

28<sup>th</sup> September 2009

Lilian: Good evening Salumet—welcome.

**Good evening.**

All: Good evening.

**As I join with you this time, so many have joined with us to listen to all of your thoughts—not only healing, but much of what you are thinking. But I would like to just say to you, my dear friends—I do not know if you are already aware of the talk in your world about the way the mind works, the way you think and how it affects the physical body.**

Lilian: Yes, I saw something today actually, on those lines.

**It is being recognised at last that it is an important issue. I do not say they accept spirit, but they can see that the mind-body connection is there. To us in our world this is good progress—it shows at last that mankind is opening his mind to things other than their own physical being—that the strength of their thinking can affect their physical beings. For so long we have shown to you these connections—the connection of mind—the spirit body, as you call it in this world; because as you full well know my dear friends, MIND IS SPIRIT. It is not a separate issue—mind belongs to spirit. So many in our world have happy hearts, to think that at last on your planet Earth, many men are working towards the truth of this discovery. To you my dear friends, it is nothing new, but to the majority of all human beings, it is a big part of understanding. I'm sure you would agree.**

*General agreement*

George: Yes, this does seem something to rejoice about.

**There will be great strides made within your medical world, all over your world in many different places, they will come up with the same ideas, the same progress—of helping many diseases. And especially a little more understanding of what you call the MIND. This is useful my dear friends and I hope that in your quiet moments you will give much thought to these words I have said this evening. I do not wish to remain too long this time.**

George: Yes, you certainly remained long last time—it was a *wonderful* meeting.

**I am always pleased to join with you, but sometimes it is important that I have time to work quietly with the instrument.**

George: Yes, of course.

**But I thank you, and as always, you make me feel most comfortable in your presence, and of course, you know by now my dear friends that time is not important. But of course I am governed by many factors. It is not always possible to stay so long. But whenever the opportunity is there, whenever the energy is right, then of course, we will utilise it to the best of our capabilities. I am glad that you found it to have been of use.**

George: Yes, it was certainly a wonderful meeting and we've heard back from readers of the transcripts who also thought likewise.

**Yes, you do much good work my dear friend. Without you, these words would be kept within this room. But as you know my dear friends, it is important that *truth be shared*—that others be given the *opportunity* to think for themselves—to analyse or to criticise—even with criticism that is better than not thinking at all. So I say to you, even when speaking to critical people, know also that you are still sowing some seed of thought.**

Rod: I'm glad to know that; that's very good. Sometimes I've thought I'm wasted my time—but that is good.

**You never waste time when you speak of spirit—that time is never wasted.**

George: In recognising spirit and its connections, I imagine this in time will make hospital work more successful and more effective?

**Of course! When it is recognised—the power of the mind—then, a lot of hospital 'work', as you call it, will be unnecessary. **Doctors will become tutors of the mind.** Is that not a wonderful thought?**

*Enthusiastic sounds/wonderment*

**That would be doctoring in its highest degree (yes). But of course, that will not happen overnight. Of course, as always on this Earth, time as you know it passes much more slowly. It takes much time for all human beings to be of one mind.**

George: And it just so happens, that Lilian here has got a book from the library on the work of Matthew Manning as a healer, and I guess it might be said that that particular gentleman is well ahead of the field in the recognition and use of mind in this way?

**He is but one of many. Yes, there are of course many who *lead the field*, if you like to express it**

**in that way. He has many years of experience, but so too do a great number of people in your world.**

Sarah: Yes, there are civilisations such as the Aborigines. Somebody today said to me that they couldn't believe, having been to Australia that the Aborigine people haven't changed, and she thought it was awful that they haven't changed. I said they probably didn't *need* to change, because they were already in tune with the Earth—and we've actually spoilt it for them.

**Yes, they are much more in tune with their inner feelings. They use most of their senses, but so much has been lost (yes). Yes, again you see, mankind is quick to judge; and if people do not come to a certain so-called *standard* of living, people are most scathing, and that is why you cannot judge, my dear friends. But there are many, many peoples in this world at this time, who have much knowledge of spirit. But it is the *progress* that we are working towards. We are all working towards one thing, and that is: **to go home to spirit with your knowledge intact.****

Now that gives you something to think about. What knowledge should you have? You *know* what knowledge you should have. But your work my dear friends, as I have said before—you are all emissaries of spirit. You are spreading the word of spirit, and it matters not whether people criticise or disbelieve you—you have done your work of spreading the truth.

Sara: And of course, we need to be good living examples of it ourselves (**Of course**). I think living with *joy*—it sometimes seems to me that it's a key factor in good health (**yes**)—experiencing joyful feelings on a regular basis (**yes**), because, without that, I think everything is lowered—the immunity...

**Yes, when you lack joy, you allow fear to enter, and as we know, fear is not something that you should entertain in your lives. It is something to eradicate in your lives. It matters not what the situation is, because many people have had lives of great difficulty and yet they come home to spirit full of love and joy. So it is the *way you react*, my dear friends, to what is placed in front of you.**

Graham: I was very encouraged by listening to President Obama. He's beginning to—his effects around the world are being felt and he's saying some things like you've been saying, like 'decisions are really too often made on this

planet due to fears (**yes**), and he's beginning to use that sort of language, which I've found very encouraging.

**Yes, and it will encourage many others. Those words are the words of a *good* leader (yes), and of course as we have said over time, world leaders should be in your prayers—they need our love, our influence, if they are to be good leaders of countries.**

Rod: I've only recently been reading about Gorbachev—he was a leader of Russia—he got the Berlin Wall down and stopped the Cold War (**Yes**). And I thought—what a wonderful character!—I don't know if he was spiritual, but he did a wonderful thing for the world!

**Yes, you cannot isolate people from spirit; they are spirit first and foremost (yes). What actions people take within one lifetime is determined by their own freewill. They know within themselves what is right, what is wrong. But sometimes they *feel* forced to make decisions that are against their true nature and that is something they have to face when they come to spirit. But each person on this Earthly planet has 'good' within. There is not one human being who lives life in *all* fear or *all* 'evil' as you call it. There is always that light of love and goodness within every spirit; that is what has to be nurtured. Children have to be taught to be positive about all aspects of life, even those times when they feel life is not worth living for. And even children have these deep feelings and that is why it is important for parents who have children, to be encouraging and to show love and happiness as much as they can. There is a ripple effect—we have spoken of these things before—and again, I do not apologise for the repetitive nature of my words. So think about what I have said again this time, and I know my dear friends, that each time we speak together like this it raises another question—another pathway to follow, if not for all of you, then at least for some.**

Sarah: Your words are always an inspiration. I don't want to jump in Rod, but you probably heard that Daphne (*Rod's wife*) sends her thanks to you and it seems that you have really been helping her—so thank you for that.

**I endeavour to help each and every one.**

Rod: Thank you.

*General thanks*

**You may not always feel that help, but let me reassure you my dear friends that my love**

**surrounds you all, even in those moments of confusion, even when you feel lost or a little unhappy, that is the time when I am trying to help you. So, with those words I will leave you until we come together again.**

*General thanks*

George's notes:

Mind – Body Connection: *Is it as Salumet says—the realisation gaining general acceptance? At home, I looked at my copy of the Scientific and Medical Network journal and the article by John Caddy PhD that I had already marked for reading. Part of summary read—‘the relationship between the spiritual and physical dimension’. It lay beside the book passed on by a friend and likewise as yet unread: Science and the Akashic Field by Ervin Laszlo. Inside the cover there are endorsements by some of the world's great thinkers, using phrases such as: ‘—greatest waking of the human spirit. Not since Plato and Democritus has there been such a transformation in the history of thought—science is poised at the threshold of a new paradigm—a road to understanding the universe as an integrated entity, connecting science and consciousness, and recognising the wholeness of the universe, life and mind. So Salumet had pre-empted my reading schedule! Going to the Internet and Google-searching ‘MIND AFFECTING BODY’ it was a similar story. Yes, of course Salumet knows where we are heading and his words are precisely correct.*

Mikhail Gorbachev: *He must indeed be seen as a truly great man of our time and a few words here will be richly deserved:*

*General Secretary of the Communist Party (1985-1991)*

*Chairman of Supreme Soviet (25<sup>th</sup> May 1989-15<sup>th</sup> March 1990)*

*President of Soviet Union (15<sup>th</sup> March 1990-25<sup>th</sup> December 1991)*

During this period of administration he:

*1985: Proposed drastic reduction of nuclear arsenals East and West and began talks with President Ronald Reagan.*

*1986: Initiated ‘Perestroika’, the driving of a ‘troika’—three-horse-carriage—through the old system to make way for the new.*

*1988: The period of ‘Glasnost’ which established new freedoms for the Soviet people, advocating open discussion of all problems.*

*1989: The new freedoms which included lifting of travel restrictions led to East Berliners dismantling the Berlin Wall—symbolic end to the Cold War period.*

*1990: Mikhail Gorbachev receives the Nobel Peace Prize.*

*1991: Russia's second largest city Leningrad reverts to its earlier name of St Petersburg.*

*Present time 2009: Striving with Alexander Levedev to form an Independent Democratic Party of Russia.*

*In the year of Perestroika, 1986, Ann and I travelled to Moscow and Leningrad. It was an interesting time to visit. Contrary to opinions formed from reading Western Press, churches were being used by the people, peace badges were on sale, a quite large peace-camp was in evidence just outside Leningrad and photography was unrestricted. And to cap it all a magazine called ‘XX Century Peace’ was being printed (since 1958) in 5-languages and circulated to the world with one outlet in Collet's Bookshop in London! And photos in the Nov 1986 issue included a large peace march with banners through the middle of Moscow. So do not believe all that you read in your national newspapers! Soon after my return, I happened to speak of our experiences to a forensic scientist at New Scotland Yard. He was interested but declared he would not himself dare to step out of line and go to the Soviet Union. Well, times change—and certain key people help to activate those changes.*