

7th September 2009

This evening began as a résumé of selected topics of earlier teaching. But prior to Salumet's arrival there were healing prayers and a little talk of current affairs in the media—There then followed the usual period of settled quiet and our dear teacher from the angelic realms came through:

Good evening.

All: Good evening.

As I join with you once again my dear friends, it brings great joy to me, to listen to your conversations beforehand. And some of that conversation is part of what I will be saying to you this time. I want this time my dear friends, to just recall some of the important points of my coming to you—as you speak of others and pass judgement—

George: Yes, apologies for that!

No my friend, it was an introduction to my words. I want you to ask any questions as I proceed with what I have to say. On 'judgement' I will say, as you look upon another, that is what you are. I know when first I used those words to you, it caused confusion in your thinking, but if you find fault in others, then look within—remember those words (yes). Therefore I say to you, remember those words and do not judge another, for you have not walked in their shoes. That is one of the things I intended saying to you. So you see, we are beginning to be in tune with each other. The other was the offer of the 'prayer for those who are spiritually poor', and that includes my dear friends, not only those in this world, but in spirit also. Part of your mission I have to say, has been to help those who remain in spiritual darkness in this lifetime and this my dear friends you have achieved well, not only by your spoken word, but by the many written words, which has been activated by our dear friend here. (George) So that was one of the other things I wished to say to you. Also what has been important to us my dear friends is that you remain open to truth, truth in all areas of your life—not only truth from teaching, from our side of life, but in all areas of living; and of course, that is where your freewill comes into play. You have been given that freewill, in order for you to either accept or decline truth. Another important point I feel my dear friends—and it is a point I feel you have not all attained as yet—and that is 'forgiveness', forgiveness of

the past, because it *IS* past. How can you be open to truth or going within, without first having that forgiveness of past things?

George: Yes, as we were part of that past, it's like forgiving ourselves.

Of course, you *are* the past, but it is gone. Until you forgive all past issues, you cannot go forward. And again, we enter into this conversation the word 'fear', which is so much part of your human makeup and something I have spoken to you many, many times, that fear again is part of the condition of being human. But you must let all fear go, because whilst you have fear, you do not have that purity of love, which is your right, which is your spirit. Do you understand what I am saying to you?

Lilian: Yes, I find the fear thing quite difficult—**(Yes) I do feel fear—**

George: Yes I think you speak of ordinary fears that we should be able to control. Perhaps I could mention there are 'intense' fears which don't seem to be within our control, and our minds—**Let me stop you there. ALL fear is within your control, whether it is fear that is outside of yourself or fear that is deep within—you have that control.**

George: Yes, I was thinking of those occasions when the memory is actually *blanked out* as a result of an intense fear—

Yes, I understand all the queries and the questions about fear. I am speaking in a simplified way, but we move *then* to what we call 'mind'—that all-powerful thing that you all possess. The mind has the ability to reject all fear—it does, but the fear keeps you captive. You understand?

George: Yes—

Sarah: But this fear that George is talking about—intense fear that the mind blanks out—is that a way of controlling the fear, if you're deleting it, you're putting it behind you...

No, you are not putting it behind you. You are saying it does not exist, but it is still there.

Sarah: Oh right, okay.

You understand—

Sarah: Yes.

George: I have actually experienced this myself, which is why I brought up that query. In my youth I did a course in parachuting and the first jump from a balloon-car was from just above dense cloud. And I realised quite a long time later that I have no memory of the passage through the

dense cloud (**yes**). And I had a psychic reading in fact, and the one doing that reading seemed to be able to detect the fear of that situation.

Yes, it is a human condition of course—in the same way as those who are in danger for their lives allow the fear to build. It is part of the human condition, but you still can control any fear that you experience—and in allowing the fear to dissipate, then we can come close to help. You understand? Whilst you grip fiercely this feeling of fear, what you are doing my dear friends, is blocking us from helping you. Does that make sense to you?

Sarah: So if we're in the situation where we might become fearful, we just need to—um—

You must have certain knowledge that all will be well.

Lilian: That's a difficult one.

Yes, I understand. After all, if you had no fears you would not be human. But what I am saying to you dear friends is: that should not stop you from trying to cultivate the release of fears.

Sarah: So, on that point, if you were fearful and had the knowledge that it was going to be alright, would it be appropriate then to ask for help?

Of course—we are always here to help, but sometimes your fear is so great that it stops us. You understand? Even though you say: 'I believe', you truly are not feeling that deep within, that that is so.

Sarah: Somebody like Joan of Arc who was burned at the stake and who appeared to be completely peaceful—it was her faith that was keeping her calm?

Of course, it was the inner knowledge of what she *knew* to be truth (yes). That is why you have what you term '*brave people*' in your world. It is this inner calmness and knowledge which they possess—that *sure knowing* that all will be well.

Lilian: So if we have a worry about someone and we ask for help, we really need to get rid of the fear that goes with the worry...

Yes, know for certain that help is available if you ask in love—if you ask for help it will be given, but of course not always in the way that you would wish, but in a way that is appropriate for that person (yes). Remember, that just because you wish for something and believe in it, it is not always the right way. That is because you do not have the wider picture of life (yes). Yes.

Paul: It's almost like fears come from—because we were children once and just didn't have all

this understanding that we have now, but things happened and we weren't able to process them and understand them in the way we can now—so does that mean...

Yes—human life interferes with love and trust in this world. There are many things that happen to you as human beings that colour the way that you think. Of course, that is part of the human experience, but nevertheless, you all come to this world with that innate knowledge of all that is good.

Paul: It's almost like you feel like some of my fears are just trapped emotions (**yes**) that need to come out to the light of day, where I understand what you say—thinking that everything is going to be alright.

Yes, it's not just saying '*everything will be alright*'. You need to *feel*, you need to feel that emotion deeply; it has to come from within, that is the difference. So often people say 'I trust all will be well'—when inside they do not believe it. That is what you have to overcome.

George: You've certainly opened our eyes to that wider picture Salumet (**good**) and that has changed our lives enormously I'm sure.

Yes, this is why I felt this time it would be good for you just to go over a few points that we have discussed in the past.

Sarah: These little memory joggers are good for us!

Yes, sometimes you tend to forget and allow the human conditions to pull you down.

Lilian: Yes, and in the media this last week there have been some really horrendous things involving young people—fourteen or fifteen, and you wonder why—they almost seem too young to be touched with such thoughts that they must have.

Yes. I would say to you my dear friend, there is always—and again we have spoken about these things, about many tragedies, as you see it in your world—you alone can never change this world, but what you *can* change is the way you think and the way you perceive this planet; and that involves a much wider picture. That is all you can do, besides sending loving thoughts for those in need, and remember that includes those who you would term evil or guilty—you must have love for *all* your fellow man. And I know my dear friends that is not always easy for you, because when you see injustice as you call

it, you wish to put it right—but that is not for you to decide. You understand?

Lilian: Yes, it's good to be reminded **(yes)**.

George: A part of that wider picture is communication with those on other planets, and that has been a wonderful aspect of these meetings—

That was an exercise for you my dear friends, because I felt your love and your dedication to this work deserved to know just a little more.

George: And since your last visit, we have received one from 'Planet Glong' and, perhaps you are aware of this one. This is one known to Bonniol, and through Bonniol, they have *heard of* Salumet, but very wisely stated that Salumet was for this Earth and not for *their* planet, which is on its own quite different course. Is there anything you would wish to say about Planet Glong?

I will speak to you—I at this moment do not recognise that planet name, but that is not to say that it does not exist of course. All I can tell you my dear friends—I did not instigate this, but nevertheless, you have reached the point where whoever is used should now be aware of what is coming to them. If it has been brought to you through Bonniol, then I would say that is good that you have more information.

George: Yes. We were aware that others from different planets had joined with Bonniol on certain occasions **(yes)**. This seems to be, I would say, a very advanced planet, in that they have become of single unified mind—and apparently they were able to join with Bonniol on some occasions and we did not know about that at the time, but they have now since made contact.

Yes, mind transference is an interesting thing is it not?—especially to you people on this Earth plane. My purpose with Bonniol was to demonstrate to all of you that this is possible. There is so much you can never know, my dear friends—so much that belongs, not only to *this* universe, but to many, many others that you will never fully understand—

George: Yes I think we can *easily* accept that there is much that we shall not be able to know! **Yes—yes. If that communicator felt that there was something to give then that is fine. But all I can say is that it was not instigated by me—that particular one. But that is fine if you wish to accept more information—that is in your hands.**

Sarah: It was one that came through *me* Salumet and I did feel it was a real one, but I know you've

always said to me that I should not question it—and I believe it was right but must say, I'd still like to have the confirmation that it *is* correct, because I'd hate to give out false information.

Yes, you are a doubter—

Laughter

But if you are to progress my dear friend, you must become more aware of those who are using you and at times you *will feel* if it does not seem right.

Sarah: It *did* feel right **(yes)**.

George: It seemed an enormously powerful mind and a very logical mind **(yes)** and it went on for about an hour—so it was quite a lengthy discourse.

Yes, well that can only be for your good—there always has to be reasoning behind communication. So, perhaps I should say 'well done!' to our doubter—

More laughs

—In allowing it to happen.

Sarah: Well, thank you for those words, thank you.

Now, I will just say this time, that the last thing I wanted to remind you of—that all-encompassing word of 'Love'. Love can never be learned, and I might hear some of you say: 'but of course it can'. It cannot. Love exists—you have never been at any stage of time without that knowledge of Love. And in fact, my dear friends, you do have a saying on this planet Earth, about—'*Love makes the world go round*'.

General agreement

And I fully endorse those words—not only this world but every world that exists at this time. Love always has been. Love is the centre of all things.

George: I think also there was a 'Beatles' song—ALL YOU NEED IS LOVE.

Sarah then began to sing the chorus: All you need is Love, love, love is all you need!

Now our doubter is listening! Thank you.

Giggles

Yes—love is important in all of your lives. It is natural for each and every individual to feel the power of love. And if you stop, and you just stop for a moment, you can feel the power of love within the heart area of your physical being. But it is much deeper love than that. It is the purity of love, which can never die. It is an expression. It is a need that you all have. And I will end it again by saying—LOVE IS ALL THAT YOU NEED—****

and I will remember those words, because it finishes nicely what I wanted to remind you all of.

Lilian: It's good to be reminded, I must say.

George: Yes, how nice to have a résumé of the ground covered.

Well, because of the limitations of time, I wondered which would be best to remind you of, but I feel those I have spoken of are very apt to your situations—each one of you, at this present time—yes.

Paul: You feel it right to the core of you, with those words.

Yes—So now my dear friends, much as I would like to stay just a little longer this time, I will work quietly with this instrument, just for a short time, and allow any others to come who wish to. So, as I take my leave of you, know and understand what that **love means. I leave you all encompassed within that pure **love**.**

General thanks—it was a deeply wonderful feeling

George's notes

On conscripted national service: Para-training in the early 50s was without a reserve parachute and hence a little scary. When leaving a balloon car there is a considerable free-fall period before the canopy opens. In the text I refer to free-fall through the dense cloud. I cannot describe it, because I can't recall it. Many years later during a psychic reading it was stated that I had 'an intense fear stuck in memory from a past event in a military situation'.