

17<sup>TH</sup> 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.*