

29th June 2009

It was a brief visit this time—featuring George’s book endorsement mentioned at the previous meeting, followed by one of Sara’s meditative journeys:

Lilian: Good evening Salumet!

Good evening!

All: Good evening!

Again, as we draw close together this time, I feel your love and your energy. For this, I thank you, my dear friends. When last we spoke, our dear gentleman friend asked that I may speak a few words about the book.

George: Indeed, we look forward to whatever you have to say, whether it’s nice or not so nice.

Chuckles

You do yourself an injustice, my dear friend. This task has been long and hard at times in discovering which words to use. I, as you know, am someone of few and simple words—I do not intend to change this format for this book! But I will say that I feel, my dear friends that this book is self-explanatory, but also, I wish to say this to you: Bonniol has demonstrated to all—that mind transference has no boundaries—has no limits. Of this we are assured. I say this to you: Bonniol has brought to you these things: beginnings, openness, nascent, narratives, individuality, originality, and the essence of all life: Love. These things belong to each and every one of you, but those few simple words are given to you by me to be used for your book.

George: Thank you! That’s very nice. I’m most grateful. I’m also grateful for all your contributions within the book, which knit together with Bonniol’s words so nicely and this combination of voices seems to bring extra explanation and clarity. Thank you for that. **Yes. It is always a little easier to listen to words being given from afar—to find joy and to seek pleasure from these things; but remember always the purpose of Bonniol was to demonstrate to you that mind projection that each individual here still finds so difficult. He has achieved that purpose and has been helped by many—you must not forget that also. He has never been one single unit in this work, but, as I have said to you, he has given it to you clearly, succinctly and with all of his love. That is what I wish you to remember mostly. You understand?**

George: Yes, and I feel, from that impetus, we are still moving forward in that. We have much practising still to do **(yes, yes)**. But we continue to go forward, I think, from that impetus.

You will all, or should do, go forward; go forward in the expansion of your consciousness, each one of you, to the best of your abilities. That is your challenge now—not to be given words and details by all others, because you see, now, my dear friends, you should be weaned from these things. You must take yourselves and grow and become those spirits of truth and love that you are. Bonniol will not be with you forever, but I can tell you there will be few more visits from him, because, as I have said: his task *has* been achieved, and I hope, my dear friends, that your love for him has grown, has been nurtured, and in response to those emotions that you now move forward? You understand?

All: Yes!

George: Certainly, we have the love for our dear friend and thank you for confirming that he will be with us again.

Yes, he has still some things to say, but, it is not a constant—you understand? I hope those few words have helped you with your book.

George: They have indeed.

And again, I will say to you my friend: very well done in your efforts.

George: Well, thank you! It’s been a nice exercise, and I’m aware that there has been so much help from the ones here, as well as friends above **(yes)**, yourself and Bonniol and that it has all come together amazingly well.

Yes, your modesty, my dear friend, should always be recommended. That is why we have chosen you, not only for literary skills, but for the kind and gentle man that you are: with truth, with honesty and with gratitude to your fellowmen.

George: And it is, of course, an honour to have been chosen. Thank you for that.

Yes. Now this time, I will let you absorb what has been spoken to you, to think upon those words I have given to help you in your daily living and in your life as human beings. This time, I will ask the dear lady to take you on a journey, and then to allow those close by you to come close, and this time there should be something of a personal nature for you all. Do not focus too strongly on that, just allow it to *happen*. And I will work quietly for just a short

while with the instrument. As always, my dear friends, I will leave you cloaked in love and light, knowing that we will soon meet again.

General thanks

Sara's guided meditation:

Audio link:

http://www.salumetandfriends.org/resources/2009_06_29+sara+med-journey.mp3

We're going to go on a colour journey and the journey is going to take place on the water in a little boat. You're sitting in a little rainbow-coloured boat—painted with the rainbow colours. As you sit in the boat, the water is gently lapping around you. I feel that you are on the sea and the boat is taking you on a journey. You don't know where you are going, but you trust and feel very happy, because you know that the boat is being guided to take you where you need to go. So as you sit, you just listen to the sounds around you and all you can hear is the water, gently lapping. There is the sound of seagulls in the distance, and you feel very peaceful and very happy. And then, as you are gently moving along, you become enveloped in a golden-yellow mist. It's suddenly all around you. You can't see anything except this beautiful golden-yellow mist. But you don't mind—you are happy. You know it is there for a reason, and you just try to absorb this colour into your being and it is very like sunshine—the effect of sunshine on you. It makes you feel very open and very giving and very alive. It somehow gives you the qualities of the sun. You feel that you can reach out to others. You can give of your higher self and you can achieve. And just as the sun's rays come down on you, it is as if you are reaching up with your arm. You are reaching out like a sun in your own right. It makes you feel happy and cheerful and full of light, full of fun, maybe a little mischievous, but certainly alive. You absorb the qualities of the yellow and the light gives you wisdom too, wisdom to make good decisions. Slowly the yellow mist starts to disperse and leave you, and in its place, a beautiful bright, bright blue. So now you are surrounded only with this blue which is close to the colour of the sky on a very sunny day, when there is no cloud—very bright, quite a strong blue. You start to absorb the qualities of the blue, and the boat gently rocks against the water. You feel very relaxed and at peace with yourself. The blue brings its own quality of peace to you, but also of truth and you recognise the importance always of truth, not only on a superficial level in your life, but on a

deeper level too—the truth of your inner feelings and you are aware of your commitment to your own truth—what you feel to be important for you as much as for others, because in knowing what is important for you, you then know what is important for others. So you reflect on the beauty of this blue and the quality that it gives you of peace, and space—mental space, truth and calm. It helps your mind to be peaceful, and it expands your mind as well. It slows down the chatter of the mind, brings you calm, so enjoy basking in the blue. It has a protective quality. In times of trouble, you can imagine a blue cloak of this colour around you. And the blue starts to disperse. It starts to leave you, and just disappears into the ether and it is then replaced with a wonderful emerald green, a very bright translucent green, and this starts to enfold you and the green has a very soothing effect on you. It is very cooling and calm, and it nourishes you like a healing balm. It's as good as a walk in nature, as good as sitting under a big oak tree, so imagine it filling your whole aura, and soothing away any troubles or aches or pains, and renewing you like the feeling of spring, giving you new life, refreshing you. Perhaps you can imagine feeling like a plant that is growing with each new drop of water. Feel refreshed, renewed and soothed. And now the green starts to disperse, and in its place comes a bright, bright orange—such a strong mist enveloping you, such a beautiful strong colour. It gives you the feeling of joy, coming deep down from inside. Imagine yourself bubbling up with joy. So many things to feel joyous about, so many things to feel lucky to have so many things for which to be thankful, many things which to some may seem rather simple, but they are very important things, such as health and the ability to move freely, and the ability to laugh and share with others, share feelings, share experiences, share love and share joy. So enjoy this beautiful, bright, warm colour, giving you the warmth, the warmth of a fire, of a flame, and you allow the colour to leave you and you feel refreshed after your colour mists. And there is one more colour for today, coming to you now and it is a beautiful violet-lavender shade—somewhere between violet and lavender. Imagine it as a mist again, enveloping you. It has a really purifying effect on you. Any problems, any worries, any kind of negative feelings are washed from you with this beautiful purifying mist,

enveloping your whole being. It soothes your soul. It gives you a clean slate, a chance to begin again, with the right feelings, right thoughts, which precede the right feelings—thoughts of happiness, thoughts of love, thoughts of support to all around you, no matter how they may disappoint sometimes, but still you can send the loving thoughts, and you are instantly protected from any negativity. Think of this beautiful lavender shade and it will help you to lift up your thoughts and to always be dignified and to think more spiritually towards others, and of course, yourself. And, as you feel cleansed by this colour, then just spend a few moments rocking in the boat gently, to listen to any inner guidance from those close to you and see if they have a message for you before you drift back to the shore again. When you have received your message, the boat will take you back to the shore.

George's Notes:

To those familiar with the Bonniol exchanges, the seven qualities listed by Salumet will be seen as deeply resonant—rather more extended meaning than average everyday words:

BEGINNINGS: The beginnings of all our journeys, of understanding and awareness; the beginning of a new phase of Earthly existence and the beginning of this universe in which we find ourselves.

OPENNESS: The importance of being open and receptive. Do not shut down on spiritual connection, or close the mind to all the help that is available.

NASCENCE: A little-used word today, but the 'new birth' potential that arises from the huge increase in knowledge and awareness is plainly evident.

NARRATIVES: The stories / accounts delivered are meaningful, some almost as parables, and clearly springing from an advanced and beautiful mind.

INDIVIDUALITY: The mind development and thinking as an individual is so important. We must not allow ourselves to become swamped by herd habits, brainwash-advertising and political coercion. It is so important to preserve individual thought / identity.

ORIGINALITY: Relating to 'first existence'—in respect of knowledge; innate knowledge—inspiration—guidance; connects also with novel, inventive and creative.

LOVE: As stated—the essence of all life.

Salumet said: I will let you absorb what has been spoken—and those qualities belong to us all.