

26TH January 2009

Good evening.

All: Good evening.

George: And how nice it is to hear your voice again.

Thank you. You, my dear friends, place much store in the sound of human voice: if only you could find within yourselves the knowledge that you *have* and to learn to *feel* more rather than rely upon the human word. This is something to be developed by you all, but of course, my dear friends I am full of joy that once more we come together, and of course to welcome back those dearest ones who have been absent for a little time. (Sara and Graham)

Graham + Sara: Thank you.

No matter how far any of you wander or travel, you are now my dear friends firmly attached to the love of spirit. As I join you, I hope that you feel refreshed since last we met, although I do know and understand, that so many in your world live beneath the umbrella of fear. I would say to you that of course you feel that these fears are founded—and of course I respect those feelings because they are human. But I feel you know my dear friends what I am about to say: do not allow these fears to completely envelop you. Be positive in all that you do no matter what your circumstances may be. Those of us in our world stand close to uplift you in times of trouble and sorrow. Recognize these aspects of spirit and no matter what life brings, you will always feel that you are supported. Now, that is enough of my speechmaking to you. I would like my dear friends at this time to just surround each one of you in that deep spiritual love which you are all entitled to—and of course you *are* pure love when you allow it to be. I do not intend to speak too long this time, but because there are many, just for this time I will take a question or two, but I feel this, that it would be good for each one of you to travel upon a journey which I will ask our lady friend who has been absent for some time to conduct if she will.

Sara: Yes, of course.

And in so doing I am sure each one of you will leave this room uplifted. We have much to discuss in the coming weeks, and I will endeavour to bring to you some more thought-

provoking subjects, but for now I am just happy my dear friends to join with you.

George: Yes, I am sure we all feel the happiness and it is so good to hear those words. Thank you.

Paul: Funnily enough, I have been thinking about the human voice today and how it's a remarkable thing, but it is just sort of a wind-pipe at the end of the day; it's the feelings, the thoughts behind it that are the important thing.

Yes, and some in your world would say: 'too much *wind* from some people'...

General laughter

... and I would in part agree with that, because so many superfluous words are used in your world. It is something for you all to think about. Try to convey your thoughts with your mind rather than words—not an easy task to begin with, but a most fulfilling one when achieved.

Paul: Sometimes when you feel you know people very, very well, you sometimes hardly need to say much to them.

Yes, because you feel comfortable with their energy, and a knowingness grows where words indeed are not necessary. You so often find within your world this can happen between two people who have been joined together in their lives, that they know almost what the other is thinking. But they do not recognize it as spirit; they feel it has something to do with *time*. Not so! It is available to you all. You understand?

Paul: Yes.

Sara: I wrote a letter today to try to raise awareness about computers and technology for children, and I thought at the time I felt I had a good motive for doing this. Do you think it's a good thing to do, using words in that way—the written word?

When you talk of technology, you are speaking of something that has been part of the progress—I use that word loosely—'progress' of your world. I would say that progress will never go backwards—it must move forward—but what I would say is that each individual is responsible for how they feel and act in any given situation. Therefore as a parent I would suggest that if your views are strong, then you must follow that instinctive pathway.

Sara: Yes, I felt compelled to do it, because I feel it's not that the technology itself is wrong, but it's

the degree to which I think many children are exposed to it.

Yes. It is the love of something which is not good—yes, I fully agree with you. All things have a purpose, but any abuse of that technology can only be damaging, but again I say, responsibility, especially when you speak of youngsters, must lie with parents and your societies.

Sara: Yes, because I feel that many parents are using technology as a form of free baby-sitting (**yes**). It's not that the parents are necessarily aware of what they are doing and the effect it is having. So, in a sense, many have become a victim, I feel, of this way of life. So really what I wanted to do was to try to raise awareness about the danger of the addiction to these things.

Yes, there is never any harm in sowing seeds that would allow any person to stop and consider actions, especially when there is great responsibility for the children in your world. So, I would say: continue if you feel strongly enough, but I cannot say that it is all negative, because that would be an irresponsible statement.

Sara: No, I agree and I'm not saying it is wrong but ...

Yes, I understand, yes. If parents cannot protect young children then your world would indeed be a place to feel concerned about. Now, I will take my leave this time and allow the rest of your evening to continue and when we join together again my dear friends, it will be with love and joy.

Thanks from all.

George: We look forward to that.

Sara's Guided Meditation:

Audio link:

http://www.salumetandfriends.org/resources/2009_01_25+Sara+journev.mp3

We're going to travel on a magic rainbow ... so if you could imagine a very, very big rainbow, stretching across the sky as far as you can see, and you're standing at the beginning of one part of the rainbow, and it's a magic rainbow, so when you sit on one of the colour bands, you slide all the way, automatically, over this rainbow. We're going to start with the red band, so imagine a beautiful, vibrant, red, in a shade that you particularly love; a bright, strong, healthy-looking red colour. And you step onto this arc and you sit down and you slide ... all the way, but it takes a

long time; and, as you slide on this beautiful red ray, you absorb the colour into your whole being and it gives you strength, a feeling of strength and courage – the feeling that you can cope with anything that comes your way, any challenge, any opportunity for growth. You take it with both hands. And you say YES! ... because you can see the purpose ... you see the BIGGER PICTURE. So you absorb this wonderful strength into your body as you slide up over the arc and down again until you land softly and safely on the other side.

And then you can prepare to enter the orange band, and this is a beautiful shade again, a vibrant ... you couldn't see a more vibrant and bright shade of orange, perhaps on the fruit itself.

So jump onto this orange band, sit down and prepare to be taken on a beautiful ride on this beautiful band of orange light, which is a joyful colour which gives you a feeling of joy, pure joy, fun, upliftment – a feeling that life is full of fun and funny little moments, enjoyable moments, sociable moments with people, times when you can share. So absorb this feeling of pure joy and laughter as you slide up, up and down again ... whee! ... down the other side, and then you get off and you step onto the yellow band ...

beautiful, bright, golden-yellow, like the sun's rays. And this is your feeling of light, cheerfulness, laughter, openness ... the feeling that you can be as light and open as you really do feel inside. You can actually communicate that to other people too ... like the sun; the sun gives out its light all the time, and you too can be the same, giving out your light and your sunny personality; sharing it with others. So slide on this beautiful band of light, and like a child, express and feel the glee as you slide down the other side.

And now prepare to step onto the green band, and choose again a beautiful shade that feels beautiful to you, preferably something bright and light, with a real radiance. And prepare to slide up ... and feel the blessings of nature and new growth as you slide on this beautiful green. Feel the energy of the trees and the plants and the grass, and feel the essence of new growth within you, just as the buds will be coming in 'spring'. Think about the new growth in you, and what's going to be new for you this spring. What will you be reaping and harvesting this year? So, slide in this beautiful green all the way down again.

And now prepare for a lovely pink, as you start to sit on the pink band. Think of a beautiful rose-pink colour, beautiful love energy. Think of: love and kindness, care and compassion; unconditional love. Think of those qualities. Allow the pink to be absorbed into you. Feel the softness, the gentleness of the colour ... as you slide. Continue to slide up, up and then down this beautiful pink. Now sit on the blue band, and it's a beautiful, bright, vibrant blue. Feel the confidence of this colour, the expressive confidence from the communicative quality of the blue. As you slide, feel this vibrancy and the quality that it gives you, a feeling that you can communicate and connect with others, and express your feelings to others. Feel the excitement of the blue, the bright blue. Think of the sky, think of your goals, and how far you can go, and what you can achieve. And slide up, up and slide down, and enjoy that beautiful bright blue feeling.

And now, step onto the indigo ray. It's a deep, deep indigo, and feel the inner knowing of the indigo colour. Think of your intuition, and how you sense truth, in this colour. Think of the mysterious quality that it has. Think of the dignified quality that it has, and the coolness of it and the quietness of it. Try to absorb this colour as you slide. Feel it envelop you protectively ... up, up and over, and down.

Now prepare for the violet band. So you sit on the violet band and it takes you on a magical journey. Feel the magic of the violet and the dignity of it ... the royal quality of it, and the creative quality of it. Absorb the feeling of a beautiful violet shade, as you travel up, up, up and over, and down ... and feel the coolness of it.

And now we have one more colour. It might not be the normal range of that you see in a rainbow, but I want you to sit on a beautiful bright turquoise band. You sit on it and let it take you on a beautiful, refreshing journey. Feel the refreshing quality of the turquoise, like spring-water. Feel it revive you. Absorb it into your being. Feel its protective qualities. Feel it lighten you up, like a shower on a hot day. Feel it lighten you when you've had a heavy burden to carry or a difficult experience. Feel the healing quality of this beautiful, bright turquoise as you travel up, up, up ... and feel your final slide down with a very, very happy whee! ... like a child. Then sit peacefully for

a moment and feel refreshed, rejuvenated by all those colours.