

SALUMET – 12th December 2011.

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

I am happy to join with you once more. As I join with you, I am aware of some depleted energy within some of you. As you approach your festive season, take the time dear friends, to recuperate, to feel uplifted and to realise how important it is for each one of you to renew that spirit within—as I do when I leave you—I return to that place of upliftment, and so too, my dear friends, should you always also take the time to focus upon that spirit within. Last time we spoke, and I mentioned a few words to you: ‘peace and good will to all men**’; and I asked my dear friends, that you thought deeply on those words—and what it means to you. Words are easy, but is the realisation of the meaning of those words a little more difficult? I think so.**

Agreement

Yes, so I feel that as we have come to the end of another one of your Earthly years that it would be appropriate for you all to discuss: ‘peace and good will to all men**’, and to what it means to you personally. So, shall we begin? Have you thought deeply about those words?**

Pause

George: I feel that there is a double-aspect in some ways. There’s our personal interpretation and a more general widespread interpretation. ‘Peace and goodwill’ to me personally is quite simply bonding with others in such a way that you wish them no harm, you wish them a good life and enlightenment—peace is perhaps more mystical—that lovely feeling that goes with relaxed living without recriminations of any kind, and in the wider context, it means that humanity cannot possibly indulge in warfare or indeed bad thoughts concerning those beyond this planet—all must be entirely accepting of all creation and its wonders. **Yes, I am pleased that you have mentioned other planets, other peoples and not just to people of the Earth plane. That is all that I will say to you at this time. Who would like to speak?**

Mark: I was going to say that when I dwell upon somebody in a negative way, I do feel I’m cutting myself off from something—a vital part of myself. I don’t feel at ease, and I feel like it’s quite damaging. **So, you feel the recognition of your own spirit. Yes, I will accept that from you.**

Sarah: Well, I didn’t hear your words last time Salumet, and I have to confess I haven’t read the transcript, but just thinking about it now, when you said those words, I just think of an inner peace. So, if you have that inner peace, then ‘goodwill to all men’ would, I think, come automatically, because you’re at peace with yourself—you wouldn’t want any conflict to disturb that—so I think that would be a lot of the way to having goodwill towards others. **So, you are speaking of peace in the physical sense that would allow you to be more open to others. Is that what you are saying?**

Sarah: Well, yes and No. It would be a physical peace, but if you go further in—search—so you’ve tapped into your spirit, going deeper within (**yes**). I was thinking of a *deeper* sense than just the physical, although if the spirit is at ease, then I think the physical would become at ease as well, so the whole thing would become more relaxed (**yes**), and it would become a more automatic process.

Yes, thank you, thank you.

Rod: Well, I feel that I cannot put much into this. I came back from that meeting a fortnight ago and, for a start, I sat down with Daph and I said ‘Peace and Goodwill to all men’—what about you women?—of course we had a lot of laughter. But I don’t think that over the last fortnight that my mind has altered a great deal on that—but I suppose I’m too set in my ways. The other thing is—I suppose, it’s not a good time to say it, but I’m on some tablets for blood pressure and there’s one that can give you a bit of depression and a bit ‘niggly at times. It’s not very good really—I’m very ashamed of that. But, if you push that aside, I like to spread the word around about spirit as far as I can with different friends. It doesn’t always go down well, but I think you said if you can plant a seed, then so be it—and I think we must do that—I’m sure we must do that. But I’m not a good example Salumet, I’m sorry.

You must not put yourself down. You may not feel that there is anything to contribute, but I will say to you, my dear friend, it has opened up recognition of yourself. So you see, even when you feel there is nothing to give, you are learning and that is most important. Thank you!

Rod: Thank you very much!

Yes, who is next?

Daphne: Well, it's only very short, but I try each day, and it's a very simple maxim that I try and hang onto—it's just to treat everyone as I would like to be treated by them—with kindness and all the loving feelings. I'm not the best, because I do have people that I just cannot get on with, but I just try and put loving thoughts out to them, and I hope it does some good, but I feel that to treat others as you would be treated yourself, is, in my eyes, anyway, not a bad thing to do.

Indeed, it is not a bad thing to do—the striving for good, that is what matters, and the very fact that you recognise your faults is good. Thank you!

Jan: I too wasn't here when you had the last discussion, but I'm sat here thinking that lots of people have said how they feel and that's not a 'cop out'. 'Peace and Goodwill', to me—when I'm at peace with myself and the world around me, then that's the feeling that I would wish upon my fellow men; without conflict, and I think the internal conflict that we all deal with, is a tremendous battle as human beings. It's part of our make-up—part of our generic make-up. But when you are at peace with yourself and everyone around you, I think it's one of the most wonderful feelings that anyone can have. So my thoughts would be—for those on this planet and all the others, like George has said, that we all strive to feel like that all the time, and hopefully, one day we will.

Because you see, to offer these good thoughts for others, you are in fact, using your spiritual self, and it is the spiritual self which must feel that love and peace and goodwill to all. You say that these feelings that have to be suppressed are part of your nature, but it is not your spiritual nature.

Jan: No—I understand the difference between the two.

Yes, thank you. Now we have one more to speak with.

Lilian: Yes, I've given it a lot of thought, but no clear answer—but Jan just mentioning the feeling that can come on very rare occasions—with me it's just been a wonderful feeling and you just feel a great love, and if only we could hold that all the time, then yes it would be marvellous. Obviously, the spirit comes to the fore, but I'm afraid we've got a long way to go.

Yes—can you, my dear friends, see the connecting link that you have all made?

Jan: Mm.

You can, I know—yes. You have come to recognise your own, what you would term 'failings', but which I would call striving to know yourselves (Mm). They are not failings, my dear friends. They are happenings in an Earthly life which need to be changed in order for the spirit to grow even more. You are beings of love. Therefore, feelings of peace and goodwill towards all men should be natural to you, but of course, being human beings, makes it a little more difficult—but that is why you are here. But I would like you to always retain those words in your minds, and whenever you encounter upsets and troubles in your lives, remember those words, and automatically, you should find that that spirit within will come to the fore and uplift not only yourselves, but all of those people you know. So my message to you, at this your festive season, my dear friends, is to shine within that love which is eternal. Feel that love, feel the peace which emanates from that love; and I will tell you, now, my dear friends, you will experienced the utmost love and joy in this your everyday lives.

I hope you understand my words this time and I am saying to you and to all of creation: PEACE AND GOOD WILL TO ALL!

George: Yes, wonderful!

If there is anything you would like to ask me before I leave?

George: Yes, as a matter of fact Salumet, we received a question today from one of our readers of the website, and perhaps it would be good to add

this question on to what has been said. The lady has said she knows that there are various spirits around her, including her son, and she acknowledges those spirits. She would like to feel their presence more, and is wondering if there is something she might do to increase her awareness of those spirit friends about her. Would you care to speak on that, Salumet?

Yes. Firstly, let me say this to you. You cannot always have what your heart desires. That is the first point. But that is not to say you cannot expand your own consciousness and awareness to spirit. Again, I say to you, my dear friends, you *are* spirit. The possibilities for all of you are to become more aware—more spiritual than human, although that sometimes takes great sacrifice on your part. The lady is aware of those around, but it is not just a one-way system. There has to be from our side of life, a willingness to show yourself, and let me say: not all are ready to do this. So no amount of calling from the human side of life can make another come closer. That is my second point. What I would suggest for this dear lady, is that she continues to open her mind, but to learn more patience.

George: Yes, and might I say, she thanks you and the group here for all that has been made available for general reading; and perhaps I could add: perhaps we should extend our wishes of peace and goodwill to include those about us as well—in spirit.

Yes, thank you! Tell the lady that they will come closer to her, but, as in all things, it is a two-way system.

George: Mm, yes, thank you.

Jan: I would like to mention—I was asked to mention by Richard, my son, that he feels ready—they are his words—to write his book, and he's asking those that come close to him to help guide him with his book. I don't know what he wants to write about—it's on spiritual matters and that's for him to know, but I just thought I'd ask you Salumet or to let you know that I think he's beginning to want to work for spirit. And that was your quote: when he's ready he'll want to work for spirit.

Yes, when the pupil is ready—I will leave those words with you—

Jan: Right, thank you—

You know what I am saying?

Jan: I do—I'm just the messenger tonight (**yes**). Thank you very much.

Those who open to spirit, will in whatever way—will be used for the good—and there are different ways that you are all used, as you well know. But it is up to each person to direct their pathway, and I can tell you that those in our world are only too happy, and usually overjoyed, to help one of you here on the Earth plane.

Jan: Thank you.

Now, my dear friends, I feel I will take my leave of you. I wish you much love, not only from me, but from all those who stand close by you every day of your living. And I know that you may not always be aware, but you are becoming better at seeing those little synchronicities that happen in your lives; and I know that you are more aware of the signs of spirit (yes). So, with those words I take my leave and I will look forward, my dear friends, to our meeting in another one of your years.

George: We look forward to that meeting also and I'm sure we wish you well and send our love with you. We can't imagine where and how you will be—**And I can't explain it to you—**

Laughter

—in the coming weeks, but we send our love and look forward to your return.

Thank you.

Jan: And thank you for the upliftment tonight. I think we all sensed that our energies were completely depleted when we walked into the room.

Yes, I did feel that, but hopefully that love will uplift you in the days to come.

Lilian: Thank you!

Jan: Well, like we say here: *Safe journey!*

As a blink of the eye!

General amusement!

Prior to our meeting, there had been healing prayers as always—this time, one included for Ann my wife, at home with a difficult sciatica problem: We spoke amongst ourselves a little following Salumet's visit, then it became evident that one was with Eileen:

Lilian: Good evening and welcome! You've been listening?

It's so lovely to be with you.

Lilian: Well, thank you for those words, Nice to have you with us.

It's been a long time—a very long time. I've been with you before.

Lilian: Yes, can you remind us of your name please?

I am Sister Agnes.

Delighted murmurs!

George: Sister Agnes! Yes, I do remember the name!

Yes, I was so attracted to your energies tonight and I wish to come just to wish you all a beautiful Christmas.

Sarah: Thank you very much.

Although, I don't need to honour the Christian religion anymore, I still do enjoy this time of year because of the love and the singing—I don't call them 'hymns' now—singing of love and joy and what you were speaking of—peace. It's just so beautiful.

George: And it goes beyond any single religion, no doubt.

Hold on, I wish to give you these beads. I want you to give them to your lovely lady wife.

As Sister Agnes' hand—Eileen's hand—reached across, I cupped mine to receive the beads ... and later transferred them to an envelope. Both Lilian and Jan declared that they could see them.

George: Oh! Wonderful!

Please accept them from me.

George: Wonderful! Thank you so much!

Each one I have blessed. Please make sure she has them.

George: I will, I will. These will be treasured—much treasured (*yes*).

Lilian: She will be very, very pleased!

Yes, I used to be most fond of them. They are most beautiful, but they are imbued with not only the love that I give, but all of those sisters who are standing behind me (ah!).

Lilian: Are they the colours of the rainbow?

You can see the colours?

Lilian: It just came into my mind (*yes*).

George: This is wonderful, and, going back in time, Ann was educated at a convent.

So, she will appreciate the rosary bead, yes?

George: She will, indeed!

Yes. Oh, I can't express to you my pleasure at being with you again. I really did not think I would ever visit you, but it is my great joy to be with you tonight.

Lilian: It's been a pleasure!

George: It's wonderful for us too, to receive you Sister Agnes; and you are now beyond any single religion? Could I put it like that?

Of course, but as you are well aware as a group, we do sometimes return in the old garb that we became so used to and, my goodness, was it not garb—so itchy!!

Laughter

I was so pleased to dispose of it.

Laughter

Although, it took me many of your years to even allow that thought to enter my head.

George: Yes I can imagine.

Yes, but it is wonderful the freedom that you feel.

Sarah: Do you ever go and visit nuns who are still wearing the garb?

Not too often. I have really gone past doing that. This has been a very special visit—this one—

Lilian: We're honoured!

—yes, because our acquaintance goes back such a long time—your time I mean, not ours. And I just felt I needed to just say 'hello', and because of the teachings that you have had, that I felt it appropriate tonight.

Sarah: Well that's lovely, thank you!

George: We're so blessed with all those teachings, and it's a wonderful, if I could use an expression 'icing on the cake' for you to come through to us again.

Much Laughter

How generous of spirit!

Sarah: I think the last time you came to us we were in the other house. We were at Leslie's house (**yes**). Have you come across Leslie since he's been over? *I have encountered that dear gentleman, who spent so many hours speaking with us. Yes of*

course, his contact with, not only with myself but the other Sisters goes back much longer than you would know.

Jan: Oh, that's interesting!

Yes—yes I have met him. I believe he keeps himself very busy.

Sarah: I am sure he does.

Chuckles!

And now, I really don't want to go, but I have to. It's been lovely. I don't know what else to say, but one of my old sayings—'God bless you all'.

All: thank you very much!

George: It's been a wonderful treat for us to have you with us again, and, if it is possible for you to come again, you will always be most welcome.

Thank you!

Sarah: We send our blessings to you too.

Thank you, and now, I really have to go.

George's Notes:

1: Leslie spent much time speaking with many Sisters: Our regular records date from June 1994 with the start of Salumet's mission. Since then there have been visits from Sisters: Anna, Marian, Marietta, Rosetta and Veronica. The visits of Sister Agnes were pre-June 1994. Lilian remembers, and several older members are aware of Sister Agnes, simply because Leslie often spoke of her visits. He had fond memories and was clearly much impressed by those communications.

2: Beyond Religion: This communication helps to make clear the place of 'religions' in our world. It might be said that they have become increasingly enigmatic. Some devotees follow in good faith, while others (often younger people) are apt to criticise. To some, the repetition of service is questioned. Did those, such as Jesus and Buddha, who delivered 'the word' ever intend that it should be cloaked in ceremonial ritual and split into hundreds of different sects? Such presentations seem only to make sense if, on becoming more aware, we see them as 'jungle pathways' that eventually lead to the 'main thoroughfare'. And, of course, the main thoroughfare is what it is really all about. It is clear that Sister Agnes is on that 'main thoroughfare',

having progressed beyond any single Earthly religion.

3: PEACE AND GOODWILL TO ALL: *It seems clear, from Salumet's words and his commentary on our feelings, how we should regard this traditional wish. And I think we can see that 'peace' arises out of 'good will', at least the terms are well connected. That means: no wars, no munitions stockpiles, no thoughts of hostility, and always honouring that principle which is embodied in the original teachings of EVERY Earthly religion:*

'Thou Shalt Not Kill'.

Ideally, our wish extends across all international borders, datelines, class groups, age groups, ethnic and monetary divisions; it also permeates nature and all Creation—not just this one single planet, but the entire universe—other universes too. And let us not forget all those in spirit—associated with all planets. The Creation—of God, or Creative Principle—extends so much further than just one single religion, or indeed one single little planet of our most immediate knowing!

PEACE AND GOOD WILL ★★ TO ALL ★★