they seem to outshine the likes of me.

Jan: That's because, Rod, their where they are at the moment on their growth and they've chosen to come with disabilities this time or ... and that's why they shine.

And you are being much too harsh on yourself my dear friend.

Lilian: That's nice to know.

You have many, many, many spiritual qualities my dear friend.

Rod: What, me?

Lilian: Yes.

So do not place yourself in another's shoes, because you are unique, you are individual and you have those spiritual qualities which are needed to see you through this lifetime. So do not be so harsh.

Rod: Well I will just say something that's a bit funny really, but this morning I went and spoke to a chap digging a hole and he got down to some concrete and he must have been in a temper. I was trying to make polite conversation and he was an angry man and it didn't matter what I said, he barked back. And I thought: *'I am getting nowhere here boy'*, so inwardly I said: *'and a happy Christmas to you boy'* and I went. I felt rather miserable with that chap. I didn't give him anything, no happiness at all.

You gave him everything: you gave him your time, you gave him your thoughts and your consideration. Those, my dear friend, are spiritual *qualities*; it is just that you do not *recognize* them as such. Still you doubt even though I have told you otherwise.

Rod: Yes.

Yes, but do not be concerned. Your heart is good.

Rod: Thank you for those kind words.

Daphne: Salumet, if I may interrupt and speak to you. I'm a new-comer to the group and I'm very happy within it. But I was shopping one day and I went into a shop and a lady came up to me and she said, *'You're spiritual'*. And I said, *'Yes'* and she said, *'I could see it as soon as soon as you came through the door. Would you say a prayer for me, please? I have epilepsy.'* And I said, *'But how did you know?'* She said, *'I just knew as you walked through the door that you would help me.'* And that made me feel very humble to think of that.

Yes, but she had that spiritual knowing. She could see what you humans term 'the aura' of a person.

Daphne: I see.

When you are attracted to another or you feel comfortable with another, it is because the spiritual lights that you all exude blend well together; in the same way as you feel uncomfortable with another. But you never should wish any harm to another human being, but what you do is you step backwards and you send a thought of love to that person.

Daphne: I understand, thank you.

This is what I am speaking about when I speak of spiritual eyes and spiritual knowing. You have to work on it, you have to expand your own consciousness and that realization becomes easier for you.

Sarah: I think probably all of us have noticed that ... you saying about some people just see the physical beauty. But you can meet a very, very pretty person, or beautiful or handsome person and you don't really like what you see and yet you can see another person who really isn't very attractive, but you just think what a wonderful, lovely person they are! And that obviously is the spirit coming through.

Yes, that is true. Do not be fooled by the outward vehicle, because, imagine a very old, rusted car, for example, and if you are clever with your paint brush or whatever you use, you can make an old, worn down, useless vehicle look very good. So, you see, it is easy for the human eye to be fooled, but not so those spiritual eyes. That is what I am trying, my dear friends, to get you to understand. It is important for your own soul growth.

Lilian: Yes, well I think what you've said tonight will really help us.

And with those words, I will take my leave. As always, I leave you with many things to think about, but to know that so many of us stand close to you, each and every one of you and even those you love; because those you love affect the way you think and feel. So, my dear friends, I will let you focus and have your discussion and hopefully next time we will see how much better you have done.

Thanks from all in the group

3rd November 2008

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I come close to you this time, I have to say my dear friends how many have been listening to you and your conversation.

On this occasion, following our healing prayers and thoughts for those in need, there was some talk centring on World Change. That the US electorate have voted for a non-white president offering new ideology, signals widespread change and follows the earlier rationalisation of racial unity in South Africa. Equally, the world's deteriorating financial systems with large industrial blocs heading into recession, signals a turning point and our planet's move away from excessive materialism. The changes are welcomed and understood by many and our group recognises that all is very much in accord with communications received from both Salumet and Bonniol, the latter also having 'asides' with spirit guides on these matters.

George: I think I felt their energy; there seems to be very good energy here tonight.

Yes. I withheld speaking to you in order for others to listen. It is interesting for those in our world to listen to discussions and debates about your world, how you view the people within your world and how those of us in the world of spirit view the same things in a slightly different way. Nevertheless, what comes from your conversation is that one word 'love'. This, my dear friends, shows how you have grown, that each one of you may have differing opinions, but at the end all agree on one thing and that is the distribution of love in your world. There are those, my dear friends, who stand by each one of you, who are attracted by your words, who also, I hasten to add, will try to influence you in the way you look and feel about your planet Earth. All of those here this evening are most interested in the development of your world and have decided this evening that they will come close to you and help to focus on your opinions; and it would indeed be most interesting to see how your opinions form as you grow older and your world becomes wiser. I hope each one of you will accept the help of those who stand with you this time.

George: Yes, I'm sure we would very much appreciate that and I'm sure we all feel that it's a very interesting world at the present time and there are many signs of change, and we are optimistic that these changes will lead to a better Earth.

Yes. Optimism is important: from optimism grows love. It is most important that each one of you, not only in thinking about your Earth but also in your daily lives, in your home life, in your work life, that love in some form is cultivated well. I hope that I do not overwhelm you at times by stressing how important love is, not only for each other, not only for this planet, not only for this universe, but for all of creation, because without it there would be no planet, no universes, no peoples; and for a word that you use so seldomly in everyday living it is important that you learn to express love in many ways. People on Earth do not always recognize what we mean by love. It is not the romantic notion that Earth people have of love, but of that innate knowing that comes from spirit, because, you see, initially you come from all-encompassing love. I will leave you to consider what love means to you as individuals and for this time, my dear friends, I would ask you to continue with your discussions, but also to become more aware of those who stand by you this evening and to *feel* their considerable love for each one of you.

George: Yes, it feels rather like a 'cosy mist' encompassing all. That's just the mental picture that I have.

Rod: I find there are days, Salumet, when you meet a load of 'doom and gloom' guys and women and they take some getting used to—you walk away and think that you've lost that one and there seem to be so many of them. But if I'm wrong—I hope I'm wrong, because it would be nice to get someone bright who you can bounce off easily. But there are a number around, quite a number around who see everything as black and they can't see any good. Am I mixing with the wrong people, or what?

You my dear friend are *seeking*. You cannot *change* others, but what you can achieve is to shine your own spiritual light more brightly so that when you leave these people that you speak of, *they* are the ones who go and say 'I feel much better for having spoken to that gentleman'. So you *give* rather than

take their energy. You will always have negative people and I am sure you can all speak of peoples who make you feel that way, but you have to become stronger spiritually to lighten that darkness in other's lives. That is all you can do. But do not dwell on anyone else's negative aspects; you leave it behind and send love to them.

George: The mental picture that I have relates to the Peter Pan story and there's this fairy that sprinkles a little stardust everywhere. It doesn't matter that she's moved on—and the people that she's been with, they're just left with that little bit of stardust, which will have some effect eventually.

Rod: I can see that, yes.

Yes. I always feel amused by your analogies my dear friend.

Chuckles

Rod: I think he thinks I'm going to be a fairy, Salumet, waving a wand.

It could be arranged!

Laughter

Of course. I am having what you call 'fun' with you, but you understand what I am saying to you.

Rod: Yes, you have to have laughter.

Laughter is part of the spiritual aspect of your beings—yes. But, as always, you need to recognize dark times, to recognize the light, so it is not always a negative thing to experience some negativity, because in recognizing you can then make change. Yes.

Rod: I see.

If all was goodness and light, there would be no reason for us to come to this planet, because this planet would have no use, if all was love and brightness. You understand?

Rod: Yes.

Thank you.

Rod: I did look at a baby ... we had a little baby with us yesterday, well what was the baby—six months old—and I thought nine and six—fifteen months ago, that little spirit was up with you. And you can see in that child, it is so beautifully new, the spirit is so new, it's lovely. And I thought of the sadness of the persons who knew that spirit and is left up with you. It was very nice of them to let us have that spirit.

The spirit is not new, only the earth being is new; it may be that the spirit is much older than you would imagine. But all who come to have this earthly cloak have chosen to do so, so do not be too sad for the spirit or spirits in our world 'left behind' as you say—they will be glad that the spirit has decided to come to this earth for whatever reason; but they will be even happier when that spirit returns home.

Jan: I'm looking forward to meeting the spirit that's returning to us via Richard and Anna (**yes**)—we're really excited about that.

Yes. Remember, any spirit who decides to return for whatever reason, will be known to all of you within that family group and even further afield of the family group.

Jan: Yes, I had an innate feeling that that would be so, and so has Richard.

Yes. It is impossible almost to *not* know and recognize the spirit that comes to a family, because you have been united in many ways, through many lives, although it may be in different formats such as mothers, brothers, sisters—no matter what, the spirit itself is recognizable. You understand?

Jan: I very much do. I'd like to share with the group—as the group knows, Richard and I were with each other in some format as Salumet has described before...

Yes.

Jan: ...what we were is of no importance to us. But when Richard was born, I looked into his eyes and I said outwardly, 'I know you!' and the family around me thought I'd gone a little bit 'cuckoo'. But I just knew that I knew this spirit. I have no idea why I knew, but I knew I knew him.

Yes. And you all have that knowledge, but it is just that as you come to the earth plane in human garb, most memory is erased—but some do remember, yes.

Jan: Thank you for letting me share that.

Rod: I'm going to be a bit rude here, Salumet, so please forgive me. We've got a good sense of humour here on earth in the main, haven't we? Where you are in spirit, you are way, way up there, I guess, have they got a good sense of humour as well, all your friends up there, your peers?

Because you pass to spirit, does not immediately make you change. As you are here, so you become in our world, but if you are speaking of conditions from which I come ...

Rod: I am.

...you are speaking of something entirely different and humour as you would know it is not necessarily present at that stage of development, if you like.

Rod: Thank you.

[Salumet's domain is that deeper spirit, beyond Astral Planes, beyond form. Unless otherwise made clear, Salumet's references to spirit concern that deeper purer spirit. Humour is a quality that relates in the main to Earth and Earth's Astral Planes and perhaps the lower spirit realms.]

Lilian: In fact the emotions that we have now, whatever they be, are lost along the way through other things, I take it?

Gradually they are not needed. It is difficult to explain because you have nothing on this earth planet to compare it with. Therefore, to try to describe it for you is difficult. It is a state of being where there is complete love, harmony, unity, call it what you will, it is a state of being. It is not something you will understand.

Rod: But a great deal of happiness...

But for much of your time in spirit, there is humour—of course there is, you do not change so much—and, after all, if you are to pass through the realms of spirit to go beyond humour and love and laughter, you have to develop to a very great degree. I hope that has helped you.

Rod: Yes.

George: Yes. I think that may be understood slightly better in the ancient Indian way of thinking—rather more understanding than here in the West. I think they have a number of words for these much higher states...

Yes. All ancient civilizations, as I have previously told you, were much more *aware* of their own spirit and I have told you much of it has been lost, but I would agree that those people who you say live in the Eastern part of your world—although to me your world is one unit—they do seem to have survived the use of deep meditative practises, which enables them to be more spiritually aware.

Rod: These are people like in Tibet—that kind of person.

More so, but it is available to you all.

George: Yes, and we have spoken in the past of scientific remote viewing and I noticed only today that there is a report on that subject that comes to us from India and within that report there is reference to Indian spiritual tradition being in keeping with the ability to scientifically remote view in that way, which is really a form of mind projection, I believe.

Yes. Again, as I have said to you previously, all of these things are available to anyone who wishes to develop their own spiritual senses, but in the past, these what you call 'remote viewing', have been misused, but mankind, as always, recognizes when these things should be used more wisely and that is being recognized.

George: Yes and the report from India ... their usage concerns anti-terrorist work, which I think is reasonably understandable.

All what you call 'gifts of the spirit' are meant to be used for the benefit of mankind—not to hurt one another. And it has been used in this way in past times, but that is part of our coming to you at this time, to influence all of man for good, for love; again that word 'love' is so important—and if it is being used as you say, it is to protect mankind (yes) from actions and deeds of another who think that *they* are right, but that the majority of your world would call 'evil'. But again, you have to know the wider picture.

Jan: Salumet, I feel that I'm being impressed from spirit to write in some form.

Yes.

Jan: But I'm concerned that I don't want any ego to be present in that writing. So, obviously if I just keep going inward I'll receive the right information as to how to format that, won't I?

Well, I would suggest to you that you give out thoughts before beginning any form of spiritual act that you ask that only *truth* and *love* be formed in those words.

Jan: Right, okay.

That whoever may wish to use you in that way comes only for *good*.

Jan: Right.

You must always begin that way for your own sake and protection and also I would say to you my dear friend to give thanks to those who wish to use you in that way.

Jan: So you're confirming that those feelings that I'm having, the impressions, are correct—I am picking up the right messages.

That you must ask for protection, that the messages you receive are for...

Jan: For good.

...For good, yes.

Jan: Right.

There are always opportunists. That is why you must be sure that whoever uses your hand is using it for love and truth.

Jan: The opportunists seem to follow me around and that's, I think ... well, I don't want to use the word 'fear', because it's not a fear, it's just a concern. Yes, I will practise more on the asking.

You must take control; you cannot allow it just to happen. It would be much better if it was done in a controlled way with *you* taking control.

Jan: Right.

You understand what I am saying to you?

Jan: Yes, I do.

Yes, *you* must be in control. Yes.

Jan: Right. I must be my own gatekeeper.

Yes.

Jan: I'm the source...

But you must not be too open.

Jan: No. I control what happens. If I feel uncomfortable, I should say so.

If you are uncomfortable, then you ask them to leave you. Any discomfort is not acceptable.

Jan: No. But there will be those that stand beside me that are for my protection as well ...

Yes.

Jan: ...but they need my...

They need you...

Jan: They need me to say.

Yes. You must ask.

Jan: Okay. Thank you.

It is quite true, those words that are used in your world: '*Ask and you shall receive*'. Yes.

Now my dear friends I feel I have spoken to you enough this time. The instrument's voice is dry and I do not wish to cause discomfort. Therefore, I will take my leave this time, but as always, I leave you my dear friends with love, with upliftment, with the wish for joy in your lives and that your understanding might grow daily.

General thanks

George: A wonderful evening again, thank you Salumet.

Paul: And we will continue with the exercise.

George's Notes:

Our debate continued and doubtless there were influences within that debate from those others who came close. It is probably true to say that there was thinking in different directions with a striving to see how others might think or feel.

There was reference to Northern Ireland and how things resolved once NEGOTIATIONS began. 'There is hint of negotiation with Taliban ... that could be good! And there is the Winston Churchill quote: jaw-jaw, not war-war!

Terrorists don't do what they do just for fun ... have they been treated badly? How are they thinking?

The most honourable soldier is perhaps the United Nations soldier involved in policing.

Mercenaries: must do it for reward and macho image ... occasionally idealism.

S.A.S./Intelligence officers: so often give the impression of elitists on an ego trip.

Through history it has been the male that has principally fought wars. Why should gender make such a difference? Is the male blocked in some way?

It has been part of the military system to conscript youth, to put guns into the hands of youth with license to kill. They become part of a team so that personal thinking gets lost. Not always. There is the story of a conscientious objector who in trench warfare went over the top three times and did not fire a shot throughout the war. Another conscript argued that he would not shoot to kill ... better to wound, and take two out of the battle (one combatant and one medic)!

Motivations in general: orders, politics, survival, fear of disgrace, threat of firing squad ... and love of all life. 'Love of all life' brings to mind that Cecil B De Mille's film 'All Quiet on the Western Front'. A soldier seemed mesmerised by the beauty of a butterfly that settled on the trench parapet, but in the moment of reaching out towards it, he was shot by a sniper.

Middle East reprisal killings often involve totally uninvolved kids and mums ... what must they be thinking? Can it be in the name of their religion? Never!

There is now the full and obvious realisation that in 'blanket bombing', whole families are wiped out; in 'rocket attacks' targets are approximate; landmines get anyone, and all leaves mess and chaos in its wake. The more all concerned can talk, the better for everyone ... and for nature!

This week, there followed Remembrance Sunday, when the fallen are remembered. It is well that such events are not forgotten or dismissed lightly from consciousness. But what of the millions slaughtered who did not fight, who were not involved other than to be killed by those who did. They were not represented in any parade or did not receive posthumous medals. Theirs was a silent passive role. Perhaps their deaths somehow highlight the dogged self-indulgence of those determined to perpetuate warfare. Perhaps their deaths will help others to become more aware ... more spiritually aware.

10th November 2008

Salumet did not come through this time. One through Sarah gave instructions that we were all to be 'overshadowed' by beings from different planets. We attempted to describe the individual being overshadowing each sitter, and afterwards feedback was provided as to the accuracy of our descriptions. We were pleased with our attempts and it was explained that this was an exercise in mind projection and learning to become aware of what was being projected. We all got impressions of certain details:

Paul described his as having a prickly face/rough skin with small red eyes—a greenish cactus colour. (The one through Sarah explained that he was shadowed by one resembling a lizard and Paul agreed that this had crossed his mind.)

Emily described her hands and arms as straight...almost like a 'Lego man'. She felt like a tree, with legs as one, but felt movement from arms. (It was explained that she was being overshadowed by one who was from the planet where the beings were like mushrooms, as described during a previous Bonniol session: 22/08/2005—these beings also had very well developed mind projection, like the one with Rod)

George felt a solid feeling in the fingers—all except the little finger and a tough skin. (He was told by the one through Sarah that he had one digit free, while the others were webbed together. The tough exterior was due to the hostile conditions in which it lived. There was a long nose—not quite a trunk, but projecting well forward and ears like long fish gills.)

The one shadowing Rod, it was explained was thicker and quite rigid and it was explained that on their planet, they had no need for mobility. They were most proficient at mind projection, which was the reason why they did not need to move.

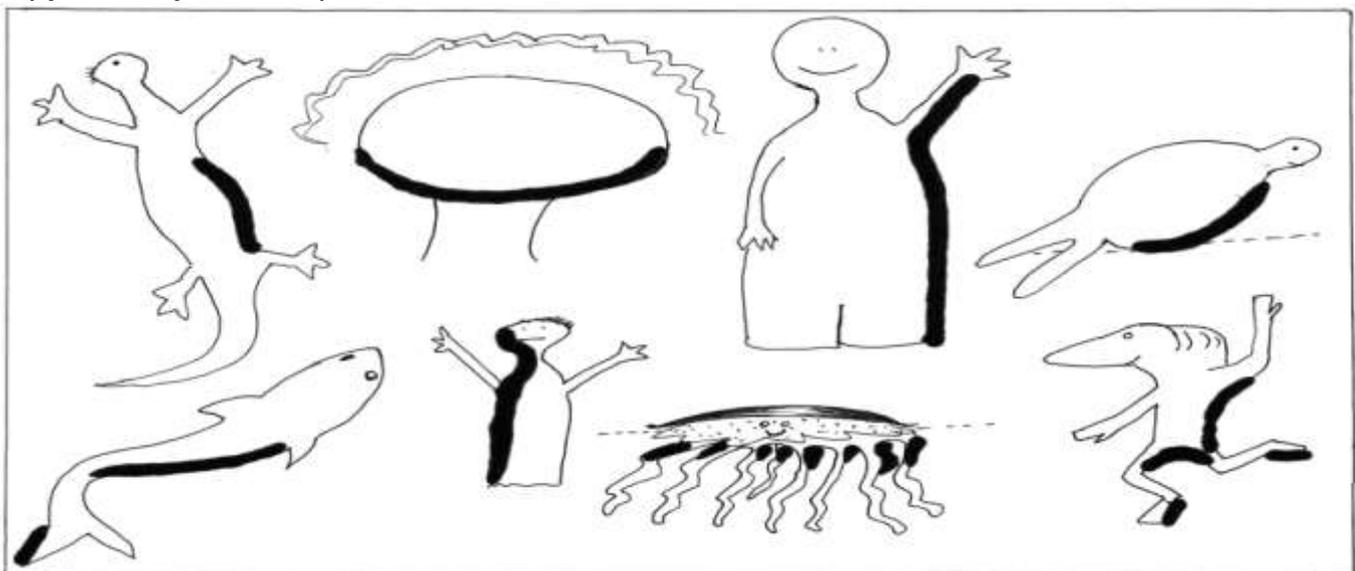
Lilian had the feeling of a small mouth and thinner than we are. (It was explained that she was in fact being overshadowed by one like a fish and indeed more elongated. Although they don't live entirely in liquid, they do spend considerable time in liquid—not like our water).

Sue had the impression of a sphere, like a bubble with no arms or legs—translucent and a pulsating movement to get around. (It was explained to her that the lower part of her body is not unlike an octopus, but the top half is quite different. They lived in a liquid, though not as thin as water and they were able to float on top, but the top part of the body is subjected to much heat and there is a skirt that flows over the top of the 'octopus', which protects it from the heat—the bottom part being in the liquid and the top part in the heat. The top part also has a shell-like formation protecting the body.)

Ann felt her middle part to be quite bulging. She sensed a small head and a sense of heat and a reddish colour. (It was explained that the red was not actually the colour of you, but is a reflection from the red sand. Her body was like a type of glass and it absorbs the colours around it. The life has several aspects, including life upon the red sand—the round part that Ann sensed in the middle was due to the fact that they roll in the sand and the glass-like structure reflects this. At other times you are another colour. One part of the life involves rolling around the sand, but like the butterfly, you then develop into a much lighter being and you rise off the sand into the atmosphere and you again absorb the colour of the skies, which are a deep purple colour. So this being is a 2-part being.)

Daphne felt a tightness around the middle and shoulders—quite stiff. (It was explained that they were a form of—not human and not tree, but something in between. The head is able to move quite freely though. Sarah explained that we had been helped in this exercise by many and we were encouraged to try to use our Mind Projection as much as possible in order to make exercises such as this easier in the future, and allowing more to be brought to us.

George did a quick sketch, representing in a simple way, each of our cosmic friends, illustrating the wonderful variety of forms—a grand Cosmic union of wonderful beings—it was stressed that these were a tiny fraction of the variety available:



17TH November 2008

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I join with you this time I say to you my dear friends, it is of much interest to those of us in spirit to see such excitement as you have had this past week.

Lilian: Yes!

George: Yes. It was a wonderful evening last week when we were all overshadowed by ones from different planets and I suspect you would have had something to do with that, Salumet?

I, of course, am involved in all that this group undertakes but I, of course, was not with you last time, but am aware of course with what is happening here. I am aware of you at all times. Let me say this to you my dear friends: although your excitement lies in the fact of experiencing these other beings, the purpose was that each one of you has now experienced an overshadowing of spirit; in order to catch your attention, because after all, I have been trying to encourage you to take note of who comes close to you. Until now some of you have found this just a little difficult, but because of the nature of the overshadowing, might I say, it has got your attention! You understand?

Much agreement

Now, I say to you dear friends, you have felt that overshadowing, you know there is nothing to fear, that all of you, if I might put it this way, returned to normal and found the experience to be one that gave you great joy.

George: Yes. I can say for myself that it was certainly a very positive experience and I think that goes for us all.

Yes. That is what we meant to achieve. Now my dear friends there is no reason for any of you not to be used by those of us in spirit who wish to use you. You understand? That was the true purpose of that exercise. After all, I told you earlier in this one of your years that your own self-development was to the fore and that has been the reason why I have not come to you so often, in order for this development to take place. Is there anything you wish to say on this subject?

Sarah: I was just wondering if you were the instigator of Eileen not feeling well last week so that we could have that meeting.

Salumet responded with humorous nuance:

I would not deem to take responsibility for that happening! But of course if the instrument had been with you, the format may have been slightly different, yes, yes. But I do not inflict instruments with earthly problems!

Sarah: I did not *really* think you had!

No ... thank you.

George: It was certainly a very positive experience and the overshadowing was felt and as our organizer departed and there were farewells, the overshadowing just totally went at that point. It was a wonderful experience—very positive.

Yes, with not fear left behind.

Paul: No, I think it was something—we relished it like we so much enjoy looking at nature and all the diversity of life; it felt a bit like a celebration of so much diversity of life.

It is a celebration of opening up to spirit. It should not be celebration, it should be a natural happening for you all, because you have reached a stage where each one of you as individuals should be able to blend more closely with spirit without fear or any worry of any kind that you are not safe or you feel

fearful, because as you know my dear friends, it will never happen whilst you have fear. That is why we chose this diversity of feeling, because we know you could not deny what you were feeling. I hope that you will agree with those words.

Sarah: It did seem that everybody felt that what the control (*sent/overshadowed*) was agreed with.

Yes, yes. I am most happy that you have achieved that state, that state of feeling spirit more closely to you. Now my dear friends it is time for you to focus more on what spirit wants you to achieve, that you listen, that you feel more closely those who come and stand by you, who wish you to undertake the work of spirit for whatever reason. You now know my dear friends that it is possible, and that is most important for your own development.

Sarah: Jan was just saying that when she had a bad leg last time, you told her it was because she wasn't on the right pathway. There are several of us in this group at the moment who have got trouble with our legs and ...

I did not say 'the wrong pathway'.

Sarah: No?

May I correct you and say that it means probably that at this present moment of your Earth lives, you do not wish to move forward.

Sarah: Ah, right!

Lilian: Ah, yes, I remember that now.

...Not that you are on the wrong pathway.

Sarah: Ah, I do beg your pardon. Yes, so maybe there are a few of us who are...

...who need to go forward...

Sarah: Yes.

...and that carries on from what we have been discussing this evening.

Sarah: Yes, exactly—that's what I was just thinking.

You understand?

Sarah: Yes, I do.

You see how all things come together.

Sarah: Yes, yes.

Yes. Has the lady a question for me—the one called Jan?

Jan: I'm sorry if I was wrong...

Do not judge yourself; it was a misuse of words.

Jan: Right, okay. My question I think I've been having all day is on the subject of organ donorship.

(*Transplants*) I think that's the question I've been having all day—it's certainly been raised in the media and I've sat and thought at length for some time on my own about it and I'm not sure which side of the fence I actually sit on—whether or not it's something we should choose to do or whether our governments are going to try to make us all donors, unless we choose to opt out of that situation. But on a spiritual level, if another person gratefully receives, which we know they do, somebody else's heart (**yes**), for both sides spiritually it must be an enriching experience. Obviously the recipient carries on hopefully in good health for some years, but for that spirit that has gone on knowing that part of that physical being remains and is keeping somebody else alive, must be an extremely enriching experience. Am I right or could you elaborate on the spiritual?

Yes, I understand, I have been waiting for you to ask, but that is why I have come to you. Of course, if we are speaking spiritually, if we are speaking of disease, *dis*-ease of man; the answer to that question would be that these donations would not be necessary, because mankind spiritually would learn to heal that body—but that is an *ideal* earthly world. What is important is the reason *behind* what is happening, and of course, someone who gives is doing so for good—that would never be judged as a wrongdoing—how could it when the act is done in love? So, yes, I would say anything done in the name of love would not be frowned upon in spirit, but what we, as spirit, would like you to do as human beings, is to focus on that disease of man and change things *that way*; but that is not likely to happen just yet. So I say to

you my dear friend, be guided by your conscience and what you feel to be right for *you*, because no-one walks *your* pathway in life. Does that help you?

Jan: It does, thank you very much. The other question I have is: I try my very hardest to go within spiritually, but when I get ... *(At this point Jan became emotional and Salumet asked others in group to give help.)*

It is good that you allow these emotions to come. That is why my dear friend, I have singled you out this evening. Please give her some healing and I will help.

Jan: I don't know where to take the feelings that I have—I don't know where to go—what to do basically. **You, my dear friend, are so harsh about your own feelings. Your emotions are harsh at this time. I would say to you, as you go to meditation, all you can do is to offer yourself to us in spirit, who will come to you and help you, but you have to allow us to help you. Can you understand?**

Jan: I think so.

Yes. Do not be too concerned, do not be concerned.

Jan: Most of the time I know the basic problem is that I'm a 'people's person', and then when I have reclusive times, I just feel so alone.

Do not worry. When you go inwards in meditation, you are *never* alone—none of you is ever alone; there is always someone with you who is willing to help. Sometimes as human beings, everyday life seems harsh to you, everyday life brings new problems or troubles. That is why my dear friends I say to you so often, it is important to go inwards and to find that unity with us in spirit in order that we can help you to grow. But you are hard on yourself my dear friend. I will try to help you, or make sure that the help comes to you, but all we need you to do, is to put to one side the fear of thinking. Do you understand?

Jan: Yes I do.

Yes. Let yourself just be—that is all we ask—just let yourself be.

Jan: Thank you.

Hopefully you are now feeling a calmness come to you.

Jan: I am.

Yes. Allow it to engulf you.

Jan apologised to group at this point for the emotions—everybody responded supportively.

It is what was needed.

Lilian made further comments about the hardness of living in general

She focuses on herself and is harsh with herself. She must just allow herself to be, to allow us in spirit to uplift and take her on her spiritual journeys; that is what she must do.

Jan: Thank you Salumet. I feel as if I've got a big...

Yes, it has been lifted this time from you. We hope my dear friend, that it has enabled you to look forward, in order that we can help you more. You understand?

Jan: Yes I do, thank you.

Now just allow those around you to swamp you in love, in peace. And you will feel before you live this time, a great joy of love.

Now my dear friends, with those words I will withdraw this time. I am happy for each one of you that you have experienced just a level from spirit that has enabled you to let go of a little of your fears. And with that, I will allow you to continue with your evening.

General thanks from all

We chatted amongst ourselves for a few minutes; then noticed that one was coming through, and to our surprise, the one through Sarah who was with us last week came through again:

Thank you, I was just waiting for others to finish. I wished to come, because the energy was beginning to deplete again a little and I wished to come to bring you a little good news.

George: How very nice. Thank you.

Last time, we were so happy that you were all able to pick up on these visitors to you and they were most happy to be with you. So happy were they that they have come back to just visit you to see what the impression they gave last week has done for you. They have been listening to your teacher and have been so happy that they have been able to help you on your spiritual journey and this is what I wished to say to you; so I do not have any other information for you, but I hope that I have now restored a little of the 'excited' energy with you once more.

General thanks

George: And could I just say also that amongst those was one we refer to as 'the mushroom people', because we do not have another name. But bearing in mind that one came to us with Bonniol on a prior occasion and amongst your party there was one who helped to organise that, could I just single him out for a very big 'thank you', and I do apologise for not having a proper name.

I would like you to know that that one was more than happy to return to you to help in any way that was possible, but I am sure that your thanks will be gratefully received.

George: And thank you everyone. It was a lovely evening for us.

I am happy that all has gone to plan.

Rod: Did you happen to see the drawings that George made at the bottom of the paperwork?

Pause as energy faded

I have been ... much ... amused ... by ... the ... drawings...

George's Notes:

Jan's question: It is interesting to note that Jan had been wrestling with the question during the day and Salumet was well aware of that fact; and we have noticed this on previous occasions. As to the question, there has been very recent media attention to the idea that organs should be automatically recycled, unless an 'opt out' card is carried.

24th November 2008

This was an evening devoted to exercises/spiritual development. It began with one through Sarah indicating that she had others with her who would be joining with us in due course. There was further communication via Sue, who was aware of a lady with a little boy named George. It then became apparent that someone was with Eileen. It was felt that this perhaps connected with the one through Sue as Sue suggested to Lilian that she ask if her name was Martha.

Lilian: Would I be right in saying your name is Martha?

Good evening.

Lilian: *(Chuckles)* We've made a big mistake—welcome!

My intention this time, my dear friends, was to allow you an exercise of discovery of knowledge and to see how you would cope. Our dear lady friend with the children (*Sue*) is able to converse quietly and to expand her connections with spirit. That is the purpose this evening for her. Did you notice, my dear friends, that both our dear ladies this time were just a little unsure of why the others were speaking, and they came to the conclusion that because this instrument did not use words, that there had to be some connection there.

Lilian: Yes, I certainly did.

I tried to stay quietly but I feel you need an explanation. Our dear lady in the corner (*Sarah*) of course brought the correct message that there was another to speak, but on returning to her, she became a little unsure of what to do with the words coming. What I would now like you to do, my dear friends, is to focus just a little more so that your gifts of spirit can open more fully. But in saying these words, I do not want you to think that I lay any criticism to you. I only wish to help you in your spiritual unfoldment.

Lilian: Yes, we do understand.

Yes. I am not only speaking of our two ladies, but in fact to each one of you—that whilst in meditation, whilst in connection with our world, you must question, you must seek answers, and in so doing you will

become more closely connected, and you will know and understand quite quickly what you have to do. I hope these few words have helped you, my dear friends.

Affirmations

George: Yes, I felt there was a need to become more connected, and I was prompted to switch on the recorders so that that action would not interrupt anything that might happen (**yes**), and I felt a little something about my face, but nothing more transpired so far as I was concerned.

You are all here for a purpose. You are here as a group to work together, but you are also here for your own individual development and that must go forward also. So my dear lady, I will make apologies to you, because your work is always so good, but it was an exercise I felt was needed.

Lilian: It's kind of you to say that.

George: Thank you for your explanation Salumet.

But you can see that when you become a little unsure, that the connections go more quickly—you find that I am sure.

Lilian: Yes.

Now, let us continue and be more focussed in why those in our world come to you, and the main purpose of their visit. It does not matter too much if you get something wrong or you do not connect too well with another one, but you must continue to grow, you must continue to focus and become a stronger unit together. And with those words I will leave you, and I will sit and work quietly with this instrument, but at the same time I will be most interested to see what our two lady friends bring forward for you.

Lilian: Thank you very much Salumet.

General thanks

The one at the beginning then spoke through Sarah again:

I wonder if I would be permitted to speak again.

Lilian: Yes please do.

I am afraid I did not bring to this lady the correct message for her to continue, but I now am able to bring those to you who I talked of earlier. They are most close to you all and each one of you should FEEL the hand of one if you are able to open your hands out to them. I have two names for you and I believe the other lady has two more as well. They are all joined together and are also holding hands. The idea is for their hands to link up with yours, to make one big circle. This circle will take round the bond that we all share. We all know each other and when we take a hand of one from spirit, we hope that some recognition can be made, from spirit to spirit, of a dear one that has been known previously to you. So I ask that you make yourselves available for these to come to you. And I give to you the names of John and Andrew.

Lilian: Will you be speaking to us again?

I will stay with you and I will be interested to hear what the others have to say before I leave you.

As the lady continued with some commentary, all experienced a very positive 'pressure' feeling about the hands and apparently those in spirit were very pleased with the results. When she departed there was discussion amongst ourselves regarding names sensed. The evening concluded with another through Eileen who guided us on a meditative journey, available on our website:

<http://www.salumetandfriends.org/16.html>

1st December 2008

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As we come together once more I say to you not only should you ask for healing help, but you have come to the stage of asking for help with your own spiritual unfoldment. We welcome again tonight, our dear friend known to us as Richard.

Richard: Thank you Salumet.

You are making many strides in your life and this is part of your own development. When people speak of 'spiritual development' they always assume that it must mean some kind of extra phenomenon. I say to you all: *not so*. Just being alive in human form and living life, whether it be *merely* living in this lifetime, is part of your spiritual unfoldment. After all, when each one of you met someone with whom you could share your lives, or whenever you had your children, each of these things are part of your spiritual growth. So, I would like you, my dear friends, to understand what spiritual growth really means. I know how much you have grown, but do *you* realise how much you have grown? I hear you speak often of the way you recognise what you feel to be 'right' or 'wrong', and that awareness is also part of spiritual growth. But there comes a point, my dear friends, when everyday-living becomes not enough satisfaction for you, and you crave for the phenomenon that you read of and experience for yourselves to continually happen. I would say to you: be humble in all that you have, be humble with all that you have achieved, and be humble in what you wish for. Do you understand what I am saying to you?

Affirmations

George: Yes, It's easy to get carried away by the joy of progression...

Exactly!

George: ...And I must say I experienced joy in seeing the website that Richard has recently set up.

Yes.

George: Perhaps I should exercise more humility and temper that joy a little...

Joy ... joy is good, it is a good thing. But I do not want you to temper joy, I want you just to have the realisation that there is more to you as spirit than what happens to you in this lifetime. That is where the humility comes into play.

George: I understand.

I hope that each one of you this evening feels the great love which overshadows each one of you here. I hope that your recognition of the energy within this room is available to you at all times; that all you need to do is to call upon us for any help and unfoldment that you need.

The energy referred to could be felt this evening—the room had a 'charged' feel to it.

And again I will say to you, each one of you is developing at a different rate, in a different way, but also, as you come together on these evenings, you become united in spiritual force. If you wish this time to have questions answered, I will endeavour to answer them for you.

Lilian: Thank you—anyone?

Richard: Salumet... **(yes)** I think more recently I've felt slightly detached when it comes to spiritual matters. I think it's probably attributed to the fact that there's a lot going on. But there have been occasions when I've felt like I needed help, or assistance, or been looking for guidance, but felt more distant from it than I have in the past.

My talk this evening, my dear friend, has been partly for your understanding; that life *itself* is part of spiritual unfoldment. I know you have had questions and sometimes you feel that more time should be devoted to what you term 'spiritual matters'. But what is 'spiritual matters' if it is not to be with people that you love, to see love grow and to see life encompass you? That is what I have been saying. Do not expect spiritual growth to be just phenomenon—that is not so. My dear friend you are still growing, you have made the connection with us, and when the time is right, there will always be something for you.

Do you understand?

Richard: I do, I do, and I don't. It's always been said that there'll be something for me—I just...

You must be patient.

Richard: I know.

Time weighs heavily upon you, but what is time? Think of the word, be patient, my dear friend. You can and will be used, but only when *all* aspects of your life are correct (okay). Do you understand?

Richard: Yes.

Yes—we know and we feel your puzzlement, but I am sure if you speak to the others within this room, they will tell you that they have spent many years developing and growing and accepting—and you are still young in human terms.

Richard: Um ... the little one that we have on the way—myself and my wife Anna—it was said when I wasn't here, or it had been mentioned that perhaps it was someone coming back to us. Do you have anything you can add to this?

You want to know details? Yes—that is so like you—I feel that you are not happy unless you have detail. All I will say to you, my dear friend, is that those who come to us in the form of new souls—babies—are already known to you. You may well have an affinity with the child and recognise that spiritual connection, because you realise that we always incarnate and reincarnate with the same group-soul. So the child knows who it comes to, and sometimes when that knowledge is available, so too the parents will find the connection. You will have the stronger bond with the coming child.

Richard: The stronger connection?

With any children that you have, you will be the one with the stronger connection—not in everyday matters of looking after child or children.

Richard: No, I wouldn't have thought so. (*Chuckles*)

No, but in a spiritual manner, I am speaking of.

Richard: Yes. Well I hope that Anna will be persuaded to allow it or them to develop...

It will happen anyway, whether one person wishes it or not, if that child is meant to *explore* their own spirituality, then no other human being can stop it, you understand?

Richard: I understand that for sure.

Although, parents I have to say, in this Earthly world *feel* that they 'own' children—they do not. Your children are part of your own soul-group, and they may well have been something else in past times, like mothers, sons, daughters—you already have made agreement to what your connection will be in human lifetimes. So again, I will say to each one of you here, that you truly are only responsible for your own selves—your own spiritual self. So often, we have parents who blame themselves, for the way children behave, and of course, there have to be life's rules, I do not say otherwise, but what I say to you is that ultimately that child will grow and become their own being. So much grief and hardship is experienced by being parents in human form, because of the lack of understanding that that baby, that child, is a spiritual-being also.

Richard: I don't think it makes it any easier for us though.

Jan: I think that that knowledge, as mum and I have spoken on occasions, is just having that knowledge does make things so much easier. (**yes**) If you just step back and think about it when you are a little anxious or cross—they are who they are (**yes**) and that certainly makes disappointments and things like that, just disappear.

Yes, and that comes with your own growth of spiritual awareness, and as you all know within the room, spiritual awareness changes the way you behave and the way that you think. You would agree?

Affirmations

Yes. That is spiritual awareness—spiritual awareness within the confines of human existence. I do not say because you have awareness, that life is easier.

Jan: I think it's actually *more difficult* because you have awareness.

It is more *responsibility* and sometimes a little harder *because* you have the knowledge.

Jan: With lots of situations, I'm sure we all find ourselves internalising and having conversations with yourself a lot more, than before I was aware (**yes**). That obviously is awareness—it's tough sometimes—you analyse a lot more.

Richard: Ignorance is bliss!

Chuckles

Well, I would not agree with you on that one. Ignorance is not bliss, ignorance leaves you isolated, and you become static in your thoughts and feelings. Only when the spirit is free can it understand fully that all knowledge is available to it.

Richard: There are some people that I've spoken to recently that I work with—I've not come across it before—where they're not even slightly interested—it's almost like opposing magnets and something tells me not to pursue it. It's interesting that you can get such different people, and even different religions and different walks of life, where you'd think where one person would be spiritually minded, actually isn't at all. **But you see my dear friend, you are passing judgement. Because someone does not agree with your knowledge, does not mean they are not a spiritual being. They may well be the most spiritual being that you would ever know; because of their actions, their deeds, the way they embrace *life*. So just be a little careful before saying people are not spiritual. They do not always have need for what is termed 'religion', but they may have indeed a very good heart. They may devote their lives to giving and helping others, without accepting any form of dogma.**

George: Another one of our expressions is: '*actions speak louder than words*', which seems to apply here. **Yes, and you do not always recognise the reason for a human being's purpose in this world. You do not have the wider picture. So, again I am repeating myself when I say my dear friends: do not judge another. Accept that they may be different from you, but they may just be on a different spiritual pathway. You understand?**

Affirmations

Sarah: Yes, I'm glad you said that, because I think my brother is one of those examples. He doesn't take in what I say that you've taught us, but he is a very kind and generous person.

Yes, always the problem is when you come to what we call 'development'. You have to be a little careful that you do not feel superior to others who have less knowledge. Be aware of those feelings and those thoughts.

Sarah: The thing is, the teachings you've given us—we're so enthusiastic them, we'd like everybody to know, but not everybody wants to...

But as our dear friend Richard has said, he felt he could not say too much and that is the feeling that he should have been aware of, because that is his own spirit telling him that those around are not ready for what *he* knows. It isn't that they are not as spiritual in any way, but they are perhaps just not ready for the information.

Richard: It is a very strange feeling to be compelled to shut up!

Yes, it is difficult to have, as our dear lady friend has said, when you have enthusiasm for something and others do not share it with you. But be aware of those feelings of stepping backwards from them and try not to be too critical of them.

Jan: I think I liken that to: we don't all have the same musical taste or dress sense or likes in colours etc—but that's fine, we're all individuals.

Yes, you are correct; yes, that is a good comparison, and you all have come for different reasons. To grow—to grow spiritually, that is the purpose of life, that is your aim; to find the 'I AM', as we have spoken of in the past—to find *who you are*.

Sarah: I suppose people like my brother, they're still growing, because of the good things they're doing. **Of course, of course. But you see, in criticising, you are doubting your own knowledge, in a way. That seems a strange way to say it to you, but you have to allow love to encompass *all* peoples in all walks of life, in whatever area they have chosen to tread. I know, my friends, it is not always easy, but that is part of your growth also. Who within this room would say that their whole life has been easy? Is there anyone?**

Several responded 'no'.

No. Then you should think: why is this? And I am sure my dear friends, that there are many, many, many less fortunate than yourselves...

Affirmations

And to overcome adversity in life is a great stepping stone.

Ann: And I think we grow from our challenges, don't we?

That should be. Not all human beings are able to, but if they learn something from it, that can only be for their good.

Sarah: Also I think life can be easier, especially with all the knowledge we've got from you—life *is* easier, because you realise there's a purpose in what's happening, so you tend to relax a little bit more about it, because you think, well this is what is supposed to be and you just get on with it. So I think with your knowledge, life is a lot easier.

Yes.

Richard: I think there are obviously some occasions where you just can't accept things. I've certainly come across occasions where you think everything happens for a reason, but to just accept something, you can't do. It's a human trait that you're going to question everything.

Yes, but that is your acceptance of life and that also indicates where you are on your own spiritual development. As you travel through life just a little longer you might find that that statement you have made alters. But yes, you only deal with life as it comes along, but I say to you all once again: do not judge; do not judge another fellow human being.

George: Yes, I may come close to that in that I'm aware that there are many, many people who are within the Christian Church and very happy with where they are. I suspect there will at some stage be a happening which will just moderate their belief system in some way. I've recently been in touch with a group who call themselves 'Christian Parapsychologists', and I did wonder if this sort of group within the body of the church might possibly grow to be a bigger influence. Then again there is 'Paul' who is the psychic surgeon working through Ray Brown, and I understand that 'he' is going to write a book about spiritual principles. And it occurred to me that any Christian principles that come into that, might well be from the time when he was on the Earth, 2000-years ago, before the Christian Church of today was set up. So his book could be a very serious influence to move belief-within-the-church a little bit. Would you have any comments on that?

Yes of course, the one you speak of *will of course* be influenced by what he knows and recognises, in the same way as (*if*) any of you within this room were to write a book now, of your life and times, it would have to reflect what you each know. You cannot write of other times, of other knowledge, of other spiritual principles unless you have experienced those for yourselves. Therefore I would say to you that each individual has—and let's say this to you: you have lived other lives, you have experienced other things. So whatever would come to you in spiritual ways would only reflect that knowledge. You cannot speak about subjects that you have no knowledge of. And going back to your friend who is about to write this book, there may well be inaccuracies in what has already been written; it may be that he can replace those words with those of truth and with the understanding of what he experienced. That of course would bring many books into disarray. But that will be for each individual to gauge for himself. You understand what I am telling you?

George: Yes, I think you're saying it's more of an *individual* influence than *en bloc* influence, pertaining to the church.

Yes.

Sarah: So, any knowledge that he has would obviously be spiritual knowledge, because you did say that once you die—physical death—your physical memory is erased, so it will be what the spirit brings forth; so it wouldn't be anything to do with the physical brain, it would be his spiritual mind that would be writing the book. Is that correct?

Because of the time that he lived and the memory is still strong of that time, that is his work today—he can only bring forward what he knows and understands. If he belonged to another religion and wrote a book of the tenets of that religion, then it would only be of what he understood. You cannot speak of events of which you have no knowledge.

Sarah: So when he writes this book, would he be writing it as St Paul or would he be writing it as Ray Brown?

I would think he would have to write his book as Paul. He cannot write as Ray Brown, because he has no knowledge of the time.

George: Yes, he is Paul, he merely 'borrows' the body of Ray Brown, for working on the Earth.

Now, my dear friends, I will take my leave this time and allow the rest of your evening to continue. I will give you over to our dear lady friend and we will see what comes next.

General thanks from all

During the period that followed, Jan had the strong impression that Paul (who normally sits with us but is currently in Thailand and not expected back until the New Year) was in fact sitting with us.

George's Notes:

The Christian Parapsychologist: A magazine published by The Churches' Fellowship for Psychological and Spiritual Studies, twice yearly.

Paul's Forthcoming Book: It will be most interesting to see how Paul, with memory of the teachings of Jesus as they were in the 1st-century and with the added benefit of sojourn in spirit accounts the details; such topics as connection to spirit, reincarnation and the happening on the road to Damascus.

8th December 2008

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I join with you this time I bring to each one of you much peace, upliftment and great love from our side of life.

General thanks

I have listened closely to your thoughts again for others. Again my dear friends we give many thanks for all the good that you do, and as we come closer to your holiday time, I would ask that you continue to think of those in need, not only those in your world but those also a little lost in ours; although in our world, no one is ever truly alone—nor so on the Earth plane, but it is not always recognised that we stand close to those who are in solitary spaces. But of course you would understand that from our world we try to influence all people, and yet so many do not feel our presence. So, my dear friends, I take this opportunity to ask once more for your loving thoughts throughout your holiday time.

Lilian: Yes, we'll remember that.

George: Yes, that is a timely thought and a timely recommendation. Thank you.

I know you will be expecting me to tell you that as we approach the end of another Earthly year, which is but one blink of an eye, I will be taking my leave of you for a short time to return to that place of all-knowledge and love, and to hopefully return to you in what you term 'New Year'—New Year on Earth.

George: We do understand of course and we all, I know, wish you 'extremely well' in that period when you are I think at 'home'—it is the only expression we can put to it.

I like that, because to you human beings, *home* means so much, and we have come to recognise how important home-and-love-and-family are in your daily lives. And so it should be, after all, it has been part of your spiritual pathways. No matter what your lifetime has produced, no matter how good or bad times have been, *home* to each one of you brings a great warmth to your hearts.

General understanding

So I too hope to feel that love when I too return *home*, but it is not quite as you would expect. My journey home is also *in the blink of an eye*. But nevertheless, my dear friends, I have to tell you how much you have grown in this past year. I know I say this to you often, but it is true.

Lilian: Well it does encourage us, so thank you.

George: Yes, I think we're all beginning to feel an inner strength which arises from that growth.

Yes, that is as it should be, that that knowledge enables you to live this Earthly life to the fullest, and also to the fullest of your capabilities and understanding; no matter what life brings to you, you will have that innate strength to cope and to understand each and every situation.

General thanks

George: I think we well understand love and family all coming together and I think we've come to feel that you Salumet are part of that family.

I thank you my dear friend for your words. I know we have become closer as time has moved forward; but there will always be a connection with each one of you as long as I continue to visit your Earthly plane. I have said previously that anyone who has entered this room has made that connection, and that connection of *love* and *knowledge* cannot be broken. So, although those who are absent are not within this room, does not mean they are not spiritually connected to you. Spirit is in each and every one of you, in each and every being on this planet and many other planets, in all places where life exists. And life, as you know my dear friends, is not always of humankind—it is much wider, much greater, so powerful ... and before I leave you this time, my dear friends, let me say: do not forget to go inward, do not forget who you *are*, and do not ever forget ... I AM. You understand?

Affirmations

Yes. Now, my dear friends, I will take *my leave* this time. Know always I hear your thoughts, your desires, and although you *may* not feel that I have listened, let me assure you here and now, that no thought that is pure of love can ever be destroyed or neglected. And with those words I leave you in my love and in the light of spirit.

General thanks

George: Wonderful ... love and confirmation of love, thank you Salumet.

Thanks / farewells from all

Lilian: And we look forward to being with you in our New Year.

Salumet's words this time were delivered with a slow heartfelt deliberation. As always at the year's end, he has now withdrawn to his place in deeper spirit~