

21st September 2009

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you this time my dear friends, there is within this room, an air of expectation. I am always happy to join with you at these times. Firstly let me give a welcome to the gentleman (*Robin*) and say we are always welcoming those who seek the truth.

Robin: Thank you.

I wish to say to our dear friend—the one known to you as ‘Rod’—I wish to say just a few words: Your lady-wife is so open to all emotions, that sometimes she absorbs too much of other’s energies. She needs, my dear friend, to learn to strengthen her core, and in that way, she will have better physical health. Do you understand?

Rod: I don’t think I really do—

Do not be concerned—I will try to get help for her (*thank you*). She is just too open to all of other’s problems.

Rod: Oh I see, I see.

You understand (yes) you would agree—

Rod: Yes, I do.

Yes.

Lilian: I think that’s a problem with a lot of mothers.

Yes, it is a human condition, unfortunately for some; but we will try to do what we can.

Rod: Thank you very much for those words Salumet, thank you.

Now, because we have a visitor this time I will spend some time with you, my dear friends in answering any questions that you may have.

Lilian: Do you have a question Robin?

Robin: I do. I wonder whether you can throw any light on ‘fate’ in life. Some people believe that life is to some extent dictated by fate and I’m very interested to know how much there is in that?

I understand your question. The others will perhaps forgive if we cover ground that has already been spoken of. But for you my dear friend—there is always a purpose to life and as each soul comes to this life, there is laid before them a path to follow. That does not mean it is one pathway that can never be altered, or that anything that happens within your lifetime is set in stone. On this pathway as in many other things in life, there are various roads which lead from the main pathway. That is where your freewill comes into play. But ultimately you

cannot change the time or the situation of your passing. So, I would rather say to you that fate—and I will use the term because it is an Earthly word—fate, as you believe it to be, has some significance, but it does not have the power to stop freewill taking place. There are many deviations from that straight pathway, otherwise my dear friend, everyone’s life would be guided and would be simple. Do you not agree?

Robin: Thank you, that’s very interesting. Does that mean that there is a basic plan (**yes**) to our life (**yes**), which we can influence?

—Of course.

Robin: —to a greater or lesser extent.

Yes, because of your freewill, you will either choose the right—I will not use the word the word *wrong*—but a *different* pathway—that is entirely up to you as human beings; that is where your own personal responsibility comes into play. You understand?

Robin: Thank you—very, very interesting.

I hope it helps you. Too many people unfortunately, when things go wrong in their lives, are too apt to say: well it must have been meant to be! Not necessarily—not necessarily. Freewill is very strong within the framework of human beings.

George: And would it be correct to say that that initial pathway is determined, or has been determined by previous lives?

Cause and effect must always play some part of course; but that is all known before you come to this lifetime. And of course, it is not always necessary to bring that with you, but again, it is determined by that spirit. You all know conditions that you are coming to. It is therefore your responsibility to follow those conditions truly and not to deviate from your call—your life—call it what you will.

Sarah: So that’s why if you’re in tune with your inner self, you would know which pathway to take—

You would automatically know yes, because you are listening to that inner voice. All of you, every individual upon this planet, inwardly knows—has that innate knowledge of what is right and what is wrong for themselves. It is too simple, too easy, to blame someone or something for the things that go wrong in your lives. Again, I do not apologise my dear friends, for repeating that you have a great responsibility for your individual lives.

Sarah: You have been over this before, but if somebody does something to you—attacks you for no reason, and you happened to be there, is that because you’ve deviated from your pathway and you’re in the

wrong place at the wrong time, or is that just one of those things?

You cannot place a set judgement on life's happenings, because—again I repeat to you—you do not have the fuller picture of not only yourself or the person who attacks you. It may well be that it is a deviation of *their* pathway, but it may also be that it is something that you have to experience. So again, my dear friends, it is difficult to judge the happenings of life, because you do not have that fuller picture. You understand?

Sarah: Yes, I do—thank you.

George: Yes, interesting, and when it comes to judging the happenings of life—and I accept that we cannot do that—I'd like to ask a general question, but perhaps using a topical example. Now, there's a Mr Megrahi, a Libyan person and he was convicted of placing a bomb in a suitcase that was then put onto a plane that blew up and crashed at Lockerbie, killing 270 people, and this was seen as a terrible act of terrorism. Mr Megrahi was convicted for this on evidence that was—shall I say 'questionable'. The evidence related to his supposed purchase of clothing in Malta, and that clothing was recovered from the remains of the suitcase and the connections—his timing of being in Malta, his identification of the man by a shopkeeper 9-years later, seems to me to have been rather sketchy evidence for the conviction. Nevertheless, he has spent 27-years in prison and there has been an appeal. And I would just comment that there are people who are further investigating this matter. If he is indeed guilty then they would waste an enormous amount of their time trying to see his innocence, but if he is not guilty and they were aware that he is not guilty, then they would no doubt double their efforts. I would just comment that it would be very nice for people in such a situation to receive a 'tip off' from spirit as to guilt or innocence. I guess this is not possible, but would you have anything to say about this, Salumet?

I will reply to you. Firstly, let me simplify all of these matters for you. Firstly, these are *human* events; they are being judged by other human beings, whether you consider them right, whether you consider them wrong, whether there are lies, intrigue—whatever. All I will say to you, my dear friend is this: that no individual can go without justice—and sometimes justice comes when you return to spirit. There is not one soul who can escape their own judgement and although mankind is prone to judgement, that spirit will make judgement upon themselves. Therefore I say only this to you, my dear

friend that justice is always given in the eyes of spirit. So I would say this to you: do not waste your energies on considering what is right or wrong for too long.

George: Thank you—and the judgement in spirit is so much more important than man's trivial judgement. Of course, yes—mankind sometimes is too, too judgemental.

Sarah: And you have said to us also that people do things and you think it's bad, but in their eyes it's good, so therefore, is it actually wrong?—so that's another reason for not judging.

Yes, you cannot know what is in another's heart or thinking. You cannot know whether they feel it is for their good or another's good, because you all have your own judgements and opinions. I try my dear friends to influence you to think further, to open up to that fuller picture—that is what you must do.

Robin: Can I just return to the way life plays out—if you get to a point where you feel maybe you've gone off track a bit (**Yes**) in your life, is there a way—can you advise a way to bring yourself back and maybe revisit the track of your life? Is it something that anyone can do for themselves and how can they strengthen that up?

Yes there is a way my dear friend and that is to go inward, to seek that inner knowledge, which belongs to spirit. After all, you are spirit first and foremost with a physical covering. Therefore, when you lose track of life, or life's difficulties weigh you down, you must go inward into that meditative state and find that true self and then the answers will come easily to you. That is the way forward.

Robin: Thank you, that's interesting.

Jan: Salumet, when somebody comes again with a debt to repay, is that debt that has to be repaid—is it paid back over the entire life while they are here, before they return to spirit, or is it lengthened or shortened, depending on how they live their life here?

It will depend entirely on whether they have that remembrance of what that debt is to pay. If they follow the pathway of this life, that debt will be repaid naturally. But if they are confused in their pathway and remember my dear friends, spiritually you all know which way you should go, it is only when materialism and forgetfulness of spirit is there, will there be problems. And sometimes people return to our world with that debt still unpaid—so it is entirely down to that

individual. It is shown to them which way they must go and again, that is where your own individual responsibility comes into play. You understand?

Jan: I'm trying to.

Yes, it's difficult.

Jan: The person I'm talking about is close to me, who you once told me had a debt to pay and for me looking at her life, she's having a difficult time. In the job she has here, she pays back a thousand times—I know she's getting a reward for what she does as well, but she just gives so much.

Let me stop you my dear friend, but who are you to judge? Who are you to say?

Jan: I'm sorry it came across as a judgement, it isn't. I feel she's on the right path for her, although that's a judgement in itself I know, but I would love to be able to see the future and see—
You would like to make her life simple—you would like to make her life free from—

Jan: Yes! And I know I can't—

Yes, you cannot do that for another single human being. You may step to one side, you may make judgements, but you cannot walk in the footsteps of that individual, because you do not know what it is she came to do.

Jan: No, I know.

So I would suggest to you my dear friend, if you wish to help, to ask for help for her to be guided. That is the best thing that you could do for her.

Lilian: I think it comes from being parents and wanting things to be perfect for them and of course—

But you will never have perfection in this life. This planet will never have perfection.

Lilian: So even what looks perfect to an outsider probably is not?

You cannot look within another soul and make judgement, it is not possible. You can try, of course you can try, but that is no good.

Robin: Can you comment on what we call karma, in that you reap what you sow?

Yes—again it is something we have spoken on greatly. Yes, 'cause and effect,' that is karma and what should happen is that when you return to spirit, that karmic debt should be cleared, but sometimes it is brought back with people into another lifetime, because they do not allow it to be made free.

Robin: Thank you.

George: Could I refer back to a further aspect of the Megrahi case? In the case of this person, he developed a terminal illness while in prison and for that reason he has been released and repatriated. I think his expectation of life is perhaps 3-months and he has been allowed to spend that time in his own country with his own people. I feel this is a wonderful act of compassion and perhaps mankind should generally observe this kind of compassion, where imprisoned people are concerned. Would you care to speak on that?

I would. Any compassion shown to any other human being is a spiritual action; whether those on this Earth plane would agree—that is not so easy.

George: I can say that there is controversy, which is why I raised the issue.

Yes of course, because you see there are so many people who as we say, are in spiritual darkness. They do not feel forgiveness for anything or anyone that they feel has done wrong. What a big judgement that is! And that would be a karmic debt. If I return to our other friend—that becomes karmic debt, because what no one can do, is to judge another, whether they believe it to be right or wrong, and not suffer the consequences of that thinking. Every single action that you take, you are responsible for, my dear friends. It is a great responsibility and not an easy one. But I would say to you, and speaking in general terms not specifically of this instance, that any kindness shown to another fellow human being, results in the growth of your own spirit. And if that was to be manifested throughout this world, what a wonderful place we would have; but again, that will not be possible, because humankind is imperfect. So I would say on a personal level to each one of you, cultivate within yourselves that kindness and that love for your fellow man; and I hope that helps you and gives you a little to think about.

George: Yes that does indeed—a wonderful clarifying answer to the question. Thank you, Salumet.

Rod: It's funny because Daphne and I driving back this afternoon mentioned how difficult it was not to have judgement and without knowing it, sometimes one of us makes a judgement and the other one then has to pull the other one back and with a bit of laughter and a bit of juggling, we try

to do it. But it's one of the most difficult things on the Earth I think (**Yes**), not to have a judgement. **But my friend, the recognition of making judgement is the first step of correcting that thinking. So I would say to you, you have done well to have that recognition.**

Rod: Thank you.

Jan: Judgement comes into our everyday lives as humans though (**Yes**). I'm not just talking about judging one person against another person, but do I go left, do I go right, do I cross the road, do I use this bank / that bank—judgement comes into play every day of our existence.

Yes, but the difference is, you are making 'personal judgement' and not judgement against a fellow human being—that is the difference.

What judgements you make for yourself—that is your own responsibility.

Jan: Which I where we started talking about pathways and fate.

Yes of course, so we have come full circle.

Jan: But in the process, you do as a human being make judgements on people, but as long as you recognise the fact—I think in this room we know—as soon as you've said something there's a little voice in your head that says 'Uh—ah!'

Yes, it is part of the human nature, it is something that human beings need to recognise and not just to judge without thinking. But yes, the recognition of the fact of judgement—that can only be good.

Jan: I've noticed over the last couple of years since I've been doing this work, I recognise when people are judging me, and I never used to.

Yes, because that knowledge goes deep and comes deep from within. That is your own spiritual self coming to the fore, when you make that kind of recognition.

Jan: And I just smile back at them.

Chuckles

Well what is a smile, but a piece of love being given out into the ether, whether it be for another person, or whether in general you just wish to smile and shine from within.

Jan: I have noticed the difference, because I used to take things more personally and now I recognise it as a judgement (**yes**) and I can deal with it much better.

That is because you are progressing in spiritual terms. Life should become much easier, the more you *listen* to that inner voice (yes).

George: Yes, another word in our language is 'evaluation,' and we can make evaluations of various things and compare them and I feel that's usually a much less personal and not quite as pointed as a judgement.

Well, you may use any words you wish—

Laughs

But it is still a judgement!

George: Perhaps I'm wriggling.

Yes I think perhaps you use the words to fit your own concerns, yes—I will not let you off with that one.

More laughs

Lilian: And as you say, we wouldn't be here if we were perfect!

Of course not, it is a learning process for all of you, of course it is.

Lilian: And when we've got it right, we won't need to come back.

Well I do not intend to tell you how often you may come back!

Lilian: Oh dear—I don't want to know really!

Chuckles

Sarah: Or how many times we've been already!

More laughs

Does it not speak for itself that reincarnation exists at all—think of it—

Jan: Also, that inward pain, I've experienced if I move away from spirit—things go completely disarray (**Yes**)—completely!—and I lose myself completely! I don't know who I am, where I'm supposed to be going, and I've experienced *that* recently.

Yes, that is the same question that our dear friend has asked about finding oneself. You must then go back and go inwards to really find that spirit.

Jan: Because I've found spirit—it sounds really cheesy but you know what I mean (**Yes**)—and then deviate away from it—I almost purposefully think '*I'm not going to do that*,' and then you know that your core is just not right, just not centred, just not moving in the right direction and it's nothing to do with external forces or the choices you make, it's just how you *feel* in here (**Yes**), and if I hadn't experienced that and then to come back, I wouldn't know what it's like to be centred—if that makes sense.

That is because you have the knowledge, you know the difference. For many people they travel through life not knowing, but in some way 'instinctively' they do know. Every person in this

world innately knows what is right and what is wrong for *them*. That is why you cannot then say it is because of this or that or anything else—it is total responsibility on you.

Robin: Is it possible that there are other human beings who can help you with this getting back to the spirit—maybe close friends, maybe the person you're married to—is that a connection that can happen between two people?

Of course, it is a *spiritual* knowledge and so often—not always—so often two people will be drawn together. And remember, there are no accidents of spirit as such. People meet when the time is right for *them*—for their spiritual growth. So why then, I would hear you say, do things go so badly wrong?

Robin: Yes, it was the next question.

Yes, I know! What I would then say is that one or other or maybe both are not following perhaps their true pathway, or one or other or both have decided to experience other things, but they do instinctively know whether it is right or wrong. But also, there are people who come into your lives at certain points, who are there to help with the development of your spirit. Yes, of course, there are many people in this world—that is all they wish to do, is to help others to understand what spirit is about.

Jan: And that, if I'm right, can be a two-minute encounter and a two-minute conversation, or a 45-year marriage (**Yes**). In spirit, that time lapse doesn't matter. Lots of people have come into *my* world and I feel, not from *my* point or view, but we've had a two-minute conversation from *their* point of view and I can detect between the two—I might never see them again, but I just feel that that two minutes that we spent together was worth—

Has some impact—

Jan: Yes—that you never ever forget.

Yes of course. When there is that spiritual connection for whatever reason, then that should stay with you (Yes**). Yes—it is a moment in time that will be remembered. Yes, of course.**

George: Yes I rather think we've all experienced these moments (**Yes**).

Jan: Yes, but that builds us as spirit—those little encounters (**Yes**) I believe are so important.

What is happening, my dear friends in this life, is that you are not creating spirit, you ARE spirit first and foremost. But what is happening is that you are REMEMBERING that spiritual being that

is all-knowing, that innately knows everything that is right or wrong. It is a remembering, a spark of knowledge, a meeting, a kind word, a falling in love with another human being—many, many things are there in place to help you all go forward and learn.

Sarah: And as you've said before, that meeting of spirit might be right at that time, but then later on you perhaps don't need that anymore, you go your separate ways or whatever (**Yes**).

Jan: Hence the two-minute meeting (**Yes**)—that's all that's needed.

Rod: Salumet, this is another question which I haven't thought of before. As you say, we're in a tough old world and when we get up to you, it seems pretty damn good. Now, we must be reluctant to come back surely?

That is sometimes the case, but what you have to remember (*is*) that there are many stages of existence in the spirit world. You are your own judgements and there does come a time, that if you need to return, that decision is made by YOU. You cannot be *made* to return, but you are influenced if it is felt that it is necessary (thank you). You may stay in spirit for quite some time, but soon the realisation comes that perhaps you need to return to this Earthly planet to continue—

Rod: Because that's the only way to advance!

Yes.

George: When you speak of 'instinctive knowing' Salumet, are you saying that a terrorist planting a bomb knows instinctively that this is not really the way to tackle the problem?

If that person was to go within, they would not harm a hair of another human being—they have great responsibility to answer, and again of course, it depends on the reason for the action.

Sarah: Also of course, many are brainwashed, aren't they?

Yes, all of these things have to be considered. That is why, I stress again my dear friends—that is why it is so difficult to judge.

George: Yes, there sometimes quite strong political persuasions; but in the case of a terrorist bomber one can simply say he is not going within.

Yes. Fear—it is the element of fear that exists within these human beings—that makes these actions so dreadful to the rest of humankind.

THE DESTRUCTION OF ANOTHER HUMAN BEING FOR WHATEVER REASON IS WRONG. That, I will state to you now: **to harm one other human**

being carries great debts and that cannot be obliterated in the blink of an eye.

Paul: Obviously each individual—everything is different, but I would think then that the same applies to soldiers killing other soldiers (**Yes**)—it's still a karmic debt—

It is a karmic debt, yes.

Sarah: I was thinking during the holocaust, the women who had babies and they knew that if the baby survived, they would be used in experiments or something would happen to it, so they took the baby's life. Does that fall into the same category?

That would come under a form of love, but there are many—it is not easy to have one simple answer. That is why when we speak of judgement that it is not so easy.

Robin: Can I just return to the conversation we had just now about being in the spirit world and coming back being your *choice?* (**Yes**). Could you come back to a different world? Is it possible that we wouldn't necessarily return to Earth, but that we might return to some other material world? **I would say that it is a possibility, but mainly you would return to the world that you have been familiar with, because therein lies those lessons if you like, that you have not learned. Therefore I would say it is much better that you return to a place that is already deep within—known to you.**

Robin: But I find it quite exciting to think that we might turn up somewhere else.

Laughter

Well, all things are considered. Nothing is ever categorically 'no,' because the choice is yours—as spirit, that choice is yours (thank you).

George: Perhaps our friend would enjoy a Bonniol meeting.

Robin: Well that's what I was wondering.

More laughs

Well, if that is a wish or desire, who am I to deny it to him?

Lilian: I was just thinking Salumet, you've chosen to come back and talk to us, the little group that we are (**Yes**). Is that helping *your* spiritual growth, if that's not too cheeky to ask?

As an individual—ah, I do not come to you as an individual—but yes it helps with any growth of the soul. Remember, that all of life is ever-expanding, and so too those regions from whence I come, and that conglomerate of beings

that I belong to—that also is growing and moving.

Sarah: So there's no set number of beings in your group / your conglomerate. Does that expand as well?

I speak of the spiritual aspect. You my dear friends are speaking as individuals. I do not come from a group of individuals as you would understand it.

Sarah: No, but of spirit—

Spirit is always expanding, energy is always expanding—it can never be static.

Lilian: So it expands—the spiritual energy (**Yes**).

Jan: Salumet, I understand that you've explained to us that you are from a conglomerate in spirit. How do you speak to us so eloquently in our language?

Eloquent my dear friend is not a word I would use. I use this instrument only to allow those words to come. All we are interested in, is that the truth become known, that spiritual aspects be given and to remind you all of from whence you came and where you will return. I believe I said to you, that my purpose in coming was for the truth. When we speak of language, you have to understand that in our world—and there are many, many levels in the spirit world—the more knowledge that is gained the more spiritual you become—you become all-knowing and using the voice of this instrument creates no hardship for us. When I came I wished only to use simple words, because there are far too many who come to your world with too many words, which confuse. Truth is simple, so why should not the words be simple?

Sarah: Well you've certainly made things very clear to us all over the years.

Jan: I'm just always amazed, it's as if you walk amongst us, you understand exactly our technology, every little slang word that we use—you understand exactly what we mean.

Yes, because we are not like you who takes one day, one week, one month—time means nothing in our world. Our learning abilities and capabilities are instantaneous (Wow!). It is difficult to explain what you do not understand.

Robin: Can you explain a little on your comment about there being different levels in spirit? Can you give us an example perhaps, to help us understand?

Yes—when first you pass to spirit, you are not much different than you are now. You have an

etheric body, which is an exact copy of what you have now. But as you grow in spirit, then you move forward—I use ‘forward’ only in the sense of your understanding. When your understanding is greater, then you move to another plane of existence. You may in another existence choose something familiar to you, such as a house or some occupation that you wish to take up. And then you move forward from that and if you decide not to reincarnate, then there is another level of existence. But all of these ‘lives’ take place, over many hundreds and thousands of your years, because time means nothing. What is important is that spirit grows and moves closer to that all-loving part of existence—that part of existence which many of you on Earth call ‘God’. We are all going towards the Godhead. That is what we strive for. I do not use (the term) ‘Godhead’, I use ‘Universal Love’.

George: And you’ve come to us from *beyond* those planes, Salumet—

I come from a long way.

Voice becoming fainter

There are many planes of existence, but there comes a time when you become encompassed by that energy, where there are ‘no planes of existence’, but you become that pure energy of Love and All-knowledge, and even so you strive to go forward—you strive to become part of that energy. And I cannot tell you more than that, because I feel that that striving is a continuous—continuous existence.

Sarah: You’re still striving, because otherwise you wouldn’t come back to help us, but you are also helping yourself at the same time, which is also a striving to—

Not as a human being.

Sarah: No, but as—

As spirit—yes I am. The conglomerate of beings does not exist on the level of existence (of) which I speak.

Rod: It’s like a painting.

General thanks as energy now rapidly fades

I will leave you—this time.

Lilian: Thank you for staying with us so long.

Jan: Yes, we’ve taken up a lot of your time—thank you.

Yes—I—

Jan: The connection’s getting weaker, isn’t it?

Yes—

George: Thank you for answering all the questions and thank you for ending on that

wonderful note that seems to convey a feeling of way-beyond-Earthly-things-and-the-near-planes. Thank you so much.

Jan: Our love goes with you as always.

Sensitive expressions of love and thanks

George’s notes:

Time and situation of passing: Certain individuals often regarded as saints or mystics are known to have gone within and accessed this information. It is on record, for example, that Saint Malachy accurately foretold time and place of his own death—All Soul’s Day, November 1148, Clairvaux, France.

Al Megrahi / Lockerbie bomb: Date of disaster

21st Dec 1988. Mr Gauci – shopkeeper, first made identification of Mr Megrahi as purchaser of clothing 27 months following that date, with formal trial identification 12-years after. Intrigue factors include claims that Mr Gauci was paid 2M \$ to testify against Megrahi and another was offered 4M \$ to give false evidence concerning the origin of a timing device. It is all so confusing and it is difficult to know what to believe. The much delayed trial began in the Netherlands 3rd May 2000. Mr Megrahi was we understand repatriated with terminal prostate cancer 3rd May 2009.

Fading Energy: The session had lasted 62-minutes, and in the situation of such lengthy single session it is not unusual for the available energy to fade so that farewells must of necessity be brief.