

SALUMET - 24th October 2011.

Lilian: Good evening Salumet—welcome—nice to have you here again.

Good evening.

All: Good evening.

As I join with you this time, it is noticeable how peaceful that you all are. There is, my dear friends, much love surrounding you and those who are absent this time. As another one of your Earthly years comes closer to its end, I wonder how often you think about how far you have come since that moment of curiosity—that moment of trying to find Truth; how far have you come? I know how far you have come, but tonight, my dear friends, I would like to ask you individually what you feel, and how far you feel you have travelled in your own special goal. How far do you feel?

Lilian: A long way! It's strange I was thinking about it this morning—earlier this morning when I sat down saying a few 'thank yous', and I thought: well to start with there were Ruth and Les Bone, as you know, and, from there, it's just been a wonderful journey.

Sarah: —and on the way, you've made a very good friend of Salumet!

Lilian: Yes!

Chuckle

George: Yes, we mustn't underestimate the help and encouragement that we've had. For me, I think this journey began in 1989 in Mexico on a Mayan site when I seemed to get the message that the greatest thing in all the universe is *Love*; and I feel that to become more loving and feeling for humanity and the universe—the whole creation—loving and appreciative—I feel *that love* has been my journey **(yes)**.

Lilian: Yes, another good thing on the journey has been talking to Bonniol. I thought of that as well this morning.

Paul: Part of my journey—I was thinking this week about the *fears* that keep us imprisoned throughout our lives. Part of it is simply working through all these fears, which sometimes they can be nothing more than a little bit of tension in you that carries through your day and affects the way you live your life each day. And so trying to work through these

fears, some of which are childhood based, some of which are insecurities and things. It's partly my own communication—I guess that was some kind of fear of communicating myself as 'how I am', to people. It's sort of a journey of working through those fears, so that you can sit back and really *see* and experience that beauty and love.

Sarah: Saying about the fears—I must say—yes, obviously you get times when you get a bit tense and stressed over things, but I would say I'm not nearly as fearful as I was. I very much feel that as long as I do the best I can—I was going to say 'nature will take its path'—it will all work out right in the end, so I think I am less fearful than I was and I try not to be too judgemental—I do have the odd moments in the car, maybe this evening which wasn't quite so good, but mostly, I think, I try not to judge people too much, which I think perhaps I did more in the past. So, I think that's the thing—probably lots of little things that have happened and you don't even realise that you are moving forward—yeah, I think it's a good life.

George: Could I just come back on the judgemental thing and say: we did leave one person out in our prayers, which I tried to put right mentally, afterwards, and that was Muammar Gaddafi and—

Sarah: I did actually ask for him George.

Graham: He was asked for.

George: (*Apologies to all—I should have tweaked my hearing aids up earlier!*) I would like to ask for him in his journey forward. It is no doubt a lengthy journey, but I wish him well in that.

Lilian: I guess like all of us, he'll have to face his own problems.

Rod: Well, mine seem to tie up some years ago—I'd done about four courses with the police to improve my driving, because I used to do a lot of driving with my work, and at the end of this course, a policeman came up and he said: what have you learnt? I said that I feel that whatever comes up in front of me now, I can deal with—I'm confident that I can deal with it—I make up a plan and I can deal with it. And it's funny now, in my private life, I feel that whatever comes up now, I can deal with it. It sounds a bit big-headed, but I feel that I've got all my friends in spirit

who help--yourself and everyone around—and it's given me more confidence, and I feel happier that I can do it, and I'm much happier to help other people, and I suppose the whole thing's you make a happier person, out of me anyway—and thank you very much for that—from my heart.

Daphne: Well, I think—well I know—I've become much more caring and loving towards friends. I've always been that way towards my family and now the family's grown into grandchildren and great grandchildren. We've had some worries over the little one, Harry, for the past five months, but thankfully he's holding his own at the moment, although he's still in hospital, but I feel confident that he will pull through, and go on to be a normal little lad. But I'm much more loving and caring to my friends and I like to meet different people and I find that I'm not so judgemental about people as I used to be and I thank you for that. I've been working on it and I have been helped a lot, and I think the consequence is that I feel better in myself and I am much happier, I think and I know Rod feels so too. We are very, very blessed, and we are grateful for all the gifts and prayers that surround us at all time and the love, of course—so thank you!

Graham: I think when I was a little boy, or perhaps a bit older than a *little* boy, I can remember being very impressed by the teachings of Jesus, where he loved everybody, and I thought: how could you do that? Because some people seemed to be so awful! And yet, as I've become older and particularly, since I became a member of this group, I've looked at that again through totally different eyes. I really do now believe that I'm closer to feeling that I love everybody; and since I was approached by somebody who, although it seemed very unlikely—but you get the love back! And it's a wonderful experience when that happens. And putting your fears aside—and we are fearful when we don't understand people—we become frightened of them. If you can put that aside and forget about your fears, then what's left is just love.

Murmurs of agreement!

Rod: Well said.

Paul: Yes, it's kind of working out that there really is nothing to fear. I don't know what it is, but it's beginning to finally click that this physical body really is just an overcoat, and it's that spirit that's the only important thing.

Sarah: I think that Salumet's words that if we believe what you say, which we do—then if you just take that all on board, then you can relax and go ahead, so yes, thank you, again, Salumet!

Yes, do you see, my dear friends, how when you express yourselves and speak of *physical* feelings, and how it affects you *spiritually*, can you see that connection with each one of you? I would like to say that each one of you is approaching something that I would call *acceptance*. The curiosity and the intellectual stages have passed, and now, my dear friends, how you recognise that love for your fellow man is all important—love, not only for each other, but to recognise that you ARE *units of love*, each one of you, and it is up to all of *you*, as individuals, to express that love, in the best way that you can. But, by speaking openly to each other, it gives you recognition to each other, of who and what you are, and that you are not so different from one another after all. It gladdens us all in our world to hear those such as you. We know you have struggles and we know that you fight fear and many of its companions, but we are so happy to see those spiritual lights grow ever brighter. So, my dear friends, I say to you: for once, feel happy with who and what you are, and accept our thanks from spirit, because it is a great thing to watch that spirit grow and unite. If only all of your Earth plane could have the understanding that you have gained, what a much better world you would live in! So, continue on your way, question whatever you must, but always, no matter what you do, that it is done in the name of Love. That, for this time, is all I wish to say to you, but you are surrounded this time, by many who love you—not always those you would recognise, but nevertheless, those who love you. Absorb their energy and their love, and with those words, my dear friends, I will take my leave.

General thanks

Sarah: And, I hope, as you leave, Salumet, that there's somebody there with you who will encourage you as you encourage us, because you said: you also are growing, so I hope there's somebody who can let you know how well you are doing as well.

Thank you.

George's Notes:

CURIOSITY: As stated, that time of curiosity generally comes first. We cannot continue through life without thoughts of—why?—for what purpose? There has to be some kind of a reason! What about those strange dreams and compelling feelings? What about all the wisdom and philosophy that has accrued through history? Surely that is not just the imagination of freaky people? No way! And forget for one moment this potty little planet, what about that universe out there?—its details of construction? Explain that! Why the 'red shift' (element absorption lines shifting towards the red end of the spectrum of light according to distance of distant galaxies)? It has to be that either the universe is expanding from a time of 'big bang'—OR—in its journey across the unimaginably huge distance from faraway galaxies, light actually slows down—this due to the way it negotiates its passage through the 'energetic void'. I favour the latter far simpler explanation; and of course, the big bang theory was developing while the void was thought by many to be merely empty space. It now becomes clear that there is no such thing as empty space. That was one of the many examples of wrong thinking of modern mankind. On that magical Mayan site in Mexico, I was turning over such thoughts, when the message just zapped in from somewhere:

'It's alright to tinker with the mechanics of the universe—to try to figure things out—as did Newton, as did Einstein—It's a kind of appreciation, a kind of homage—BUT—the—most—important—thing—in all the universe—is—LOVE.'

That for me was a special moment!

LOVE: This is something that seems to get extended and can go on expanding. Love of family comes easy. Then there are friends—some becoming special. Then there is patriotism, but that can have its flaws.

There's a whole world of people out there—we can love them all (so long as we stop the nonsense of warring). Sometimes we like people for being different! Some people are especially fond of a horse, a cat, a dog, a parrot—and vice versa. But there's all nature out there—animals, birds, whales, trees, plants, insects—all creation is lovable. And if we love the antics of bees as they visit and pollenate the flowers, resulting in good crops, then we must play our part and stop poisoning them with insecticides! That's all part of loving nature. But love extends beyond this planet and embraces the entire universe. As we have seen, we can communicate with many others, not of this planet—all one big family. But that's just the physical creation—there are all those in spirit too!

FEAR: As we have seen, in opening up to the many aspects of love, there are fears to overcome along the way. Largely, it is fear of the unknown and the imaginings that go with simply not knowing. In order to get to know, we must firstly of course, have the curiosity; so we have now gone full circle back to note 1 – curiosity! And curiosity really takes hold when it is realised we are not just here for the beer!

ACCEPTANCE: Perhaps what Salumet means by 'acceptance' is the full acceptance of the spiritual basis of life and the oneness of universal community, without hang-ups or reservations.