

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>