

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