

9<sup>th</sup> March 2009

*Prior to starting we learned that two of us were held up on their journey by an accident and would arrive a little late. During our requests for help for those in need, the recent Northern Ireland murders were mentioned and one had wondered if 'fear' might have played some part in these events.*

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening.

Sarah: Nice to have you back.

**I am happy to be with you once more. As we came together this time I listened to your words and your talk of 'fear'. We have spoken much about fear—about negative energy/positive energy. What is this fear? Positive energy presents itself as 'love', as understanding, as acceptance of self. Fear ... fear creates energy which has been transmuted from positive energy, and which is a non-acceptance of self. Fear creates reality which then shows itself in your life and in your lifestyles. Fear is being afraid to understand and to accept your true selves—who will not accept that they are spirit, with all the attributes that spirit brings to your lives. That is what fear does, and I am sure my dear friends, you know and understand that you all have the capability of transmuting the energy—negative energy back into positive energy. And always we, in my side of life, wonder why, my dear friends you torture yourselves so much and although it is the nature of the earthly being to worry, to fret about many things, you have to learn to transcend all of these worries and allow them to dissipate; in order that you may walk freely in the understanding that you know who and what you are about. Would you like to answer or ask any questions about fear?**

George: I think we have this feeling that fear attracts bad happenings—unfortunate circumstances; and I think you've just given us the mechanism for that.

**Yes, all too often, the human being feels he has no control over many situations in life. That cannot be true. In fact, I tell you that is not true, because you can transcend any condition in your lives that have negative qualities. You have that power, if that is what you wish to call it. It is a natural gift that belongs to spirit that you should**

**use in daily life, so that that gift of positive energy which you are—and I know you understand you are—but Earthly life contributes to the feeling of dread and fear, and you do not allow yourselves to be free of these negative feelings. Therefore, my dear friends, I ask that you think a little more deeply about fear.**

George: Yes, it may sound flippant; but this has been a wonderful *pep-talk*, and I think you are saying that any of us can overcome *anything* in relation to fear.

**Yes, yes and it is now time, my dear friends that you take up this challenge in your daily lives, that you put that knowledge to good use. I can only guide you, I can only explain all to you, but I cannot do it for you. Do you understand?**

Lilian: so, if we're worried about, say, a family member, or a friend, if we can be positive around that person—that helps?

**Yes. You are giving off that energy if you approach someone with fear and negativity; then that energy becomes stronger and stronger and it will affect the one that you worry about. So think about that, if you can.**

Lilian: I think we do find that quite difficult on this planet.

**Do you have any more questions about fear?**

*(Sara and Graham just arrived at this point, having been delayed)*

George: I think you're saying there are two things here: We can overcome our own fears and we can be quite a beacon of influence in relation to other people's fears.

**Of course. As beacons of Light, that's what you should be attempting to do. I know that the thoughts come—that it is easier said than done. That is not true.**

Lilian: Yes, thank you for that. Any questions Sara?

Graham: I've certainly found that as I have grown older, when I have been afraid of things and you face your fears, you then look back and wonder what on earth you were frightened about.

Lilian: That's so true!

Graham: And then you recognise that you've grown and that is a wonderful feeling.

**Yes, you use your positive energies to dispel that fear.**

*General agreement*

**And that applies to all fear, no matter on what level it is.**

George: At a parachute training school, there is the motto, 'Knowledge Disperses Fear'...

**Yes.**

... and I think that would be true and in your teaching, to provide knowledge of this general situation—that knowledge, I would say, certainly helps dispel fear.

**Yes, I can give you the knowledge, but I cannot utilise it for you—that belongs to every individual; they must make the conscious effort to change. It is so easy, my dear friends, to give way to worry, to fear, when, so often, as the gentleman has said, it is unnecessary.**

*General agreement*

Sarah: Yes, without your teaching, we wouldn't have realised that and, as with many things, once you're told, it's easier then to put it into practice and to know what you are doing ... so I think there must be a lot of people out there who probably wouldn't be afraid if they had your teaching.

Sara: That's true, because I often remember, Salumet, your words to me: 'do not doubt yourself'.

**Yes.**

When I'm about to perform, perhaps it's a new performance in a new place, I sometimes maybe feel a little afraid and I often think of your words and they help me to dispel the fear. Often when I'm singing, I realise that a lot of it is to do with trying not to doubt myself that I will reach the high notes for example. If I'm singing a piece that has very high notes, it is all to do with the self confidence (**Yes**) and if I doubt myself for a moment, then the notes will not be so good and I may not even reach them. *Laughs*

**That is because you are *acknowledging* the true self, the belief and the knowledge of who and what you truly are. That brings to you the positive energy which is needed to dispel all doubt, and it is not my words that have helped you, but the *execution* of the knowledge of those words. That is what helps you.**

Sara: Ah, thank you.

**You are responsible for what happens in life. As I said, I can provide the tools, but you must use them.**

Sara: But still it helps, because without that knowledge, I would not be so confident or able, I think.

**Yes, which, then, of course, when you recognise and fulfil your life's path, you radiate outwards**

**that positive energy which has an effect on so many others who may not have the understanding or the knowledge that you may have, but still they feel and benefit from your energies. You understand?**

Sara: Yes, I do.

**You are like rays of the sun that stretch outwards, reach outwards, as far as you may go; and sometimes just a simple look to another person is enough if you are positive, to help others ... yes.**

Sara: I also find that the sun itself seems to help. When the sun shines, I think everything seems more achievable, somehow.

**That is because you are human. Whether your weather be sunny or dull or grey, whatever expression you may use, it should make no difference to that inner sun; that is what we are speaking of—the inner sun—that is quite an apt expression I feel ... yes.**

Sara: I think we're learning to strengthen our inner light and always to be able to access it. But I think sometimes, when the sun shines, it just seems to give a little extra help and makes it easier perhaps.

Sarah: People are more relaxed I think when the sun is out, so they're probably more...

Graham: More ... smiley.

Sara: Everyone seems happier.

Sarah: Yes, and probably more accepting of what you might say to them too.

**Yes, but also—I understand those feelings, of course, because you *are* human, you are learning. But would it not be most satisfying to cultivate that positive energy when things are going wrong, when that sun is not so bright, when things are dull and life feels grey. Would that not bring you more satisfaction?**

*Agreement*

**Yes.**

Sara: I always try to remain colourful in the winter. In spite of the change in the seasons, I always try to surround myself with colour in the winter so that I don't feel drab and dull.

**Yes, as we have spoken in past times, if you allow your earthly body to speak to you, to be spirit, you will always choose the colour which is suitable for that moment in time ... yes. That is why, so often, and I am sure you have become aware of it, that you may be with a group who are wearing similar shades of the same colour. It**

might be a condition of the time, or it may be that you are all blending in the same way.

*Agreement*

**My intention, my dear friends, this time, was not to speak about fear, but when I listened to you, I felt it was an appropriate time, just to remind you of what your capabilities are.**

Lilian: Yes, I'm glad you did.

**And as always, I feel I repeat my words, but, at times, I feel for you, it is good to be reminded.**

*Agreement*

**Yes.**

Graham: We quite enjoy being reminded.

Sarah: And quite often when you do remind us about things, quite often it brings up something new anyway, so it's always good.

**Yes, of course.**

Graham: I think your words once about the fact that we're never alone, I find very comforting.

Ann: Yes

Graham: A dark moment, or what we perceive as a dark moment, is actually an opportunity. All of these things do resonate (**Yes**) and as we go through life, it's wonderful that these words come back to your mind.

**Yes.**

George: Yes, something occurred to me quite recently that the Internet is a very useful form of communication, which has been developing over a period of about forty years, but another development that followed that is print-on-demand publishing. And it just so happens that the first company to make the publishing of books so much more straightforward, so much easier—especially books, shall we say, of a spiritual nature, which present day publishing houses are, in general, not too happy to take on board, because they don't make as much money as other subjects. But, it just so happens that the first 'print-on-demand' publisher started in the year 1994, which was the same year that you began your teaching with us, and you've reminded us several times that there are no accidents and that particular publishing company, we've already used for one book and I think we shall be using it for the next book; so perhaps your timing, in relation to passing the word on to many, many people, has been no accident. Would you have any comment on that?

**If, my dear friend, I were a human being, I would be feeling my head swelling...**

*Much laughter*

**But I will go along with you, and confirm that there are no accidents, and that is all I need to say. I told you when first I came there would be many, many other areas that would confirm what I tell you, and of course, it is not only words that have to be used, but, as you say, books and what today you call: Internet, and may I say to you, my dear friends, forty years is the wrong time. It has been available in *our* world for much longer!**

George: Yes.

**So we knew it was coming to you for use in many aspects of your life, but to be used for good. But, as always, and as we have spoken of recently with the lady who feels concern for that kind of communication, all things must be used wisely and well. But yes, I, of course, am not completely and fully responsible for the time set.**

George: It's certainly a great advantage in spreading the word to have the Internet (**Yes**) and websites and print-on-demand publishing. You've come at a good time!

**I thank you for your kind words. Yes, I have to say the timing was planned very well...**

*Laughter*

**...But only because mankind is now ready to hear what he already knows spiritually—but again, as human beings, just needs to be gently reminded.**

George: Yes, that is a profound thought.

**Yes.**

George: Thank you.

**Now, before I leave you this time, I am not going to say what I will be bringing to you, but if there is any topic that you wish me to discuss with you next time, then do please say so.**

*A short pause*

**I have discussed everything have I?**

*Laughter*

George: No, no, no ... In fact I was just thinking that ... it was in the very early days that we brought up the subject, and you spoke on, 'stone circles' (**Yes**) and I think there was the implication that more might be added in that direction at some stage?

**Yes.**

Lilian: Yes, that was on my mind George.

**So you would like me to bring you a little more?**

George: Yes, I think that would be of general interest ... am I right?

*Agreement*

George: Yes, please.

Sarah: Yes and there was something ... I've forgotten ... but there was something you were going to come back to us on it ... but it was quite a long time ago now.

**But do not forget the time factor means very little and what seems a long time to you is in fact, a second.**

Sarah: It's just that my physical brain has forgotten what it was, but there was something else you were going to come back on.

**Yes, but I will be happy to discuss your stone circles with you.**

**Now, my dear friends, I hope I have left you, once again with some thinking to do, and we will now allow others to come this evening, and I will work quietly, for a short time, with this instrument.**

*General thanks*

*Following Salumet, there was one via Sarah, of powerful voice whom we recognised. He had spoken with us before on the subject of our past lives in South America in the days of the Inca Empire. This time he spoke of his awareness of the present day population; in particular of a group in a South American mountain forest area. They meet regularly, as we do, and offer thanks to spirit for their daily existence. He seemed delighted to have found these people and has spent much time in their presence. He declares them to have similar mind-development to our own group-mind. He has requested that we allow 'togetherness evenings' during which group-mind energies are blended. We agreed and so, the next time we meet should be interesting! We were given the name of the people as: 'BLEAK OUTCOME'. Our visitor explained that this name sounds a little depressing ... and we had to laugh ... but we were assured that on translating to their language, its meaning is very different! In fact, we understand their language, is one containing a number of words that convey opposite sense.*

*Finally, via Eileen, a very nice lady who addressed Lilian and each as 'Ducks', conveyed messages from ones in spirit to individuals present.*