

**18<sup>th</sup> January 2010**

A HAPPY NEW YEAR EVERYONE! Following a period of difficult travel conditions with much snow and ice on the roads, this was our first meeting of the New Year. One who gave his name as 'Alan' spoke through Eileen to say that Salumet was otherwise engaged this evening and would be with us next time.

It was Alan's first encounter with us and he stayed for a chat. It seems that he had no belief in the spirit world until he arrived there. His little dog with whom he had a strong bond greeted him, and Alan thought: How did he get here? And that played a part in his becoming aware of the true reality. He at first thought he was dreaming. He has since lived, by Earthly standards, quite a long time in spirit—long enough to lose memory of the details of his planetary life:

George: Is your dog still with you?

*~ Yes—not this minute—*

George: But he's still the good companion—

*~ Yes, good friends we must have been but I don't remember much now. I always had a strong bond with m'dog.*

He spoke a little on how he came to start visiting séance groups and it became clear that he was very much the countryman at heart.

Graham: What do you do when you are not visiting groups?

*~ I travel the countryside. I like to see other animals when they are not joined with people—and this is beautiful.*

Lilian: Yes I can imagine.

*~ And I am actually being taught to speak with them.*

Lilian: That's a wonderful thing. And are you able to help animals in the wild when they are in difficulties?

*~ I haven't got **that** far—now that is something I could do—influence, yes. I'd like that I think.*

We chatted on about possibilities and about others of mutual acquaintance. Then Alan declared that he suggests to people while on his visits that they find out as much as they can (about the spirit existence) while they are still here.

*~ Yes, it will help you a lot if you can understand a little bit.*

As to speaking through a medium, Alan said:

*~ There's someone who helps and I'm instructed what to do. And you must be able to blend. It's not a matter of picking someone because you like the look of them. Don't ask me about the blending of the energies—don't ask me about that because I couldn't tell you. That's too complicated for me. All I know is that you can do it.*

We expressed our appreciation of those who come through giving us some idea of what they can or can't do. Sarah enquired if he wished to have another Earth life. He replied that he is very happy where he is right now but may well take counsel on that one day.

Our friend went on to say:

*~ Sometimes we try to help people—give them what you call 'evidence'. But I don't like that—too much emotion.*

We explained that we record everything that is spoken during these meetings so that we can then send it out to others AS EVIDENCE.

*~ That's very good—the more people know the better, I think. I don't know how I didn't know for so long. How can that happen?*

We went on to say how we are but a small group that has been so fortunate in receiving Salumet's visits from angelic realms for so long, but there are so many millions out there less fortunate.

*~ Well, I think everyone gets at least one opportunity—then it's up to them. It's all to do with the thinking—what you want to believe.*

I referred back to lost Earthly memory—our friend said:

*~ To be honest I don't remember. And to be **very** honest I don't care—which got a good laugh all round.*

Finally, there was interesting dialogue on language. Our friend explained his experience that language only belongs to the **beginning** in spirit, before **language-free** thought communication later prevails.

*[Clearly, the language-free thought communication of progressed spirit compares very well with our Bonniol interplanetary mind-link work.]*

*We asked if Alan has reached that point. His reply:*

*~ I'm still struggling. Don't let anyone tell you it's easy, because it isn't.*

*General thanks and farewells*

### **SALUMET – 25<sup>th</sup> January 2010**

*We voiced healing requests as usual and this led to mention of the terrible suffering in Haiti and Iraq. Then we moved onto our Earthly shortcomings in relation to warfare, and there still remain vivid memories of World War II and attitudes towards German citizens that followed. It was stated that those people of the '40s were different—disturbed—disturbed in a particular way by a particular politician; making it very difficult to judge—if indeed we should be judging! And the term 'brainwashing' came into the conversation; also the phrases 'lack of real democracy—not yet properly defined—politicians becoming undemocratic once in power'. And we are convinced that the majority of electorate here in the UK did not wish to start the situation that we now have in Iraq—and there is just so much ongoing suffering there still. It is a strange world of mixed-up values in which minority factions seem to wreak havoc in various ways.*

Lilian: Good evening Salumet and welcome.

**Good evening.**

All: Good evening!

George: It's lovely to have you with us again.

Sarah: I hope you had a satisfactory time when you haven't been with us and back where you belong.

**Thank you, my dear friends. How happy I feel to join with you once again. I have been quietly listening to you and your discussion about your world, and the thought that came to me was: how much you have changed and grown since first we met. How compassionate in you thinking and a little self-critical, I might add, about how you feel. My dear friends, it gladdens me to see such human beings—such as you.**

Lilian: Well, thank you for those kind words. I think we can see a difference in ourselves.

Sarah: Thanks to you Salumet!

**I take no thanks. You all have achieved what you have become—and that is human beings who are more aware of their true spirit selves. That is so important not only to you, but to us in my world who look after you, so often, even when you are unaware. But, it brings joy to us all when we listen to you speak in such a loving and compassionate way. So, let me say to you all, my dear friends: 'Thank you' and my wish for you all would be that you continue to grow and recognise your true selves.**

All: Thank you.

Sarah: We'll do our best!

**Even those who are absent from this group, they too have grown, and the words that you have given to the world through your speech and through your written word are appreciated by me and all those close by you, in recognition of the love and joy which you have brought to many. My dear friends, I can tell you, that you have, in so many peoples' minds opened up a vista of information.**

George: It's very nice to have that realisation. Thank you, Salumet.

**Thank you, dear friend! I am, of course, aware of your written book and the time dedicated to it. For this, we have your thanks, and we give to you much opportunity to enable you to put forward Truth with Love and Light.**

George: Yes—I certainly felt the opportunities and have welcomed them, and am most appreciative. It's so good to have had the information presented in the wonderful way that it *has* been presented. We're all of us delighted with that, I know.

**Yes. As I said to you at the beginning of your last year that it was time to begin for each one of you to grow spiritually—I again say to you, my dear friends that the time is now for you all to expand your own consciousness in whatever way is comfortable to you.**

George: The other expansion that I think we foresee at the present time is the website, which Paul has launched for us. It's nice to see that growing and we are hopeful that that will expand and reach many people.

**Yes, the opportunity is there. We will endeavour to help that to come to fruition.**

George: Wonderful! And I haven't forgotten the further website which Richard has put together. In fact, we are fortunate in having two websites of information, at the moment, and we're delighted to have the opportunity to be expanding these.

**Yes, the more opportunities there are to reach many peoples, the stronger the voice. We look only to you to do what you can, if you can, when you can, how you can—we leave some responsibility with you. All I can do, my dear friends, is to continue to help bring the Truth. That has always been my mission—to bring wherever I can, a small *Truth*—a Truth that has always been, and for that Truth to grow in the mind of humankind, that they may accept that *Truth* and find for themselves the realisation that they are *Spirit* clothed in human form. It may seem a simple task, but as you know full well, your planet Earth always has difficulties, but as I have said to you in recent times, the way to help is to *focus* upon everything *positive*. That way, you help to *dispel* the negativity in your world.**

George: Yes, and we are so much a mixture in our world of positive and negative.

**Yes, but when you have the knowledge of being positive, then you have a responsibility—not only to yourselves, but to your world, *this planet*—who is looking for that light of being positive; it needs that positivity. And although, my dear friends, I thank you for your compassion, I ask also that you do not dwell upon these things too much. The laws of all life will even things out eventually—but of course, not in *your* lifetime. But to spread the word of truth, I am filled with *JOY* that you have achieved so much in such a short space of your Earthly time, and for this, my dear friends, I continue to thank you all. Have you any questions this time?**

George: Yes, I wanted to mention, in connection with this really—you have mentioned how science is developing towards better understanding of spirit (**yes**), and one gentleman, in particular, Ervin Laszlo, has published a book: '*Science and the Akashic Field*', and he says so much in scientific language, which is in line with your teaching. I would like to quote a small piece from that book, if I may. He refers to the Akashic Field sometimes as the 'A-Field', and he's not saying 'the discovery of the A-Field', he's using *your* term 'the re-discovery: *"The re-discovery of the A-Field will also change our world itself. When people realise that the age-old intuition that space does not separate things but links them has a bona fide explanation, the genius for innovation inherent in modern civilization will find practical ways to make use of it."* Now, you Salumet, have said so much about science coming to a better understanding, and I would say that Bonniol and his people have already made use of the *connectedness* of space, in the way they have communicated with us. I don't know whether you would have any comment on that?

**I, my dear friend, am never surprised by these snippets of information that you bring forward to me. Science is going forward at a rapid pace at this time of your existence, and of course, there is nothing new. I will re-iterate those words for you: THERE IS NOTHING NEW.**

George: It's re-discovery.

**Re-discovery, yes—as you as human beings are beginning to re-discover your true selves, then science is re-discovering what has always been.**

George: And, this book was published just a few months before Bonniol first came to us (**yes**), which is remarkable timing!

**Yes, I know, you like your synchronicities, so therefore we provide them for you! You are our spokesperson for all of these. You are well-spoken, well-read—you are the catalyst for the truth, and I do not say these words to you lightly—and we *thank you*.**

George: Well thank you. I'm sure things are being placed my way

**You have no doubts about that. Yes! Your world has much to discover yet, but slowly, slowly, much is being re-discovered. Yes! I like that word *RE-DISCOVERED*.**

George: Yes, and I'm delighted that *a scientist* is actually using that term.

**Yes—does it not warm your heart that the men of science, at last, are placing their prejudices, their teachings, their learning to one side—to at last have a much more open *mind*? But of course science cannot deny the Truth, and when it is placed before them, many encompass it, if not with doubt, but at least they are willing to be challenged by that Truth. It is a way forward, do you not think?**

George: Yes! A most interesting and a very logical way forward!

**Yes! Good. Now, my dear friends, as this is my first return to you, I will not stay any longer, but I wish you to know that although, we have not spoken for some time, always my love has been with you. So, as**

**I take my leave from you this time, know that each one of you is surrounded and protected by spiritual love.**

George: Yes, I have certainly felt this myself, and I'm sure we all do. We are most grateful. Thank you Salumet!

Lilian: Yes, Thank you!

George's Notes:

Science and the Akashic Field: *Further quotes and notes given in our communication of 28<sup>th</sup> September 2009.*

**SALUMET – 1<sup>st</sup> February 2010**

Lilian: Good evening Salumet.

**Good evening.**

All: Good evening.

**As I join with you once again, my dear friends, I will say to you how happy I am to be here with you once more.**

Lilian: Yes we're happy to have you, and sorry we're few in number again (6).

George: Yes, we're aware that there are several who would very much like to have been here tonight, but travel is sometimes difficult.

**We always appreciate, my dear friends, no matter what number—we appreciate the effort that is made by you all to come to these meetings. It gladdens us that you are so willing, each time, to listen to the words of Spirit.**

Sarah: It's to our benefit, Salumet.

**Thank you for your kind words. Like the last one of your years, I will not always be with you, because we wish to continue with each and every one of you, to help you to expand your consciousness to enable you to recognise that Spirit which is your right; to bring forward—to bring it to the fore of your living, in order that your lives become much richer. And also, my dear friends, not only does it give *you* the opportunity to grow, it also gives those in Spirit that opportunity of growth also, and for this, we will remain ever grateful.**

George: Yes, we are, likewise, most grateful for the opportunities given.

Lilian: We do miss you coming to talk to us. It's a different evening!

**Yes, but when I come to you, at times, I will try to bring to you, something perhaps known to one or two of you, but nevertheless, we will endeavour to bring you much interest.**

*Thanks*

**But, for this time, I will answer just a couple of questions, if you like, but then I would wish, my dear friends, to work with this instrument, on a deeper level. So, I *will be* with you until the end of your evening, but there will be others to come to each one of you. I suggest that you do not be afraid to speak of what you feel amongst yourselves.**

George/Paul: Thank you!

**Be open to those who stand by you. *They* are there only for your well-being and your love and your protection.**

George: I think I can speak for us all, when I say they are most welcome!

**Thank you, my dear friend, we are aware of your great love for spirit, and only those who feel that love, would come so close to you; but I am sure that already you recognise that.**

Sarah: Could I just ask about you working with Eileen? I don't know if this question has been asked before, why did you choose Eileen as your medium? Had you had your eye on Eileen for some time? I would just be interested to know.

**As energy—spiritual energy over many, many years of time, her energy was chosen, so that I could blend more easily with her. You speak of her as a person. I speak of her as energy, energy that has existed for quite a long time in the physical sense; but energy, as with *all* of you, that has existed for *all* time. It was just a matter of being able to blend also with the physical energy in this lifetime.**

George: A small question that occurs—would that length of time go back beyond the time when she was an aspect as the one we know as Nahashiwah?

**That energy extends much further back. Yes, Nahashiwah, as you call her, was just one existence of Earth time. Yes, it extends beyond that life.**

George: Thank you! I'm sure that fact will be of interest to many.

Lilian: So before Eileen came back *this* time, she would have known this in Spirit.

**No, she would not. I know you are told that you know why you come. She knew her pathway she would take, but she was not aware of the connection that would be.**

Lilian: I see.

**So her agreement would have been to live the life she *has* at this time.**

Lilian: Yes, I see

**After all, no one knows all. You understand (yes)?**

Sarah: So this is really a bonus for her?

**I do not know if she would regard it as a *bonus*, as you say, but she is always happy to allow me to use her as my instrument.**

George: Yes, I know she's very happy with that and it's certainly a bonus for all of us here.

**I never cease to be amazed by the kind words, my dear friends that all of you are willing to express. But, once more, I will say, without you, my mission would not have been possible. So, I say to you all: Give thanks to yourselves.**

George: Thank you for putting it like that.

Lilian: So, the moment was right, really.

**Yes, it is something you have to understand, that we in spirit, who have much better vision, know what is going to happen, but, as you know, there are many levels of spirit and each level has a quantity of knowledge within it. Do you understand? (Yes) Yes—when you reach the level from which I came, much more is known (yes). Yes.**

George: I've been thinking recently that, equally, there are levels to the love that one can know and experience. Some of us, perhaps, don't go deep enough with that. So one has love, but am I right in thinking there are these deeper and deeper levels?

**Yes—you human beings, of course, know quite a lot about *emotional* love, which is a very different thing. I feel you are trying to express love on a more spiritual plane (Yes). And of course, the more refined you become as energy, the deeper the spiritual love you feel.**

George: Yes—which leads me into a question I have actually. We did bring up the question of one of our conditions, called 'Arthritis'. We brought this up some years ago in 2001, and I think you indicated then that it had a connection to love or quality of love, and you talked in general terms about it. Now that we've moved on a bit, perhaps, I could refer to that condition again. I have just a little bit of arthritis in my wrists. It's only very slight, so perhaps I can apologise for the depth of love that I can express. But, it prompted me to look up a few facts, and more than 10% of our population have this condition, which surprised me, and it's not just elderly people such as me, but younger people have it as well. I wonder if this would be a good time to say a little bit more about that condition—

**I will not speak about one particular condition, because, let me say this to you my dear friend: all disease, however minor or major, is exactly what it says—DIS-EASE. You will remember my words when I said there is dis-ease of the mind and body. In fact, it is an imbalance of spirit and the human form. Let me also say to you, my dear friend, that all of these conditions, whether minor or major, if not caused by cause-and-effect—or, for example, what you feed your body, or whatever condition your mind is in—it has an effect over time; it does not happen in one day. Therefore, I would say this to you, my dear friend: Firstly, any *disease* within the human frame must be acknowledged, and before you can acknowledge that imbalance, you have to go inward to find the time when these problems began to surface in your lives. When you speak of young children, sometimes it can be a condition that has come with them from another time—**

George: Ah, Yes!

**—but not always. You have to look inwards, as you do for all things of importance.**

George: Yes—I think, I understand you to say 'look inwards', and 'go backwards in time'.

**Yes—you will not find your answer for yesterday. It is a *gradual dis-ease*—harmony that is not there, but you have to find it to acknowledge. Once you acknowledge, you can free yourself. The reason I am**

speaking *generally* to you, is because I am sure you are well aware of cases where people have freed themselves from this condition (yes). That is because, each one of you, as human beings are so different in the way you think, in the way you live; and let us be truthful, my dear friends, this world you live in has been for so long, one of disquiet and unrest, and so many of you have lived in fear at some time or another (yes). I am not speaking of your wars or your countries I am speaking to you as individuals. You are responsible, each and every one of you, for the condition of your housing of the spirit.

Lilian: I wondered about the arthritis that I've got it in my ankles and my knees.

**When you speak of arthritis, it is an inflammation within the body—an inflammation—what is inflammation, but an anger? Can you see that? It is an *anger* that has come from somewhere.**

Lilian: Yes, I wondered if it was worrying about the family at times (Yes, that could be!) and not going forward.

**Yes, because when it is affecting your joints, it is stopping you from movement, that free flow of movement. There is something burning within you that has not been recognised.**

Lilian: If I can sort them out, I'll be okay!

**You then have the tools to work with.**

Sarah: If, as in Lilian's case, it's in her knees and ankles, it's stopping her from—

**Moving forward—**

Sarah: Can it also be that you've the problem within you, and, if you abuse the joint in any way, um—

**Yes, that is the cause-and-effect aspect of which I speak (yes). Or if you ply the human body with food that it does not accept or like, then there will be an effect from that. You have to look at all aspects of your living.**

Sarah: So, in the case of Emily, who's got 'Food Intolerances', that's also something that's not right within her body that's causing the food allergies then?

**Yes, it is a *dis-ease* of her spirit and her human form. Yes, each one has to go within.**

Lilian: It's very difficult to get it right.

**But, if you so desire and your desire is strong enough, you can free the body. You *can* free your body from all pain, but, I do not say to you, my dear friends, that this is easy, because, as I have already mentioned, it is not something that happens to you overnight.**

Sarah: So, the longer it takes to arrive, the longer it will take to go!

**Not necessarily, no—**

Sarah: Ah right!

George: And we're considering ourselves as individuals when we do this, and I think this would suggest we are looking at ourselves as individuals and the way we are *fitting into society*.

**Yes! Yes, as in all disease, you will have people who will recover and those who do not. That is the strength of the inner knowledge, and that comes from your spirit. Spirit and the human form should be equally in balance.**

Sarah: So, those who don't recover—for some of them, is it because that is what they need in this lifetime? That may well be for some, but not for all. You cannot generalise too much, you cannot place everything on what you might call 'fate'; that is wrong. Each and every individual in your Earthly world has a responsibility to take care of the housing of the spirit. That should be the most important aspect of your lives. Do you understand?

Sarah: You have told us, for example, that some people who go to Lourdes, in France to be healed—some will be healed and some of them won't.

**Because they have that inner strength and knowledge that they *will* be healed—that is what that is.**

George: It's so good to have your detailed commentary on this Salumet, because our medical professions, so frequently, deal with painkilling pills (**yes**), which merely stop one's awareness of the pain without changing the condition.

**Yes, of course, unfortunately, still, the medical profession see you all as one. They do not see you as spirit, as you must do if you wish to be well. You have to go inwards, you have to *know* that *spirit* is the important thing. You *are* Spirit, my dear friends, first and foremost. These human coverings are just there for this particular lifetime.**

George: The one we know as Edgar Cayce left some recipes, which included massage oils (*Castor Oil*) for this condition, but, again, I think, these were not ‘cures’, but recipes for providing some relief (**yes**) from the inflammation.

**Yes, that is true. But, whatever relief that can be given in a human form, of course, you must look to them to make your lives more comfortable. But, if you wish to be *free of any* illness or disease, it is a much harder thing to do.**

George: Yes.

Sarah: Paul has been doing some cranio-sacral healing (**yes**). That would be complementary then to your own spiritual healing?

**Any therapies which help can only be good. Of course, we do not discount any help that the human being can find. But, what I am saying to you is that no matter what the problem is, no matter how long or how short the condition, there is a point where you have to recognise and accept what this condition is. That is why when you come and you seek healing, it is not just the human form we seek to heal, it is in search of the balance of both.**

Sarah: Even with spiritual healing, it wouldn’t be possible to heal totally, if the individual weren’t prepared to work on his own spirit.

**With spiritual healing, it is slightly different—it is spirit working *through* spirit to spirit. The Spirit is touched—it is then up to the human individual to continue that work. You have to accept *some* responsibility for your human form.**

*General indications of understanding*

Sarah: So, spiritual healers would be well to advise the people they’re helping that they should try and work on themselves—because people who go for spiritual healing, have the healing and then perhaps just go away again.

**But that is not necessary; it is the spirit who touches the spirit. That spirit has already been touched, and *within*, there should be an *awakening* of that spirit. You understand? (Yes) That is the difference between many physical therapies that are taking place, because they are working on the human side—the *human* side, not spirit (yes).**

Lilian: And small children when they come back with a complaint, they brought it with them from another lifetime?

**They can do, yes. I would not say always. You cannot generalise. Each one of you is spirit, first and foremost. That is what I have repeated to you so often, my dear friends. Until you recognise that first and foremost you are spirit—when that is recognised, all things can fall into place. What I do *not* wish you to do, when you have any condition, is to place blame upon yourselves, but rather, that you go inwards, accept the condition, and work to free yourself from it. That is the way forward, and until the medical profession see each person as a separate and different individual, they will struggle with some of these conditions.**

Paul: I was trying to mentally picture anger and to think what it is. If someone has arthritis and anger is at the root of it, then I was thinking of the energy. It’s like the anger doesn’t exist on one level. It’s like something that blocks the energy from flowing.

**That is what is happening. It is an imbalance between spirit and body, whether you call it a blockage, whether you call it imbalance, whether you call it disease, it matters not. What matters is what this imbalance is creating within the physical being, some kind of problem. Let me, before I leave you, just say, my dear friend, what is the colour you use in your world for anger?**

Paul: Red.

**How do you think of inflammation?**

Several: Red!

**Can you see, if you think upon those lines, it may be helpful to go back into your lives, and, at some point recognise that, perhaps, you did not want to move forward, you lacked love, or you were angry—all of these emotions. And once you have acknowledged and accepted those things, you can then ask your body to be *free*!**

Emily: So, by asking your body to be free and acknowledging your—  
**You have to acknowledge what the problem was or is.**

Emily: And, once you've done that, you can ask to be free?

**You can ask your body to help to be free, to be in balance, so that spiritually, emotionally, *all* is in balance. I do not say it is an easy task, but I do say to you, that is why some people are able to free themselves from any condition. I am sure each one of you is aware of these things.**

**And now, my dear friends, I thank you for your questions, and I ask that I now work with this instrument.**

*General thanks*

George: Thank you so much, Salumet, for your enlightenment, and I'm sure that detailed explanation will be of much interest to many. Thank you!

**If only I could take it from you, but I would not be allowed.**

George: That is understood!

*We next experienced various impressions that were discussed amongst ourselves. Then the lighting was turned up a little and the recorders safely packed away. But then it became apparent that Emily had a presence—two young children. Lighting was again dimmed. The children were attracted to Emily's energy, clung to her and did not wish to leave. They responded to questions carefully placed by Eileen, Sarah and Lilian, and gave their names as Amy and younger brother Thomas. A few minutes passed and they became aware of increasing spiritual light and could then see a kindly lady with a fluffy white puppy waiting to receive them. They happily went with her and Emily resumed normal self. So this was a completely unexpected first 'rescue' for Emily and happy transition for the two young children—wonderful!*

George's Notes:

*Nahashiwah: Nahashiwah has visited 26<sup>th</sup> February 1996, 10<sup>th</sup> January 2005 and again 3<sup>rd</sup> September 2007. On the first occasion, Eileen had been both surprised as well as a little shocked to find herself confronting a past life aspect of herself—an Amerindian lady with hair in pigtails and wearing a blue dress—with Eileen's own face. Following the vision, this lady then spoke through Eileen, giving her time on Earth as 19<sup>th</sup>-century. On the third occasion she came to us to join in our conversation about 'lights in the sky' and 'crop circles', explaining that her people were well aware and accepting of them. Regarding the general non-acceptance of these things as authentic and the widespread lack of understanding by modern humanity (present company excepted) and Press, she said: "You are like children. You are in need of first education—Ha Ha!—you do not recognise the signs in the sky!" And on each visit this dear one has spoken with such a light ethereal voice that we have all so much warmed to.*

Arthritis / dis-ease: Salumet spoke previously on arthritis and on the more general nature of disease 14<sup>th</sup> May 2001.

Cranio-sacral therapy: Paul attended a course in this whilst in Thailand.

Edgar Casey: The wonderful Edgar Casey recommended Castor Oil used externally – rubbed into the painful joints twice daily as a treatment for Arthritis

## **SALUMET – 1<sup>st</sup> March 2010**

Lilian: Good evening Salumet, welcome to you.

**Good Evening!**

All: Good Evening!

Lilian: We are a tiny little number. (5)

**As always, I have noted your conversation, as you have joined together this time. Let me say to you, my dear friends, how little need you have of me now—with your debates, amongst yourselves. It is of great interest to us to listen to you all, but I would like just to say to you a few words. Each one of you has come to this lifetime for a purpose—for spiritual growth. And, I would say, my dear friends that life on this planet, was never meant to be 'plain sailing', as you humans would say. But, as spirit, each one of you has the capability to find in life, the strength to cope. You are never given, my dear friends, any situation that you cannot cope with. But of course, it helps if you develop the spirit within you—that makes you a much stronger human-being. So I say to you all: accept life as it is today, try not to be judgemental, do not crave for past times, for they are gone, and cannot be recaptured.**

George: It's certainly a very *interesting* world that we have today.



**Yes! It is at the stage of its evolution that it should be at. And it is up to mankind to help himself in whatever situations arise in your world.**

George: Yes—I imagine that part of that helping himself will be a realisation that we've got our systems a little too complicated and there is a need to simplify. I hope I can say that without being critical.

**Yes, yes—I would agree with you, my dear friend. Those words are true, but it is the *growth of spirit* that is important. Do not wish for time gone to return—it cannot happen, but what you must do, is to adapt to the *here and now*.**

George: Yes—well, I imagine we can *look* to those past times and think—well, there are qualities there that we could well use today.

**Of course! There is nothing wrong in looking backward, but you cannot bring the past forward—there is a difference, and it is in the *recognition* of that difference that will move you forward. You understand?**

George: Yes. That makes very good sense. If we do look at the past—it's how we see it and what use we could make of it.

**Yes—take the good and move forward—yes. Too many people cling to situations in their lives, which should be discarded in order for the spirit to move forward. But as human-beings, naturally you find it more difficult, and always there are allowances made because you *are* human, and mistakes come easily to you, my dear friends. But what I wish to encourage within you, is to find that *inner* knowledge and strength—to move forward with Love, with goodness, with realisation that things can be better if you so desire. It is the *desire* which has to become stronger within you. I hope you can agree with my words.**

George: Yes, I think you are saying also, that whatever the state or complexity, there is always room for the spirit to grow.

**Yes. I use one word—SIMPLICITY—simplicity of thought and mind will always take you forward. Discard any *feelings* of disillusionment—any *feelings* of life being hard for you. All human beings come only to what they can cope with.**

George: Yes—I was reading recently the gentleman Lucretius and he had this simplicity. I feel he was a great philosopher of great understanding, but he also approached things with a certain simplicity.

**Yes—yes. What is better than simplicity, in all areas of your lives? I am afraid, as human beings, you make your own lives complex, sometimes unnecessarily, but that is a result of having freewill. We would not wish you to be without freewill, but in your humankind, it has created many problems for you, but as I have said on many occasions, you must look and understand—look to the fuller picture of life, before any kind of understanding can take place.**

George: Yes, there are certain ingredients that always contribute towards evolution—and ...I've lost my train of thought...

**You cannot stop the evolution of your planet. You can alter and change some situations—**

George: And freewill, I was going to say (**yes**), is one of those important contributory factors.

**Yes—humankind has the responsibility of taking care, not only of the physical body, but of the physical *planet*. And humankind must take responsibility for any thoughts or actions which have caused any result, which is negative to the evolution of your planet. But you will not stop your planet evolving.**

George: Yes, responsibility and the realisation of that responsibility.

**Yes, the realisation is the bigger word here—realisation—most important. Do you have any questions about this subject this time? (*Pause*) I am impressed, my dear friends, just listening to you this evening, how much you grow, how your thoughts are listened to, by each other, and responded to with love and goodwill. It is indeed, heart warming for us in spirit to sit with a group, whether it be small in number or not—where people sit harmoniously and can listen to one another with love.**

George: It's heart warming to have those words. Thank you Salumet!

Lilian: Yes! It's a nice feeling.

George: Um—yes—going back to 'responsibility'; we were talking and thinking the other day about germs. There's an advertisement on our television, which advertises a product, which claims—KILLS 99.9% OF ALL KNOWN GERMS—a sweeping statement! But I'm not so sure that we're being sensible or responsible, in viewing germs in that way. Many of the microbes and germs are, of course, beneficial to us, so, perhaps, in some quarters, we're being irresponsible, in looking rather darkly at germs and microbes. Would you have any comment on that, Salumet?

Everything that exists within your world has purpose—those are my first words to you. Mankind has unfortunately decided for himself that he is superior in this Earth planet. I have to say to you: mankind may *think* he is superior, but he shares this planet with *so many*, many other things of great importance. Size or brain-size matters not. As a whole, there has to be balance in your world.

George: I think you're coming round to saying we are all one, and we are all members of the same club.

**Yes! When you try to destroy and upset the balance and the equilibrium of your planet, that's when you have problems arise; but as I have said, freewill is an important part of the human being; and let's say to you, that humankind also gets from his experiences the motivation to learn. So, although mankind is often wrong, sometimes it is the catalyst for new kinds of learning and teaching. You understand?**

George: Yes.

**But, it is still part of the overall plan of your planet. I hope that is a little more helpful for you.**

George: Yes, it is! There're some important principles there which we should observe (**yes**) and I can understand, in certain areas—within hospitals, it's right and proper to eliminate germs, but, by and large, on the planet, they should have our respect.

**Yes, there always will be a *pecking order*, as you call it on your planet, of course there is, but when it comes to the annihilation of any one type of person or creature or microbe or whatever, then you need to stop and consider things carefully. It is important that your life has balance in all ways. Yes.**

George: Yes—I'm not entirely sure about the situation in hospitals, but, certainly one goes to great lengths to not subject patients who are having medical treatments and surgery, and there is a general feeling that germs should be eliminated in that situation. I *feel* that that has to be—I'm not sure if you would agree.

**Yes, in situations, as you mention, there has to be some degree, but we are not speaking about the annihilation of *all* germs, as you call them. Some are essential for your living here on this planet.**

**Whether you agree with that statement or not, *all things are created*. And mankind feels, and I use these words wisely, because he has superior knowledge, that he has the right to decide what should live and what should die. But, yes, in illness, as you speak of it in your hospitals, there has to be cleanliness—that is recognised. But, you see, 'germs', as you call them, are happy to accept, that in some places, they are not needed. We are speaking *now* on a level we have not discussed before. You do not look upon germs as something of any intelligence, but there is a form of intelligence in all things; there *has to be* in anything that is animated.**

George: So they deserve to have more of our respect, in the general situation.

**In the general sense.**

George: And indeed, in the home, I would think?

**I would say it is up to each individual to consider for himself how these things are managed.**

George: Yes—I recall the gentleman, Albert Schweitzer, who had a hospital in Lambaréné, in Africa. And there were open sewers there, and many germs were around, but he had success, and I think there must have been a natural resistance that built up in that situation.

**The situation, my dear friend, comes from within each one. That strength, that resistance, that knowledge, comes from a balance of love and peace, no matter what situation, in what part of the world, whether it be 'hygienic', as you call it, or not; you must look inward to each individual.**

George: Yes, it's easy for us to forget that spirit has an involvement in the healing.

**Yes, that is what is important. Yes—we could talk non-stop about these many things, but what is important is that everything on this Earth planet is here for a reason. Mankind has an intelligence which has grown with his evolution, but he must be aware that he knows not all the answers to all questions.**

George: Yes. The other point you made, about man increasing in knowledge—yes, I feel that should not result in a feeling of 'superiority', but in the feeling of 'humility'.

**I like those words—yes, if we are speaking of looking backwards, then I would say mankind needs to recapture a lot of humility. Yes, yes.**

George: And the more one knows, the more scope for humility there is, I feel, because one has more and more awareness of 'Creation' and how wonderful it is.

**Yes, if you do not feel some form of humility, then you cannot be growing and moving forward. It is natural for anyone who wishes to go forward in spirit, to know and to feel what humility is. If you do not feel humility, then you are not ready—you are not ready for the knowledge that is available to you. And**

I feel within this room, a level of humility, and gratitude, although gratitude is not what we seek from you. There is a gratitude from each one of you, my dear friends, that is almost overwhelming, and I have to say to you, before I leave this time, that in coming to you, in helping you to seek out and recognise the great love in your world, it has helped *me* also to grow, and for this, I will always be most grateful and thankful to you all.

George: It's wonderful for us to feel that in some small measure, we've been able to give something back. For this time, my dear friends, I will leave you. I hope you can feel the love with which I surround you with.

*Agreement and thanks*

George: It can be felt—wonderful.

George's Notes:

Lucretius: Titus Lucretius Carus (99BC – 55BC), great Roman poet and philosopher. His greatest work—*The Way Things Are*, quoted in *The Chronicles of Aerah*, p 373-374.

Mankind's responsibility for planet: We of course hear plenty about this on the media. And it is of course ridiculous that we fight against Nature by erasing rainforests, fouling her atmosphere etc.

Germes and microbes: They are indeed a vital part of Creation. Without the constant work of microorganisms mankind would have long ago been submerged in dead bodies and un-decomposed waste! And that is a sobering thought!

Albert Schweitzer (1875 – 1965): Born in Alsace (German-French), he aspired to four doctorates—in philosophy, music, medicine, and theology. One of our planet's most brilliantly gifted, he was awarded the Nobel Peace Prize (1953) for his philosophical work 'Reverence for Life'. His greatest passion was the quest for a universal ethical philosophy that could be made available to all humanity. The main hospital building at Lambaréné was completed in 1926. The cement floors of the wards were sprinkled with fresh ashes each morning to discourage the incursion of ants. If ants got the upper hand, then the ward was flushed with a solution of Lysol—a little crude by modern standards maybe. But of course, the spirit of the establishment was absolutely wonderful and it was a successful hospital, where a variety of conditions were treated.

**8<sup>th</sup> March 2010**

**Memories of a hunter-gatherer—**

*After a silent sit of 30-minutes, Lilian approached Sarah:*

Hello, welcome to you.

***Good evening to you all.***

All: Good evening / welcome.

***It has been some time since I came to you and I have waited for an opportunity to bring to you a little more information about the time that I was here on the planet that you now inhabit. The world has changed much, both in a visual aspect and also the spiritual energy—that is much weaker than when I was here.***

Paul: Was that the time of the Egyptians?

***That was one time that I was here, but I am now talking to you about another time of my visit to the Earth planet, which was before the Egyptian time. This planet was only inhabited by fewer humans, and I would say that the ratio of animals to humans was like—I am trying to say that there were as many animals of one species, as there were humans of one species.***

Lilian: So the world would have looked a very different place?

***The world is completely different.***

George: Yes—I think you are speaking of a time very much in the distant past—perhaps before we had recognisable civilisations.

***I would say that mankind was also of a different shape to today's man. In fact I could possibly say that I cannot find much in common with that time of my life.***

George: We have a period that we now look back on as our Stone Age, when implements were fashioned in stone.

***I am not sure that it was even that time.***

Paul: Further back, maybe?

*It was a time when mankind was in complete harmony with nature and with the animals that roamed the wilderness. It was a time when all beings were content with what they had.*

Lilian: At that time, would you have been aware of other planets and would you have had visitors from other planets at that time?

*No, we were not aware of any extra-terrestrial beings, but we were aware of a complete joining-together of all that existed. We were able to live in the knowledge that life was indeed a gift for all, and it was to be respected. We did not hate anybody or anything, but lived in a simple manner, and, although we did indeed kill some animals for food, this was not done in a vicious way or with unkind intent, but simply one that was of necessity for life to continue.*

George: Might I ask, did you use fire to cook?

*We did not use fire, but we had a system whereby we trapped the heat of the sun on to stones, and we were able to tear the meat into small pieces, which we placed on these stones. In that way, they became slightly dried and hot, but we did not have fire.*

Lilian: So was it at a time when the planet was mostly tropical?

*It was certainly a time—or a place where I lived that was very hot. And we were most fortunate to have running water. This water was found beneath the ground and we had a small hole that was by the side of a rock. The hole was large enough to bring water up in empty shells and coconut shells—so we were able to have the water, and the rocks around this hole were the rocks that were gathered in such a way that the sun was trapped inside.*

George: Did you choose black or dark rocks that absorb the heat of the sun easily?

*The rocks themselves were quite dark but I do not remember them being black. They were dark—yes—yes.*

Lilian: And did you live in family groups?

*They were a large group of people—I would say we were perhaps one hundred. But although we were one group, we each lived slightly apart in what you would today call families, but not quite as you have today—because there were not one particular man and wife, as you would say. The mother would indeed look after her children, but if she had too many young ones there were always others to help look after them.*

George: So it was a large extended family system, one might say—

*Yes, I would say so. And the large group of perhaps up to one hundred people would gather from time to time at special periods of the year to give thanks, and at this time, others would get to know one another and a new family would begin.*

George: Can I ask—was the spirituality at that time simply an inner knowing, or did you have teachers?

*No, there were no teachers. It was a knowledge that was handed down—a knowledge that everybody knew in the community. And it was something that we just knew—but we did not have teachers. We did not have teachers for anything. It was all known by example—and as you say, inner knowledge. So I can say, we did not pray, but we were aware that we were part of something much greater.*

Lilian: It makes one wonder how many lives we have—lots I imagine. You are taking us back to the time that probably isn't remembered. There must be so many lives that we have to go through—

*I have been told that this time on your planet was my first visit from spirit, and I have been back many times. This first visit was one of intense learning. It was one of great happiness to me. It was a time of complete harmony, a time I would say, of the most spiritual of them all—one where life did not present friction or difficulties, but merely the—I don't want to say 'struggle'—although sometimes providing complete—I cannot find the words—but I am trying to say that working-to-live was sometimes hard, but it was a lesson that I needed on that visit to Earth—a short visit I will say, because at that time, nobody lived very long lives.*

Lilian: And do you think you will be coming back again?

*I think I have had my fill.*

Chuckles

*So I will leave coming back to this planet to my visits to you, if I may—*

Lilian: So, to tell us the story of that early life, do you look it up in some sort of record, or do you remember it all your life?

*I have asked if I could visit you this time and I said that I wished to bring you some information on life in a previous time, and I have been given this knowledge—this memory, so that I can just relay a few things to you. But I would say, normally I do not have that memory. It is just that I have had some help whilst I have returned to you.*

George: Well, it's been very interesting listening to this. In addition to the animals, you had coconuts and probably fruit and vegetables in your diet—

*Yes—there were very few vegetables, I would say, as such, but there were many fruits. The vegetables were more on the lines of a few roots from plants, but we did not have vegetables like you have today. There were many berries and as I said, the coconuts, although I would say they were slightly different to today. Perhaps I could say they were a little smaller than today. And we also had a fruit very similar to the banana, but again, it was smaller than the ones you have today and much harder. It was not easy to grow anything, because of the intense heat, so we lived very much on what was available. We were aware that seeds turned into plants, but we were not farmers as such, we were what you would term 'hunter-gatherers'.*

*We acknowledged our understanding of the term*

*And there were areas of quite dense forestation and within these forests we were able to find food.*

George: You say you were a different shape to humans today. Were you smaller and were you dark skinned?

*We were indeed quite a bit smaller and yes, the skin was dark, and we were also more bent, I would say. We were not quite so upright as you, and I would say that our arms were perhaps a little longer. But apart from that we were human beings. We did have an intelligence which was quite advanced for that time. Although we had no form of writing, our speech was quite advanced and we were able to make good conversation.*

George: And your spirit was strong—

*Our spirits were very strong. We were very much able to communicate with all around and when we slaughtered our animals we were able to pacify them before the slaughter (ah—yes). So it was very much a non-violent time.*

George: And did you communicate by speech, and did you sometimes communicate silently by mind connection?

*I would say that it was not so much a communication to tell somebody something by mind. But it was one where we could pick up feelings and—yes, some knowledge from others, but we did not use it if we were to tell somebody something. But yes, we were aware of that connection with another.*

George: Yes, so you communicated the *feeling* in that way—

*I would say, yes—yes and not only with each other—as human beings, but the animals we were able to do it with as well.*

George: Yes, and did you have domestic animals—dogs?

*No—no. We lived, all of us, very free—very unattached. Although we lived in our little groups, there was no binding 'contract' you could say—you were free to move from any group if you wished to, into another—there was nothing to stop you. And the animals, all of them, were free to roam wherever they wished. Nobody and nothing was fixed—was tied—was made to do anything that was the idea of one other.*

Paul: Did you have something equivalent to marriages?

*No—we were of course attracted to one or another and those that wished to be together could indeed stay together, but no, we did not have marriages and we did not have chiefs or kings or queens, if you like. We all just moved how we wished to move.*

George: Did you paint pictures at all, on rocks?

*There was some art form, yes. And this was done with the dye from some plants and sometimes mixed with the blood of the animals; and then we would use the fur from the animals or the bones. Nothing was ever wasted—whatever was killed, everything was used. So it maybe that the bones were used for art—to draw or to paint or they were used in some form of decoration. Sometimes they were used on the*

*body and both the men and the women would pierce some part of the skin and wear some of these bones. So we did try to make the most of everything and tried to make ourselves look as good as we could.*

Lilian: So, at that time, were you in contact with spirit as well?

*We were aware of spirit—of greater things—of a power—but I think we did not realise exactly what it was (I see). It was something we knew was greater than us. We knew it was to be respected, we knew it was helpful to us, but we did not know exactly what it was. It was a power that would lead us, that would help us, that would calm us, that would encourage us; and it was a power to which we gave thanks.*

Paul: Did you have a name?

*Pause*

*I do not remember that as such, but I am aware that there may have been a name. But I do not think it was something that was needed—to have a name. It was just what we knew was good.*

George: How did you regard the stars in the night sky? Did you think about those at all, or did you just accept as part of the beauty of nature?

*The stars were thought of as 'little holes' to let through the spirits of light. It was, as you can imagine, extremely cold at night, and when we looked up and saw that bright sparkle it was as if somebody was telling us: 'Have strength, the warmth will come again'.*

*Exclamations of understanding*

Ann: It sounds as if you were cooperating with each other very well. Was it a peaceful time?

*It was an extremely peaceful time. Nobody wanted to be greater than another of us (that's good) and we all worked towards keeping alive and being helpful to one another.*

Paul: Were there different roles for the men and the women?

*Not really—only those who had children had less time to do things than the men. But I would say, the man and the woman lived very much with the same roles.*

Paul: And the equality of roles?

*I would say: yes.*

Lilian: A most spiritual time.

*Maybe the women would do more berry picking and the men would perhaps do a little more hunting. But we all worked together, nobody rested. We all worked together until everybody was happy. Then it would be time to make food to eat, to eat food, to relax and then start all over again. So it was a time of working to exist (yes). But that was the life! That was what we did.*

George: Did the hunting parties carry spears or sticks?

*Yes, they had sticks with sharp ends and sometimes, if we had a large animal, they would be able to use part of the bone to make a sharper end to the stick. The bone was pushed into the end of the stick and made quite a sharp point.*

*Pause*

*I have been told I must return.*

Lilian: Well, you've had a long stay. We are very grateful.

George: Yes, it's been a good session and most interesting to hear your words.

*Much agreement*

*I have much enjoyed being with you again, and if you will permit me, I would like to join you on another occasion.*

*Welcoming responses from all*

*I wanted to tell you of another life, but I also have more information on my Egyptian time that I will tell you about again.*

George: That we shall look forward to. It's been a lovely evening. Thank you for joining us.

*And thank you for having me.*

George's Notes:

Location: *Homo floresiensis*, Indonesian primate, height 3'7", (100,000-17,000 years ago) – but they had stone implements and used fire. Much further back, *Australopiths* in East Africa were of very similar stature and did not have stone tools or fire. They were developing to the distinctly more human form *Homo habilis*,



*around 5' with bigger brain and more human-like teeth, living 2.4-1.5 million years ago. So it may well be that our visitor experienced early human life as hunter-gatherer in this region—thought to be the cradle of today's further evolved humankind.*

**SALUMET – 29<sup>th</sup> March 2010**

*As usual, healing thoughts for others were voiced prior to more specific communications*

Lilian: Good evening and welcome to you Salumet.

**Good evening.**

All: Good evening.

**As I join with you this time, again it is noticed how much you give to others. Always, my dear friends, you give out so much when you come together in this room. Those of us in spirit are gladdened each time this takes place. I do not intend to stay with you too long this time, because there is work I wish to do with this instrument. But let me say this to you: when the ego takes second-place to others that is when your spirit grows stronger. Each time you cry out for help for another, you also, my dear friends, are being helped; because the ego is forgotten and allows that spiritual element to come forward. So, not only are you helping others, but you are becoming stronger and more noticeably spiritual. There is a difference between *spirit* and being *spiritual*. To be spiritual upon this Earth, you have to work for it, and that is what we try to encourage each one of you to do. Of course you know your freewill is always to the fore, but that does not stop us trying to influence you in the way of good. But you, my dear friends, need no talk from me about this, because you are naturally becoming much more spiritual in your human outlook. Whether you agree with those words or not I can assure you that this is so. If you have any quick questions this time I will be happy to answer them in the best way that I can.**

Lilian: Yes—thank you.

**And then we will allow the rest of this evening to those others who stand close, whilst I continue to work quietly with this instrument.**

*Short pause*

George: Perhaps I could express a concern for others, in the way so many on the planet at the moment are looking still towards this year 2012 with some feeling of 'doom prospect'. And the latest development of this is the idea that a planet which is sometimes called 'Planet X' and sometimes called 'Planet Nibiru', is rapidly approaching the solar system and will cause havoc. I don't believe this myself for one moment, but it is just part, I am sure, of this 'doom malaise' and I only mention it so that we can talk of it and firmly knock the idea on the head. So I hope you understand Salumet that this will go out to the readers of our emails. And would you care to make comment on that?

**I believe I have spoken to you about this before. Let me say only this to you, my dear friend: You can never be responsible for others' thoughts, and unfortunately, as human beings, there does seem to be an element of impending disaster—not only in this day and age, but in time gone by. How often have you heard that 'the end is nigh'?**

*A few understanding chuckles*

**I believe those are the words used? (Yes indeed!) Yes, and still you are here with feet firmly on the Earthly Plane—**

George: Yes—the new development is this rogue planet idea (**yes**), which unfortunately is getting an enormous amount of publicity.

**In the same way as you have mass-hysteria, so thoughts travel and people are brought into this way of thinking. Instead of standing back and being rational, they are gathered along in the sea of disaster.**

George: Yes, 'being rational' (**yes**)—that is the appropriate expression.

**But I will say to you, give out thoughts for those people, to help these negative thoughts to dissipate quietly. And the best that you can do, my dear friends, is *not* to discuss these negative aspects that go around, but always to remain positive, not only for yourselves, but for your planet.**

George: Give out positive thoughts (**yes**) for those who—in a way it seems like a kind of depression—**Yes of course, that is what it *looks* like also—that you have this negativity that veils your planet. But, as I have said, it has happened so many times before, and for some time to come there always will be those people who seek disasters. Send out love—that is my only expression to you—*give Love*.**

George: Yes, thank you—thank you very much!

**Now, my dear friends: continue with this evening. I am close by, but I also have to say to you that last time you met, I believe each one of you had some improvement in your capabilities, shall we say? And each one of you left this room, except perhaps for one dear friend—left this room feeling that something had been achieved.**

*Sarah indicated it was probably she because she was very sleepy that evening*

**Yes, do not be concerned. But for each one of you, for your own individual development, it was a good evening.**

Lilian: Yes, it was a good evening.

**Yes. Now my dear friends, as always, I will leave you surrounded by my love, knowing that I am always close by, that I am with you at all times and also, that when we come together once more, that love and strong bond which you all feel, will continue to be there.**

*General thanks and farewells*

George's Notes:

*Planet X / Nibiru / 2012: We are in receipt of a magazine article concerning this. Consulting the Internet, it declares approximately 322,000 results for a search re this subject. 'Nibiru' is a name that has been borrowed from Babylonian astronomers and it has several possible meanings. Planet X is modern fabrication and December 21<sup>st</sup> 2012 is a date from the Mayan long count calendar converted to our Gregorian system. It declares the interface between two great time cycles as calculated by Mayan astronomers from movements in the heavens. It was seen by them as a time of change, from one calendar cycle to the next—no more no less.*

*As Salumet reminds us, there have been many prophets of doom throughout history and all of them have been completely wrong because we are still here. (And since Nostradamus prophecies are stated to continue until the year 3797, none of his statements can be said to indicate the end of Earth—only very bad and careless interpretation of his prophecies!) And there is no need for alarmists to stand on street corners any more with 'The End is Nigh' boards, because it's now much easier to flood the Internet with false fantasies loosely linked to ancient cultures. And perhaps the size of the mass-hysteria publicity is now made possible by the new media.*

*Following Salumet we were joined by Bonniol, (transcribed separated/also freely available) and following Bonniol, a brief 'rescue' of an 11-year-old who had fallen from a skateboard with fatal injury.*

**SALUMET – 26<sup>th</sup> April 2010**

**Good Evening!**

All: Good evening!

**As I join with you this time, I feel your unity and love, as always. For this I thank you, my dear friends. I would just like to say to our lady friend here, who helped so much last time with the one who could not speak. I have to say to you that help had been given previously, and had taken two visits before yours, but you, my dear were able to help. For this, we give you our thank you and our blessings.**

Lilian: Thank you, that's very kind and, of course, for Eileen as well.

**Also, as we always do, we would like to welcome our visitor this evening, and I must say, the feeling of love within this room is not estranged because of her presence; but in fact, she blends very well into the energy of this room.**

Lilian: That's nice. This is her first time, I believe.

**Yes. For the purpose of our guest, I will have a short time for any questions you may have.**

Lilian: Thank you.

George: Have you a question Kelly that you would like to ask?

Lilian: Maybe you will think of one in a minute.

Kelly: Yes maybe—

**It matters not, but we must give our guest the opportunity to ask.**

*Thanks*

**In this year of your time, my dear friends, you have been aware that I have not been with you quite so much (yes), but I told you this in the last year of your Earthly lives. This will also happen in this coming**



year, because as you may be well aware, it is imperative now that each one of you grows spiritually—expands those gifts that you possess, and I am sure, my dear friends, you will agree with me when I say that each one of you is slowly making some progress in this way.

George: It's nice to hear your words on that Salumet—thank you.

**Yes—sometimes I have been aware of just a little disappointment that I am not with you so often.**

Lilian: That's true!

**But you know, all children are weaned, and basically that is what is happening to you all. That the time is coming that you must stand firm on your own two feet, without the knowledge that I will always be with you to help. So that is the purpose of my withdrawing so often now.**

Sarah: I suppose it does give us the opportunity for others to come through (yes), but it's always nice to have your backup Salumet, from time to time.

**I am always with you—do not be too concerned about that, but you need to grow, you need to expand, you need to recognise more that first and foremost you are spiritual beings. And, of course, it is important that you take care of the physical being, but, as you know, I wish you to become much more spiritual here on Earth.**

George: And, you have spoken with us about the changes that are happening on our planet, and it is nice to be part of that and to see things happening. Something that is happening at the moment—there is a Russian team led by Artem Miheev—they have developed electronic instruments that are capable of communicating with spirit, and I note that they are not the only team, but there are teams in, I think, ten different countries—teams of scientists that are working towards this and communicating with instruments with spirit world. I feel this will have far-reaching implications, and many more people will be convinced of the life in spirit than at present. Would you care to comment on that?

**Of course my dear friend! The country that you name as Russia, has indeed been, for a long time, most interested in all aspects of what you call, spirits or phenomenon. It is a well known fact within your world, that they have, at times, been most secretive about many aspects of development. But I have to tell you that all the major countries in your world now have the ability to communicate. Whether they use this for good purposes is always in question.**

Lilian: Yes, I was wondering that.

**Yes—as always, human beings abuse what is given to them, but I can state to you that all major countries are aware of this particular phenomenon. Whenever something you term as 'new' happens in your world, we in spirit, smile, because there is nothing new. As I have said, on many occasions, it always has been, but you are re-inventing all of these things.**

George: Yes—is it that the scientific pathway to this is new, or is that something 'old' as well?

**No—that is not new, it is just that you are listening more to what we give, whereas in time gone by, most of our influence was rejected, as nonsense or imagination or many different things. The scientific community has always been difficult to infiltrate, but now it is different. You will find throughout your world my dear friends that man is much more open to what is not understood fully. Mankind has reached a point where he is open to all, and, in doing so, that knowledge will grow and expand throughout your world. I have told you on previous occasions, it cannot be rushed, but this time we in spirit, are prepared to work hard in order that mankind fully understands what has happened and gone wrong in past times. You understand?**

George: Yes—perhaps it would be true to say that scientists are at long last becoming more open?

**Yes—yes they are. It is almost like they listen or are impressed with new ears and new eyes; and of course what also is happening in your world is that *people*—I believe you would say '*People Power*' (Yes!)—'*People Power*' is instilling into these scientists that they will not now just accept anything that is told to them.**

Sarah: You have also told us in the past that we would also learn a lot from the sea, and I have heard recently—I can't remember exactly what the details were, but from the fishes and some of the animals in the sea, they're beginning to find new ways of treating humans (yes), from the way the fishes are.

Whenever I hear something like that, I always remember your words.

**When first I came to you, I said to all of you, only accept my words if you find them acceptable, but I also said that whatever I told you would be verified in some way throughout your world.**

George: You did, indeed!

**And I think what is difficult for you as human beings, is the timescale. When I said it will be verified in other places, at other times, you, I feel, were not fully aware, that this timescale could mean years; but now you understand and, I feel, you are coming and realising that my words are 'Truth' and that they come to fruition.**

George: Yes, I don't think there's any question about that, Salumet (**yes**), we accept your words as 'Truth' entirely.

**But I did not want you just to accept my words blindly; as most people do with their holy books. I did not want that for you, my dear friends, I wanted you to have your own minds to accept as you will.**

Lilian: It was nice to get the confirmations of what you said (**yes**).

George: Yes, I was only reading today about—well he wasn't much more than a child, who was learning the Koran by heart, so that he could recite it; and I thought—well, this is not developing the mind in any way.

**But, even within the strictest of your Earthly religions, there are always those who doubt or wonder and question. That is all we can ask of human beings—that you question and you accept for yourselves what you know—not to be led, as your animals are led, but to be free to read, to listen, to see, and to understand. That is all we ask of anyone.**

Sarah: With your words, Salumet, as far as I'm concerned, sometimes I might have asked questions because I don't fully understand, but I have to say I've never doubted anything you've said, and that's the first time, I think I've had that with anybody that I've never doubted something said. So obviously, for me, your words are right.

**And I have always welcomed your questions, my dear friend, because it shows to us in spirit that you are thinking for yourself—you wish to have clarity and that you are moving forward. So never be afraid to question, never be afraid to ask questions. You know in spirit, we are not easily insulted—(Chuckles) yes.**

George: Could I ask a question about Craniosacral therapy, which is the method of healing that Kelly is experienced at. In our times, it's a relatively new method of healing, and, typically, it was frowned upon by orthodox science at first, but much development has happened since, and scientists have, I think, demonstrated now this method of healing does, in fact, work, and would you care to comment on that? **Always, my dear friend, there has been doubts about many of what you call 'different medicines'. Firstly, let me say this to you—that these types of healing have always been known. Nothing is new, but it is only since mankind has begun the use of chemical treatments that these other healings have been pushed away, as being sometimes called 'nonsense', but that comes from ignorance of people. All of these treatments that are available take intuition and insight. I would wish to say to you, no matter the title of the healing, if it works for the people, how can that be bad? And again, I hear you use your word 'scientist'. Oh how often they come into the conversations that we have. It is their lack of knowledge which holds them back. Let me say this to you: The human structure even now, is not completely and fully understood, but as in all things, people are being influenced from spirit to use these healings for good. There are too many to name, and again, I would say to anyone, use your own intuition and you will find your pathway to the treatments that are suitable for you at that moment in time. Also, let me say, although the physical body is healed, it comes from spirit, no matter what treatment, what healing, whatever—all healing comes from spirit.**

George: Yes, with some of these healing practices, it's more *obvious* it comes from spirit, than others—**Than others—yes, but although the practitioner may not be fully aware, they are being influenced.**

George: Yes, I think it's fairly obviously from spirit, in the case of the cranio-sacral therapy (**yes**) and the kinesiology that we have also spoken about.

**Yes. I know you have said this is a new treatment—let me tell you, my dear friends, that the ancient Egyptians used this method of healing—that is a little known fact.**

George: Well, that's nice to know!

**So, all of your 'new' treatments are not new.**

Lilian: And even the medical treatments?

**Medicine, as you know it today is fairly new, because of the chemical construction of what they give you. I am speaking of natural remedies.**

Lilian: But, sometimes their so-called cures can be pretty horrific on the body.

**Yes indeed—yes, that is true. That is why, humankind, at this moment in time in your world, are turning to these other therapies, other treatments, because people realise that the body does not need all of these harsh chemicals. That is why, these therapies, ‘new therapies’, as you call them, are coming to the fore.**

George: Yes, unfortunately, we have this scientific bias **(yes)**, which is most prevalent today and I would say goes too far **(yes)**.

Sarah: Is this treatment that Kelly and Paul are using—you said the ancient Egyptians used it **(yes)**—has it continued to be used all that time, or has spirit influenced modern man to re-ignite it?

**Spirit has always influenced. Even throughout the darker days of humankind, spirit has always been by your side, but mankind has gone through many stages, I must say, of self-destruction, and many of these beautiful therapies have been lost. I am always intrigued by the word ‘therapy’. To me, all of these ‘healings’—because that is what they are—it is a healing of the physical frame. But, as I have said, on many, many occasions, that the spirit has to be touched first, before the physical body will re-align itself. You understand?**

Sarah: Yes.

George: Might I ask if this healing principle was developed by spirit and the Earthly-ancient-Egyptians, or did the visitors from elsewhere help in the development?

**No visitor was responsible. You must remember the ancient Egyptians at that time were much into oils and bathing and all kinds of healing properties. It was just their knowledge, all of which they lost, as did many communities in your world at different times of your history—but they have always been available, even to your early cavemen! They knew the benefits of healing the physical body. They had their own ways of treating things and so it has always continued.**

George: Yes—when you said ‘it has always been available’—it is always there in spirit—

**The influence—yes**

George:—or perhaps the Akashic Records, as we say sometimes **(yes)** and it can be tapped from there—is that your meaning?

**Yes, that is always a possibility. Yes, all knowledge has always been available to mankind. You must remember that nothing has been withheld from man. It is mankind himself, who has *lost himself*, if I may say.**

George: Yes, it’s available by ‘going within’ **(yes)** and by opening oneself to that knowledge—

**Yes, you must go inwards to seek knowledge—it is imperative. Again, I constantly repeat myself: You must sit in quiet times, you must allow yourself to meet all that is around and about you—to know yourselves and to listen in that quietness.**

Lilian: Have you thought of a question, Kelly?

Kelly: I did have a question on relationships and whether it is good to have a relationship, or whether it’s best to focus on the spiritual path if it’s a distraction.

**Well, I would say to you, my dear friend, as all the others within this room know, that your freewill is the most important part of your human life. Whether you choose to deny yourself of relationships, or to seek another pathway, we cannot live that life for you—you have to choose. You cannot say, is this path better than that path? It is entirely up to you, my dear friend, to choose your life pathway. You can be influenced, you can be guided, but ultimately it is your choice. So many people are able to encompass both—to join two pathways and tread one, but again that is up to each and every individual. I do not say your pathways are always easy, but you ultimately know what is right for *you*. Each and every one of you knows from within, what is the right thing to do. I hope that has helped you a little.**

Kelly: Thank you.

Sarah: Paul, were you going to say something?

Paul: I just wanted to ask how Salumet would describe that point, where the spirit is touched.

**When the spirit is touched, all healings take place. Remember my friend that you will never be able to use your Earthly word ‘cure’ people, because some conditions are ‘meant to be’. It is part of peoples’ pathways to have certain conditions, but when the spirit is touched, then the best of health for that person will be attained.**

Paul: It’s like a sort of ‘magic moment’?

**Almost like a light comes within the human being, and they know which pathway to follow. Like we were speaking of treatments, they will be guided and helped to the right people at the right time.**

Paul: So it's almost like a little enlightenment suddenly occurs.

**Yes, perhaps that might be a good word to use for understanding. Yes, the spirit is touched—enlightenment takes place. I am sure each one of you in this room knows of someone who is *never* better, no matter what is happening, or whoever they see, and that is because the spirit is not ready. I am sure you are aware of someone like that.**

Sarah: Conversely, you saying about getting 'light', I think it's been the right time for Emily to meet Paul, and Paul has helped her. In fact, Emily said she did see a ball of light'—

*Turning to Emily*

—that came into you, didn't you?

Emily: Yes.

Sarah: So, physically, I think you can perhaps be aware of it, as well as spiritually.

**Yes—and also, she came into this room, and has stayed. There are many—there is never just one situation. There are usually many, and sometimes it can even take years of your time, but it is open to everyone to live the best way that they can. Some are drawn to the healing therapies, others are drawn to helping people or animals, or go to other areas to help. Each one of you has a pathway in life.**

Paul: And it's more about Emily and the individual, opening and being open to these things around them. **But she needed the catalysts—of being here, being helped to relax a little more, having the therapies you have given her—all of these things are a combination, a culmination of different things—yes. And she now, because the spirit has been touched, she is becoming well. I might say she is a good example—yes. Also, I think the one that you know as Graham, is another very good example. When the spirit is confronted, good things happen.**

Sarah: Yes, you have said in the past, you need trouble, sometimes, to help you grow, because otherwise, you don't learn anything.

**Yes, some people do need to have those different experiences—not everyone—but yes, to recognise good times, sometimes it is necessary for the not so good to happen.**

Sarah: You mentioned about animals, and I was thinking a little while ago—you may have touched on this before—but you have told us that we have illnesses because *dis-ease* causes disease; when animals get ill, have they also done something that they shouldn't have done?

**Yes, the laws of life have been broken at some point. It is a slightly different energy, but the 'rules' I will call them—that is not quite correct—but I will call them that for your ease of understanding. Something has happened to create that illness within the animal—yes. Remember that 'cause and effect' is rife in all stages of human life.**

Sarah: So, also, with the animals, maybe not in this lifetime, but in a previous lifetime?

**Yes, you cannot always make judgement.**

Sarah: Could you give me an example—I can understand where humans go wrong—could you give me an example of what an animal might do wrong?

**An animal may kill its young, and too often we hear humans say, 'that is their natural way'. That is *not* their natural way. Too often, if they hunt for food—the big animals—that *is* their natural way—to survive. But, if you have, for example, what shall we say, a domestic animal that turns upon its young—that is not natural. No matter how many times you hear that said, it is *not* a natural occurrence.**

Sarah: That's interesting. Thank you!

**I hope that helps you.**

*Agreement*

**And, now I feel, my dear friends, it is time for me to leave you—allow some others if they wish to come, or whatever takes place. I leave you always cloaked with my love.**

George: It's been an interesting session, Salumet, and we're much rewarded, by your presence. Thank you! **Thank you my friend, I hope you can take something from this evening.**

Sarah: Yes, I am sure we can. Thank you!

*General thanks*

George's Notes:

### Russian Association for Instrumental Transcommunication (RAIT):

Professor Artem Miheev leads the RAIT project with successful results that have been replayed on St Petersburg radio. He and no doubt many others are now convinced that the 'other world' really exists. There is considerable historic record preceding this more recent work:

1949: Marcello Bacci began studying the background sound in radio frequency broadcasts.

1959: Friedrich Jürgenson whilst recording birdsongs, found that he also had messages from close relatives on the tapes—his mother, father and deceased wife.

1964: Dr Konstantins Raudive, Latvian scientist and practicing Roman Catholic, studied parapsychology, was a student of Carl Jung, taught at the Swedish university of Uppsala—read Jürgenson's book *Voices from Space* and was impressed. They met and they collaborated.

1971: Raudive published *Breakthrough on electronic voice phenomena (EVP)*. His recorded voices were in German, Latvian and French. A woman's voice saying: *Va dormir Margarete (Go to sleep Margaret)* had particularly impressed him, since it connected with a dear one, Margarete Petrautzki, who had recently died. Raudive spent the last ten years of his life exploring EVP and recorded more than 100,000 tapes. Four-hundred people were involved and heard the voices. EVPs typically use several languages, speak rapidly and seem to have a fixed rhythmic mode.

1970s: Ernst Senkowski introduced the term *Instrumental Trans-Communication (ITC)* for spirit communication through any electronic device.

1982: Sarah Estep founded the American Association of EVP and made many recordings. EVPs broadly fall into three classes—microphone / radio / special devices.

Perhaps EVPs are less 'natural' than the voices via mediums. In the latter time-honoured process, brain downloads the thought or the thought-behind-the-words and human emotion and voice character are frequently involved in what is said; hence, EVPs are bound to be more mechanical or not at normal human speech speed. These aspects have not so far been discussed with our teacher.

### Craniosacral Therapy (CST):

A brief note on origin of CST was mentioned last time. Further to that—Salumet states: *If it works for the people, how can that be bad? How indeed!* Kelly and Paul have both attended courses in Thailand, and it is our experience that the treatment is successful (excepting those situations, of course, that are meant to be).

1975-1983: John E Upledger and Ernest W Retzlaff set up a team at Michigan State University to study observed pulse and Sutherland's theory of cranial bone movement and cranial rhythm. They published results that they interpreted as supporting. Upledger generated the term *cranioSacral therapy* based on corresponding movements of cranium and sacrum.

CST is generally carried out fully clothed in supine position and treatment time is around one hour. It is based on a 10-point protocol which includes sensing, rhythm-analysis and addressing cranial bones, with discretionary variations to suit clients.

Despite these tests and findings, there has been considerable doubting and criticism from professional bodies and the suggested complication of a required insurance cover. This would seem completely unnecessary and senseless for a spiritually connected laying-on-of-hands procedure that involves no chemical treatment. And, as stated, it is both our group experience as well as Salumet's testament that when the spirit is touched, the treatment works!

### **SALUMET – 10<sup>th</sup> May 2010**

Firstly, our teacher friend Jane spoke, via Emily again, giving Emily further practice to develop as a young medium, before Salumet began:

Lilian: Welcome to you Salumet. Lovely to have you with us again!

**Good evening!**

All: Good evening.

**Firstly, let us welcome our visitor this time. (Alan)**

Lilian: Yes, I'm sure he's thrilled that you've come through again.

**I do not intend to stay too long this time, but I wanted our young instrument to take advantage of the energy within the room. It helps.**

Emily: Thank you!

As I join with you this time, I feel your energies are a little depleted, but do not be concerned. As always, we will help to uplift and make you feel stronger, before you leave the room this time.

*Thanks expressed*

I have to say to you that each one of you, including our gentleman friend—you all are seekers of 'Truth', but so often we hear from you: what is **Truth**? What *is* **Truth**?—it is not an easy question to answer, because I am sure you are aware, my dear friends, that one man's truth, may not be suitable for another. I have for you something which has been said to us here in spirit, on many occasions, when the subject of truth has arisen. Some lady once said, 'I know what truth is!', and as always, spirit stepped back and allowed her to take the forefront of the meeting, in order to explain what truth was. I am still amused by her reply. She said: if you take the letters of **Truth**, does it mean: 'Take **The Road Up To Heaven**?' And we, in our world were amused that she had taken such time to figure out in her own way the meaning of Truth. I can tell you, my dear friends, perhaps truth *is* the roadway to heaven, but I say to you Truth is deep within yourselves—Truth is already known. What you have to find for yourself is the element of Truth with which you are satisfied. That is *your* truth, but, as you know, I have taught you, my dear friends, that *Truth has always been*. Truth will never be destroyed, no matter how many people deny the existence of the Truth. But as you, as human beings, become more thinking and reasoning with yourselves, you begin to understand, it is not just *words*, but it is *feeling*, it is *sensitivity of life*—it is many things. So, my dear friends, I am saying to you all: please consider this time, before we meet again what you feel your own **Truth** is in this lifetime. I am sure you will be quite amazed by what you feel and what you recognise. So let us say, this is an exercise for you all—to think carefully about what is Truth—and with those words, I will take my leave of you, and allow your evening to continue. As always, my dear friends, I leave you with much love.

George: Thank you, Salumet. I'm sure we shall all think about *truth*—and our perception of it.

It is *your* perception—that is the important point—yes.

Lilian: Accepting that other people are different—

Well, we will take time, my dear friend, to discuss and consider each of your revelations and we shall see just how closely in unity you are—or not—but we shall see. Now let your evening continue.

Sarah: Thank you for coming.

*There then followed communications via Sarah and Eileen relaying personal messages for the sitters.*

## **SALUMET – 14<sup>th</sup> June 2010**

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening.

**It pleases me greatly to join with you once again.**

Sarah: It pleases us that you have come, Salumet.

*Wholehearted agreement!*

I am not unaware of your expectations. I will speak with you this time, only briefly. Once more, my dear friends, we extend our thanks to you all for your love and your healing thoughts for others. It makes our task so much easier when we have people who know how to give out prayer in the proper manner. All too often, words are spoken without thought and feeling; so it is most helpful to us in spirit that these healing thoughts be directed in the proper manner. I wish to say to you this time, my dear friends, that each one who sits within this room, in this your coming year, will become much more aware of the single entity, who is willing to help you develop. It is your task, my dear friends, to open up your hearts and to recognise those who come close to you, as I can assure you, they intend to do so.

*Thanks expressed*

These helpers have chosen each one, in order that they can help you in your stage of development. It may be that you each feel something quite different from another; but no matter, that step forward is for you, as individuals. I feel, my dear friends, that for you, this indeed will be a *big* step forward in your awareness and knowledge of spirit, but it is a two-way co-operation. You must not, in any way, close yourselves off from the influence which is round and about you. And with those few words, I hope, my

**dear friends, our joining together this time has been fruitful for you, in having a little advanced knowledge to help each one on their way.**

Sarah: Could I just ask if this spirit that's going to help us, is this a new one, and not one of the ones who has been around us before?

**These will be new to you—new to your consciousness, but of course, they know of you (Yes). They know you, but as far as your awareness goes, they will be new to you.**

Sarah: Thank you very much!

Lilian: So could it be a family member that we've known?

**It may well be.**

Lilian: I see—

**I will not tell you—otherwise we lose the purpose.**

Lilian: —but it could be?

**It could well be! Yes.**

Lilian: Thank you!

**But, please, try to be open to them.**

Sarah: Thank you. We're always glad of help.

**It will not only be within the confines of this room. The awareness will, hopefully, expand to all times of your existence—to all time of your day. But of course, that does not mean you have to be open 24 hours per day—but that you will, perhaps find little synchronicities at times—that will be your influence from spirit. Just become aware of all of these things.**

George: Yes, that's lovely information to have. Thank you very much! **(Yes)**. And I imagine you will wish us to speak on the subject of 'Truth' next time?

**Yes, if you do not mind, we will leave it until next time. There is a reason for that which will be made known to you.**

All: Thank you.

*Salumet's communication was followed by a very nicely spoken lady from Victorian times via Eileen. She endeavoured to 'show' herself and Sarah was able to describe some features. She spoke of studying butterflies and garden flowers and kept a diary. We chatted—a country-dweller who described herself as reserved and who sadly died of consumption in her 27<sup>th</sup> year. It finally emerged that she in fact had a message for Emily—it had taken a little time to recall the message: an encouragement for Emily to develop her artistic skills.*

*Another followed via Emily (still developing as a medium) and this was to aid her development. This one, it seems, has the job of visiting various groups to help in this way.*

George's Notes:

**FACTS EMERGING FROM THE BONNIOL ET-CONVERSATIONS / Book: The Chronicles of Aerah:**

*Significant facts concerning space, ET-communication and planetary ways have come from or have been confirmed by the Bonniol conversations. Many revelations were, and still are, considered to be of such magnitude as to justify presentation in their full ET-conversational context—hence the book's format—a Star Trek style but strictly NON-fiction adventure that reveals TRUTH OF EXISTENCE. And the reader can see exactly how everything came about. But there are some we know, who would nevertheless welcome a concise list of the main items of scientific or philosophical interest that have arisen. The following list, we consider, to be such factors worthy of note:*

- 1. Mind / spirit / consciousness are external to space-time, so that mind-link conversations are instantaneous (as with telepathy, prayer etc).*
- 2. Within space-time nothing travels faster than light speed—'C'. Spirit is a domain that has no space, and so minds, wherever located in the physical universe, can simply link.*
- 3. Mind-link can operate at any physical distance, even beyond the observable universe. Physical distance is irrelevant.*
- 4. Brain can download thought or the-thought-behind-words to its known language, so that translation is taken care of in conversations and is entirely automatic.*
- 5. Crop circles are attempted communication from UFOs in our space sector.*
- 6. UFOs can travel faster when in dematerialised format.*

7. *'Traversable wormholes' are quite numerous in space and they periodically switch direction. By inference, they are a balancing mechanism between regions of space that convey an (undefined) flux or energy.*
8. *Physical spacecraft travelling wormholes will travel at huge speed. It is inferred that they would not exceed 'C' locally but would appear to greatly exceed 'C' relative to the wormhole exterior.*
9. *Meditational mind-link is a favoured method of communicating used by other physical beings inhabiting this universe. It obviates both language and physical travel difficulties.*
10. *'Materialisations' are possible using developed mind power, to the extent that light industry can be superseded; also houses can be group-mind created / erected.*
11. *'Teleportation' of objects between planets is a real possibility but yet to be demonstrated.*
12. *A pyramid-shaped building with one pair of sides aligned to planetary rotation contains energies that can be utilised in a number of very useful ways.*
13. *The element 'carbon' is a vital regenerative element and is common to all planets in the universe that have life.*
14. *Earth has been visited by extraterrestrials at various times in our past and there is much evidence of their visits.*
15. *There are many forms of energy that could be utilised by a civilisation, including an interesting one, part of which is evident as 'plant aura'.*
16. *Following sufficient mind / spirit development it is possible to communicate with babes before birth and with relatives long after death.*
17. *Reincarnation and the existence of planetary spirit realms appear to be a general pattern throughout the universe.*
18. *Spirit interacts with the space-time creation—as spirituality increases, the matter-density of a planet decreases. This means that, in the lengthy passage of time, everyone and everything becomes lighter.*
19. *There are higher beings—angels, guides and teachers that help other planetary cultures in their way forward, similar to the situation here on Earth.*
20. *Continuation of advances in science / technology MUST go hand-in-hand with mind / spirit development, or be short-lived. It follows that the vast majority of other cultures having wonderfully advanced technologies, know 'love' and are not to be feared.*
21. *There is a universal spirituality known and understood by advanced cultures throughout the cosmos that is beyond any individual religion. It is inferred that a multiplicity of religions are at best 'stepping stones' towards this (otherwise there would be only one).*
22. *All planetary cultures of our knowledge recognise the one Creative Principle, known to many here on Earth as 'God'.*

*But to grasp the full adventure and to know that we all share our place in it, turn the pages of the book—and remember—the adventure goes on with Bonniol's continuing visits, all to be posted in due process. This document has been uploaded to the website: [www.salumetandfriends.org](http://www.salumetandfriends.org). And of course, the book also accounts much, much more, not least Salumet commentaries, cultural details of Aerans and others, clairvoyant scenes and Earthy scientific / cultural comparisons.*

**SALUMET – 21<sup>st</sup> June 2010**

Lilian: Welcome Salumet.

**Good Evening!**

All: Good evening.

**As we join together this time, let us give a warm welcome to the one known to you as 'Natalie'.**

Lilian: Yes, it's lovely to have the younger people here.

**Yes. I would say to her—what is your question?**

George: Do you have a question, Natalie?

Natalie: I can't think of anything at the moment.

Paul: Maybe it will come (Yes).

**Yes, she has a question, but we will leave it for now. But although she has not been included in past weeks, we would like her to participate in our topic this evening—and that, my dear friends is: what is your Truth? You remember last time I said we would speak about it? (Yes). Yes, I delayed it from last**



time, because some of you have had much deeper thinking this week, but, my dear friends, it may sound like a simple question, but, I am sure, each one of you has found it to be not so easy (yes). Yes—therefore, my dear friends, let me say to you, let each one of you speak, whilst the others listen, and then when each one has finished, you may converse among yourselves to see what similarities or how different your own truths may be. Are you happy to do this?

*Affirmations*

**I will not interrupt whilst you are speaking.**

George: Perhaps we could begin with an email from Jette, from Denmark (**Yes**)—who has sat with this group (**Yes**) on occasions and perhaps I could read what she says.

*A small shielded torch/flashlight is used on these occasions*

George: Jette receives our transcripts and thanks us for sending them. She says: “As always, I feel just as near as when I sat with you. On the question—what is truth?—I would like to give my sacred wisdom taught by Jeshua Ben Joseph, my friend and teacher. I have adopted his words of wisdom: *“The truth is true always—there is only LOVE—lots of it”*.

**I thank her for those words. Yes, truth is that all-encompassing love, which you are all aware of; but what I am more interested in is the individual interpretation of your own truth.**

Lilian: So we’ll talk amongst ourselves. I know Sarah and I had the same ideas, didn’t we Sarah?

Sarah: Well I can say what I felt was it was the inner knowing, reaching out to what we instinctively know is right and wrong—in that sense, that’s a truth—it’s searching for—you’ve told us we’ll never actually get as far as the Great Creator, but everything that has been created—anyway I just feel that it’s what’s inside you—the inner thing. I can’t get anything like as good an interpretation of truth as the other person you mentioned—**The Road Up To Heaven**. All I could come up with was—**Thought Races Upwards Towards Home**. So your thoughts, which you say are the most powerful thing we have, are searching for the truth which is in *spirit*, which is *home*. That’s as near as I can get.

Lilian: But on a daily basis, it’s listening to yourself and knowing right from wrong—yes, I think its inside—it’s part of us—the truth is part of us

Sarah: I think it comes out in you, as well. It makes the person. The truth is not just what’s inside you—it sort of seeps out into your whole being. So that when you meet somebody, you feel something about that person, because it’s that inner something that’s glowing out—or not glowing out of you!

Lilian: What about you Paul?

Paul: Yes, I thought that was a very good description. I was also thinking along those lines of the inner knowing. When you *hear* truth, you feel it inside, and, also, when you *speak* the truth, its coming from—you could say, your centre or your heart—the gentle heart area—or you could say your ‘core’. I think we’ve talked before about the spontaneous thought—the first thought being the *true* one, coming from your spirit, rather than the secondary things, which are often from the mind. They’re not from the heart—that inner central part of you.

Sarah: When you say the mind—do you mean the mind or the brain?

Paul: Oh yeah, the logic side—the reason side. That’s okay, but that’s not ‘truth’ for me. Truth is much more coming from what you know—not theoretical, not deducing or anything, it’s from all your spiritual knowledge and experience.

Lilian: So it would be different for everyone, wouldn’t it?

Ann: It is different for everyone, isn’t it?

Paul: Yes, it’ll be different, but I think there’s something that’s shared as well.

Sarah: The *core truth* is the same for everybody.

Paul: So if someone speaks the truth in this room, we’ll probably all feel it.

Lilian: What about you Ann?

Ann: Yes, I think I went along a slightly different tack. I felt there is an inner knowing—as I’ve been reading the transcripts over the years and I came to know within me that what Salumet what saying was true. I feel truth is about your belief and values and, for me that is—I AM—always have been—and always will be, and that I am one with all Creation and what I think, do or say about or to another, is as about or to myself. This seems to me my truth—not necessarily anyone else’s. For me ‘Do as you would be done by’ is important, though I often don’t practise it, and also, ‘there but for the grace of God go I’.

Lilian: George?

George: I've tried to reason from a slightly different direction—beginning with: truth is *that which is*—but *that which is* requires careful definition. *That which is*, is the physical space-time creation, and the spirit creation that has form, and the spirit creation without form—all is in total 'an expression of the Creative Principle'—so in a sense, one might say that truth *is* the Creative Principle—and that embraces 'love'. And it came to me quite recently—well this last week, and, in a synchronistic way. I was looking at the pages of a book and it referred to the ancient manuscript known as the Bhagavad Gita, and, in slightly different words it stated precisely this—that 'truth is the Supreme Godhead', and of course, the Creative Principle permeates all; so that, I would say, is 'truth'.

Lilian: But it must change with each lifetime as well—

George: Yes! I meant to say as well that we are all part of the physical and spiritual creation, and we are evolving with the entire system, as we are each evolving along different pathways, and to different extents, our perceptions of that truth will differ from one to another.

Lilian: We know there can only be one truth, but I was thinking if the Christians follow Jesus—that's their truth and the other religions as well, so it must change as we go through the lives. There is only one truth.

Sarah: Yes—and all religions really are based on the Great Creative Force or love, so it's all the same.

Lilian: How about you Natalie? Have you had any thoughts?

Natalie: It's that feeling inside when you know what the truth is—conscious truth.

Lilian: But even then we get it wrong.

Ann: Yes, it changes too, doesn't it? Our truth now may not be what it was thirty years ago.

Paul: It grows, maybe.

Sarah: I feel truth is the same. Truth is always truth, regardless of what happens—how we develop or not develop—truth is a sort of static thing.

Lilian: It's what we are searching for maybe.

Sarah: And what *is*.

Paul: Nothing is 'static' exactly. I would say, everything is evolving (Yes). The core of it is the same and yet, it's also expanding.

Sarah: I think 'static' was the wrong word. What I meant was it's unchanging and yet your perception changes, but the actual truth is always going to be much the same. It is just your interpretation of it—

George: I think the central truth can also be approached from different directions. We, for example, know 'spirit' that has always been, and perhaps the closest part of creation to spirit is what we describe as 'the void.' But today's scientists—some of today's scientists—are, through their theorising, describing what they name to be the 'quantum vacuum', and they ascribe properties to this—timeless and without space, and I rather think they are describing 'spirit', or what we would call 'the void'. So that is coming from quite a different direction. I think they too are homing in on truth.

Paul: Is there a distinction between truth and love?

Ann: Probably not.

George: Well, I would say we've all, I think, mentioned the connection to creation and the creation has been created in love, so there has to be a close association, I feel. One might say the creation has more shape to it than pure love, which, I feel, is of a more abstract sense. It is easier to describe the creation than to describe a formless love. I'm not sure if I am phrasing that properly.

Sarah: Salumet has always said everything is always done in truth and love, so perhaps there is a slight difference there, but, perhaps they just go hand-in-hand.

Ann: Yes you can't have one without the other.

Paul: Yes, I feel they are part of the same ball. They are the same—energy—

**I feel now is the time to join with your conversation.**

George: Thank you.

**The diversity of your words are most interesting. You see the connections and the differences between you. I am sure you will agree. I will say only this to you, my dear friends. You have spoken much on truth, you have each given what you feel to be truth. I will say to you: 'cosmic truth' cannot be transmuted in any way, and yes, you are right—truth is love, but the purest form of love, which you each, as individuals, have not encountered. Love is subject to many emotions when you speak as individuals, but**

**'cosmic love' cannot be changed. It is the very 'being of existence'. As the gentleman, here, by me, has said—it is a word, love is only a word used to describe the indescribable. When we speak of truth—yes, it changes with each individual life and your perceptions of it, as someone here has mentioned, but what is your own individual truth in this lifetime? It is your very being, your heart, your soul, and, someone too has mentioned instinctive feelings. All of these things play a part in individual truth, and I feel, my dear friends, that you have captured, between you what truth truly is; but what I would have liked to hear is a little more of your own personal truths in this lifetime. Each of you has touched upon it briefly. One's own truth may not be another's truth. You are correct in that assumption. That is why, on this Earth plane, there are so many disagreements among mankind, because man cannot agree with what another feels and thinks to be truth. I'm sure you would agree.**

All: Yes!

Sarah: So if that is the case, and is always going to be the case that we have our different truths—you've said there will be a time when, with love, we will all get on alright together, but it's going to take a very long time **(Yes)**. They're not going to agree, but they have got to agree on the differences. But then mankind will never truly agree, surely, if we are going to have our own different truths?

**Whilst mankind is clothed in physical garb, there will be difficulties, but never doubt, my dear friend, that we in spirit work tirelessly for the knowledge of the cosmic truth to be given to each one—not 'individual truth' but 'cosmic truth', and that will take much time. But as the gentleman has already said, your scientists are now beginning to find that all that has been believed to be true is changing, and that is as it should be. That is because of the influence from our world. But Truth is Love in the purest sense; Truth can never be changed, because *Truth is existence*—purity of existence—Creation and all that it encompasses.**

George: And where we have the many disagreements in the world, I think it is part of our growing up **(yes)** to *recognise* that this will be so, and to no longer go to war over silly differences, but to simply recognise that there *are* differences and this is as it should be—

**Yes. Each individual, as the gentleman said earlier, you need to find that 'core being' to truly understand yourselves, first and foremost, and then to look outwards and to extend that love from within. That is the way forward to recognising truth. It must first come from within. Have you any questions?**

George: I was just thinking about politicians, and sometimes they speak as if it is all on the surface, but sometimes there is one who speaks and one *feels* that what he is saying has come from within. Does that make sense?

**Of course, you are as human beings different from one another. That has been your choice, my dear friend—that you come to be cloaked in this physical overcoat with all of its restrictions, in order that you may learn a little more; that that spiritual aspect of you can come to the fore, to recognise and then to give forth the knowledge from within. You understand? (Yes) And that my dear friends, is the basis of your own 'individual truths' in any lifetime. That is what you are trying to achieve.**

Sarah: I was just thinking, in this country, we're very free to have our thoughts and, obviously, in private, you can think what you like, because nobody will know what you are thinking—

**Ah! But we do!**

Sarah: Ah, you do! But I was thinking, in countries where people are very oppressed or even brainwashed—the *humans* wouldn't know what you were thinking. Also, it must be very difficult—I know they choose their lives, but still it must be very difficult if you've been brainwashed. I was thinking of the Japanese—I was reading about 'The rape of Nanking' and they were saying the Japanese were treated badly by their superiors, and each superior treated the person under them badly. When you've had a lifetime of being treated badly and perhaps not having chance to think well—it's a lot harder for those people to let their own truth come out, because, I suppose fear plays a part in it as well.

**Yes, we do not deny the difficulties and the troubles of your world, but remember, each one of you, as spirit, has a responsibility for your own thought. No matter what happens to you in this one life, I am sure, each and every one of you must be aware of those individuals who would seem to rise above all the terrors that exist in your world and their light shines forth. That should be the aim, no matter what circumstance you find yourself in; you must keep that light shining brightly. No one says it is easy, and we do understand the fears, and the terrors and the injustices of your world; but man has created these**

**things for himself. But the light within, as you go through this lifetime, or any other lifetime, needs to be nurtured, needs to be made strong, so that link with your own soul outshines all injustice.**

Sarah: We're lucky—we've had your teaching. There are many others who are not as fortunate as us.

**But they are never alone (No), but because of situations, they cannot find themselves. That is the sadness.**

Sarah: And also, if they're brought up to believe that there is no other life than this life, that makes it doubly hard for them? **(Yes).**

George: Could I just say that this has been a wonderful exercise! We have tended to think at personal levels—those personal levels within the great complex of Creation **(Yes)**—it's helped me to realise just how complex and how wonderful **(yes)** the whole system is—with the different parts, the space-time creation, the spirit part with form, the basic formless spirit, and the lines of communication and feedback between all these parts **(yes)**, and it's an incredible recipe for an ever-on-going-evolution, and I feel I've become more aware of this as a result of this 'thinking exercise'. Thank you, Salumet!

**I thank you, dear friend. What I wish to say to you now, before I take my leave, is this, my dear friends: That remember, no matter what your lifestyles, no matter what your thoughts, your feelings—however you may describe yourselves—that deep within, my friends, you are sparks of pure love. Keep this in mind and always you will be guided on the right pathway, not only in this lifetime, but when you return home, that knowledge of who and what you are, can rejoin that purity of spirit. And with those words, my dear friends, I will leave you as ever, cloaked in the love of spirit, and know that I am with you always.**

*General quietly spoken appreciations*

George's Notes:

Bhagavad Gita: Hindu, Sanskrit manuscript (Song of God) of the teacher Krishna.

*Quantum Vacuum: The quantum vacuum or zero-point field derived of quantum mechanics has no particles but particles may be created from it—it is not 'empty space'. It is a required part of theory to explain 'cosmological constant'. In Sanskrit, the 'void' is 'tamas', described as 'vacuum of 3-D space and ethereal space is 'akasha', which produces all things.*

Rape of Nanking, 1937: Said to be the worst atrocity of the World War II era. When the Japanese Imperial Army took China's capital Nanking, 300,000 military and civilians of the population of 600,000 were murdered.

## **SALUMET – 5<sup>th</sup> July 2010**

*Last week, a group-energy enhancement was received, during which we held hands to physically complete the circle whilst being taken on a meditative journey. Following that experience, we now likewise hold hands for about one minute, as a standard practise at the start of a session. And on this occasion we gave thanks for the unity*

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening!

**Firstly, my dear friends, to join with you this time, I can feel your lightness and your brightness. It is heartening to see that you are beginning to take control of your own developments. That is good!**

George: It's very pleasing to hear. Thank you!

**For so long, you have listened to this spoken word and listened and received encouragement and help from many, but it is so good to see that at last you realise that together you can achieve much more. And, as you know, this has been our desire for each one of you. Last time, there was much energy in this room, and, although I was not with you, I was aware of the energy that was building among you.**

Lilian: Yes, we were all aware of it.

George: It was an interesting session last week, and I was going to ask you if you were aware of it and the help we received in blending—in further blending our energy.

**I would say to you, my dear friend: anything that helps you to become more aware of spirit is, of course, good for you. But the very fact that this evening you have all decided to progress and go further with that feeling of energy from last time, is good for you all. It shows not only, your individual endeavours,**

but, that, now, you truly have become, a unit of energy, and I know, each one of you here was much aware of what was happening last time (Yes). Yes—there is so much for you all to achieve, individually, and as this one group. The power of the energy that can be used from you enables us in our world, to bring much more to you. So continue, my dear friends, in that form of development, and see what can be achieved. I do not intend to tell you what you can achieve. That is for each of you individually to know.

George: And, Bonniol, who looked in at the end of that session—he was, clearly, well aware of the energy improvement.

**Yes—which is understandable, I'm sure you would agree. (Yes, yes!) Heightened spiritual energy is the basis for many happenings—many spiritual happenings.**

Lilian: Also, there was a lovely smell of some kind—perfume—just coming and going.

**Yes, it is just that your awareness has opened. There have been many occasions when these things have happened and no one has been aware.**

George: I suspect that Bonniol was attempting to materialise flowers. There was some degree of awareness with us, that something was happening (**yes**), and the perfume seemed to be noted by four of us (**Yes**). It was possibly the perfume of the attempted materialisation—I'm not sure but that was my guess.

**I would just offer one word of caution to you, my dear friends, inasmuch as you all *desire* something to happen, you almost want too much. Be open, be aware, but just allow it to happen (Yes). When you become too focused and eager, that is the human side of you—that element of your being which is impatient. So, I would suggest to you—to just stand back a little (yes), and when that energy has built, allow it to offer what it can.**

George: We shall be pleased to take your advice!

**Yes, I know it is not easy, but nevertheless, I have given it to you, to think about and ponder.**

*General thanks*

**Now I will say to you, I am not staying with you too long, because you have much work to achieve, and there is much, and many who are waiting for you. So, once again, my dear friends, I say: offer yourselves to us in spirit, and we will endeavour to help in any way that we can.**

George: Could I, Salumet, just briefly mention a new contact we have in Australia?

**Yes, of course.**

George: Emanuel has contacted us and he has been reading the many transcripts, and he is doing his meditations, and has sent in a question about meditations. I can answer him by sending him the information that you have already supplied, but he also mentions that he has developed the habit of a protective prayer before he begins. Would you comment on that?

**If that is his way of feeling protection, then that is so; it is neither right nor wrong. Each of you, individually, in meditation, chooses your own path, chooses the best way for yourselves to go to that deep state of meditation. Of course, if you are by yourselves, it is only sensible, I hasten to add, for you to have protective cover. It need not be an invocation of any kind, but just a realisation that all is well and you can surround yourself in that pure white energy. I would say to our friend, to continue in the way he is, if that is what suits him. I would say that as he begins to sit, from the beginning, to just surround himself with that pure white energy of love. The only problem—and it is not a problem—that is the wrong use of your words—that when you begin with invocations and words, you are not *allowing* yourselves to go more deeply within. The *silence* is what takes you within. You understand? (Yes.)**

**Whilst you are vocalising, then your mind is active. You understand? (Yes.)**

**So, I would suggest to our dear friend, that he learns to slowly, slowly, go deeper and deeper to the stillness and the quietness.**

George: I'm sure he'll be absolutely delighted with that message.

**But I say as long as you are endeavouring to go into that quiet time, you will be given all the help that is needed, provided that meditative state is being used for the right purposes. So many people, on your Earth planet, believe that when they go into that stillness, and that quietness that they can ask for all manner of goods and objects for their earthly life. That is not a spiritual meditation. You understand?**

George: Yes, I'm sure we all understand that.

And now, my dear friends, there are many who stand by you this evening, waiting to encourage and to help you. Please open your hearts and your minds to them. I will leave you now in the capable hands of our dear lady friend, and say only to you: do not be afraid to say what you feel and what you experience. The opportunity for growth is here with you in this room.

*General thanks*

*There followed one who dropped by for a chat and gave advice regarding the need to take account of tiredness.*

*Next, there was a 10-year-old child rescue via Eileen that Lilian carefully handled—firstly extending a hand to sooth the memory of head-pain. This one had—without recognising the fact—died in hospital, and was preoccupied with missing mum. Lilian was able to encourage the little girl who gave her name as ‘Sandra’ to move on to join other children awaiting her where she would get completely better—and Lilian was able to give assurance that her mum would know where she is and that she would indeed see her mum again. [Knowledge of her new status would be much better assimilated and understood in spirit in due course.]*

*It is a shame that our children are so rarely taught about the ongoing life in spirit. If they were, it would make their transition easier. The communication we had with our Aeran friend Bonniol, 31<sup>st</sup> July 2006, was extremely thought provoking in this regard. It seems that on Aerah, their children are taught the ways of spirit from a very early age, so that they are well aware that death is not the end and life simply continues—and communication with loved ones after death can also continue.*

*Audios of ‘rescues’ are available on website: [www.salumetandfriends.org](http://www.salumetandfriends.org)*

**19<sup>th</sup> July 2010**

*Our evening began with 30-minutes silence; then we became aware of someone with Eileen, who took us on a meditative journey, the audio of which is available on the website: [www.salumetandfriends.org](http://www.salumetandfriends.org)*

Lilian: Good evening and welcome.

***Good evening.***

All: Good evening.

***The reason for the silence has been to allow you to become more relaxed and at peace with yourselves. I have been instructed to take you on a journey. To begin this journey, you must imagine in the centre of the room a huge ball of light which is orange in colour, and emanating from this ball of colour are arms extended to each one of you that is giving you healing and letting you feel the love of spirit. So, as you begin to feel this love and peace, we will begin our journey.***

Lilian: Thank you.

***If anyone does not feel able to begin this journey, then just sit quietly and absorb that healing ray, and, as you gather together, you feel a kinship and a friendship which far outweighs any physical feelings you may have. And so, we begin our journey—we begin to travel together in love, and, as we take each step, we feel happy, we feel light, we feel loved—secure and happy in the knowledge that we are surrounded by love. Ahead of you lies a wide, bright pathway, and as you start to walk down this pathway, I want you to feel the warmth of the sun, although you cannot see the sun, but you feel the warmth and it encompasses you all. And, as you continue along this pathway, to your left there is a field and in the field there are many people—men, women and children. Stop a minute or two: gaze and see if there is anyone you recognise among those smiling faces. Stop awhile if you recognise anyone.***

***And, so we continue, and as we continue, you feel lighter and lighter, and all the time absorbing what is around you—the beauty of the trees and plants and even the purity of air. So we continue and you become lighter and lighter and you feel good about yourselves. Ahead of you lies a slope. Some of you may not want to go any further. If not, sit still under a tree and absorb the beauty around you. For those of you who can continue—go upward, upward, up this path of light, and ahead of you there is a gate which is locked. So, my friends, you stop, and you look around you, and you feel a pull to be on the other side of this beautiful gate. Those of you who can must put their arm across to reach the key of this gate. Please do so now. As you pass to the other side of the gate, there await you two people who stand beneath an archway of beautiful roses, and you cannot feel the ground beneath you. It is almost as if you are floating along. These two people beckon to you and if you are able, I would like you to go closer and closer to them. There is a gentleman there in white cloak, and you cannot now see his face, but you know***



*that he is smiling at you. The other one should be someone recognisable to you—someone who has trodden this pathway before you. Make your choice—who do you go with?*

*Take their hand and continue along the path, and as you go along the pathway of this beautiful garden, you are imbued with much colour and much love, and yet you do not know where this great love comes from, and yet you feel part of it. Stop awhile and feel that energy which fills you with love. Be aware of how you feel. Discard that overcoat that you call a body and feel the love and the lightness which is there. Sit awhile and speak with either the gentleman or the person you recognise. Allow yourself some time to see that beauty, to listen and to learn, and I will return for you very soon.*

*A few minutes passed—*

*Are you ready to return? Gather together and follow the gentleman along the beautiful garden path. On the way back, there is one rose that he wishes you to stop and smell. Remember the smell of this beautiful flower, and as you continue back towards the gate, give thanks for the love and protection that has been given to you. As you approach the gate which is still locked, you need again to re-open the gate and go through.*

*But now, ahead of you, there is not one pathway, but two. Which one do you choose—the left path or the right path? The paths are the paths of life and the paths of knowledge. Go down the path which you feel drawn to and on your way, we will collect anyone who has waited for you. And now, as you continue back along the wide open path, you begin to feel and recognise your body and you are surprised how light you still feel, so continue onward—acknowledge those people in the field who are working and whom you may have recognised. Carry on along the path with each step, knowing that your body becomes a little heavier—a little heavier with each step that you take. Continue until you find yourself back with the glow of orange which has been supplying you with love and knowledge. Give thanks to that orange glow of love, and slowly, slowly, recognise who and what you are. And I would like you, as you return back, to remember what you have felt and what you have seen. Know that this evening has been one of upliftment for you. You might find that your thinking is much clearer when you leave the room this evening, and, with those words, I have to leave you, and hope that I have done my task well.*

George: A wonderful journey. You have done well! Thank you.

*General thanks*

*There followed our discussion of what had taken place. Phrases picked out of the conversation include: The feeling of leaving the body and becoming lighter impressed us—it was like a journey to heaven, through the gate—why the lock? To illustrate there has to be a conscious effort perhaps—like a pre-dawn feeling, the start of something new—the decision to go right or left was really very difficult—I didn't really mind which fork but I seemed to get pushed!—an exercise for moving forward—an indication of where each is at this minute—the gentleman was tall and had an indistinct face—the knowledge would have been 'spiritual knowledge', not general knowledge—but of course, spiritual knowledge is inseparable from creation knowledge*

*Another then spoke with powerful voice via Sarah:*

***I am so happy that the journey you have all been on has been so informative. We are glad that the discussion that it has provoked has opened up your hearts, and the purpose for the journey has not only been for you to discover more about yourselves, but also to allow that freedom to flow through you and in such a way you have been able to bring out such wealth or depth of your spirit to the fore. You have opened many channels and in doing so you have allowed many to come much closer to you. This has also been part of your learning, because now we can help you to further your journey, which has already taken you further than you were before you started this evening's meeting. We hope that in the future we will be able to do another such journey with you and it will be interesting for us to see which direction you go next time. So I thank you for following the words and we hope that it has not only been of benefit to you, but it will be of much benefit to us, because, as I said, we can now help you in many more ways.***

Paul: Very good!

George: We thank you and all concerned in this exercise, and we do appreciate all that you are doing. Thank you very much!

Sara: It's a wonderful gift, because we all want to progress. That's for sure, so we're very lucky.

Paul: Yes, another very good lesson for us.

***The lesson is, as always, a two-way one, for you and for us.***

Paul: Things are so often two-way—I've been realising. I do a bit of healing work with Emily who is here. She says it helps her. But it helps me, I think—a lot—it seems that everything is two-way.

***You see, although 'we' are in spirit, what you have said is exactly the same as for us, and it is indeed true of all life, do you not feel that when you do a good deed for someone that you benefit as much in the good deed as the one who is receiving?***

Emily: Definitely.

Lilian: Yes, we can feel that physically as well as spiritually.

Sara: We all have a strong need to give, I think, in whatever capacity. I find that in every type of work I do—for me it is a release and I feel better for doing it. I like to give upliftment as well as spiritual inspiration.

***I can assure you that once you come back to spirit, that urge to help will be useful. So, I will leave you and we will perhaps come together again in the not too distant future.***

Lilian: We look forward to meeting again.

*General thanks and farewells*

*Finally, Eileen was briefly impressed or overshadowed by another. She seemed to become a leader, hearing the word 'king' declared several times. She was seated, was aware of leather footwear and there was a huge feather fan—as if an Eastern, possibly Polynesian, potentate. Then she was Eileen again. Perhaps there will be more on this next time.*

## **SALUMET – 9<sup>th</sup> August 2010**

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening.

**Firstly, my dear friends, let us welcome back the one who has been absent for a little while—absent only in the physical, but not spiritually, because, as you know, once connection has been made with us, then it is never broken. This applies to all those who are not here this evening, also. You all, my dear friends, have become a spiritual union, a union that has become strengthened as time has continued. For this we ask many blessings that you may go forward and continue to grow individually, in the most spiritual way that you can. Each one of you has, no doubt, given thought to your own mortality upon this Earth, and of course, that is only human, but let me tell you, my dear friends, that this spiritual union will always form in times to come—that joining cannot be broken.**

**This time, I do not intend to speak with you too long, because as you know, there are many close by who are waiting to inspire you, to help you, to guide you, and unless you give of your time—they strive, on occasions, to get each one of you in that quiet time. So you see when the opportunity is there for them, they cannot let it pass by. So this evening, my dear friends, you will, I am sure, feel an 'overshadowment' of your spirit friends, who wish to come close to you to offer you guidance along your pathway, in order for you to continue growing. I will answer any questions you may have, and then I will leave you in the most capable hands of our dear lady friend. Have you any questions this time?**

Lilian: George?

George: Yes—I'm sure we have. Firstly, I'd like to say that we've had a reply back from Australia, following our latest transcript, and the person concerned has been reading quite avidly, and has quoted your words, Salumet, back to me—from a previous occasion—so that is rather nice. I thought I'd like to mention that. **Yes, I did tell you there would be many links in other parts of your world on subjects we touch upon, and this, my dear friend, I am sure you have found to be so.**

George: It is happening, yes (**yes**). I expect you know already, but I felt I'd like to mention it, none the less. **And I give thanks to you for it. I am always happy to hear the words *expressed*, because I come to you, to speak with you with your Earthly words and it fills me with great joy to hear you use those Earthly words, especially words of great love and comfort which you do each time you come together—each time you send your thoughts for those dear people in much need for healing. If only you could realise the joy that it brings, not only to me who is a voice, but to those who stand close by you.**

*(Yes indeed, a light-being comes to us as a voice, as distinct from those Earthly spirits who have form and stand close)*



George: That's a good thought. Another we've heard back from—has mentioned one named Luis Fernando, a South American gentleman who also has had extra-terrestrial communication, and has written books about it. It's nice to know that this is also happening on the other side of our world, and we have spoken about—I think it's called: 'multi-dimensional doorways'. We have spoken about this in relation to the 'Bermuda Triangle'—and a multi-dimensional doorway being there—and, I think you said on that occasion that there are a number of such doorways about our planet **(yes)**. And in connection with Luis Fernando's work, there would appear to be one—the pre-Incan 'doorway of the sun', near Lake Titicaca—that would seem to be another one. Would you wish to speak at all on this? Are you able to confirm any of this to us?

**I will confirm only that there are many of these 'doorways', as you put it simply. There is much still for your men of the Earth to learn, and at this particular time, it is not necessary for us to enter into the complexity of the universes. It is enough, my dear friends, that the knowledge is reaching people who are ready to receive—that is what is important. The fact that you can join together, and compare—I believe you would say 'notes', on these things is sufficient for this time.**

George: Yes, it's certainly nice to be able to compare notes in this way.

**Yes, but again, it is confirmation of the words we have brought to you (yes). Yes, that is the important issue.**

George: There has also been mention of connection to the Great White Brotherhood. I imagine this is a human word **(yes)**. And I have come across references to the White Brotherhood or Great White Brotherhood several times recently in my reading, and it would appear to be a much evolved group—I think way beyond Earth evolution **(yes)** and they are working for the good of the galaxy—our galaxy. **There has to, my friend, be those who are concerned with the well-being of many different planets (yes)—how else would it work?—how else would this Great Creative Force come into being, unless there were those advanced beings within all of creation?**

George: Yes, and there seem to be various categories or groups of advanced beings **(yes)**—there those from angelic realms, such as yourself—

**We have discussed this before—of course the angelic beings are of the higher order, but this is not something I wish to enter into with you at this time.**

George: And this Great White Brotherhood would seem to be a *different* order **(yes)** working to the same good.

**It is a name that has been given to some of mankind in order for them to move forward and grow. Many names are given, but names are irrelevant, it is the purpose *behind* them that is of importance.**

George: Another group which has been described as attached to or part of the White Brotherhood is the Ashtar Galactic Command (*as referred to in previous transcript*), and this is a group with spaceships, and I think there have been many observations of their lights in the sky—

**There are many 'goings on' in and around your world. I have brought to you our dear friend Bonniol (yes), for you all to experience the mind connection.**

George: Yes, we are all so grateful for that!

**Yes—that was to demonstrate to you that these things are possible. There is much that goes on that men in your world will dispute, will deny, or will accept and believe.**

George: True—but a big factor today is that it is getting onto the Internet **(yes)**, so that people can now use the Internet, and make up their own minds.

**And use their minds to *decide* (yes)—that is the purpose. You can name many, many groups that are given to mediums on this Earth plane, but, my dear friends, it is the purpose *behind* their being that is important. That is my message to you: You take what you can, you accept what you can, and you refute that which does not sit comfortably with you.**

George: Yes, the great thing is to use our minds and to be of *open* mind **(yes!)**.

Sarah: Because the truth doesn't change—it's only us that's going to change.

**Yes—and what you do with that truth. Remember, the human makeup can be responsible for much twisting of words (yes). So, I would say only to you, my dear friends, that which I have always said: accept only what is acceptable to you—and that includes my own words—**

George: Which we accept so readily!

Sarah: We don't have any problem accepting your words, I must say, Salumet!

Lilian: No it's strange how we've accepted all of what you've said, actually, and the same with accepting Bonniol.

**Because you were ready for the truth—but one man's truth, is not another's.**

**So now, my dear friends, I will leave you. I will take my leave at this time, and allow those close to you to come even closer.**

George: And let me thank you, Salumet for such a wonderful feeling of unity with us this evening.

**There is great unity, there is a great stillness, there is a great love, which comes from this room, and I feel it is so this time. So as I leave you, my dear friends, I give my thanks and my love to you all.**

All: Thank you very much!

George: We are moved by your words on that. Thank you.

George's Notes:

1. Salumet's quotation: It was in fact during our teacher's very first visit to us: **"We are reaching the point where your world will ... WILL be a better place. Do not doubt these words. It may seem that cannot be so. I am here to say—it will be—WILL BE!"** He had then added: **"We have much to teach you."** A prophetic statement indeed, made in 1994!
2. Gateway of the Sun: This is situated at Tiwanaku, Bolivia, near the southern shore of Lake Titicaca (a lake 3,825m above sea level). The gateway is a monolith, carved from a single stone block, 3m high by 4m wide and estimated to weigh 10-tons. Above the opening is a carved figure known as 'The Staff God'.
3. Helping Groups: Whilst Salumet does not wish to go into detail, he acknowledges that there are indeed such groups as have been mentioned who watch over Earthly progress, which is nicely reassuring. And our teacher goes on to confirm that there are many 'goings on' around our planet.
4. Multi-dimensional Doorways: Our understanding cannot as yet grasp differing time dimensions. On a previous occasion, Salumet confirmed for us the existence of the Bermuda Triangle and the 'disappearances' at that location. He described it as 'travelling to another dimension of time', indicating that it is possible to travel thus either using spiritual mind or physically. The work of Carlos Castaneda was also brought into that discussion, and we learned that whereas the 'time slipping' of Carlos Castaneda was meant, the Bermuda Triangle disappearances are not intended—that is the essential difference. Salumet also suggested to us that rather than think of this as 'dimensions of time', we might think of it as 'a transmutation of energy' (energy of space-time?). Whilst we still do not have the understanding of this, it is perhaps nevertheless satisfying to know that these things have real significance and may be discussed—even with our very limited knowledge. And this seems preferable to being simply dismissive of all matters relating to dimensions of time, multidimensional doorways and the various 'complexities of universes'.
5. Luis Fernando's work: Chris, one of our readers, drew our attention to LF, and he has actually met the gentleman. Thank you Chris! LF's work runs along different lines to our own experiences. It seems that he has had physical encounters with ET-guides from the age of 13. He shares his experiences with many others and has written and published five books. He is a part of the great Earth-awakening movement of present times. And it would appear that the multi-dimensional doorway at Tiwanaku has been instrumental in facilitating some of his encounters.

Book: "Runa Antilis – The Magical Base of Los Andes". L. F. Mostajo Maertens.

And according to the written word, there were also parallel happenings in much earlier times—Emanuel Swedenborg, who wrote much about his encounters—and the Apocryphal Book of Enoch tells of Enoch's encounters with 'The Watchers'.

**SALUMET - 23<sup>rd</sup> August 2010**

On this occasion, Izumi, a dear friend on a visit from Japan, sat with us. She has been to England before, has worked here, and I know would like to live here. But there are reasons, including family ties, why this is not possible. And Izumi has sat previously with our group on several occasions

Lilian: Good evening Salumet and welcome!

**Good evening.**

All: Good evening.

**As we connect this time, I feel that there is some need for a little upliftment. Therefore, my dear friends, this is what you will obtain, whilst you remain in this room.**

All: Thank you.

**As always, we welcome back our dear friend, and also to say that those who have made connection with us are always part of us. Therefore I wish to say this to her: that perhaps others will explain if she does not fully catch my words.**

George: Yes, indeed!

**Yes, the lady is torn between home, family and the rest of the world. This she feels deeply, and has, at times, wondered in which direction she should go. All of you tread a path of uncertainty at times in your physical lives. This you all can accept, but sometimes the human thinking stays unclear about the pathways open to them. That, my dear friends, is *your* choice. I cannot usher you along one pathway or another, because, as you well know, we cannot interfere with your own freewill. Sometimes, we wish that we could, but we know ultimately that the choices you make are the ones for you at that time. But what I will say to you, my dear friends, is that every situation you may find yourselves in can always be helped—also with the help from our world, but you still need to be open to it. And sometimes you feel you have no right to ask. Again, I will say to you, my dear friends, we are always here for you, no matter what problems life brings to you; we are here to uplift and to uphold whatever decisions in life you make.**

George: It's wonderful to have that in mind, and, perhaps it's easier, in a sense, when we look back along our pathway, having travelled somewhat along it—perhaps it's easier to understand those periods of uncertainty.

**Yes, I believe you took a journey a short while ago and were offered two pathways—(yes)**

*In fact, Salumet refers to the evening of 19<sup>th</sup> July (not a Salumet evening). We were guided on a meditational journey during which we were offered a choice where the pathway forked—we could take the pathway of 'life' or that of 'knowledge'.*

**—I know some of you felt that the choice was a little difficult, but I had great trust in your right judgements, and, of course, each one of you, who took that journey, felt in some way, a little more knowledge of what you should be doing. It does not hurt you to be reminded sometimes of that thing called *FREEWILL*. It is a big part of your physical lives, but as you say, in hindsight, you can look upon many judgements, which perhaps it would have been wiser to take another; but that is all part of your spiritual growth and I have to say to you, my dear friends, that indeed, in that respect, you have all travelled far. Now, as we are together here, already I feel upliftment is being given to you, that you will *all* feel the benefit of that upliftment before you leave this room tonight.**

*Thanks*

Lilian: Yes, we're very grateful for that.

**I intend this time to work quietly with this instrument, and I will say to you all: please again allow those who stand close to you, to make themselves known. Do not question their presence. I assure you that you each should have some feeling of who is with you.**

*Thanks*

**Speak as you feel—discuss any emotions or descriptions that you may have. All I ask, my dear friends, is that your talking remains on an even level, whilst I work quietly with this instrument. And, as I take my leave from speaking with you, once again, my dear friends, I will look forward to our joining together on the next occasion.**

George: Salumet, I have received a question to put to you from one of our readers (**yes**). Shall I keep it until next time, or would you be able to take it?

**I will answer it for you now.**

George: Thank you. It's from one on the Isle of Wight. The question is—why do I see spirits as black squares with a head inside? I can add that I believe there have been fairly recent deaths in the family.

Yes, it is her development which enables her to see to begin with—and death often, in peoples' minds, is associated with darkness and within things that are not good and bright. Why she sees in this way—I would say that she needs to call upon angels of light to help her. We do not wish to stop her seeing, but we do wish and need to help her in the way that she does see—to take control of that. She needs to call on those who stand close—those bright beings of *Light* that will enable her to develop in a much better way.

George: I'm sure Adele will value that answer. Thank you very much!

Yes, she must at all times call on her help. Yes, but sometimes people do see the darkness, because of the association of death and darkness—that need not be—that can be changed. Are you happy with my answer?

George: Yes, I'm sure the lady will be very happy with that. Thank you very much, Salumet.

George's notes:

*We then sat quietly as instructed and voiced our various sensations and feelings during the next twenty minutes or so. We then became aware that one was with Eileen. It was a rescue in which there was a language problem. It was a woman who seemed to be trapped in an underwater situation. She seemed to have an understanding of Lilian's words spoken to her, but was unable to respond with intelligible speech. There were head nods and Eileen said afterwards that there might have been spirit language interpretation involved. It was one of those rescues that was very uncomfortable for Eileen.*

*Curiously, three of us have been reading recently, the excellent book by Estelle Roberts (1959) – 'Forty Years a Medium'. Chapter-10 has the title: 'Speaking in Many Tongues'. This chapter sets out quite clearly how in higher spirit planes there is no need for language translation because communication is by direct thought (or the thought-behind-the-words, as with our Bonniol exchanges). In the lower spirit planes, however, and especially close to Earth, there is still 'word' communication, as on the physical planet—so that translation remains a requirement. And these facts are still fresh in my mind because to the end of chapter-10 is precisely how far I have reached with my reading of the book! And I think we have all heard of the term 'synchronicity' before!*

**SALUMET – 13<sup>th</sup> September 2010**

Lilian: Good evening Salumet and welcome.

**Good Evening.**

All: Good evening.

As I join with you this time I am aware, my dear friends, of the love and joy which you bring with you. As always, those of us in this world, wish to thank you for all the healing thoughts that you give. Your world, at this moment in time, is in much need of help. Of course, you must realise my dear friends that we in spirit are working at all times to enable that suffering to be lessened, as much as we can. But I wish to say to you still—do not be afraid for your world. I have been aware, in recent times, of the gloomy forecasts of many people in your world, who see only suffering; who see only negative situations. Your world, at this time, cannot be free from disasters, because it is still part of the Earth's evolution, but I wish you, my dear friends, to retain within yourselves, that all will improve; and if you remember my words when first I came to you, they were of a positive nature\*. And, although, we fully understand how much these happenings bring you pain, you must always be strong, my dear friends—be positive in thought, and that is the way you can help most. So my message for you this time is to keep amongst yourselves that strong bond, that strong unity of knowledge for positive measures in all that is wrong in your world. Do you have any questions, my dear friends?

George: I was just going to say that I feel there's a general realisation that big changes are happening in relation to our world and mankind's way forward—and elements of fear seem to creep into imagination in relation to this change. But I feel the *change* that's happening is positive and is realised generally. Does that sound reasonable?

Of course—it unfortunately, is part of humankind's nature to be fearful. Mankind does not release easily those innate fears; but yes, I do agree with you that there are many steps being taken. That is encouraging mankind to go forward with a much renewed sense of knowledge, and with the ability to be much more positive about their future—not only the future of your Earth planet, but also that of your

universe as a whole. Much more knowledge is being gathered, is being given at this time in your existence on this Earth. Therefore, once more I say to you: continue to be strong in that perfect knowledge that all can be well.

George: Yes, I think, as a group, we're probably all quite strong in our feelings about that.

**Yes, you can only, as you have already done, try to help individuals with their own struggle for knowledge. And again, I say to you: sow the seed and allow that seed to germinate—you can do no more my friends, and I once more thank you for the endeavour and the effort that you have made so far. Now, I do not wish to stay with you much longer, because I feel this evening, because of the small number that you are, that there are those who are willing to come much closer to you. I would say, as you go into that quietness, each one of you will be given one word, which is relevant to each one. I ask, my dear friends, that you ponder upon this word which is relevant to you, and then, perhaps, you would like to discuss it amongst yourselves.**

George: Yes, thank you! Could I just mention that three of us recently, have been reading a book by the medium, Estelle Roberts (**yes**) who was working in the last century and, in particular during the period of World War II—and she had an enormous following and the Albert Hall and, other halls were sometimes filled with people coming to her meetings. It left me with the feeling that there were so many people during that war period who were so desirous of news of their loved ones who were very often missing, and her services, as a medium, were very much sought during that period. One could almost see that wartime period, terrible though it was—one could almost see it as a good thing, because it stimulated such interest in the spiritual life—in the spiritual world.

**Yes, she was one of many at that particular time. You say 'the world', but I will define it a little more and say that your own country, at that particular time, was ready for the information that was available to them. She was only one of many who were ready to impress the people with the knowledge that they needed.**

George: Yes, we felt she did a wonderful job in that and the three who read the book were very much impressed ourselves with her work.

**Yes, but never just take one person when, then and now, there are many who work for the same goal, and you will always find that some will gravitate to one more than others—but that is not important—the *message* is important.**

George: Yes, and there was one 'Red Cloud' (**yes**), who spoke through her. I think we understand that Red Cloud still operates.

**I am not aware of that at this particular moment. Perhaps, I can clarify it for you another time.**

George: Thank you, Salumet!

**And now, we will let you continue with your evening. As always, know, my dear friends, always I am close by you, even if you are not aware of it. I offer you my love and my protection at all times.**

*General thanks*

George: That's wonderful knowledge to have.

Lilian: Our love goes with you 'til the next time.

George's Notes:

*We each seemed to sense our various words given, and following a period of silence, chatted about the possible meanings or implications.*

*Next, there was a rescue via Eileen. A 7-year-old girl seemed to be lost in snow and was very, very cold. She was preoccupied with the cold and could not understand it. Lilian placed a hand on her (Eileen's) back and she felt the warmth spread through. Then, as the mist cleared for her, she became aware of ladies (in spirit) who would see to her continued warmth—and still unaware of the 'death / transition' aspect of her situation, she was happy to go with them. [It is so difficult with young children who often need much time to become fully aware of what has happened to them. It is often best that they first receive the encouragement to move forward, so that those in spirit can then attend to their needs.]*

**\*We are reaching the point where your world will, WILL BE a better place. Do not doubt these words.**

*"Estelle Roberts – Fifty Years a Medium" – SDU Publications, 2006, [www.s-upton.com](http://www.s-upton.com)*

*Originally published as "Forty Years a Medium" in 1959. Through the 'good offices' of she and Red Cloud, many including notaries were reunited with loved ones. And Air Chief Marshall Lord Dowding again heard from Battle of Britain pilots who were lost.*

## **SALUMET – 20<sup>th</sup> September 2010**

*Our initial period of healing prayers had moved into a little talk of the visit to the UK of Pope Benedict XVI, before Salumet joined us. Prayers were included concerning those children known to have been molested by priests*

Lilian: Good evening, Salumet.

**Good evening.**

All: Good evening.

**As I join with you once again, I felt it necessary to speak with you for just a short time.**

*Thanks*

**I have listened to your words about decline in the papal religion—and yes, some time past I told you that this would be so, but the reason I have come to you this time, is to say, that at this moment in time, in all of your Earthly world, there is much unrest in all forms of religion. In many cases it is unspoken, but it is there for all to see. At last, your young people are beginning to think for themselves. No longer will they accept the blind faith of their parents and elders. The time is coming for *all* religions to look at themselves honestly and squarely, and to allow those followers of any particular religion to say what they feel. It is an important step in the unification of all Earthly life. I, of course, have to say to you that we are speaking of a time that is to come, but I say to you: the first steps have already been taken. For this, my dear friends, I would say to you: rejoice!—because, at last, the truth of all love and existence, will belong to all peoples.**

Lilian: That's wonderful—that's all the faiths?

**All religions feel a certain unrest—no longer will people just accept, blindly.**

Sarah: Is this why there is so much fanaticism in some religions, because they're beginning to feel this sort of 'breakaway', and it's the fear that's there that is creating this fanaticism?

**Partly—always fear will drive men to do deeds which are not sensible. But I would say the fanatics of your world are those who are not thinking clearly for themselves. So, they are the ones, I would say to you (*who*) are still lost in blind belief.**

George: I'm so pleased that you're speaking on this, Salumet, because I have felt a little confused, because clearly there are many individuals within this melee of uncertainties that are heading towards 'goodness' in their pathways; but there are these 'structures' of many different religions that are not quite right. I feel it's like I'm trying to look at things from two directions.

**Yes—but as the lady previously has said, there exists much fear, and fear will enable human beings to act irresponsibly. Fear of change, fear of the change of what they have been taught.**

Sara: But, I've noticed with the internet, there's a great sharing of wisdom and truth now taking place between people of all religions (**yes**). People are enjoying—and I'm trying to be a part of it—enjoying sharing inspiration and messages, which go beyond any particular religion (**yes**). It's good to see that.

**The umbrella of love includes no names. Love is love, no matter who or where you come from—what religion you choose—**Love cannot change—Existence cannot change—Truth will not change.** But, for us in spirit, we are pleased that many efforts made, by many over time, is now becoming as we predicted to you—and I apologise for the word 'predicted'—that is not suitable—the words that I have told you of what would take place in time to come.**

George: And the fear of change—that happens in science as well (**yes**)—in fact one could almost see our science as another religion!

**Science *is* one of your religions (yes), because men *are pulled down* by what they believe; their minds are not free, their minds are still not open, and that is what you all have to *achieve* whilst you remain in your physical bodies—keep that spiritual mind open—do not be pulled down by labels, by any groups of people, but accept that love is what this world is about. I feel this is something you will all think about this time.**

*Affirmations*

Lilian: Yes, very interesting!

**But, for the time being, your world still needs these groups of religions, because we cannot change you overnight; but we are flowing in the right direction**

George: Yes, that's very nice to observe.

**And now, my dear friends, I will take my leave, and perhaps our dear lady friend will take you on a journey, and allow your spirit to become calm, to become gentle, and to be filled with love.**

George: Thank you so much, Salumet, for speaking on this, following the visit of the Pope to our country. You spoke a while back about the previous Pope and, although the structure of the religion, shall I say, is lacking, I think you observed there was, nevertheless, much goodness in *the man*.

**You cannot judge one man—I am speaking of religion as a whole. Of course, there is goodness in every being—this also, I have told you. As human beings, you are a mixture of goodness and, I do not say 'evil', but 'mixed ideas'. So, of course, you do not judge one man for a whole religion.**

George: Yes, that clarifies it beautifully. Thank you!

SARA'S GUIDED MEDITATION (audio freely available on website: [www.salumetandfriends.org](http://www.salumetandfriends.org))

*Following on from talking about religions, we're going to go on a journey of freedom—and hopefully, you will feel a new-found freedom at the end of the journey. I want you to imagine that you are standing at the top of a hill—a green hill, looking down over beautiful valleys. It's a nice, warm temperature. You're wearing something very light—I feel it's a white robe—this is the picture I've got—some sort of white, silk robe, and you're feeling very free, light and airy and you're standing on top of this hill and your hair is blowing in the gentle breeze. But you feel completely warm, very free and very, very happy—you have no concerns, nothing to worry about, nothing to defend, nothing to hide, nothing to feel ashamed of—nothing that you feel you have to push forward and perhaps brag about or prove to anybody. You feel completely at ease. There is no flag that you have to fly, there is no thing that you, perhaps even have to pretend, to be a part of, to anybody. You are just simply you yourself, and part of everything that is. And you are standing, just really enjoying this moment of freedom, with the wind in your hair, and the wind gently flowing past and through you—and your silk robe is just flowing beautifully. It's just blowing in the breeze around you, and you feel completely at one with the view around you—with everything. You feel a part of it, you're blending into the skyline, and you feel a part of the ground that you're standing on. You feel completely connected to the grass. You feel connected to the roots of the trees that you see around you. You feel completely part of everything and, as such, there is really nothing to prove to anybody—no statement to be made. There is nothing that you need to put forward or to say to anybody. You just need to be, moment to moment. So you just stand with this feeling of lightness and freedom. There is nothing that needs to be done, for everything has been done, and each new day brings a new clean slate—a new start. And so, you see that every day is really quite simple. It's filled with simple necessities, things that we all need to do, and then just anything which is connected to who you really are and what you really believe and what you stand for. And so, when you are centred in who you really are, it's quite clear each step of the way what you need to do—each day. It's simple—simple to you. So, perhaps you should sit down now, make yourself comfortable on the grass, and see if there's any guidance that's coming to you now from your guides.*

George's Notes:

*Lastly, one came through Eileen declaring those in spirit to be interested in what we have to say, and offering to take one question from each that would be answered another time. She would convey our questions (that in their nature were to be about personal-way-forward) to those who would supply answers. Our visitor was of course thanked for such a service, but it made us think hard!*

1. **LOVE / EXISTENCE / TRUTH:** *It is abundantly clear that these are immutable—unchanged by any belief, any religion, any mixed-up ideas or circumstance.*
2. **SCIENCE:** *It is of course a religion in that it is a system of belief about the nature of existence. As in any other religion, it has been added to over the centuries, there have been blunders and it has sadly contributed to loss of life (through bomb development, misinformation re asbestos usage, food production etc).*



*We were a small group this time, as unexpectedly, there were several who could not make it to the meeting (this in addition being a time for school meetings / interviews)—hence Salumet's opening words that followed our healing prayers*

Lilian: Good evening Salumet—welcome to you. We are a small group.

**Good evening!**

All: Good evening!

**I thank you for your welcome this time. Again, I say to you, my dear friends, numbers do not matter so much anymore. I am always pleased to join with those of like mind who are wishing to help others and to expand their own consciousness. I am never far from any of you, although, still I feel you are not fully aware of my presence with you, excepting within this room; but nevertheless, my dear friends, know that I am close by you.**

*Thank you*

**Although, I cannot interfere in your lives, as well you know, it does not stop me from trying to influence you in many ways.**

*Thank you!*

**And it is this influence that we send to you that you are more familiar with. So, again, I thank you, my dear friends, for all that you absorb from us in spirit. This evening, I feel from this small number a strong bond of unity and love which denotes to me how strong this little group is—so do not be regretful that we are small in number.**

Lilian: That's very kind of you to say. We do appreciate that.

**I have much work to do with this instrument still. Although, you progress in these evenings personally, I also work with this instrument in order that she too may progress in her own stage of development.**

Lilian: I wondered about that—

**Yes. So, it is important sometimes that I work with her quietly, and this will be so this time. So, I say to you, my dear friends, be open to all who are with you this time—become aware of their love and guidance—be aware of what they bring to your lives, each and every day. So before I go, if you have any questions, which I know you do, I will answer and then we will allow you to have your own developments.**

*It is so easy to overlook the fact that Salumet is all-knowing! But it seems fairly clear, on this occasion, that he knew the following question was coming, and perhaps it is good to have a reminder of this all-knowingness factor—common to those from the Angelic Realms*

George: Thank you so much, Salumet. I have a question—I related the details (names of course being withheld): It had been sent in by one of our contacts and concerns a family member experiencing a most difficult-to-understand health problem—psychotic experiences involving blockage of creativity and capacity to love. This, so much so that there is the feeling of being 'possessed' and saying something nice results in choking. Medication is currently being used which may or may not be helpful. And the questioner expressed some regret at forwarding the question, knowing that such personal aid is not the express purpose of Salumet's mission. But any helpful guidance would of course be gratefully received.

**Thank you—I understand your question. Firstly, let me say this to you, my dear friends: you know that I have never come here to answer questions about your personal lives. That has never been my purpose, but I feel the strong need for help in this case. I will say to this gentleman that this lady has always been most sensitive—she came to this life as a sensitive. She also feels much fear, much unworthiness and fear. You put all of these things together and you have a situation where many psychotic, as you say, thoughts come to the fore. This is what is happening to this one. I would say that this indeed is a case of finding a good 'medium of regression', who is prepared to help this one in trouble. There always is a problem when medication is being used, but a good regressionist will know how to help her. As far as not being able to speak with loving thoughts, it is her feeling of unworthiness of love, which is causing this problem. She needs to go back to the beginning and discover why this is so. As I have told you in past times, sometimes these problems do not always show themselves to begin with, but as time continues, it becomes more and more difficult, and this lady needs help—she needs guidance, and she can achieve it if she is willing to let go of that fear—that unworthiness to love. And, I would say, as she becomes older, these feelings become stronger, so they must be dealt with now. So, I say to you, my**



dear friends: that is the advice I would offer, and of course, it is up to those who are in trouble to decide what is best for them. I cannot interfere *directly* with their lives.

George: No, of course, but regression therapy is your main guideline.

**Yes, I do not say this lightly. I, as you know, only believe in regression when there is a problem from past times, to help that spirit forward.**

George: Yes—I'm sure, our dear friend will be most grateful for that advice, and we appreciate that you cannot and would not interfere, but the advice—that's wonderful. Thank you!

**Yes, do make sure that the medium of regression is one who is capable of doing well, because there are many in your world who should not be doing that kind of work (yes). They will have a most sensitive being to work with; they need to be aware of all of the downfalls in her make-up. I hope that has helped you.**

George: I'm sure our dear friend will be most grateful for that. Thank you, Salumet.

**And, now, as I have said, there are those waiting, my dear friends, to come close to you—to help you—to open up your minds to all that is available to you.**

*General thanks*

*There followed periods of silent contemplation, broken by Eileen giving clairvoyant readings—then a message from one speaking through Sarah:*

***I wish to let you know that the lady who was speaking is about to undertake another 'occupation'. She will wish to ask the help of all of you in this new role which she will be working on. We are with her and helping her to achieve a new side to her already accomplished mediumship. We are helping you (Eileen) and will do all we can with the help of this group, to guide you in the direction of this new challenge for you.***

George: That's interesting—we shall all be very pleased to help in whatever way we can.

Eileen: Is it because I've been sending up a few moans? (*Chuckles*)

***We are aware of your capabilities and wish to channel any negative into positive.***

Eileen: Thank you.

Lilian: So you're not going to tell us which way she will be going?

***The lady will know what is right for her when the time comes.***

Eileen: Thank you.

***Thank you for your time.***

George: And thank you for your message—interesting.

***We look forward to overseeing this new venture.***

*General farewells*

George's Notes:

*Salumet has spoken previously on 'regression' and regression therapy' (7<sup>th</sup> December 1998). What follows has been condensed from pages 113-115 of the book: "SALUMET – His Mission to Planet Earth":*

**[Do not assume, my dear friends, that when you are under the 'regression time' that you are absolutely returning to 'past life times'. It is not the case. That is not to say of course that returning to a past lifetime is not possible. It is—regression is possible but there has to be a reason for it. I would say the majority of your regressions are indeed information being shown to the individual, but not necessarily their own past lives. But of course, then we come to those genuine cases where the individual is allowed to be shown, I would say, one past life—for the purpose of freeing their soul, so that their lifetime can be helped. That is the only purpose of being shown any past life—to, shall we say, unblock any emotional or spiritual blockages that may have been taken from the past life and is hindering that soul in its pathway in the present time. Each soul knows and understands what its life's journey is about but sometimes the soul is unable to free itself from spiritual blockages / emotional blockages which have occurred and belong to the soul. The soul (soul aspect?) brings the blockage with them and is unable to free itself in the present existence. That is the only permission that would be given to allow the soul to see a past lifetime whilst it inhabits this human form.]**

*As always the evening began with healing prayers, followed by a period of chat amongst ourselves about the difficulties encountered in conveying elements of the teaching to others, especially to bereaved ones who hold on to erroneous beliefs about death. Salumet clearly picked up on our discussion*

Lilian: Welcome to you, Salumet.

**Good evening.**

All: Good evening.

**Again, as I join with you, I am aware of the love and goodness that each of you has for your fellow human beings. Always, it brings joy to us in spirit that so many of you are willing to help others, not only by your words but by your actions. For this, my dear friends, we shall always be most grateful to you. But, as you all know, it is no easy task that you undertake to teach others of that knowledge which you, yourselves have; but that does not mean that you should not continue to sow those seeds of wisdom. I believe I have told you that if only one person is helped by you whilst on this Earth plane, you have done well. That may seem a small number to you, but imagine, if each one of you has helped only one human being in this world, how many more people will come to us prepared. And so, I say to you, my dear friends continue with your good work and know that our thanks is never-ending.**

George: It's very nice for us to hear that encouragement, Salumet. I'm afraid, as a race, humans have a long history of *attempting* to spread knowledge and this includes new discoveries made by individuals and their sending out of letters and various communications, which, for years, would normally be ignored. I'm afraid there's a long history of that! And it seems to work similarly with spreading the word of spirit as well.

**Again, I would say to you, my dear friend—Patience! Time, as you know it, means nothing to us. So, when you speak of long periods of time, in your world, it is but one blink of the eye. What is important is that the Truth be spread—no matter how long it takes, it will eventually, take great pride-of-place on your Earth plane.**

George: Yes, I think I can speak for us all and say we are not discouraged (**I know—**), but we enjoy your words of encouragement.

**Yes, I feel that sometimes it is necessary to give thanks to you all. You are, indeed, ambassadors of Truth, but never feel disappointed when anyone refuses to accept your word. Instead, become steadfast in the knowledge that you do know and own the Truth.**

Sarah: I always remember what you said that they're not ready for it.

**Of course! Each individual in this world is following their own pathway—some grow much more quickly, some are much more accepting, but that does not mean they are better people. Also, remember this, just because you know a little more, does not make you necessarily a better person, because remember, I have told you that, with knowledge, comes responsibility, which is a much harder road to follow.**

Sarah: I was going to say, the more we know, the more we realise how we are not very good, and have an awful lot still to learn!

**And that is as it should be. With each step, that you take, there should be that reaching—that searching for more knowledge. Yes, you are correct.**

**Now, I will not speak too long. If you have any questions for me this time, then please do ask them now, because there are people gathered here this evening who are wishing to work with you all, and I would say, my dear friends, please be open to them—do not be afraid of them. Their purpose is to help and to encourage you in your own development.**

Sarah: I know you don't really do personal questions, Salumet, but could I just ask about Emily? She has a lot of food allergies. Could you just give her a pointer? I'm not asking you to go into too much detail, but if you could just give her a pointer to help her to help herself, that would be very kind.

**You will be disappointed with my answer, and this is it: She already knows the way to go.**

Sarah: Ah, right, thank you.

**I know she will not be disappointed, but, because of your closeness, you as her parent wish it all to be well. She is growing, she has great understanding, and the time will come when she will look back and wonder why she felt so unwell at times.**

Sarah: That's very kind of you.

**The answer is with her, and although I could tell you what to do, that is not my purpose.**

Sarah: No, I didn't want you to give too much detail (**no**), but telling her that she knows what it is—that's... **But she needs to go within, to find that answer, and she is more than capable of doing that.**

Sarah: That's very kind of you. Thank you Salumet.

**I can tell you that there are many who stand close by her who are waiting to help, who are waiting for the right time to step forward—to encourage and to help her.**

Lilian: So, there has to be a right time?

**There is a right time, yes.**

Lilian: Yes, that's interesting. I was thinking about my granddaughter. The change in her is amazing, and talking of my granddaughter, she seems to quite understand things I've said to her about what you tell us, and she was telling me that she saw a light! Would she have any ability—it's not just wishful thinking on my part?

**Ability to see—you *all* have ability to see; it is whether you accept what you see. You have to, each one of you, allow yourselves time to go inward—all answers lie within you. Many dispute those words, but I am here to tell you, my dear friends, that all of you have the answer to your own lives; all of you have the answers to all of your problems, but whether through fear or ignorance, you do not utilise these gifts. So again, I will reiterate for you that it is important if you are to be well, if your immune systems are to be strong, you *must connect* with that inner being.**

George: Perhaps, we're sometimes a little too diverted or just mentally lazy—I wonder what the reason is? **Yes, all of you are too engrossed with what we have already discussed—*time*.**

*Agreement*

**Allow yourselves, my dear friends to *be*—we have discussed this also—to know who you are and just to *be*. But for our dear lady friend—your health problems will not always be.**

Emily: Thank you! I do feel since I first stopped being so fixated on beating myself up and allowed myself to connect with spirit, I've found more direction again (**yes**) and think it just proves your words about spending time to connect.

**Yes, you know within your heart that you have the answers, but when you are in the throes of discomfort, it is hard to connect to that life force within—**

Emily: And not to be fearful as well—

**And not to be fearful!**

Lilian: That's the problem.

**Yes it is fear I am afraid that you humans flourish on. That may seem what you call a flippant remark, but it is not meant to be. We see so much fear in your world, and you need to be free from it, if you are to be strong in mind and body.**

Rod: You've got to constantly remind yourself of those words—

**Of who you are—yes.**

Paul: On that thought, I read something from 'Red Cloud' on that. Red Cloud said that if you have fear, it's because you're carrying some belief that is not in harmony with spiritual law.

**Yes, that is correct. All of us who come to your world to teach, no matter what our teachings—and we are all different in the way we express ourselves to you—but Truth can never be altered, it cannot be changed. We may use different words to describe, but ultimately, there are only two things in your world which matter—that is love and that is fear—because it is the fear in your world which keeps you enslaved to all these difficulties. You understand?**

All: Yes.

**Yes. So again, my dear friends, it is a little reminder of going inwards and connecting to that spirit within, and allowing it to shine forth with the knowledge that you have. I do not say, and never have said, that life for you will be easy. In fact, the more knowledge you gain, the more difficult life sometimes feels, because of the great responsibility you have. But again, I say to you, my dear friends, I am so pleased with each one of you, in the way you are growing and developing—each of you at your own pace, but nevertheless, you are growing on a spiritual level.**

*Thanks expressed*

George: I wonder if I could bring up a 'flippant' question. There is a question that is often used as a joke or jest: 'Which came first, the chicken or the egg?' This perplexes people who are entirely material in their

thinking. But it occurred to me that there should be a proper answer to that question, and it might be that the chicken and its egg were developed in spirit first before both came to the Earth, but perhaps there's more to it than that. I wonder if there is a more sensible answer to that question which you could give us, Salumet.

**You might ask why choose the chicken or the egg?**

George: Yes, well—it applies to all life, of course.

**Yes, which is a very flippant remark—and really not one to be answered sensibly; after all, when did chickens arrive in your world? The world existed so much longer. What came first before *all* humans, all animals, all insects—and I will use this only once and that is 'Love'. That is the basis of your existence—and I feel I am being drawn by that word—you—**

*At this point our teacher, with arms outstretched became silent for approximately 2-minutes*

George: Yes, of course, spirit is the basis of all existence—

Paul: Love is the key.

*I began to wonder if, although not intended, my question might have been out-of-order. Then Salumet returned:*

**Forgive me, my dear friends—that question drew me back a little from whence I come. I have been told that a more serious answer is indeed asked for, and I will provide it for you next time. But, it has drawn me away from you and therefore I need to leave you this time. But, we will come back to it for you.**

George: Wonderful! That is much appreciated.

*General agreement and thanks!*

*Next, one came through Eileen, beginning with "Yes-yes-yes-yes..." Then again: "Yes-yes-yes-yes..." He explained that in Earth life he had a stutter, and this happens when he first comes through, and it is all that is now left of the stutter. He went on:*

***I come to tell you about what is meant to be happening. Everybody should be impressed about something for someone else in the room. Don't worry if it is wrong. It is just the exercise which is important—yes-yes. So you (addressing Lilian) I believe are in charge of this room—***

Lilian: I try to be!

***Yes-yes-yes; so, each person will try to pick up information about someone in the room. You will be impressed as to who it is for and do not be afraid to speak out. That's what I come to tell you.***

Lilian: Thank you for explaining what needs to be done.

*Following farewells, the exercise then began:*

*We voiced our various impressions, some of the more positive ones being:*

*Sarah (Stone buildings of Roman character (?) associated with George – who sensed a pressure while Sarah described the scene)*

*Emily (Big open book also associated with George)*

*Eileen (Concerning a pair of tight shoes, of Daphne—Eileen correctly stating that Daphne was considering throwing them out)*

*Ann (Concerning Emily—a square cloth or cushion-like object held by Emily. It seems that this is something that Emily holds to her stomach when in pain from food allergy.*

*Eileen (Seeing Paul—year 1604—possibly a past life picture of Paul, wearing nicely embroidered clothing and sitting with a heavy book.*

*General (There was some incidence of jewelry and a general sense of wealth in the scenes)*

George's Notes:

*In the early days, Salumet had explained that, although formless, we might think of him as part of a conglomerate of beings. The analogy of 'one facet of a much larger diamond' was suggested to help in our understanding. And he has or shares the knowledge of the whole diamond. During the silent interval and following, there seemed to be some loss of energy. We can only surmise at this point in time that some form of communication 'within the diamond' became necessary—the process drawing Salumet away a little, with some energy requirement, that sadly meant ending the session. Doubtless, all will become clearer next time.*

Firstly, it was a lady with Asian accent who joined us via Eileen to say that Salumet would be present at our next meeting.

Our visitor then declared that she wished to speak Sara—and began by talking about doubting the assistance being given by those in spirit around her, and she declared after a short while: ‘But you are a kind lady—I like you!’ When time permits in her busy life, Sara plays keyboard and composes. Inspiration is involved and she is aware that it is not always her own grey matter arranging the notes played! It seems that this lady visitor—is one who assists with the compositions.

[Such connections are not unknown of course, and in fact we have news of an entire work being channelled, carefully scored, and very recently played by a string orchestra to an attentive and appreciative audience in a London church.]

Midst laughter, Sara asked if she might know the lady’s name: ‘**Not yet I’m afraid—I tell you sometime**’, and later she was saying ‘**they all round you—you kind lady**’—this being a reference to the several who assist with the music. Sara explained that she has strong feelings when playing, and knows when they have been present. ‘**You want to smile and I pleased!**’

Sara: Thank you so much—it’s lovely to have that knowledge.

**‘So do not always seek confirmation. When you accept us more, we give you more.’**

Sara: Thank you for that.

**‘And now I happy to go—’**

Sara: Could you tell us the country you came from?

**No.**

Lilian: Have you been to us before?

**No.**

And there was much laughter as the lady was asked: are you able to say ‘yes’? And she replied that she can indeed say ‘yes’, but clearly, it would be nice for Sara to know when she is present.

**‘I give you clue—when your lip reach bottom teeth in big smile—that me. That will be me.’**

The lady left, but popped back again to say: ‘**No one say my English good!**’ We assured her that every word was understood. And as we all laughed she happily withdrew.

Next, it was a rescue via Eileen—Joseph had been on a motorcycle with Jimmy—both of them teenagers. Lilian explained about the motorcycle accident and how all would be well for him in the next plane of life. He had died of head injuries and was understandably upset at his newfound status, but understood quickly and could soon see the light with at first shadowy images that then became clearer. He gave thanks to Lilian and moved forward to those waiting to receive him. (audios of ‘rescues freely available at: [www.salumetandfriends.org](http://www.salumetandfriends.org))

Then a very powerful voice came through Sarah:

**All those who are concerned with MONEY, do not concern yourselves further; because we are with you and helping you, so that you can devote more time to being with more spiritual affairs. We understand that you need money in this Earthly life, but we wish to help you all so that your lives can be more enriched with spirit and less with the materialistic approach to your Earthly life.**

There were general comments of ‘very nice!’

**We have a ‘spiritual bank’, and you can be assured that we will be delving into our reserves if you become troubled.**

Some clarification was sought on this

**I mean ‘a spiritual bank’—because we wish to help all who are in trouble in this world and money is one of the causes of so much stress. And so, this is one way we can help you, but we only help in this way so that your energies can be diverted to the spiritual side, and you are not wasting your time troubled by these materialistic problems.**

Our general thanks followed this

**So I just wished you to know that we are keeping an eye on you all. And we wish you a trouble-free life.**

**SALUMET – 15<sup>th</sup> November 2010**

Lilian: Welcome, Salumet!

**Good evening.**

All: Good evening.

**I am happy to join with you this time.**

Lilian: Thank you, we are happy you have joined us.

**We parted last time with a question from the dear gentleman who sits close by.**

George: Perhaps I could first apologise for upsetting the energy with the way the question was put.

**Indeed you did not upset anything, but it was felt necessary to be a little more understanding than perhaps I would have been, and would have dismissed such a question. But you did not disturb the energy as such. I have to say, on the question asked, that it is felt my dear friends, that it was rather an irrelevant question concerning matters which connect you all in the same way to that loving energy, known to us all as the very existence of Life (Yes). If you take all of existence, mankind, as you are upon *this* planet is basically 99.9% non-material. You, my dear friends, are made from all existence—that Love, that powerful ‘being’ that is called the universal power. All universes, all beings, everything which exists is made from that energy—that loving energy; but you can see how insignificant that question is—did the chicken or the egg...**

George: Yes, I was thinking that a species that reproduces itself, if I could put it like that (**yes**), has to have its beginning and I felt that beginning might be in spirit and, perhaps I was thinking too materially.

**Yes I have to agree with you, my dear friend, but we never wish to dismiss any question, but I feel it is time for you to move a little further away from such mundane questions (Yes). We could make analogies of many things in your world—what came first, love or hate? Which came first, light or darkness? There are so many questions, but what you need to do is rise above all of these questions, because in asking these questions, you are, in effect, doubting. I do not mean that in an unkind way, but that is what mankind does.**

George: Yes, I see the logical inference.

**Yes, in seeking, you are seeking in the wrong way. Do you understand?**

George: Yes, I take your point, Salumet.

**Yes, it is difficult to explain to you without you having a fuller picture of creation, but it was felt necessary that I have this talk with you and to say: look beyond these many questions.**

George: Yes—yes, I see that, thank you.

**Yes, all of creation is unified—all of creation is part of each other. There cannot be division, therefore how can you answer such a question? I know, my dear friends, it is not the answer you expected, but this is the way you must go, if you are to blossom and to expand that non-material part that is you.**

Lilian: Yes, and now you’ve told us that, it makes sense.

**Do you understand what I am saying?**

Sarah: So what you’re really saying is that the difference between all that has been created is that 0.1% that is the physical (**yes**) the rest is—we’re all the same (*spirit*).

**Yes, Yes.**

Lilian: We should look more to the spiritual side—

**You have to—you *are* spirit. So many times, my dear friends, I have said those words to you, but until you can find that stillness within, which really is the true self, then all other matters become too important—you have to let them go; and then you will find, no matter what questions arise, in that stillness, you will have your answers.**

Sarah: For me, you just talking about that percentage—that brings it really home to me just how much spirit we are, and those have been very useful words from you Salumet, for me anyway.

**Even people who assume they are spiritual beings on this Earth, still look to that physical part, as being the main contender of life—that is not so—you *have to* recognise the true self, and these questions will become less important to you. So my answer to you, my friends, is that you *must* reach out and recognise yourselves first.**

Sarah: When you left us last time, you said that it had touched the Source from whence you came, and your existence. Can you tell us a little about what actually happened to you?

What happened was that I was ready to answer the gentleman's question, but I felt a pull from our side of life. As you know, I have always come to you as a conglomerate of beings, and that pool of knowledge was the force behind my having to pull away from this lady—only very temporarily.

George: Yes, you once described yourself as one facet (yes) of a much larger diamond.

**All I speak to you, my dear friends, does not come from a single unit.**

George: So, did the pull relate to the diamond, shall I say?

**If you wish to say that—that is acceptable—yes.**

George: Thank you.

**It was felt that you have grown so much that to spend time discussing such a question, was not necessary. You see, my dear friends, whether you understand or not, all of you have grown much.**

George: I think we all feel that, Salumet.

**But, now is the time to expand and allow your spirit to shine. You can take these words tonight and you can tell others that Truth is simple. There is no need for elaborate questions to be answered. All life is simple, when it comes to that Great Creative Force. The truth is simple. You are spiritual beings and that small percentage of you that is material body is, indeed, a very small part of your existence now. I hope that has helped you to understand.**

George: Yes, I think that helps us to understand—and to understand ourselves.

Sarah: Because there is only a very small percentage of physical, but all the spirit is not just in this physical body is it? We also have some in spirit as well.

**You, my dear friends, are part of a whole. Do not isolate yourselves as you would, being a human being. You see before you single entities, but let me tell you, the most part of you are unified—are part of that much greater whole—you are 'existence'.**

George: Yes, I think this is perhaps sensed in different ways by different people, and two of us recently met a mathematician, who referred to a particular mathematical theorem, known as Fermat's Theorem, which was enunciated in the year 1637, but it borrows pieces of information that were realised by much earlier mathematicians.

*In fact, we had been requested to ask Salumet if he could explain Fermat's Theorem! So I continued with some hesitation*

Coming out of that theorem, there are series of numbers which people have studied over thousands of years. Briefly, it refers to a series of numbers, deduced by an Italian gentleman, by the name of Fibonacci, and those numbers in the series are such that each is the sum of the two numbers before it, so that 0, 1, 1, 2, 3, 5, 8, 13, 21 are in that series. Now that series can be operated on to produce what is known as the Golden Mean Proportion, and these ratio numbers occur throughout nature—in leaf structure—in the shells of the seashore—in pine cones, and the Golden Mean Proportion which derives from this has been built into wonderful buildings by ancient people, and the proportions are always pleasing to the eye. It was 'Red Cloud' who said that the Creator of the universe and of the etheric realms was the most wonderful mathematician ever!

**Yes, I take your words, my dear friend. Let me just say—do you feel the Universal Power—that Great Source of All Life is just random? You have to remember the Intelligence *behind* the Creation and of course that is what you are speaking about.**

George: I think these mathematicians have *felt* that Intelligence.

**And where does that intelligence come from—where do the mathematician's numbers come from? It is simply impressed from spirit.**

George: Ah! The understanding of the numbers, impressed from spirit.

**Yes, from that Great Intelligence—that all-consuming Power that we all belong to (yes). It is simple, my dear friend, but so many on your planet try to complicate issues. The beauty of all Existence—as you say, take a leaf, take a flower—look at the perfection that it gives and where does it come from?**

George: It is nice to have a record of understanding by these mathematicians who have been impressed.

**Yes, they are being impressed by the beauty of simplicity, because it is beauty.**

George: The beauty of the simplicity seems to have a structure within.

**Yes, they are feeling the beauty of the Creator.**



George: Yes, it's not all of us who can find a way of describing it, but—

**Try not, my dear friend, to describe, but to *feel*—to look with those eyes that have been given to you, to use all of those senses that you have been given. Use them for the purpose of growing spiritually stronger; and, once again, I will say to you all, my dear friends, find that stillness, and you will once more become part of the whole—and as always, I leave that Earthly responsibility with each one of you. But I do thank you, my dear friend, for your questions. I also have been given the opportunity to speak a little more about Creation, whereas last time, I was ready to dismiss it very quickly. So, I will say to you: I have learned much myself.**

Lilian: That's interesting!

**And with those words, I will take my leave.**

George: I think we all have much deeper feelings as a result of your teachings, Salumet. Thank you so much for that.

**It is too easy to complicate everything—to use words which seem to be words of wisdom, but instead to use one word instead of ten is much more acceptable. Do you not agree?**

*Heartfelt agreement from all*

**Yes. So, with that, my dear friends, I take my leave; I leave you cloaked in my love and that of spirit. We endeavour to help you whenever we can, but we cannot do it alone; we need your love and your cooperation—but know that you are part of all things.**

All: Thank you!

*Next, there was a period of clairvoyant readings from Eileen, regarding matters concerning ones known to Ann and to Sarah.*

*Then one explained via Eileen that she wanted to speak through the young lady (Emily) to give her experience. A brief conversation followed and information was given concerning her life as lady in the royal family around 1501, where she enjoyed reading books very much. It was later deduced that this may have been Lady Margaret Beaufort Henry's mother (1443-1509).*

George's Notes:

**MORE DETAILED NOTES RE THE MATHEMATICS:**

*Fermat's Last Theorem states that no three positive integers— $a$ ,  $b$ ,  $c$  can satisfy the equation*

*$a^n + b^n = c^n$  for value of  $n$  greater than 2.*

*Well who cares! \*\*?*

*But, moving on to the case of  $n = 2$ , we get what the ancients called 'Pythagorean Triples'. Example:  $3^2 + 4^2 = 5^2$  i.e.  $9 + 16 = 25$  —correct! The squared numbers add as they should.*

*So '3, 4, 5' is a 'Pythagorean Triple'.*

*Likewise '5, 12, 13' is also a Pythagorean Triple. And if we make triangles of these lengths, the angle opposite the longer side is always a right angle. And now we begin to see elements of beauty in geometric form—as in certain ancient architecture.*

*Next, to avoid complications let us just say that there is firm connection between Fermat's Last Theorem and the Fibonacci series (described in text). So the series runs 0, 1, 1, 2, 3, 8, 13, 21, 34, 55, 89 ... and nature (observe the seed pattern of the sunflower), also planetary orbits appear to involve the number ratios. If a graph is plotted of the numbers against their successive number ratios, then the reducing-wave-form graph quickly approaches and aligns to the value 1.61803—known as the phi-ratio or Golden Mean Proportion.*

*This ratio has been long recognised as being pleasing to the eye and is built into such works as the Athenian Parthenon and the Great Pyramid. And it is a ratio that seems to lie at the very heart of creation. The phi-ratio ( $\phi$ ) can be defined by itself as:  $1 + 1/\phi$  and then  $\phi$  can be seen as a continuous fraction that goes on forever:  $\phi = 1 + 1 / 1 + 1 / 1 + 1 / 1 + \dots$  i.e. one over one plus, one over one plus, one over one plus... without end.  $\phi$  goes on forever. So perhaps  $\phi$  is at the real centre of everything!!! It is Salumet's advice to feel that beauty and not attempt to describe it and those are wise words. But nevertheless those mathematicians of our past have clearly been fascinated and have left their record—it remains a striking testament to the subtlety of beauty of form within the creation.*

**RED CLOUD QUOTATION:** *The mathematician who arranged the laws of matter, spirit and etheric is the most perfect mathematician that ever was.*

*BOOK: "Red Cloud Speaks" – Trance teachings through Estelle Roberts, First published 1938, later edition 1992, Tudor Press (London). A very good read!*

### **SALUMET – 13<sup>th</sup> December 2010**

*Salumet joined with us briefly to deliver a warm message—this prior to his usual withdrawal to own domain for the period of our Christmas recess. There were pauses, with the feeling of each phrase being carefully weighed—and his visit would have been with some very considerable effort. We know from the past that Earth's energies are different at this time—no problem it seems for those in near Astral Planes, but energy difficulties arise for those from afar such as Salumet and Bonniol (who would be more familiar with faster vibrations).*

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening.

**It is good to join with you this time, my dear friends.**

George: Equally, it's wonderful for us to have you with us.

**My intention, this time is to stay just a short while with you, because as we near the festivities of your holiday time, I of course, as you well know, like to return to that place, familiar to me. Therefore, my dear friends, I wish only to say a few words. As another one of your Earthly years comes to a close, I would like you to remember back over this year of time, to ponder upon our discussions and to think for yourselves what you have achieved spiritually. As you leave this time, I would ask, my dear friends, that you consider the *small* children of your world, and although I cannot say *all* children in your world, I can say the majority of children in your world. I would like you to think of the love expressed at this time of your year—the excitement for life that these children display to all around—that the unconditional love they feel for parents is another thing to ponder. Children are a great source of joy, not only to you people on the Earth plane, but also to us, who are in spirit. If only, my dear friends, you could see the light which emanates from your planet at these times, I am sure you would be amazed. So I say to you: *be as the little children*. That is an expression of your world, but it is a very apt expression. **Be as little children**—utilise the love which comes to many at this time of your year. You do not have to belong to any one religion to feel that love—and it is not a love which is confined to any one day of your year, because in different lands, this time of Christmas, is celebrated on different days. So my dear friends, I say to you now, consider all of these things. Open your hearts, not only to those you love, but to the many peoples of your world, who are in need of it. Think deeply—and embrace the joy that it would bring to those in need. I also ask you to think carefully about your own gifts of the spirit—those gifts which you bring to every passing day. And I say to you, my dear friends, know as always, I am close by to help and to uplift you and until we meet once more in your new Earthly year, I give to you all of the love of spirit—I leave you...**

Lilian: Thank you, Salumet

*Heartfelt thanks from all*

*Next, one named Angela brought 'healing' for Emily—much appreciated. This was followed by a rescue, which Lilian was able to help across, before we closed as usual.*