

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

As I join with you this time, it touches us in spirit to hear such heartfelt thoughts and compassion for others. Those thoughts are given in love, so those thoughts are some of the strongest that we receive. It sometimes seems that your thoughts and prayers are never answered. I am here to tell you, my dear friends, that is never so. All thoughts are received and all thoughts are gathered and all thoughts are answered. You know that sometimes it is not always the answer that you would wish, but it is the answer which is part of the evolution of that life. This, my dear friends, is what you must remember. I also would like to say this time the love and compassion that you give out, when together in these meetings, is admirable, but that love, that compassion, should be used in your daily lives. You should, my dear friends, be shining examples of living a life of love and compassion. It is easy, in situations such as this, when all seems well and good and your purpose is to help, but not always so easy in everyday living. I would like you, my dear friends, when you go about your daily tasks, when you come across a situation which is not quite right, then I would like you to stop, to think and to send out love to those people much in need. It is easy to be compassionate about people you know—not so easy when the person is unknown to you. I know, in general, my dear friends, you ask for many in your world, but I would like it to be your task, before we meet again, to seek *one* from a distance, who is in much need of help, and to offer that help, with love and compassion. You understand? (Yes.) You may be surprised by the response and the feeling that you receive—not so easy to love and forgive one who you feel does not deserve it—

Lillian: Yes, I see what you mean—

That is true love. Not easy, and you are only human after all, but it is a state which all of you should try to achieve. I do not wish these words to seem like a

criticism of you—that is not meant at all. I wish to instruct you just a little more.

Sara: Yes, I've been trying to work on this myself recently (**yes**), with one or two people whom I felt a bit cross with (**yes**) and I've found it has been an interesting process, because sometimes I've been able to send them love and then another time I need to send love to the part of me that feels hurt (**yes**), because you can't really send the love wholeheartedly until you feel healed yourself of the cross feelings—

Yes the frustration is high in these times (yes), but at least, my dear friend, you recognise that within yourself (yes). And indeed, as you have said, that also is a healing. And what you all sometimes forget to do, if I may say so, is to forgive and to love yourselves (yes). You are happy to *give*, but you forget that to give truly, and honestly and with great love, you need, my dear friends, to begin that purification of your own being—yes that is true.

George: I can understand your words concerning the extremes of difficulty in loving. In the past, in my work, I have met imprisoned terrorist bombers (**yes**), and, yes, I guess that is an extreme example. **Yes, there are many examples in your world, and of course, we know and understand that the human element of every single being, struggles, at times to have true love and compassion, but as with many things in your lives, it is a *learning* process. We do not expect you to be angels—that is not your purpose, but what you have to realise and understand, is that you have great opportunity to grow yourselves, and to become better human beings. You can only *strive* to do these things. After all, you would not be here if you were perfect. But that should not stop you trying to achieve that higher being that you truly are. You understand?**

Affirmations

Have you any questions about this?

Lilian: I was just thinking about the part of the world where the people are standing up for themselves—I'll put it that way—against the leader of about 40 years, Colonel Gaddafi—that's his name, but there must be a lot of hate being felt towards this man. Would that affect him in any way?

Of course, any emotion of hatred is not good (no), but again, I say to you, all of these matters are part of the *changes* within your world; it is part of the evolution of your world. Mankind has always strived, especially nation against nation, has always tried to have the upper hand, until such time as they realise that what they are trying to achieve is not possible through the means of *war*, but when it is people struggling against the terror of being subdued in their lives, this basically is *'good against the bad'* that you would say, although I would say *'darkness and light are two sides of the same coin'*. It has always been and Earth is still struggling to this day to change for the better. So, you cannot take an isolated incident and make judgement upon it. As always, my dear friends—and you must surely, be tired of my repetitive words, but try always to look at the wider picture. Your world is changing, and I am happy to say, *'it is changing for the better'*. My love for your world and for *all* who live within it, is ever hopeful, and, I am sure, my dear friends, you will agree, that in such a short time, even within your own lifetime, there have been many changes for the better (yes). Nations have come together.

George: Yes, indeed, and when you first came to us, I recall you saying your mission had two parts, and the first part was to steer us away from nuclear oblivion that we were heading towards (yes)—that was a very big change!

Yes, yes—as I say, your world has to evolve so much more, and it is difficult, I know, not to take one section of your world and to feel what the dear lady calls *'hatred'* towards it; but right will always come to the fore. These things do not happen in a second, or a year, or a hundred of your years, it is a gradual process. But be optimistic, my dear friends, because, I say to you, *'we feel optimistic for your planet'*.

George: Well that's good news. I think you've said before that we should stand back and see the situation in overview (yes, yes), and then it is clear that there are improvements.

I am happy to stand by those words, and yes, it is not always the easiest thing to achieve.

George: Well that's very nice, because I have had some feedback on this very subject, and it's good to re-iterate that we are moving forward when seen in overview (yes).

Sara: Could I ask a question?

Yes.

Sara: There's a lady called Keisha Crowther, known as *'Little Grandmother'*, and she speaks about *'Love'* and the importance of being loved in these troubled times. She's a Native American Indian shaman and I think she makes a lot of sense. She mentions a short period of physical darkness for the planet, and I just wondered if you could comment on that. She mentions this coming in the near future.

You could say, my dear friend, that in your world—your planet—there are always areas of darkness (true!). So, yes, I would accept her words, but again, I say, this is nothing new, it always has been that way since man has trodden this Earth plane; but as long as there are greater areas of light, the darkness will always be dissipated. You understand?

Sara: Yes (yes). And she doesn't have an alarming message (no). She's not a scaremonger—so she is worth listening to.

Anyone who offers love is doing good—yes, yes. (Thank you.)

Now, I will leave you this time, but I hope my few words have given you a little more to consider, once again.

All: Yes

George: They certainly have!

Yes. And as always, my dear friends, we thank you for your thoughts, we thank you for your presence, and we thank you for your ever-increasing knowledge of yourselves. Do not forget yourselves, but know always I am close by, if you should need me.

Thanks from all

George: That's very good to know. Thank you, Salumet!

A period followed, of Eileen giving clairvoyance, firstly re Sara's family and secondly re Lilian's family. And Lilian's husband Roy (in spirit) wished to let her know that he is still around.

One briefly spoke via Sarah who had experienced some unhappiness in her last Earth life

Lilian: Welcome to you.

Thank you for your welcome. I take great pleasure in visiting you. And the feeling of so much love draws me to you. I am always happy to be able to join in with such people, because I never had that opportunity whilst I was on this Earth. I take the opportunity of coming for this short time just to feel how good it can be. I know that I do not have to come to see how things are, but I cannot help myself when I see a window of opportunity to call back and experience 'love', which was so missing in my Earthly life.

George: Well, you are most welcome to join us. Can you say when it was that you were on the Earth?

I believe it was in the 1800s, when the ladies wore long dresses.

Lilian: So was it your family that lacked love?

I had a step-mother and my father was not interested in his children.

Lilian: That must have been hard.

So, I was not the only one in the family who was unhappy, but I am the only one who needs to come back from time to time ... I have been told on many occasions that I do not need this visit, but it always brings me such joy when I feel the love of you good people.

George: If we can help in any way, we are very pleased to do so.

Sara: If it helps you, that can only be good.

I know that you have already helped me, just by being kind. And now I am being told I must return. So I thank you for your time.

We invited the lady to return another time if she wishes and she withdrew happily.

Finally, another seemed to be with Eileen and Lilian approached

Lilian: Good evening.

The was no reply but much creaking came from Eileen's (wicker) chair

Lilian: Are you having a good look round?

More creaking

Lilian: Do you wonder where you are?

A very deep voice and more creaking:

How! I come to you another time. No time now.

Lilian: I see. What would you like to talk to us about when you come another time?

I will tell you another time.

Chuckles

I stay if I come another time if you like me.

Lilian: Thank you.

My name: 'White Feather'.

We declared that we were sorry 'White Feather' was unable to stay longer and looked forward to next time. On repeating the name, it seemed to ring a bell.

On checking our records, 'White Feather' is a North American Indian gentleman of large build and deep booming voice. He last visited on 10th March 1997 when the group met in Leslie's house. He will have noted a few changes! Being so large, it is likely he would have struggled a little to get comfortable, and it would be very reasonable that he look around to take in the changes. And we certainly look forward to this one returning—hopefully soon.

It may be of interest that our group has past life Native American Indian tribal connections, described in some detail on one occasion by Chief Gran Mancha. It is our understanding that we were of the 'Gor-rukka Tribe' within the group of many tribes known as 'Baa-Ba'—around 2000-years ago. And we have received over the years from such names as High Waterfall, Great Elk, Moon Feather, Running Dog, Silver Star, White Horse, Red Fire and Nahashiwah (a more recent past life of Eileen, meaning 'small body – great spirit').