

8th 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.*