

**9<sup>th</sup> January 2012**

*The evening began with Bill speaking through Eileen, on behalf of three soldiers from World War 1. Peter, Tom and Bill had passed over together. There seems to have been a train involved and perhaps this had been a factor in their passing. Following their demise they were all very pleased to find they still lived! Now, in that ongoing life they help other soldiers when they die—explaining to them what has happened*  
***They still come, unfortunately.***

Sarah: There's a lot of talk about soldiers today. People are helping the wounded a lot more.  
***Yes, so they should—it's not just physical help they need, it's mental help.***

Sarah: Moral support—

***Moral support, yes my dear. War is never a good thing.***

Sarah: And there was a lack of understanding of how people felt during WWI, wasn't there?—had to put on a brave face and go with it—couldn't understand shellshock etc then.

***No—and so many of those poor lads were killed by our own people, and you know, that sticks to me still!***

Sarah: I think it was just a lack of understanding what was happening. They just felt it was the right thing, and people shouldn't give in, but they didn't understand what was happening.

***They didn't—and you have to forgive them. They thought they knew what was right*** (yes).

Lilian: I was listening to a story—a young man of 18. Once he landed in France, he went straight into the situation of killing. He pulled his trigger first and killed this young German—the same age as himself. He then sat down and really sobbed his heart out. They don't think of that do they?

***I wish you could see these people when they come over to us—the shock and horror of what they have done to each other.***

Lilian: Yes, it's too horrible!

***It doesn't matter what side they belong to—the shock and the horror is devastating to them. So, my dears, I would like to ask that you give thoughts for all those people who are still in wars, and even today—***

Lilian: Yes, and they have no idea really about the killing of another person.

***No—they don't know what it's done to their spirit. That's the tragedy—that the spirit itself is damaged—not forever of course, but that is something that has to be worked at—that is what my friends Peter, Tom and I do.***

Sarah: A very worthwhile job!

***And now I have to go. I'm sorry if I've intruded.***

Lilian: Not at all. It's nice to talk to you.

***But seeing the train just brought me back.***

Lilian: It's probably why my friend saw the train. I expect there's a reason.

***There's always a reason—nothing by chance.***

Lilian: No, thank you for calling in.

***Yes, that's a good way to put it.***

*Fond farewells*

George's Notes:

*Much to think on here:*

1. *How sad it is to see youth being encouraged to go to war to kill youth.*
2. *What of the politicians who consider there to be just cause for this?*
3. *What of those who devise the weaponry and supply it to blow people to bits?*

4. *Why do people in majority, regardless of their religion, support governments in their warfare activities?*
5. *What about the selfish intent and the ways of suicide bombers?*

### **SALUMET – 16<sup>th</sup> January 2012**

Lilian: Good evening Salumet, welcome back to our New Year.

**Good evening.**

All: Good evening!

**It is good to see so many of you here, my dear friends. I join with you in another one of your Earthly years, and it brings me great joy to know that each one of you continues along your Earthly pathway—not always easily, but nevertheless with a determination that is a credit to you all. I will say once more, life's journey on this Earth's plane does not always run smoothly, as you would like, but my dear friends, what you should gain from those experiences is a strength and a knowledge that, spiritually, you are growing strong. That will be my hopes for you in this your coming year—that each one of you recognises that divinity which you all are—that you recognise it and you make full use of the knowledge that you have gained. I do not and could not expect more from you, and I know that at times, it must seem that I constantly repeat myself. I do this only for *you*, my dear friends, in order that anything you gain from our meetings sinks into your minds and hearts and souls. That is my wish for you all. I will not stay with you too long this evening, but, if you have any questions for me, I will endeavour to answer them for you.**

Lilian: Any questions?

George: Perhaps, I could just mention that two friends—Professor Ervin Laszlo and his Executive Assistant Gyorgyi Szabo plan to sit in with us during April. This, I am sure, will be a great treat and experience for all of us here, and I look forward to your meeting, Salumet, with two of rather more qualified intelligence than we who sit here. *(Chuckle)* I hope that will be a pleasant experience for you too.

**I accept that it will be pleasant to meet those who wish to come, but do not underestimate yourself or anyone within this room. I came to you in all simplicity, and I am happy to meet all kinds of people. Therefore, I understand your excitement—of course I do, but I have to say: within this room, there are souls who will far outshine anyone of greater intelligence in your world. I ask you dear friends not to forget this.**

*(Well, perhaps we should not overlook spirit links. We are not just us who gather here!)*

Lilian: That's kind of you to say that.

George: I think we are aware of wonderful connections that we have here.

**Yes, and let us hope that those dear friends who wish to come, find the joy that I know sometimes you all do by just being in this room. I do hope they are in tune with the energies which all of you supply—but it will be a pleasure.**

George: Yes—yes.

**I, of course, will endeavour to be here whenever they so wish to come.**

George: Mm, wonderful! I've had things going through my mind recently. Your statement, '*spirit has always been*' and then, the space-time creation, seems to have followed—and I had the thought that spirit has 'no space', so the entirely materialistic mind will see the beginning of the universe as 'a point source'—simply because it has 'no space'. But as spirit has no space, perhaps that is a scientific error of our modern times—that everything did *not* begin from 'a point source', and there was never any 'big bang'.

*Said with tongue in cheek!*

**Let me say this: you say spirit has no space—no *material* space. Spirit has no space, but *all* of space.**

George: Yes!

**Yes! Let us clarify that situation—a simple point, but a point that is neglected by your scientists in the most part. Their knowledge is gaining ground at a tremendous rate at this time of the Earth’s evolution, but they still have to find within themselves, ‘spirit’.**

George: Yes, while spirit has no space as such, it nevertheless—I take your point—**(yes)** it is extensive throughout all...

**It is everywhere!**

George: This is a difficult fact for us to get our brains around.

**Yes, that is why there will always be things you cannot understand whilst you exist in a material world.**

George: And the other thing that scientists *think* they understand is the expanding universe, for which there are two reasons for supposing that it expands. One is the erroneous ‘big bang’ beginning, and the second point is what is known as the ‘red shift’—the absorption spectra of the elements seen against the light from distant galaxies, seem to move towards the red end of the spectrum.

Jan: Surely that has got something to do with the fact that, in my little wisdom, I see it that more and more of us are on the planet and more and as more of us return to spirit and, obviously things are going to grow because of spirit.

George: There are alternative explanations **(yes)** for this red shift, and one that I would like to voice is that—just supposing in its lengthy journey across the universe, light gives up some of its energy to the energetic void, if I could put it like that—then it would increase in wavelength—and that could be a further possible explanation for the red shift that is seen **(yes)**—in which case we have a ‘steady state’ universe.

Jan: I would much rather simplify things—much rather.

**I was about to say: you can give names to anything at all within the scientific world. I will repeat what I have said on a few occasions: energy is never static.**

George: It is transmutable.

**Yes, of course—so I would like to simplify, as the dear lady says, to say that energy is all around, in the same way as spirit is nowhere but everywhere. Energy can NOT be static—it is transmutable. Therefore it can travel across many universes as quite a natural happening (yes). Your scientists complicate matters by their theories (yes). You would agree?**

George: I would agree, and I was going to put the question if I may **(yes)**: would you feel comfortable with the idea of a ‘steady state’ universe as opposed to an ‘expanding’ universe?

Jan: I’d much rather it expanded, personally. *(Chuckle)*

**You cannot be comfortable with a steady state universe (ah!). No—energy is ever changing, ever moving, transmuting itself—energy cannot stay still. But I know where your question is going, and I understand how your scientists and people of knowledge feel; but basically, a lot of the time these people do not believe in spirit; therefore their outlooks and their views are coloured by this (yes).**

Jan: If it’s not a judgemental thing to say, I think that their egos are jostling for position to write the next paper more than if they spent the time meditating / going within and doing something completely different with their time.

**I understand your view, but they are after all people who are only seeking what I call the truth. Therefore do not be too harsh on them. They are trying to find out, but they fetter themselves by their own views. You understand?**

Jan: Yes, I do.

George: Yes, there’s a great need to take on board the values of spirit **(yes)** and place those values together with scientific thinking—I think that is a way to put it.

**Yes—only in that way will they arrive at the true conclusion. But you have to give credit to them for the work that they are trying to do.**

Jan: Yes, I do appreciate and I respect, but they have a long way to go before they are willing to look at the other side of the coin.

**Those who have partly closed minds will never find the full picture. In the same way as you, my dear friends, within this room, will never know the full picture whilst you inhabit human garb.**

George: yes, I think I would be right in saying that our friend Rudolf Steiner, who has been through to us on three occasions recently—he seems to have been a scientist or philosopher who had spiritual connections whilst in his Earth life?

**I have to tell you, dear friend, there are many in our world who have had minds of *seeking knowledge*, but who have also been spiritual people. So be careful that you do not judge another by their viewpoint, because, as I have told you, you cannot always know what or who that real person is.**

George: I merely wanted to pick him out as an example.

**Yes, I understand.**

George: I appreciate there are many others.

**He is one of what I would call the more modern age—yes; but remember that much of spiritual knowledge has been lost on your planet through time (yes). Therefore, it would only make sense would you not agree, that those who have gone before have had a far more superior knowledge?**

George: Yes, I think you're referring to the past great civilisations (yes).

Jan: Salumet, changing the subject if I may, can I ask a question about freewill? **(Yes.)** Not the freewill to remain on our Earthly plane, but the freewill in which a person who is encumbered whilst here with a body and a mind that they've chosen to come back with—a disability. Cheryl had a patient who died last Saturday in front of Cheryl. I had the overwhelming feeling, and I said so to Cheryl, that her freewill to die because she was unhappy seemed to override everything. Am I correct that certain people do have the freewill to do that—to pass on at will?

**I would hesitate to call it 'freewill', but rather the 'power of the thought'. I have told you so often that 'thought' is the most powerful thing that you can possess, and of course then, freewill can change the course of where you are going. So, if someone creates the situation of wishing to leave the body, then that power of thought creates the reality.**

Jan: Right, yes, I understand that.

**So that is why these things happen. I would not say always that it was the right choice or that the freewill was used wisely, but you have to take individual cases as they are. You understand?**

Jan: Yes, I do.

**Remember always, the power of your thought creates the reality (yes), whether that be right or wrong.**

Lilian: I believe you said something like that about Leslie when he passed over.

**Yes, yes he did.**

Sarah: I was going to ask you actually—there's been a lot of discussion recently about euthanasia—people who want to take their own lives. They're not going to do it through the power of thought, but they want to go to a clinic and end their lives, and I know you've said in the past that that isn't the right way to go about it and you've also told us that maybe we weren't ready to understand why, and I wonder if now you're able to tell us a little bit more about why we shouldn't do that. Is that possible?

**Because you are curtailing your life before your life span is finished. Why should you curtail that lifespan because you think it is right, or you are right? You do not see the wider picture, once again. So therefore,**

**why do you feel it is right to curtail that life? It is not correct. (Affirmations) It is *never* right, and I will stress *NEVER* right.**

Jan: In no circumstance whatsoever is it right—is that what you're saying?

**When the spirit is ready, they will go naturally.**

Jan: So, no matter how much pain and discomfort they are in—that is where they have to be at that particular time (**yes**), and, even if they were to touch one more life while they were in that despair that is their—

**Yes—very often, in the time of discomfort, does the spirit come to the fore.**

Jan: It seems to soar, doesn't it?

**Yes, and although I understand that human beings find this distressing, and so often we hear: we would not allow animals—and I understand that love that you have, but you do not have the right to shorten your own lives. You can use your mind to help you along (yes), but it should be a natural end.**

Jan: So with an elderly domestic animal—

**Animals apply to the rules of the human beings on this Earth. Yes, they belong to *spirit* in the same way that you do. So, I would say no! (Okay.)**

George: It's very good to have your firm statement on this, Salumet, because there's been much discussion in the media.

**Yes, there is much controversy I know, but always I have to say that is where I stand—that is what I know.**

Rod: Would you agree that if some people get into a deep black hole of depression and within a couple of days they hang themselves—I can only think that something terrible happened in the brain to do this when they leave children and a wife—that something made that chap so ill—

**Of course, my dear friend, but that still does not make it right. We know all of these things are part of Earthly living. We see it all so often and you would be amazed at how many tears are shed in spirit for these beings who suffer so in that way, but it still is not part of 'universal law' (no). You understand? (Yes). I have to say and I know that some people become upset and offended when I say that suicide is the most selfish of acts.**

Jan: It is—without judging them—it is! (**Yes.**)

Rod: Somebody said that to me only the other day—that was a selfish act—I said to him: you can't say that—but he was right!

**No, it is a selfish act and also—often, I only wish you could see the despair they feel at what they have done.**

Rod: When they go over?

**Yes.**

Jan: You can't turn back.

**You cannot run away from a life given.**

George: Can I indicate a rather special type of suicide undertaken by some Tibetan monks who deliberately torch themselves as a matter of protest against their country being taken over by another? It's a political act. In that sense it's not selfish—yet—how would you regard that Salumet?

**In a way, I understand what you are saying, but it is selfish that they deprive those who have loved them of that love (yes). Remember: Love is everything and just to hurt deliberately one human being can never be accepted. No one on this planet is a sole entity. All of you are intertwined in one way or another, be it to a husband, a wife, to children, to parents—no one stands alone. So, I have to say: yes it would still be considered as a selfish act; although, as I say, I understand that *they feel* it is unselfish.**

**Their view will change when their whole picture is once again shown to them. I cannot deviate from this answer, (no) because it is the truth.**

Lilian: Saying that the picture is shown to us after we pass, how quickly does that happen?

**There is no set time for anything, but quite quickly, I would say in your time. It would, of course, depend on the passing, on the person, and what situation they have passed from (yes).**

**Now, my dear friends, I must leave you this time. I did not intend to stay so long.**

Lilian: We've kept you—sorry!

**But no, I am always pleased to be with you.**

George: It's been a wonderful start to the New Year for us, thank you Salumet!

**I hope that we will have many more discussions and that I can help you in finding your own truth.**

All: Thank you!

*Next, one addressed us very clearly via Sarah:*

***Good evening to you!***

All: Good evening!

***I always hope that I can make myself apparent to you without having to speak, but I never seem to have much luck—so I decided, this time, I would just call in to say how much I enjoy being with you all. You are such an inspiration to many who have just passed over to our world. We often show people the light that comes from you all, and tell them that they are indeed 'spirit' but only in a physical form, and that those who have passed are indeed spirit and they have left their physical behind. So, although you are unaware of the help you have given to so many, I now wish to let you know that you are used in many ways that you are not aware of.***

George: That's very nice to know. Thank you for telling us. Yes, we are hearing it from several sources now, that there's so much spiritual connection. And we have the knowledge of this without sensing it as much as we would wish to. So thank you for explaining to us.

***I feel that thanks should be from our side—so I think we are both happy with the arrangement.***

Lilian: How does that work with our daily lives with people we know who have passed, when we quietly wish them well, does that help?

***Of course, yes, because you are using your thought process to register with the thought of the one who has passed. But, as you know, there are many non-believers who come back into spirit and it is always useful to have some sort of aid to help them to progress to the next stage.***

Jan: That's where groups like us are useful, is it?

***You are indeed most useful in many ways, as I have said. I know that you do have some that come back to the Earth plane and are helped. But, my job is to show those in spirit that spirit exists whilst you are on the Earth plane in the physical form.***

George: Yes, so this is quite apart from the formal 'rescues' that happen here. From large numbers, I guess actual 'rescues' are not necessary when those such as yourself can give them a helping hand?

***It very much depends on the situation, and the 'rescues', as you call them, are mainly for those who have been in denial for some time. And my job is more for those who have JUST come over from the Earth plane to spirit. It is a way of appeasing their troubles and it is most helpful, as I have said.***

Lilian: So, even when someone we know passes on, and we also know they have no beliefs of any kind to do with the thought of another life, even our single thoughts, as we go about our daily lives, help?

***Yes, thought—good thought always helps.***

Lilian: That's interesting.

***But, it is not always the case that somebody who is a non-believer—when they are here—sometimes when they come back to spirit they start to realise that they have made a mistake. There are of course***

***others who remain adamant that there is no such thing, but it's not always the case. It varies so much from person to person.***

*Appreciative indications of understanding*

***And now, I am being told I have to return, and I do so with thanks from not only me but all those you have helped.***

*General thanks*

*Then there followed a rescue and clairvoyant messages from Eileen to conclude the evening.*

George's Notes:

Spirit: *So what we know as spirit is not of the material or space-time creation—it existed before that happened and therefore it does not include space as such, yet spirit connects with or permeates everything!!!*

Energy transmutes: *It is probably true to say that there is more to this than just  $E = mc^2$  which does not cover energy changes from one form to another, and I am sure there will be more discussion on this subject to follow.*

Euthanasia: *It seems that this should not be pursued, whatever the circumstance. In fact, all killing is contrary to universal law in the final analysis. It is impossible to kill in love, whether it be self or others.*

## **SALUMET – 23<sup>rd</sup> January 2012**

Lilian: Good evening Salumet—welcome.

**Good evening.**

All: Good evening.

**Standing by each one of you are people who have come to bring you some upliftment this time. (Thanks expressed) Therefore I would say that when you leave this room this time, there should be some lightness of spirit. I have listened carefully, my dear friends, to your conversation about how the spirit is low, and how you are all feeling, and dependent upon the Earthly drugs of upliftment.**

*(In today's world there are of course many medicinal pills / drugs prescribed to help alleviate physical conditions and the physical body changes that occur in the latter years, and it will be to these drugs that Salumet refers)*

**I feel that some of you are spinning like a coin, and you are both sides of the same coin—sometimes, it falls when all is good and bright and at other times when all seems dark and unable to be solved. My dear friends, you all are coins—two sides of the same coin. It is entirely up to you which way you spin that coin. I have to say that for those who are feeling low, you have to allow the spirit within to *soar*; you have to allow the spirit within to take control of all of physical feelings and actions. Because, if you do not take control you will—and I will use an Earthly expression: you will *spin out* of control. I know these words are simple, but you need simplicity to explain the workings of spirit and the physical body together at times of crisis. You all have within yourselves the ability, as I have said, to soar to the very heights of ecstasy, to allow life to be placed into that section of living for which you have come; and you have not come here to suffer in that darkness, but you come here to experience how to handle all of these difficulties. There is not one of you within this room who has not encountered in their physical living, problems of many kinds. It is not the problems that tie you down—it is your own minds. Allow your selves to experience these darker times, but then allow them to go. Feel the upliftment from within and also from those who stand by you so closely, and yet sometimes my dear friends, you are not even aware of them. Have you anything to say about what we are discussing?**

Lilian: Emily or Cheryl?

Emily: Yes, I think sometimes, experiences can be perhaps traumatic at times, and then it's your own fear that overrides everything, and you get so stuck and trapped in that fear that it stops you being able to move forward, and then you start to punish yourself.

**You must at those moments in time, ask for the help that is available to you. There are so many who surround you and you do not let them in—you do not let them in (no); so what you have to recognise, my dear friend, is that you have utter control over those feelings (yes). If you cannot change what is causing grief, then you must work through it and use the mind—and remember the mind is of spirit—not the brain—the mind.**

Emily: Right! Thank you for those words. Thank you also for the previous things you've said that have helped me so far on my journey (yes). I'm very grateful for them.

**We know and we try to help. But I have to tell you, my dear friends, at times our hands are tied. And you really must focus more on the help available to you.**

Lilian: I've found it's quite hard as a parent—I can ask for help of course, but when it's one's children, that for me is quite a hard one—when I know they're in difficulties.

**But you cannot live their lives for them.**

Lilian: No, I've told myself that, as well.

**They are only borrowed for such a short time. Each individual has their own responsibilities, to take care of that spirit within.**

George: Yes, I would say that mind is of spirit and not of brain. This is a very important fact that many people do not realise (yes)—many people in science do not realise, but it's a very important fact to hold onto in these matters, I feel.

**Yes, and all too often, we hear people say: but we cannot control our brains. Of course you can control your brains! Everyone has the opportunity—has the guidance to change what they think, and, yes, you think with a physical brain, but it is governed by the mind.**

George: Yes, I rather like to compare our brains with a computer—and the Internet is beyond the computer. It is not exactly physical, but we can control our brains just as we can control a computer, I feel. **Yes—yes, there always is control, there always is responsibility. You cannot tether the mind, but the mind is what activates the body. Without the mind, you would have no brain—you would have no physical being. And, although the mind continues onwards, it is still responsible for all workings of spirit. It would serve you well, my dear friends, to try to remember the difference between 'physical brain' and 'the spiritual mind'. The gentleman is quite correct when he says that it is not always fully understood. You only will find the workings of the mind, and I will say to the *dear young people here now* that they must 'go within' to find their answers—not once, not twice, but throughout their entire lives. If they are to be whole, then they must have that contact with spirit much more deeply.**

Emily: I find I get quite frightened—I know I shouldn't be frightened, but I do, and I think when I feel those around me then I get frightened.

**You become frightened when you have asked for help, did you say?**

Emily: Yes, then I feel spirit around me, but that makes me anxious.

**You should not feel anxious. Why would you feel anxious when those who stand close wish only to bring love and upliftment. If you feel anxious, that is you allowing energy to feed on fear (right!). Again, you can take charge of these feelings.**

Emily: Yes, thank you. I'll have to work on that.

**You must ask for more help. You must feel that those who come close to you are full of love and light. If you do not, then you must reject them. Spirit coming close should never make you feel fearful.**

Emily: Right!

Jan: Maybe Emily is confusing the word fear that she feels with almost that feeling of anticipation when you're not quite sure how you should be responding maybe? (Yes)—Because I can't imagine you'd be fearful.

Emily: I do get really frightened.

Jan: Do you?

Emily: Yes, especially at night, so I don't sleep.

**You must reject whatever makes you feel fearful (okay). Do not allow them to come that close if that is how you feel. Spirit would never desire to make anyone feel afraid. Always remember—always remember too, that you can protect yourself with beautiful lights—with many things. When you feel anxious, perhaps, you could play uplifting music of some kind—anything to lift your spirit.**

Emily: Yes, thank you!

Jan: Yesterday, I had a terrible episode—absolutely dreadful! Well, I'm amongst friends, so I don't mind saying it. It's all to do with hormonal imbalances—I know it is and that's all human and part of my garb; but today, I'm learning that if I have an episode like that, I must quickly forgive myself with my own inner love and get back on the horse, as it were and not hang on to that—I'm going to try again. That was just one tiny little blip along my journey. I think I'm right in thinking that, aren't I? **(Yes)**. You have to forgive yourself. You keep telling us not to be hard on ourselves.

**If you cannot love yourselves, how then are you able to love another? You must *feel* that love for yourselves—the physical self; and then life will seem much more simple for all of you—that, no matter what the problem—you are able to cope and to deal with it.**

Jan: That goes back to what you were saying previously about the mind and the brain and the spirit being completely separate and separating it off.

**Yes, you need to recognise the difference, and I have taught you often, my dear friends, that there are two things—love and *fear*, and fear is what activates (the negativity) the negativity of life—yes, you are correct. I would continue on your pathway, recognise that it is but a short space of time in your life—to let it go and to soar (yes).**

George: Yes—would it be correct to see fear as an energy? If it is so **(yes)**, then that energy could possibly be transmuted into something more useful.

**Of course! I thank you for your words. That is exactly what can happen. Energy is able to be transmuted from fear to something much more positive.**

Jan: Because courage can come from fear, can't it?

**Yes, that is a very good example. Many people have found courage through fear. Many people find the inspiration *because of fear*, but the difference is: they let the fear go. If you hold onto fear, then as an energy it is capable of *growing*.**

Jan: And it grows with disease and aches and pains **(yes)** and everything else that comes along with it.

**Yes, we have discussed all of these things before, but, as I have told you so many times my dear friends: you need to be *reminded*.**

Jan: And stories and, written accounts of people who in a fearful situation have been able to lift extraordinary weights and all sorts of heroic feats like rescuing dogs and children from canals etc—and that's when it is used to advantage and the spirit soars and comes to the fore. There's something else then that takes that mind—

**How fear then inspires—inspires the person to do something much more useful. Yes, I agree with you—yes. So I feel, my dear friends that it would be useful for each one of you to think a little this time about the difference between the mind which is *spirit*, and the brain which belongs to the physical.**

Jan: Have we in the past talked about Alzheimer's and Dementia—along those lines—where part of the brain starts to actually die—that part of the spirit, obviously does not die—or that part of the mind. Where does it go in the short term? Or does it soar because part of it's already in spirit?

**Spirit is always spirit. Spirit does not *change* like the physical body. When you speak of these diseases, it is a part of the body which is '*degenerating*', if you like—in a way, that has become part of physical death, which we view not as something terrible, but as the beginning of the journey home. In the same way as any organs in your body deteriorate, so too does this happen in the physical brain.**

George: Yes, I guess if the brain is damaged (**yes**), its connection to spirit can be also damaged.

**Of course, there has to be, because the two are intertwined whilst you have a physical body. Of course, you have to see that connection throughout life—yes.**

Emily: I don't know if it's okay for me to ask, but my brother and I in Australia last year had not a good encounter with spirit. It was not intentional, but it happened and I was just wondering if things were okay with my brother and the house, because I'm not sure it's all okay.

**Why do you feel it is not?**

Emily: I don't know if it's my own problem or if I just feel uncomfortable there. I'm not sure that my brother is totally comfortable—perhaps I'm just reading too much into it?

**Yes, I will speak with you in one moment. I am just looking at this.**

Emily: Thank you!

*A brief pause followed while Salumet aligned to this enquiry*

**This young man you speak of—he needs to be aware of what he is dealing with, and yes, there have been visitations from those in spirit who really should not have been welcomed. Yes, there are still remnants there, but not as it was (no). Yes, I will do what I can to help, but I would suggest to you that you speak with this young man and tell him that he must *not* call upon those in spirit without someone who knows what they are doing. He attracts spirits to him, but, as you well know, there are those who are pure and good and those who are mischievous. I do not say what he has attracted is dark, but mischievous.**

Emily: Yes. Thank you!

**I will try to help him clear.**

Emily: Thank you very much!

Sarah: Is there anything Emily can do when she goes back over there?

**Not whilst she feels as she does. She must become stronger once more before she tries to help.**

Sarah: Thank you!

**It will be okay. Do not worry too much.**

Emily: Thank you.

**But as I have said, and I say it to all of you, you should not invite spirit without first being protected and knowing what you are doing. It is all too easy for unwanted spirits to join with you, especially on the physical level.**

Lilian: So this is something he needs to learn.

**He must learn to protect himself. As I have said, spirits are naturally attracted to him.**

Sarah: I think perhaps he did learn something from it that time, didn't he? (**Yes**). I think he got a little bit frightened himself when he realised (**Yes**).

Jan: Do you have any questions Cheryl before Salumet goes?

Cheryl: No—thank you.

**She will ask you when it is finished you will find, my dear friend. She will start to ask *you* questions rather than me, but, now, I will take my leave, and next time I come, I hope that the energies are raised and that each one of you is full of love and joy.**

All: Thank you.

Jan: We'll do our very, very best!

George: Thank you Salumet and thank you for your good wishes in that context.

**Yes.**

*There followed a brief period of clairvoyant messages to group members from Eileen. An Irish lady then spoke via Eileen, and a merry chat followed. Rod asked if she had a boyfriend 'up there'. She thought 'up there' to be a quaint expression and went on to declare: no she did not have a boyfriend—so I asked if she had several boyfriends. That seemed to get things going and we all had a good laugh. And she was saying: Ach! We've got two of 'em (men) 'ere have we? Rod, who wanted to know her name, she declared to be not a shy boy!—he said he thought he was, and anyway, wife Daphne was here! She got us all laughing with a 'Poor Daphne!' and to get us all laughing seems to have been her intention. She had parried the question about her name. Rod was keen to get some answers from our visitor, and as a parting shot:*

*Can you tell us what you do—up there?*

***I try to avoid men!***

*That caused much laughter! Our visitor then said she was being told it was time to leave and off she went midst fond farewells.*

*Well, she certainly brought good cheer and left us in good spirits—in more ways than one. Perhaps Salumet had placed her with us for that purpose.*

**13<sup>th</sup> February 2012.**

*One spoke via Eileen very clearly and with deliberation passed on to us words of guidance from another in spirit. The idea seemed to be to keep us on track:*

Lilian: Good evening.

***I have been waiting.***

Lilian: Sorry about that.

***Doesn't matter, I'm here now. I'm here to tell you: next time brings the one you wait for.***

Sarah: Thank you.

***Next time.***

Lilian: That was one of the reasons I waited. I wasn't sure if he would come tonight. (*referring to Salumet*)

***I see. I'm sorry if you're disappointed.***

Lilian: No, that's fine.

Sarah: We're never disappointed. It's always nice to have anybody through, so you're very welcome.

***I've also got to tell you that two of the ladies here will be used tonight—not the one I'm using—two of the other ladies***

George: That's nice to know. Thank you!

**Yes.**

Lilian: Is there anything else?

***Yes—this year will be a time of self-development again for you all (yes), but you have to work at it—WORK AT IT!***

Sarah: Thank you.

***You can't wait for it to just happen. Work at it!***

George: Well that's a good message for us to have. It should hopefully stir us in the right direction.

***Yes, someone says you need a little help, but you must do the majority of the work for yourselves (yes). We can help but only if we are asked to.***

Sarah: Thank you! I know I need a lot of prompting—a lot of reminders—a bad culprit for not doing the self-development work ***(yes)***.

Lilian: I think she's needed a rest, maybe.

***But don't you understand that by development, you would not be so tired?***

Sarah: Ah yes! Thank you!

***Do you understand?***

Sarah: I hadn't understood that—but, of course! Thank you for that!

Lilian: I don't think any of us had given that a thought.

Sarah: I have been very tired ***(yes)***.

Rod: In what direction do you go for getting this kind of development? What have we got to do? What kind of things should I be doing, for instance?

***You should be going into the quietness (oh yes)—each and every day. It is of no use like you are doing, once in a week, or every few days. You need to go to the quietness, which is spirit, every day (right!).***

George: I am very aware of communicating with others at the moment ***(yes)***, and we get email communications from people in various countries, and this is quite valuable—well, it is very nice to know that the word is spreading ***(yes)***, but perhaps you would see this as *going without* instead of *going within*? ***No—because we know that you find it quite difficult to absolutely go into deep quietness; so, in a sense, you are being used in another way, but at the same time, may I suggest that you also find time for the quietness (yes), even if you don't find it so easy, you are rejuvenating the spirit within, which in turn, looks after the physical being.***

Rod: That's good news!

George: Yes, I have felt something of this. Yes, I take your words as good guidance, thank you ***(yes)***.

Rod: Thank you for that.

***These words do not come from me, but from someone who is instructing me to give you these words, but of course, I now realise that when you have a physical body that you must sustain it each and every day.***

Sarah: Thank you for those words and thank you to the one who is giving them ***(yes)***. That's very helpful. ***She says you do not know her, but she is well aware of each of you in your daily lives (oh right), because you are part of this one group. She is interested in what you all do.***

*Appreciative murmurs*

Sarah: That's very nice.

Rod: Has she got a name?

***I will ask if it is permitted—***

*Pause*

***Yes, she gives her name as Alison—Alison.***

Lilian: Oh, thank you.

Rod: Thank you, Alison.

Lilian: Would she have known us in other lives?

***No.***

Lilian: I just wondered why she was interested.

***She has chosen you because she likes your light, and she likes to work with like minds.***

George: Well thank you communicator and thank you Alison.

***You are very welcome. It always gladdens us when we find people who are ready to listen. It makes our task so much easier.***

George: By the same token, it gladdens us when we find people writing in and saying how interested they are in the teaching that we receive.

***Yes and I'm being told that is a big part of your placement within this group and I can see many who are giving thanks to you.***

George: Thank you—wonderful!

Lilian: Yes, I think we all feel like saying 'thank you' to George for what he does.

***Yes, he is very keen, I feel—yes. Now, I have said all I need to. I must say it has been a pleasure to speak with you, and Alison gives her thanks, and I will let the others come.***

Lilian: Thank you!

Sarah: I was just wondering—when we go into our meditation—if we asked or just thought of Alison if she would help us a little bit in 'going within'—helping us with our endeavours. Would that be a good idea if she is going to be around us?

***She thinks that is not her task (no, okay). She does not wish to disappoint you, but that is not what she has to do.***

Sarah: No, that's fine. I just wondered if it could be done.

George: It has been our pleasure to receive you both. Thank you!

***Yes, thank you all.***

*There followed a clairvoyant message via Eileen—from 'Jim', who said: "Hello friends—I'm okay." A brief but much appreciated message passed on from our dear colleague Jim, who has in earlier times contributed to both Salumet and Bonniol exchanges, until his illness and passing to spirit nearly four years ago. Thank you Jim—so good to hear from you!*

*Next, one via Sarah—a little confused at first, as sometimes happens, but was soon able to deliver a message:*

***—Yes, the one with the dark hair—yes, she must relax. She passes on her anxiety to others, and this does not help. She is a caring person, but because of her worry, she is not achieving as much as she could. She must put faith into what she knows is right. The one she is concerned with is receiving much help from us in spirit and she will achieve her goal. But she needs the support of her mother. Please do not have any fear. Fear is being passed on and this is slowing down the process of healing for your loved one. We are helping you as well, and when you have problems you must not worry, but ask for help from those around you—and much more will be achieved.***

Lilian: It is something that is hard to follow, but we know you are right—I'm sure you understand.

*There was at this point, the sound of exhalation. Then another with a very clear and quite different, distinctly male voice, took over—still via Sarah:*

***My dear lady—do you not have faith in the words that you have been taught? You must not let the physical thoughts override your spiritual knowledge. You have much knowledge and you would be wise to make that your number one priority. You too, dear lady, are a most caring person, and you too worry far too much.***

Lilian: I must agree with you!

***Yes—please try not to worry but put your faith in the knowledge that you have. We will help you, but you must ask and put aside these negative physical thoughts. We like to see progress and we are only***

*too happy when we are asked to help. We cannot interfere with your daily lives, but if you ask us for help, we are only too pleased to oblige. So I would say to you all: there is no need for this physical worry. You need only to concentrate on the spiritual side, and you will go forward with much more ease. We know you are all capable of so much more, and I was by the other lady when you had the message to go within and use this quiet time. We can be with you in this quiet time and can help you even more. So I would say that the message from this other person and from me is the same. Spirit is there for you— please make the most of it whilst you can.*

Lilian: Yes, we shall remember.

*And now, I will take my leave, and leave you all with a gift of ‘hope, love and guidance’ for you to use when you are in need. Thank you for your time.*

George: Thank you for your splendid guiding words. I’m sure we shall use renewed effort.

*This will make us most happy and—*

Rod: Could you please give us your name?

*I am ‘Father Jacob’.*

Rod: Thank you Father Jacob—thank you.

Lilian: Is this your first visit to this group?

*A few whispers and Sarah was saying: ‘He’s gone now’.*

*Finally, there was a most **traumatic rescue** via Jan. A young mother had died in hospital of an asthma attack. She was unaware and unknowing of the nature of passing to spirit. At first she thought she was still in hospital and Lilian was a nurse who had taken leave of her senses. Her changed feelings she put down to the drugs that had been administered, and her two children were only two and four, and she would not leave them! This was a dedicated mother with a very strong bond to her children. We encouraged her to look to the light, which at first, she took to be some new form of treatment for her condition. But, after a while, we were able to convince her of the continued life in spirit and that she could stay close to her children and they would ‘know’ her presence. She looked to the light and could see those dear ones who waited to receive her, and uttered: ‘Oh my God’, and there followed a brief period of calm—then panic took over, as she knew her way forward yet still clung to the physical past and thoughts of her so much loved children. And we had to detach from the still distraught lady, so that she could go on her way. This was a sad and very emotional rescue, and Jan had clearly felt the power and emotion of it.*

*(If you wish to listen to rescues, there is a page for this on our website:*

<http://www.salumetandfriends.org/7.html>

George’s Notes:

MEDITATION: *It is again made clear to us how stilling the physical-brain-activity and going within is so central to spirit connection and the spiritual development. This is the ‘quiet time’ when ordinary thinking, TV, traffic and the sounds of the material world are all shut out. We are first and foremost spiritual beings, and the quiet time enables spirit connection—guidance, inspiration, illumination, can then best happen. There are a number of methods of achieving the quiet time given in the literature. They may involve closing the eyes, dimming the lights, being in a chosen place, reciting a mantra or just plain relaxing. Whatever the method chosen, one’s mood should be love—which of course has no place for fear. In general, it becomes easier with regular repetition.*

*Salumet devoted an evening to meditation – 23<sup>rd</sup> Nov 1998.*

*Link to guided meditation page of website: <http://www.salumetandfriends.org/16.html>*

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening.

**As we join together this time, let us welcome back that one who has been absent for some time.**

George: Yes we're all pleased to see him back.

Paul: Thank you!

**There are many who wish to be here with each of you this time. As you grow, so too do those people who stand close by you at all times. Some of you know and understand why so many come; some of you understand that at different times of your lives, upliftment is needed, information is needed, but most of all, especially within this group, that you need to feel the love of spirit; and they are only too happy, my dear friends, to oblige. As I have said on many occasions, you must ask for our help, because, without the asking, we cannot then interfere in your life plan. Some of you are still a little reticent about doing this. So again, I say to you, my dear friends, always ask for the help that you need.**

Lilian: Yes, sometimes, for myself especially just lately, I feel a bit of a pest—I know I *can* ask.

**My dear friend, you are a child of love, how then can you become what you term a 'pest'?**

Lilian: True.

**Those of us in spirit are only too happy to help in any ways that we can. Sometimes our help is not what you would expect, but nevertheless, the help you receive is a gift for the spirit; and again I remind you, my dear friends, it is the spiritual aspect of you that is ever important. Therefore, that is why I continue to remind you many, many times that that spirit within is what brings you here together. That spirit within is what helps you along life's path, and that spirit within is your teacher for all of your physical lives. I hope, my dear friends, you can see and understand what I am saying to you (yes). I feel, sometimes, my dear friends, that you complicate your own lives, and all I can say to you is: give yourself to spirit and they will always endeavour to help you to the best of their ability and to what is the universal 'right' that you deserve. Do we have any questions on this?**

Lilian: Yes, I do have one. Last week there was a particularly sad and difficult 'rescue' through Jan. I hope she was helped to go on her spiritual journey, and I just wondered if you could say that she was on her way?

**Yes, of course, we would not bring anyone who we did not feel to be ready to move forward.**

Lilian: It's just that I felt so sympathetic towards her and it was a difficult one to handle.

George: That one had such a mother-bond attachment to the very young children that she would be leaving behind; although she could see the light and those waiting for her, there was a moment of panic at the end and she was drawn between—well she didn't wish to leave her children, but I think she knew she had to go forward. It must have been very difficult and distressing for her,

**The trauma belonged to the fact that she knew that she had already left those children behind (ah, yes) and she knew that that next step forward would take her beyond their reach—so to speak. Do not be concerned my dear friends, we were here with you (yes) and we wish to take this opportunity to thank all of you within this room for the help that you give to these souls who are finding difficulty in passing to our side of life. Although, it will seem traumatic for you, you, (referring to Lilian) my dear friend are helped in such a way, that you find the correct words at the correct time.**

Jan: We've said this lots of times to you, haven't we mum? They do come to you.

(Jan is Lilian's daughter-in-law)

Lilian: Yes, but I was struggling. I think the sympathy from me was getting a bit too strong maybe.

**But it was a successful rescue.**

Lilian: Yes, that's the main thing.

**And each one of you completed the task that you were asked to take.**

Lilian: Yes—it's kind of remembering there's a job to do.

**Yes, and I would suggest—and I know it is not always easy, that after each rescue, you just allow it to be part of your work (Yes). These people are brought to you at the time we feel is right, for the time is ready for them to take that last step further into spirit, because so many are tied to the Earth plane, which is in a way, understandable, because, after all, you are human beings on this planet with many attachments; whether it be children, husband, mothers, fathers. But again, I say to you: remember *who and what you are!* Human living is but a transient stage, and you must allow it to take place. But so many are ill-advised or ignorant of spirit, that sometimes these difficulties arise (yes), and we need many, many more people who can be as yourselves in groups who give out love and wish to help those who are lost. My friends, you should be happy that you have been given the opportunity to do this kind of work, because not all people are suitable.**

Jan: It's what we first came to do—to help rescues when Leslie and Ruth were at Kingsclere (yes). That's what first introduced us all.

**And there was reasoning behind it, because it took many years to find groups who were willing to give part of themselves to help others.**

Lilian: And they were so dedicated.

**As you are!**

Lilian: Thank you! (Yes.)

George: And as has been implied, we are privileged in being able to do this work, and we are privileged in so many different ways.

**Without you, my dear friends, we could not complete some of these tasks so quickly. I am not saying we could not help them, but in the nature of your time, it would take much longer.**

George: I think earlier your words were echoing some words that were spoken by Jesus; '*ask and it shall be given you—seek and ye shall find*'.

**Yes, those words are very true. Always ask, always seek. Your seeking should never end whilst you are part of the human race. Continue to seek, and, my dear friends, I promise you, you will find what you need at that particular time.**

Sarah: Even passing on your words to other people and then they question you on various aspects, makes you think as well, and helps you to find out more. So it's, as we would say—'killing two birds with one stone!'

**Yes—never assume that you know *all*.**

Sarah: Oh, gosh no! We know that!

*Chuckles*

George: It's amazing, reflecting on the past, how much help and information has been given to mankind, yet it has been overlooked in so many different ways. I have been recently reading about the Fourth Book of Ezra, that was rejected from the Bible canon, which in fairly unmistakable terms describes a spaceship arriving on Earth; and likewise, the Book of Enoch which again is not part of the Bible, has similar description; and there's the book of Ezekiel which *is* in the Bible and he, in considerable detail describes the arrival of a spaceship and those from elsewhere—and you have said several times, Salumet, how the Earth has been visited by others and there is evidence of this. And yes, I've been looking at this recently—there is much evidence—indeed much has been *written down about this*; but people have been interpreting it in various other inaccurate ways. Any comment on that?

I have my dear friend. Firstly, let me say one word to you, a word I have used before, but which, in the sense of time as you know it—the word is ‘PATIENCE’. Can you not see, my dear friends, why these things are disputed? They arise from fear. That is the reasoning why people deny what is truth. Fear has a great hold in your world for many people, and although, to you of knowledge, it seems *irrational*, to them it is a great fear of not believing. It is not that they wish to reject the truth, but they are afraid of the truth.

George: A fear of losing the comfortable ‘status quo’—

**Yes, yes, you understand, that is so true. So, my dear friends, rather than reject those people who do not follow the same *lines* of understanding, give love to them, that in time, they too, will understand the truth of life—the truth of themselves and the much wider picture of who and what they are, in connection with this Earthly planet. Slowly more people are beginning to *think* and to accept what is before their very eyes, but it will take some time.**

George: Yes, I think we have evidence that there are various disturbances on the planet, which are indications that people are beginning—much more so—to think for themselves.

**Yes—but do not be too harsh. They must find their own truth first. So we give them love—we send them love.**

George: As we ourselves have taken time to find that truth.

**Yes, exactly—you do understand. Therefore there is no need for me to use any more words on that.**

Sarah: I was watching a programme on the television about a tribe. A journalist went out and filmed them 25 years ago, and he went back again just recently, and to his horror the tribe really wasn’t functioning well at all, because the loggers had come in and cut down their forest, so they didn’t have all the food available that they had before, and the ways that they had lived for centuries were gone. Farmers were coming in asking them to do work for them and they didn’t give them money, but they gave them alcohol, so they were now getting drunk, so the whole tribe just wasn’t functioning at all—and it did cross my mind when you said about the dinosaurs dying out that they were not needed anymore. I wondered if this was the same with the tribes—that this perhaps isn’t their way of living anymore—or should we be giving out love to the loggers who are destroying these people?

**Be careful with your analogies and your analysis of what is happening to these people (yes). Remember as human beings, you have been endowed with *free will* (yes). That tribe of people already had what you would call ‘the gifts of spirit’, and their own freewill has led them—as have many in the past in ancient times—moved away from their truth—from what they have known. I do not say that is the case with all peoples—it is not, but with this particular people you speak of, they have brought about their own downfall.**

Sarah: Oh—that’s interesting!

**So be careful that you do not always analyse things to be ‘*meant*’ by spirit, because it is not.**

George: Yes, ‘bringing about downfall’ (yes), would this equate to stagnating and just simply not going forward?

**It is a case of not allowing your free will to know what is truth and ‘sticking with it’—as you might say—by allowing that truth to become corrupted.**

Sarah: So this tribe—a lot of their forest has been cut down—so I suppose they could have moved deeper into the forest. So they could have actually carried on as they had always been living, if they’d actually wanted to.

**If their decisions had been the right ones (ah, right). Your freewill, my dear friends, is responsible for so many unhappy episodes in your lives. I am sure that each one of you here, if you look back at some time**

**in your lives, you have made wrong decisions. Yes, it is true for all of you, and only as you move forward in the right way, do you realise what that free will has created. (Affirmations) Yes, I'm sure you all know of an instance. So, it is a powerful thing that you have been endowed with in this life, but it has been there to make you stop and to think whether you ignore the truth, or whether you move forward.**

Jan: Some of the time, my problems stem from the fact that I know my mistakes, and yet I feel—I suppose my anxiety comes from the fact that I feel that I'm running out of time on this Earth, to actually put those problems right—

**That again, my dear friend is fear.**

Jan: It's not the fear of going forward—it's just the fear of running out of time while I'm here. I know that once I've passed to spirit and I can see the bigger picture, and those problems will probably become so insignificant that I learned by them, or I realise that I moved away from those problems, but just while I'm here, I do occasionally worry—

**But you have to understand that that fear has to be conquered while you are here (yes—), yes—that is your problem—you know and understand what lies ahead, but you still have to maintain that physical being, and all that it entails.**

Jan: Yes, if somebody could just remove that fear from me (**yes**)—I know you've been saying I need to ask for help (**yes**), then I think I'd be the most—you know—I'd be complete without that fear.

**And wouldn't you all be—in spirit?**

Jan: Yes, we would, wouldn't we?

*Chuckles*

**Yes—you cannot live this physical life without a few problems (no). It is part of your spiritual growth.**

Jan: There would be no part in being here, would there? (**Yes—exactly.**)

Sarah: You said without the problems, you don't grow (**yes**).

Jan: I feel that some part of me is growing even though the outside is still clothed with this fear, if you like, but, I *know* and feel that the real part of me—the inner part of me has left it behind in some way. It's as though you are multi-layered and the bit that really matters understands far more than the outer layer which is your clothing, if you like, to work through these problems—if I've explained it in a way you can understand.

**Spirit animates the physical being.**

Jan: Yes (**yes**) and I feel that I know my spiritual side more than I actually know my free will side.

**But your spiritual side *activates* the physical, so therefore you should be able to discard all of those problems in the physical being (yes). You have to, if I might put it simply, 'come together'—*physical and spiritual*, and only when both are in harmony are you well—are you without fear, which is the biggest—**

Jan: —problem of all (**yes**). You've said so many times, and it's so right—it's the quietening of the brain—not the mind—it's the quietening of the physical brain.

**Again, I have to repeat to you that when you go to meditation, together comes the physical and the spiritual, which creates harmony in your *physical lives*. All problems are solved when the spiritual and physical are in tune with one another. I am sure you have felt that union whilst being within this room, or with this group of people.**

Jan: Yes—we've all said that we wish we could maintain that feeling when we leave this room, and—like you've said—we know that it's not physically possible all the time, but that's what we need to strive towards.

**That *is* what you need to strive towards—not completely possible, but for the most part of your physical lives, you can obtain a *peace of mind*, which eliminates *fear* and which allows you to unfold in more spiritual way.**

George: Yes we were reminded at our last meeting of the importance of daily meditation. I think you are endorsing this.

**I know I have repeated it many, many times, but it is the answer to many of your problems. If only you could know and understand, your lives would be so much happier.**

**Now I feel, for this time, I will leave you—leave you cloaked in love, leave you with a feeling of upliftment and a knowledge that all can be well in your physical lives.**

All: Thank you!

George: Thank you so much, Salumet!

*Next, one spoke via Sarah:*

***I am happy to be back with you once more!***

Lilian: It's lovely to have you back.

*But who was it? Then in less certain tone:*

***I am being taken over by another one, who has not yet been with you ... I am now one other who is bringing one to you...***

*It was a slightly strange beginning that had us wondering—and now a louder, crisper voice was speaking: I wish to let you know that the one that you know as 'Kumbala' is taking you on a short return journey—one that you will have taken before, but you will not have any memory of it now. You are in a desert plain. You are a group together, working in hard conditions. You have asked for help from those who you termed in those days as 'Gods' (ah!). You built very substantial buildings and you used these, not only as your work place but also for your gifts to the Gods.*

George: The ones we called 'Gods' were those from elsewhere in the universe, who visited this planet? Is that correct?

***These Gods were 'spirit' and you believed them to be human. You were as one with these Gods. You had no fear.***

Lilian: Do you mean the Gods were from spirit?

Jan: Or do you mean the sun and other elements?

***I am talking about the ones who came to you—who came close to you.***

Jan: Oh I see.

***They were sometimes visible to you and in many cases, just around you. But you believed them to be Gods. These visitors were trying to give you a message, but although you felt no fear, you did not interpret their messages correctly. I am now coming to you, because I feel that these messages that were brought to you so long ago would now be accepted by you in the way they were intended.***

Lilian: I'm sure we would.

***So this is why I have come to you this time (wonderful!). It is just to let you know that we are so glad that you have all developed into such beings that we had hoped that you might be, so long ago. My visit is one of joy, and we hope that, in your quiet times, you might again be able to see us, and when this takes place, you will have some recognition from the times past. We are the same. It is you who have changed somewhat, but that element there—that was so long ago—is still with you, and it is this part of you that we will tap into, should you be able to see us once more.***

George: Well, that's wonderful! So—I'm just trying to find a description—so you are 'beings of spirit', that have on some occasions become visible to humans, and you bring messages, or have attempted to bring messages that will help us to move forward. Is that fair description?

***Yes, that is quite correct, and we are still here to help you should you need such assistance.***

George: Wonderful! (yes) Thank you for making this known.

***We are most happy to reconnect with you, and are always happy when we can be of help. That is our work.***

Lilian: How would you describe yourselves—guardian angel or angel of some kind?

***I would not say 'angel', but I would say: 'higher being' (thank you).***

Jan: You mentioned the desert—you were able to be seen by people in that desert—you are not just addressing people in this room—we were together at some other time, were we?

***Oh! My dear friend, I did say at the beginning, you would not remember. You were indeed all together.***

Jan: So those of us in this room—those present and those normally with us were present at this time?

***You were indeed—a part of you.***

Jan: A part of us was there at that time—

***You were indeed.***

George: We know that we have been together at previous times, but I *think* you are speaking of very early times—

***I am going back a long way in your years—yes.***

George: Perhaps, could I suggest *thousands* of years?

***You could suggest that and I would agree (thank you).***

Jan: Thank you for clarifying that. I was a little confused there for a moment.

***Your association has been over a very long time and I can say to you also that there were more of you at that time and you are only a small part of them.***

George: Yes—there are sometimes more of us meeting on these occasions. We are only seven this evening—quite often there are ten or eleven of us altogether.

Jan: But you are also referring to all the people that have been in this room over a period of years—and there must be others—

***Yes, I am talking about you people now, but there were more people at that time so long ago who are not here. That is what I mean.***

*More was said leading to:*

***Some of those who were in your group were not part of that initial group. I am talking about you now—you people here in this place.***

Jan: So even though we (*some*) are related by blood now, this is totally insignificant—

***Yes, but of course, the fact that you were there at that time does have some bearing on you being related now.***

Jan: Yes, I've heard this before—the love bonds—the love ties cannot be broken. And we go on to reincarnate in the same group with different relationship to one another.

***Yes, that is correct.***

George: There have been books written by people who, shall we say, are more receptive or aware, and they speak of groups of people who help generally in the universe, bringing information to those on planets. There is always a difficulty in describing exactly who these beings are. Could I ask you: are you concerned with people on this one planet? Or are you concerned with other planets as well?

***I am mainly concerned with this planet but I would say I have visited others, but my main concern is this planet.***

George: Thank you for that information.

Jan: What is your main objective regarding this planet, apart from the message of love? Why would you be interested in this particular planet? Are we at an interesting point in our evolution or are we at a crossroads?

***When you take it upon yourself to help those who are in some need, you give yourself over to one project, and my project was this planet.***

Jan: So your involvement goes back millennia, does it?

***A long time, but I could have chosen others. There was no particular reason, but I chose this planet, and I have been happy with my work so there was no need to change.***

George: We are most fortunate to have your attention. Thank you!

***Well, when I see the progress—albeit I have to say very slow—it is such a joy that finally the word is beginning to be understood.***

George: We have received help from others in spirit, especially one we know as ‘Salumet’, from Angelic Realms. Would you know of this one or are you a quite independent organisation?

***Well, I would not call us ‘an organisation’ I have to say.***

Chuckles

***And yes, I am aware of the one who comes to you, but we do not, shall I say, communicate—but we are aware of one another (good, splendid!) yes. And now, I feel it is time for me to return.***

Jan: You’ve given us a lot to think about!

***But please, we would be so happy if there could be some recognition at some time.***

George: Well yes, I think we would be most happy also, and we do very much appreciate your speaking with us. This has been wonderful. Will you be visiting us again? You would be most welcome.

***I am happy to have the invitation, and if the opportunity arises, I will come again. But, of course, I do not need to have to speak to you in so many words, because we can communicate in your quiet times.***

***Now I will take my leave and thank you for your time—and your progress.***

George: We shall endeavour to devote quiet time to make contact. Thank you so much.

George’s Notes:

Book of Enoch: Ascribed to Enoch, great grandfather of Noah. Only two Christian groups accept it as part of their biblical canon—the Eritrean and Ethiopian Orthodox Churches. And fragments of the book have been recovered from the Dead Sea Scrolls.

Fourth Book of Ezra: Ezra was priest and scribe, also known as Esdras, who came to Jerusalem 458 BC—an Apocryphal book. Ezra was instructed to write one set of clay tablets for ordinary people and another set for the wise ones of the people.

Book of Ezekiel: The prophet Ezekiel is said to have experienced seven visions (593-571 BC) while exiled in Babylon. It is said that the book opens with a vision of Yahweh, God of Israel, riding his battle chariot!—interpreted very differently and more rationally by author Erich von Däniken. And the description includes: raging wind, whirling flashing fire, gleam of polished brass—four beings with appearance of human form but with calf-like feet—wings attached together at the sockets—when ascending they spread their wings—a wheel on the earth at the side of the beings with the appearance of amber—etc etc.

Erich von Däniken: His books published in the 1970s, especially ‘Chariots of the Gods’ and ‘In Search of Ancient Gods’ are a worthy read or re-read following Salumet and Bonniol enlightenment.

Kumbala: Re the desert and very substantial buildings in remote past; this suggests Egypt or South America with their massive stonework's.

**27<sup>th</sup> February 2012.**

Firstly there was a rescue via Eileen. The lady was expecting her usual helper, but found she was being aided by Lilian instead. She was met by Ted whom she thought 'might be late as usual', but suddenly there he was, in the light to greet her. And he looked younger! With that little bit of help and a 'thank you' she then moved forward.

Following a period of general chat about the shortage of people doing rescue work and how it relates to belief, a rather chatty enlightened one dropped by from spirit, also via Eileen. The impression Eileen had, as we learned later, was that of a 16<sup>th</sup>/17<sup>th</sup>-century Puritan lady. It seems that she, Martha, had been enjoying our discussion and was now drawn into it:

**How comfortable and secure you feel in your own words!**

Lilian: Perhaps we shouldn't!

**Of course you should! How wonderful to hear you discuss things—and so amicably. So often people who have differing views become cross!**

Sarah explained that we have a very good teacher.

**Might I ask who that may be?**

Sarah: Salumet—have you heard of Salumet?

**Ah—Salumet the teacher! How wonderful!**

She went on to explain that he teaches 'many thousands' in spirit:

**...we cannot go to him, he comes to us—so we are never sure until the time is right, when he will come—he captivates his audience sometimes—wonderful speech. Have you heard of our 'Halls of Learning'?**

We had indeed, and it seems that many speak in the halls from various levels in spirit.

George: Yes, we are very fortunate to have Salumet and it's very nice when people such as yourself drop in and—almost take part in our discussions.

**Yes, I have been listening and I'm always attracted where I can also speak. It brings great pleasure to us you know, to be able to come and talk to you and listen and see how wise you've all become.**

Back to the Halls of Learning: we asked for her impressions of these halls:

**Well, I've never been asked that question before. I will try and elaborate. The Halls of Learning are beautiful to begin with. And although the word 'hall' infers an enclosed space, that is not so. It is expandable for many, many people. It is light, it is beautiful and you feel as if you are being healed at the same time. Some of the teachers who come are also great healers—and when I speak of healing, I don't mean the physical healing that you would acknowledge, but I mean the healing of the spirit. And that is what we gain from our halls of learning.**

George: So it never feels crowded—

**It never feels crowded.**

Sarah: So when you go to these halls of learning, do you actually go anywhere or is it just that you decide this is what you are going to do, and—

**It is not a case of deciding. That is not an option in our world. We do not decide, it just happens—as soon as the thought is there, we are there.**

Lilian then referred to the teachers we have had on Earth who relate to different religions.

*Those teachers still teach but in a different way, and they teach a slightly different format, but they also teach to those of like mind. But I have to say that is on a lower level than what I am speaking of; I am speaking of moving forward, and the halls of learning are available to most people—not all.*

George: Moving forward *beyond* the idea of separate religions—

*Yes—yes, you have to have moved forward from that thought.*

Lilian: So eventually, those teachers, for example Jesus, will eventually—

*He has already moved on to a different level, but I think you have to understand that those on a higher level come down. It is not easy for them, because that is not where they belong, and the density is such that it can be uncomfortable. But we cannot move UP to them—we cannot shift our consciousness to THEIR level.*

*Jan next asked about passing to spirit—what happens after those passing over first see the light?*

*You don't always necessarily see the light. Your expectation of what you will find is what becomes your reality. So there is no one definite answer. But the light is understood by most people, because in most religions there is always a glow, around the teacher, if you like, or their scriptures. So the light is used often.*

Jan: As an analogy—

*As an analogy—but you cannot say definitely that that is what people will see.*

*And earlier had been mentioned 'Pearly Gates':*

*And the gentleman mentioned, if I might repeat, about the Pearly Gates. And a lot of your Christians in your world—that is what they will expect to find—Jesus waiting at the gates—so that is what they will see!*

Jan: So those poor souls who expect absolutely nothing that is what they will get!

*They unfortunately are ones who will need a little help—and there are some who will just not believe what they are told—and they will of course remain where they are because that is what they wish.*

*Sarah referred to the 'rescues' that are helped on their way at the passing over stage:*

*Those people that are brought to you, that is because they are still so close to your Earth plane and your help is needed, because they cannot free themselves from this 'atmosphere' if you like—they still cling to Earth. So they need your help. We have tried in spirit to help them move forward, but it is difficult, and that is why it is important to have groups such as yourselves who are able and willing to help these souls who are 'stuck', shall we say.*

George: So we encourage them to look to the light—

*Yes, for some reason your Earthly voice vibrates with them more easily and once you have done the job that you do, we then come forward and take them.*

George: They're looking to the light—that *becomes their reality*—

*Yes, everything you feel and think becomes reality—they will be guided to their own feelings—if they expect to see 'grandfather with a dog', that is what they will find.*

George: So, dare I use the word and say: it is a little 'illusory'—it's almost within their *imagination*—or perhaps it is firmer than that?

*Yes, 'imagination' is not the word I would use (no). No, it is what they expect—it is their THOUGHT PATTERN which creates that which they will find.*

Jan: Do the majority of people literally watch their own funerals?

*If they so desire. I would say a good proportion are interested in their funerals, because it is still all new to them and they are concerned about loved ones left behind. Yes, so I would say a good proportion like*

*to watch their own funeral, but of course they are saddened when they see so many people crying and sad, when they themselves are so happy.*

*More was said on this and how they would like to see friends happier and with their fond memories.*

*Finally, our guest was saying:*

***Some things in spirit are difficult, but I believe we all have innate knowledge of what is right and wrong.***

**SALUMET – 12<sup>th</sup> March 2012.**

Lilian: Good evening Salumet.

**Good evening.**

All: Good evening.

**As I join with you this time, there is just a little uneasiness which I will help to clear for you (thank you).**

**We welcome the lady who joins with us this time. (Diana—a friend from New Zealand)**

*Pause*

**I wish to say something to our dear lady called Jan.**

Jan: Yes Salumet?

**We feel your worries and I wish to say to you: do not allow them to weigh you down, because, my dear friend, you have come so far. Spirit comes close to you at all times in your daily existence, so we wish you to know that always there is someone by your side, someone who will listen, someone who will uplift, someone who will surround you with much love. We feel it is time to tell you this, in order that you may grow stronger as each day passes. Sometimes, my dear friend, you worry unnecessarily, and we are aware of this. So take this advice as part of knowing that we love you, and we will always help you, and that is all I have to say this time.**

Jan: Okay, thank you. I'll try.

**We know, we know.**

Jan: I am aware of the presence all the time (**good**), but, (**yes?**), it's that big 'but'...

**Always a 'but'—do not worry—you have grown much in these past years (I know). Yes, you know, and we know, but still doubts creep in, yes.**

Jan: When you say doubts creep in, you mean my own fears (**yes**)—okay, get in the way.

**Yes, you do not doubt us (no)—no, we understand, but sometimes you doubt yourself, you understand?**

Jan: Yes, I think it's because I'm not quite sure (**yes**), whether I'm doing the right thing or not.

**Yes, it is part of the human condition, but you are getting there with our help—yes.**

**Now, friends, if you have any questions this time, I will be happy to answer some. Do we have questions?**

Gary: Recently, a light-worker—a channeller—called Peter Froud (**yes**) passed over, and I've taken on some responsibilities since then. Is there any message that you pick up?

**You mean from your friend?**

Yes, from Peter—yeah.

**No, he is not ready to give you this information, but I can tell you there will be communication when the time is right for *him*. I do feel, my friend, that you may feel a little overwhelmed at times, because of the extra load that you carry, but ask for help at all times, because, as you know, spirit is around you at all times. You know this—there is no need for me to be telling you this, but I would suggest that you just be a little more patient. Things will work out well, so do not be afraid.**

Gary: Right.

**With regard to your friend Peter, I am telling you of the name of ‘John’, which would have some significance in his life here.**

Gary: Yes, I think I know the one—

**Yes, I think that there could be the offer of some help for this gentleman.**

Gary: He certainly needs it.

**Yes, and I feel you might be the momentum for that help—you understand?**

Gary: Yes, I’ve tried for many years to help him, yes.

**Yes, but he is at the point where he is now ready to accept that help. You understand? (Mm) Try, continue to try; he is more open now, and I feel it is because of the loss of this one you call Peter—yes.**

**Do we have any more questions?**

Sarah: Have you any questions, Diana?

Diana: Well my main concern is my mother (**yes I know**). She’s suffering and wants to die (**yes**); so that’s my main concern really. Is there anything you can enlighten me with or show me a way of helping her more than I am doing?

**Yes, that is why we begun this evening with a little restlessness. I hoped you would speak out, because, not only does your mother need some upliftment, but also those who are around her on a daily basis (yes), but we are aware and because you have now voiced words for help, we can begin to help her (thank you). So often, people wish to, as you say, ‘die’, and I prefer to say ‘come home’. It is their fear and we have spoken much within this group about fear. There are two aspects of life—*love* and *fear*; and what happens when people wish to ‘die’—we will use that word for convenience; it is their fear that overcomes them and the mind becomes muddled and all kinds of things happen within that thinking. Your mother is indeed disturbed at this time, but I will, my dear friend, try to help in any way that we can (thank you). At least to try to calm those fears, would indeed be a big step for her. You, too, must learn just to stay calm when you are with her, because, she is able, unconsciously, to feed from *your own* fear. You understand? (I do). Yes, so what I would suggest for you, my dear friend, is that you remain calm at all times when you are with your mother (okay). Yes—you have been aware of blue light at sometime (yes)—yes, that is spirit with your mother, yes. Feed into that beautiful blue light and you will feel the peace and the calm descend upon you both (thank you). Are you happy with that answer?**

Diana: I’m very happy. Thank you so much!

Sarah: There’s another person in the news at the moment actually, who’s got what’s called ‘locked in syndrome’. His brain works, but nothing else does, and he is going to court because he wants to die and he wants the doctors to kill him. That’s also his fear—

**Yes, we have spoken many times, my dear friends, about this subject, and never is it right to take a life, before the Earthly time is up. I can never condone or say to you that it is right, because I know it is not, and it is not good for the spirit to take their own lives and shorten their time that should be spent upon this Earth to learn. And although, because of your human emotions, you find these occasions so difficult, it is understandable; but you have reached a point, my dear friends, when your understanding is greater than physical need, and I ask again, that you try to understand and look to the fuller picture of life. You *have to* if you are to be able to understand why that decision of not taking a life, is the correct one. Do you understand?**

Sarah: Yes, thank you.

Jan: I felt very mindful, Salumet of what you said to me a couple of months ago regarding animals, which was also against the universal law (**yes**)—to put an animal down. And, as you know, I’m in the situation at the moment that can be quite difficult at times (**yes**). Well, I think we are able to communicate a lot better

than we were, and I'm asking him to go in his own time—and the vet says the time is not quite right yet, but she will let me know when it is. I don't want to put him down—I want him to go on his own. Is there any advice that you can give me apart from keep talking to him to help him on his way, in his own time?  
**You cannot do more, my dear friend. I know it is difficult, and the love that you feel for your animals is as great as the love you feel for another human being. We know and we fully understand, but still I have to say, it is the right thing to do. You do not have that right to end another person's or an animal's life before their lifespan is completed. Therefore, I say continue to speak with the animal, and, if you are together in that thinking, the animal will slip quietly away; and I know that you are torn by the advice that has been given and I have said to you, on many occasions (that it is wrong)—it is wrong, but it is always looked upon as if—**

Jan:—the right thing to do—that's what people tell you that it's the right thing to do (**yes**), but it doesn't sit right with me at all.

**No, I know and that is the dilemma that you have when you have knowledge.**

George: Yes, this is a far cry from rearing animals—farming animals—for food (**yes**). This makes slaughterhouses *very* wrong.

**Yes. There is so much we could say and speak about these conditions, but I have to tell you the truth and that is, that to take another's life, or an animal's life before their time is here, is wrong; but, of course, it would be looked upon because people do what they feel is from love. It is *not*—it is done because they cannot bear to worry about the person or the animal.**

Jan: I find this time round I'm doing the complete opposite to what I did with the last one. I'm worrying more about *not* putting him down if you know what I mean (**yes**). I don't *want* to put him down, I'm not going to put him down, but I'm wondering if he's hanging on for us as much—

**Because, unconsciously, he is picking up: you do not really want him to go.**

Jan: Right, okay, that makes sense.

**Yes. And again you see, it is a selfish reason, and I know people will say: how can it be selfish?—I do not want the animal to suffer. If you loved your animal and you gave it permission to go, that animal would slip away quietly.**

Jan: I have verbally given him permission on lots of occasions.

**You cannot do more.**

Jan: It's now down to him. He knows that that's how I feel.

**Yes, but so many without this knowledge, do it because they say they love their animals and they do not want them to suffer, when in fact, what they really are saying, is: I do not want to suffer (yes). You understand?**

Jan: Yes, it's a real learning-bond, because it is purely like, looking after an elderly person—it's exactly the same (**yes**) and you need patience, tolerance and understanding. He is so trusting; he's put every ounce of his trust in me.

**That is because the animal loves you—yes. Reciprocate that love.**

Jan: I've never seen an animal be that trusting before. It's just pure trust—pure love (**yes**). I sense that.

**Try to help him over with your love (yes). You can do it, but unfortunately, human feelings and emotions replace the sense of the truth. You understand? (Yes).**

Sara: My friend also did the same thing with her mother. She sort of gave her mother permission to go. She loved her mother very much (**yes**), but she didn't want her mother to suffer anymore, although, she could see in herself she was clinging on to her mother, so she went to the church, because she likes to go there,

and she just said a prayer that let her mother be taken if it was her time, and she was releasing herself from the bond **(yes)** really in doing that—but it just reminded me of that.

**Yes. And to ask for help, of course, allows us to come closer and to help, yes.**

Diana: Could I ask a question, please?

**Yes, of course.**

Diana: I came over to England from New Zealand to help my mother a few years ago, and I had an elderly cat **(yes)**, whom I loved so much and she had cancer of the eye, and the people looking after her said she had reached a stage when she really needed to be put down; and with being over here, I found it very difficult, and heart-breaking **(yes)**, and so I gave my permission which I can see was wrong. Do you think that she will forgive me for that?

**Let me say, at the time it happened, it was not wrong for you if you did not have the knowledge of it being wrong. You therefore allowed it to take place, from love as you thought; so it is only when you have the knowledge that it is *wrong*, can you then say ‘I have done wrong’? Do you understand?**

Diana: I do, but I did have the knowledge.

**You did have the knowledge?**

Diana: It’s just that I was so many miles away, I just didn’t know what to do, but I knew it was wrong.

**Yes, you see instinctively, people do *know* it is wrong, but, of course, your pet will have forgiven you.**

**There will be that love bond always, if there was true love.**

Diana: I loved her as much as my own children.

**Yes—yes, do not be concerned about that—yes (thank you). It is like so often when people part on ‘bad terms’, as you call it, and they worry that the person gone will never forgive them. Do not be concerned. Their view changes in spirit and they see the wider picture. (*Lots of sympathetic murmurs/‘mm’s*) I have always told you all, on many occasions, to try to look at the wider picture.**

Sara: Salumet, could I ask a question?

**I will take one more, yes.**

Sara: Graham’s father passed to spirit not long ago, and I just wondered if you can say he has adjusted well—Cyril Martin—if he passed over easily?

*Pause*

**Yes, he was met by a gentleman—by his grandfather (ah, good). This gentleman is fine (good) and again, the opportunity will come at some point where he will wish to communicate with you. Yes, this gentleman is okay.**

Sara: Oh good, that’s nice to know. Thank you!

George: And while we’re on this subject, there was one, Jim who sat with us and passed to spirit, three years ago and Eileen, your instrument, received the message from Jim, saying ‘Hello’ and ‘I’m okay’. I thought that was most reassuring that Jim managed to get that message through. Any comment on that, Salumet?

**Only that it is quite normal to want people you have loved or been in association with to know that everything is fine and that they are ‘okay’, as you say. The opportunity arises for each soul to communicate—not all take it—that is why sometimes, you hear people say: ‘but I have heard nothing’. It is not always that they don’t want to communicate, but rather that they are not too bothered by it and will choose their own time to return. You know, my dear friends that most people pass to spirit quite easily.**

Sarah: I suppose once they’ve passed easily, they’re then happy over there, and they perhaps forget a little bit the human frailties of those left behind who would like to hear.

**Yes, they do not forget so easily, and they are close to the Earth plane for quite some time, but yes, they do have other things to occupy their minds, if you like.**

George: Salumet, there was one question sent in by our dear friend, William. Would you prefer to leave that to next time—on quite a different topic?

**I will take it now, and then I must leave you.**

George: Thank you. He says that on the internet, there is much information about spaceships travelling around the Earth. They will *soon* make themselves known and the governments of the world know about this, but are remaining quiet at the present time, and he says simply: would you care to comment on this?

**I would simply like to say: What is new?**

*Much mirth/chuckles*

George: Yes! I quite understand!

**Of course the time will come when it cannot be denied and many people *do* know more than perhaps they would say, but this has been knowledge for quite a long time.**

George: I think the difference today is that it is actually published on the internet.

**Yes, that is a way of communicating that passes information so much more quickly—yes, so therefore knowledge will become known as time continues. So—but, I will leave you with that ‘what is new?’, because that saves me many words.**

*More laughs!*

George: Thank you, Salumet, thank you!

**And now as I leave you, I would like you, my dear friends, to know that there are many around you this evening and some of you we would like to try to use for clairvoyance. Might I suggest you pick another within the room and see what information you can get?**

Lilian: You mean from each other?

**Yes—pick one other person—you may be surprised! But, as always, my dear friends, I leave you cloaked in my love. I leave you with upliftment, with *hope* and with *joy*, and I look forward to our being together another time.**

George: Certainly, we look forward to that, ourselves.

*Thanks from all*

*And we continued the clairvoyance exercise with some degree of success*

George's Notes:

'Thou shalt not kill': *One fundamental commandment given to Moses—sadly overlooked by so many.*

*Acceptance of this biblical tenet would of course mean no warring or support of war-initiating governments, no working in munitions factories, no 'mercy killing', no slaughter houses etc and we would all adopt vegetarian diet. These have to be seen as ideals, but then this is a 'learning planet', so we flounder, become aware, and acquire knowledge bit by bit.*

*Looking to our ET-exchanges, this is what makes the Bonniol communications so wonderfully interesting. The much more advanced Planet Aerah (both technically and spiritually) has no memories of warfare, is vegetarian with main employment agriculture, has an equal-salaried work ethic and there is full recognition of the ways of spirit. This includes communication with loved ones after 'death' and before birth, mind links with many beings living on other planets and a spiritually-centered recognition of one Creative Principle instead of a muddle of faltering religions interpreted from early teachings.*

'What is new?': *It was 7<sup>th</sup> Nov 1994 when Salumet spoke of governments withholding ET information.*

*Further data on UFOs, crop circles and space-travelers ... 11 Jul 94, 9 Jan 95, 27 Jul 98, 11 Apr 05, 30 Jul 07.*

*And the Internet is in general helping to spread awareness despite government secrecy.*

**26<sup>th</sup> March 2012.**

*Firstly one came via Eileen who spoke of the earlier days with the group. She gave the name Margery and her awareness extended to times before Salumet joined with us, and she was more familiar with messages from loved ones than teaching missions. As Margery withdrew Eileen became aware of what she described as a tall and powerful one standing behind Sarah. Then Lilian addressed one who spoke via Sarah:*

Lilian: Good evening

*Pause—then a loud clear and powerful voice*

***I was the one behind this lady.***

Lilian: Ah were you? So we were wrong—at least some of us were.

***I am one of her guides and I hoped that one of you would be able to tell this lady about my appearance.***

Lilian: That's disappointing for you.

***I am not so disappointed, but I hoped it would be an exercise for you. I would have been of a large stature and I would have towered above this small lady—but it is not of importance now.***

Lilian: So you were one of the lady's guides?

***I was not. I am (now)—yes.***

Lilian: That's interesting!

Eileen: Might I ask your name?

***My name is Gregory. I have, for a long time, been with you dear lady.***

Eileen: Thank you very much.

***We have met before, and now that you are reincarnated, I wished to stay near to you.***

George: Well, that's fascinating. Thank you for that information, Gregory.

Lilian: can you tell us of when you were together in the physical life?

***We have been together in a monastery.***

Eileen: Ah! Do you know I was just thinking that?

***We were a great support to each other, and when I passed first, I know that it was most difficult for you, but the bond was there and so it remains.***

George: Might I ask, would that have been the Myddle Wood monastery?

***No—it was before that time.***

George: Ah! Thank you.

*In fact, we are aware that some of us were together at Myddle Wood, but not Eileen. So Gregory's answer fits nicely with the information that we already have—evidential*

Eileen: Did you use to grow grapes, Gregory?

***It was my passion (yes), and your passion was the flowers (mm). Together, we tended the garden and the two plants complemented each other, as did we in that physical life. It was a time of complete blending of both physical and natural (yes), and this has yet to be repeated.***

Eileen: Right, in another lifetime, perhaps.

***Yes (yes), the awareness of that closeness with nature and physical was not appreciated in quite the same way as it will be when we join together again the next time we meet in the physical.***

Eileen: Well, thank you for being in *this* lifetime, Gregory. It's much appreciated. May I ask how your legs are now?

***My legs are just fine (good). Yes, it was a difficult time, but now, I have of course been relieved of all that physical pain (yes)—yes, and may I say to you: what a pleasure it is to still be close to you.***

Eileen: Thank you very much. I'm very touched.

***The pleasure, as I think you say, 'is all mine'.***

George: Are you able to say what part of the world this monastery was in?

***We were in what you call, Norfolk.***

Lilian: That's interesting to hear of the past lives—difficult to grasp, for me anyway, at the moment.

***And now, I will return and leave by saying how much I look forward to our next physical encounter.***

Eileen: Thank you, Gregory. It explains why I like grapes so much.

*Laughter!*

Lilian: She grows grapes on her house as well—going up the walls!

George: Wonderful to become more aware of the connection *through time* of lives. Thank you for bringing that to us.

*We exchanged a few thoughts about Gregory's visit and how there seems to be a high incidence of group members having been in monasteries. Then a lady spoke via Jan. She made light-hearted chat at first. Rod dropped a paper and retrieved it and she declared him to be a fidget. But she then became more serious and explained the nature of her work in spirit—looking after very young children. There are those who pass over before birth and those passing after but a short physical live. What has been the purpose of such short lives? They are closer to spirit anyway—they have not experienced the physical-human-element to any degree—but that personality has to come back to spirit as a separate personality. And that personality needs to develop in spirit. It's difficult to understand and difficult to explain! Yes, at a spiritual level, they would still have a bond with physical parents. There are so many different scenarios behind their physical demise—so many different circumstances! We asked to what age their further development would be watched over, but 'time' does not have the same fixed passage as in physical space-time, so the question is really meaningless. Once ready they just move on. When parents pass over, recognition is always a possibility regardless of further child development. When asked if they reach a stage when they make their own decisions (adulthood?), the reply was: **They always make their own decisions. Using free will? Well, you can call it that if you wish, but that's something you have on the Earth plane.** No longer a child when they move on? **That depends—if they really want to remain a child—but spirit is always evolving.** Is your group size changing all the time? **Every second—it's forever changing—tens of thousands.** Finally: **I can be serious when I want to be, but I must sign off now.***

Rod: I think you've got a tough job up there—I really congratulate you on what you do.

George: Thank you! Well, I thought at first you were very jolly and came to introduce a note of humour, but you then became very serious.

*Then more levity, turning to Rod*

***I like you—will you marry me?***

Rod: What, with all those children to look after!

### **SALUMET – 2<sup>nd</sup> April 2012.**

George: Good evening Salumet. Welcome to you.

**Good evening.**

All: Good evening.

**As always, I am happy to be with you all once again. I of course am aware of the thoughts sent by you this time, and I would also like to say that I am aware of your discussion last time about your own, what you call 'faults'. Not many of you answered; but still I found it useful to listen to what you feel about yourselves. What I would like to say to you, my dear friends about this, is that within this group you have over many years learnt dedication and love and become less fearful in your everyday lives.**

George: Yes, one feels this deep down.

Yes, it may not always be apparent but this is what you have gained—dedication and love for your fellow-man and that is why, my dear friends, that when you come together and you send healing thoughts, they have become much stronger with time—because your energy and your *love* has grown so much. And for this, my dear friends, I want you to recognise that within yourselves, and to be grateful, and thank yourselves for that love, because you too, my dear friends, deserve much love from us here in spirit.

George: Thank you—and you’ve brought to our attention the opposites ‘love’ and ‘fear’. I feel there are other connections as well, and ‘*competition*’ comes into it. In loving one’s fellow-man, I find much less looking to any kind of competition.

**Why should there be competition?**

George: I guess that links to commerce.

**Yes—yes. All that you need is to *love* your fellow-man, without judgement and to just accept that all men, when it comes to spiritual love, are equal. It is not for any of you to judge another person, but rather to extend that spiritual love to them in order that they too might take up that love. That is why it is so important that your healing thoughts are gathered and given here, because you *do* love your fellow-men. And I do not say only those people that you know. But that love extends to all people unknown, to other worlds and to all happenings.**

*Added with further increased feeling*

**—yes, that powerful love—that love is all-consuming. I wish, my dear friends that you could feel the power of that love that you give.**

Paul: When you say that love is *all-consuming*—

**It is the very nucleus of existence. It is a power you cannot see, but you can feel—not only human beings, but the plants and the animal kingdom. All of you are surrounded by beauty and love. I cannot stress it to you enough.**

George: Yes, I feel the extension beyond humans and throughout nature. And I’ve recently been sowing seeds, and there’s a pea-like seed called mange tout, and I found there was a little mouse coming along and digging holes in the garden to get the seed as a food, and this was rather upsetting my gardening. But I don’t have a killing policy in the garden—that stems from this love thing—so I put an apple out and the little mouse much prefers the apple to the mange tout seed; so that’s a successful way of diverting him on to other things.

**And can we say that this gentle mouse has taught you something?**

*Chuckles!*

George: Indeed, Indeed yes!

**Yes. Take it as such that that animal who is, of course, part of the rich tapestry of Earth life, has come along at a time, and provided *you* with a little knowledge that was missing. Would you not agree?**

George: Yes! I do agree and I take pleasure in passing that bit of knowledge on to others.

**Yes. All too often, what happens with human beings is that because this is what it is—it is the element of fear that rises, and your little patch of garden is not part of the *whole*, but is *your* possession, and it becomes such, and therefore fear enters into it, because you have devoted time and effort—but in stopping, and looking, and listening, you have resolved it, and you resolved it with much love, because you provided that small mouse with food.**

George: Yes, yes I must say it gave me much pleasure.

Rod: Well, Salumet, I think you’ll reprimand me badly, because we’ve been having a rat go from the hedge under where I put seeds out for the birds. It goes to and fro getting this food, and I got worried because I

knew the children were coming up and my neighbour put some food out mixed with poison, and we don't get any rats now—well we've only had one since. I don't feel very comfortable with this, but, I suppose, in my mind I've got rid of the rats, but I feel sorry about that, but I just can't bear having rats and children in the same area.

**I understand, my dear friend. Please do not be too harsh. Your thoughts were for those innocent children; therefore it was not an act purely for destruction, but, partly from love. I have tried to tell you, on many occasions, that not all things are 'black' or 'white' as you humans seem to *feel*, but it is the intent of the actions which is more important. Therefore, the love of the children will be balanced against the deed of killing the rat. I, of course, would always say it is not good to kill (yes), but, as I have said the intent is what matters most, so do not be too hard upon yourself.**

Rod: Thank you for those words, Sir—thank you!

**Yes, after all we know and we understand that this world that you live in is almost like a battlefield with each individual trying to survive in the best way that they know how. All I would say is, my dear friend, whatever you do, may it be done in love, and you will not go far wrong in your lifetime.**

Rod: Thank you so much for those words Sir—thank you. Yes. So, if we wrap the world up in our love—the whole world—animals, peoples, our planet—I think that's what I must do more often.

**Yes. You must live your life as Love. You cannot solve the Earth's problems, and you will not for some time to come. I have spoken about this on previous occasions; but all that you can do is to be responsible for what you *think*, what you *do* and *be aware* that that spiritual part of *you*, should always be to the fore of your thinking. You understand?**

Rod: Yes—yes. Was that purely by chance that two gentlemen came up to me yesterday?—they were elder leaders of our church and we met at the top of the garden and I started talking about you and what we do—and they teach about Jesus and the Bible. They came indoors for a chat, and I just wondered if this was something that our friends organised for us?

**I will say this to you: nothing in your lives is by *chance*. Situations will always arise at the right time. It is whether you, as human beings, seek that '*chance*' or not; that is where your freewill comes into play. Every individual on this Earth planet is given many opportunities to *grow*. This is part of your growth—this is part of your learning and understanding that there are many, many people who will not always agree with what you know and believe, but what happens is, that many seeds are sown, and perhaps you realise that you cannot rush the growth of a seed. You learn patience, you give that seed love, you see it begin to grow slowly and then to flourish, and you then have great joy from that procedure. So there always is a reason behind all of these things. Remember my friend that spirit is always with you—is always guiding and teaching. **So nothing is by *chance*.****

George: The timing of historic things emerging is quite fascinating, I find. There is currently great interest in the 'Bosnian Pyramids' in Eastern Europe. These are quite huge—larger than the Great Pyramid of Egypt, and they seem—well there's controversy at the moment as to whether they are natural shapes of hills or whether they are the remains of constructed pyramids. People are investigating, working on these at the present time, so perhaps this is the time when these items should be looked into, but it's surprising that they've existed thousands of years and only now are they being more closely examined, and a number of people are recognising the structures as pyramids. Any comment from you, Salumet, on the Bosnian Pyramids?

**Forgive me if I seem a little amused, because, I have said, in past times that much more would be discovered in your world.**

George: You have, indeed!

**I have—yes. There is much in your world still to be discovered, but it is very appropriate, shall we say, that this discovery is being utilised, might I say, in this year that so many of you Earth people have decided is an important year (yes). There is a ‘union’, a knowledge that is waiting to *happen*. Again, I say, *nothing is by chance*. I would say to you that they will discover that they are older pyramids than the ones that you know of.**

George: Yes, that much has already been stated by some.

**Yes—yes. What would you like to know about it?**

George: It would be very nice to have confirmation that they are indeed pyramids.

**They are pyramids!**

George: Thank you for that, and the figure that has been put on them for age is somewhere between twelve thousand and twenty-four thousand years.

**Older!**

George: Yes, I thought you would say that!

**Older—yes.**

Rod: Good gracious!

Sarah: Were they built for the same reason as the—

Paul:—Teleportation?

**Yes, always *travel* was an object. Yes, I would say that the Egyptian race in some way, had the same information—the same people who travelled, and that is how you get the comparison between the two. They will find many comparisons with these pyramids, yes.**

George: Comparisons with the Great Pyramid of Egypt?

**Yes, they will discover this, but they need a little more time.**

George: Yes. Oh, that’s a joy to hear! Thank you, Salumet.

Rod: So man was helped in building these large pyramids?

**Yes—yes.**

Paul: By the same extra-terrestrial race who built the Egyptian pyramids?

**Not the same race, but a race of higher knowledge, yes. But I am happy to have had the question, but a little amused that you had forgotten my words.**

*Chuckles!*

George: Well, I think we partly put the question (**yes**), because we know of others who have so much interest *and* doubt.

**Yes, I know you are little seeds of knowledge. I fully understand, and it is only right that those seeds of knowledge are allowed to flourish, of course.**

George: Yes. In particular, we have been in touch with one, Suzanne Taylor in Los Angeles, United States, and she has developed a great interest in crop circles, and, through those crop circles and interest in other possible extra-terrestrial connections, and we have corresponded on the Bosnian Pyramids (**yes**). So, she is one of our contacts around the world.

**Yes, we knew when first you came to this group that you would be an emissary of spirit—that the word would be spread, and that, my dear friend, you have done most successfully, and for this, we give thanks, because without the use of the human voice, we would of course, find it much more difficult. So never forget, my dear friends, that each one of you, not only within this group, but the many throughout your world who sit as you do—you are all precious to us, and without you, it would as I have said, be so much more difficult.**

George: Well, we're very aware of—'teamwork' is a word I would use—and that team includes so many in spirit as well.

**Yes, that is why I said at the beginning: your *dedication, your trust, your love*, is so important and it is a great lesson for you all to know and understand this.**

Sarah: And likewise, without your teachings, Salumet, our lives would also have been a lot harder, so we've helped each other.

**Yes, as I told you: the life can never be made *easy* for you. You must live your lives, each your individual lives, with life's many problems, but what I hope you have achieved is the strength and the knowledge to work *through* any difficulty which stands in your way, and I know that you have.**

Sarah: I think I speak for all of us, but I think it's helped us all. It gives us that inner strength and just having the knowledge—it's just wonderful, so thank you!

**Now, my dear friends, I will take my leave this time, but I would like you to know that although I do not come to you quite so often, I am aware of your lives—I am aware of your fears, and, yes, you all have some fear, and I am always there for you.**

*General thanks*

George: Yes, I know, many years ago, I had fears, but I feel that those have very, very much diminished now, and, yes, much thanks to the teaching.

*After Salumet's departure there was a pause of several minutes, then followed a rescue via Eileen: (If you wish to listen to audios of these 'rescues' they are freely available on our website:*

[www.salumetandfriends.org](http://www.salumetandfriends.org))

Sarah: Is anyone there? Are you wishing to speak?

***Who are you?***

Sarah: My name is Sarah.

***What do you want?***

Sarah: I thought you had come to visit and I thought you might like to speak with us.

***I don't know what to do, I just don't know. I've just had enough.***

Sarah: Just had enough, have you?

***Yes.***

Sarah: Do you remember what you were doing last?

***Just give—kids—kids—***

Sarah: Too much to do—it was too much was it?

***Yes.***

Sarah: Yes—well, I think what's happened is, you've moved on to spirit.

***No—no, no.***

George: Now—

Sarah: This is George—there's a little group of us here.

George: We are all here to help people who have difficulties, and you had some stress did you, with children?

***Yes, I won't have another one, I won't. I just want—***

Sarah: No—the children are fine now, and you are going to be fine. But what you need to do is look up and see if you can see a nice bright light.

***I don't understand what you are talking about.***

Sarah: You will understand—just look up, don't be afraid, and see if you can see a nice light. Can you see a light?

**No, all I can see is houses—houses and houses. The children—the children—**

Sarah: Never mind—don't worry about the houses or the children now.

*With much distress: **But I am—I am worried.***

George: Can you tell us how old you are?

**I'm twenty-eight** (ah—twenty-eight).

Sarah: Tell me what you are worried about.

**I can't bear it—I cannot bear it!**

Sarah: Don't worry—you won't have to worry about it any more.

**I swear one day I'll kill 'im—I'll kill 'im.**

Sarah: Well you won't have to because you've moved away from him.

Paul: Could I just ask you: do you have any belief in what happens when you die?

*She declared herself to be Roman Catholic*

Paul: So I assume you believe that when the body dies there is a soul or spirit that moves on—

George: To what we might call 'heaven'.

Paul: Others know as other names, but do you know it as heaven?

*With distress: **I don't have time for you preachers! I wish you'd leave me alone!***

Sarah: We're just trying to help, we're not trying to preach to you—we're just trying to help. How many children have you?

**I've got six.**

Sarah: Six children!

**Yes** (oh).

Sarah: Well that's alright—the children are fine now., and you're away from your husband now, so he will not harm you any more.

**I don't know where I am.**

Sarah: If you listen to us we will be able to help you find out where you are.

George: Well my dear, you have had difficulties and you have become overwrought—and you have died. But you continue obviously—you are spirit, and that has been your belief. And that is reality—you are spirit. You are moving on to the heavenly realms. And if you look ahead you should become aware of a light, a wonderful light—and we're all here to help you make that crossing—to the light.

Sarah: You will see someone that you know very soon.

Paul: Who would you like to greet you?

**Well, I hope it's Jesus.**

Paul: Well, it could be him. Is there anyone else who's passed on—perhaps a grandparent?—is there anyone else who's already moved on, who you would like to greet—

**No.**

Paul: If you look into that light, there will be someone waiting there—

George: It may take a little time, but if you look to the light you will see—

**I won't go unless it's Jesus—I won't, I won't go.**

George: Yes, alright, but look to the light—and perhaps it will be Jesus that you see.

Sarah: Can you see the light now?

*Still very upset: **I thought that might be it—***

Paul: You will be looked after, and when you move into what you call heaven, people will explain to you how you can—

*She expressed concern about her confession*

Paul: You don't need to worry about that now. It will be explained to you—

George: How you can be close to your children—how you can watch over them.

Sarah: Is it lighter now?

**Yes.**

Sarah: That's good—keep looking into the light.

***It's drawing me.***

Sarah: That's good. Go with it—move towards it. And you will see someone—a face—

***Oh—Mother of God—ah—it's beautiful! It's beautiful!***

*We continued to encourage to move forward*

**Yes.**

George: Move into that beautiful light.

Sarah: Happy to go now?

***Be-au-ti-ful!***

*The lady seemed to have been held close to Earth due to the mother-bond with six young children and so she was aware of Earth and the rows of houses instead of her way forward. But happily she was receptive to a little help.*

George's Notes:

Bosnian Pyramids: *There are five pyramids at Visoko, not far from Sarajevo. The largest is known as 'The Pyramid of the Sun' and is 220 metres high (Great Pyramid of Egypt 147 metres). Radiocarbon dating is said to indicate 12,000 years, but this would be for associated organic matter and not pyramid per se. There are indications of a substantial tunnel network within and there are said to be 24-ton stone blocks. It is obvious from current excavations that the pyramids are artefacts and not natural. They are currently controversial. I have left the following blog on an Internet site—Disqus-verify—that gives good information on this very important topic:*

*'I speak for a UK séance group with 'Salumet' from Angelic Realms as guide. He is of all-knowledge and is infallible. The Bosnian Pyramids are artefacts in excess of 24,000 years old, and as with the Great Pyramid of Egypt and certain other large and spectacular pyramids, were constructed by extraterrestrial visitors, in the first place to facilitate their space-travel; also used as teaching centres to help raise awareness of Earth people. The ET-visitors used their own technology for working and moving the huge stone blocks ... Earth humans would not be capable. Please feel free to visit our website [www.salumetandfriends.org](http://www.salumetandfriends.org) and go to page 'Bonniol/extraterrestrials' for more details on ET-communications and Salumet teaching. The matter of ET-communications across the universe and the fact that we are one big cosmic family is very important (but some of Earth's politicians and military wish to suppress this reality in order to preserve their status quo, while there are also others of too closed minds to be able to accept these wondrous revelations!).'*

Bermuda Triangle Pyramids: *Our attention has been drawn by one of our readers to reports of two pyramids of similar huge size discovered with the help of sonar. They are smooth, of a translucent glass-like material and on the ocean floor at a depth of 2,000 feet. Well, Salumet has said that other discoveries will emerge! It is suggested that these artefacts may have something to do with the strange disappearances of this area. Thank you Chris!*

## **SALUMET – 2<sup>nd</sup> July 2012**

*Welcome to our return from an unplanned recess. Eileen's fractured ankle has healed and much has transpired through this period. Ann, my dear wife and group member, with whom I have shared so many adventures, has taken her journey to spirit. Paul and Mark have briefly visited Bosnia and forged a valued link with pyramid excavation project leader: Dr Sam Osmanagich.*

*Firstly, one spoke via Eileen to deliver a personal message and to say that another would follow. Then Salumet followed:*

Lilian: A very big welcome Salumet.

George: A very big welcome, following the pause in our work.

**Good evening.**

All: Good evening.

**As I join with you again, let me just say my dear friends, that I have always been close by for *all* of you.**

*General thanks*

**Some are more aware than others, but nevertheless there have been many of those from our world who have supported and uplifted, and I am sure my dear friends that you are most grateful to them.**

*Much gratitude and thanks expressed*

Lilian: I think we've probably overwhelmed them with our asking for help.

George: Yes it's been a difficult journey for some of us and I have felt we have been very much helped through it. Thank you to all concerned.

**I can assure you that you are much beloved—all of you within this group. There are many who are there to help, but for the asking. And as I have told you on many occasions: there is nothing wrong in asking for help, not only for others, but for yourselves; and that is what we have achieved in the short time that we have not gathered together. But I have to say it brings much joy, not only to myself, but to all those friends and helpers who are so close to you. I will take some questions from you, but we have plenty of time in the weeks to come where much can be answered for you. I have to say that for a very short time, the energy of this instrument was a little depleted; therefore I wish to give time to rebuild her energies. Therefore my time with you this evening will be shortened.**

Jan: In that case George, we'll let you ask the questions.

George: Well, I wonder if we could ask some more questions concerning the Bosnian pyramids—since our last occasion when this matter came up, two of us—Mark and Paul—have visited the pyramids and have spoken with Dr Sam Osmanagich who leads the excavation work there. He has published a book this year and we have read it, and so we are equipped with a few more facts. There has been radio-carbon dating of the pyramids and the result of that is 30,000 years. And I wonder how that date rests with you?

**I believe I told you that they were older than they would appear to be—(yes). Yes, I still stand by that—I would say, if you are desiring a timescale, that 5,000 more of your years would be a closer equation.**

George: Yes, thank you—I have felt for some time that our radio-carbon dating that we get for things do not seem to be quite in a linear sense.

**No—of course there can be accuracy sometimes, but on other occasions it falls a little short of accuracy. But that is my reply to that question.**

George: Thank you. There are many, many tunnels—many kilometres of tunnels, within the pyramids, and the leader of the excavations is wondering why there should be such a length of tunnels. I don't know if you would care to suggest a reason for that?

**Yes. Firstly I would say: transportation. And I feel that I have to say that people at that time were fearful—fearful not only of fellow man, but of those who came from afar. So tunnels were created for movement-without-being-seen. So basically it was for transportation—to move freely.**

George: Thank you. And at a much, much later stage, the tunnels have been filled in with stony riverbed material—totally filled in; and the radio-carbon dating of that material is around 5,000 years—so much, much later, those tunnels were filled in.

**Yes—at one time there would have been some filled with water. I know that seems strange to you—**

George: Well, not entirely, but we'll come to that later.

**Okay, I will leave it to you to tell me—**

*Chuckles*

George: I'm sorry, I didn't mean to interrupt.

**Not at all, I am most interested to help you.**

George: Oh well, this is coupled with a further question I had (**yes**). There are some ceramic or fired clay devices within some of the tunnels—very large—one in particular is about 8-tons. This was moved, and when it was moved, water began to come up through the floor of that tunnel (**yes**). When it was moved back in position, the water disappeared again.

**Yes, because there was always the fear that some of the tunnels would be—not able to be used, because of the water. The tunnels would become 'flooded', as you would say. Yes, there is water—lies beneath certain areas, not all, and that is the reason for the in-fills.**

George: These ceramic pieces would seem to be very clever devices. They seem to have an effect on the nature of the water—

**Yes, because all is energy. You are speaking of people in that time who had much knowledge of the Earth (yes). Not just as you view it today. These people were rather intelligent in their foresight—you understand?**

George: Yes, I'm sure we have a very great intelligence here (**yes**), and I think you were saying, the original creators of the pyramids were extraterrestrial people; and I get the impression that one of the first things that extraterrestrials do when they visit our planet seems to be to construct a pyramid. That produces an energy and I imagine that energy to be instrumental in either their travel or communication.

**The pyramid power has always existed and they have found ways to utilise it upon this Earth planet—or they did. Even today, you will find many people who rely on pyramid power (yes). To them it is quite usual, but for many people, they do not fully understand that energy.**

George: So would they be for use here on the planet and not for use in space travel?

**For both; why not utilise the energy available?**

George: Yes, thank you. Another interesting fact is that there seem to have been very large concrete blocks used in I think the 'sheathing' part—or 'outer' part of the pyramid (**yes**). It seems to be a superior and very hard concrete—rather better than that which we produce today—

**Again, I have to say: the answer is simple—because you have superior beings, in as much as knowledge goes, who were capable of much more than mankind today. That is the fact that you must always remember. You are dealing with a race of people much more advanced than humankind today. Therefore, all their knowledge and skills would have become part of that creation.**

*At this point Sara indicated that she had a question when this topic concludes*

George: I just wanted to mention that those concrete blocks are *very* large—much larger than we produce today. We make them about 18" X 9" X4", while these are X40 larger than that, I estimate from looking at photographs.

**Yes—if you have a being who can travel space, who can create much that mankind knows nothing of, you should not be surprised that they can produce far superior—'goods' shall we call them—to what is available to man.**

George: And no doubt, move them through a dematerialisation process—

**Yes, all of these things are available to them—yes.**

George: Yes—that's all very helpful.

**I hope it has helped you. There are many wonders yet to discover in your world. It is mounting evidence of other species of intelligence.**

George: You have told us that there is much yet to be discovered (**yes**) and several things recently have come up.

**Yes, did I not tell you that this year, when you questioned me about what would happen this year, I told you that it is a year of *new beginnings* (yes), rather than doom, and these new beginnings also include new information.**

George: Yes, and an interesting, shall I say '*device*', which has the look of perhaps a flying machine, has been located on the bed of the Baltic Sea (**yes**). This is being investigated at the present time.

**Your oceans and seas have much to offer up—but not just yet—each step is more informative for man, and each will be discovered at the right time, for mankind to use and to utilise for his own knowledge. But there is much you do not know.**

George: Did you want to ask a question Sara?

Sara: Yes, um changing the subject—when my mother passed to spirit, I think it would have been her sister's birthday, and I wondered if that was significant—do you know if she was met by her sister and her parents?

**She was met by a grandparent firstly, but there were many who awaited this lady (oh--yes). Yes, there was a group of them and of course, family when there is love, always seem to come to the fore (yes).**

George: That's very nice to know!

**Yes, but she needed a little time just to rest (yes), yes. But I know that you would wish communication, but it is not time yet (yes).**

George: Yes, I think that is one thing that you've taught us, that there has to be this time interval.

**Well, only if it is necessary. And of course, when someone has suffered a little physically, then spiritually, they need to recoup their spiritual energies (yes).**

George: Yes, I felt this had to be so.

**But I will say to you that this lady is very happy.**

Sara: Oh good! Every time I thought of her I kept imagining that she was happy... this is recently and this has helped me to feel happy.

**Yes, she wishes—she is not giving the information of course—but others do, and she is happy—yes.**

Sara: Thank you!

**Now, my dear friends, for this time, I will withdraw and allow others to come if they so wish.**

*General thanks*

Jan: Lovely to hear your voice back with us.

George: It is lovely that you are with us again Salumet and thank you so much for the information given. Our contact abroad will be very happy with those responses I am sure.

**Yes—yes—as always, I leave you with much love.**

*Voiced reciprocal wishes*

George's Notes:

Ann: *It came as wonderful news that Ann now has loving reunion with those in spirit. I am aware that spiritual energies often need to recoup and I had not expected any report quite so soon (following 18<sup>th</sup> June), but Salumet of course has timeless all-knowledge. How blessed we are to have confirmation that dear Ann is happy and all is well!*

1. *Pyramids Around the World & Lost Pyramids of Bosnia*: – “Almost everything they teach us about the ancient history is wrong: origins of man, civilizations and pyramids”: Dr Sam Osmanagich,

*Archaeological Park: Bosnian Pyramid of the Sun Foundation, Sarajevo, 288pp, 2012. This is a two part book, part 1 encompassing pyramids in many countries around the world; then part 2 describes the Bosnian pyramid work. The book abounds with illustrations, breaks new ground and is a pleasure to read.*

2. Extraterrestrial Knowledge: *We clearly have to get used to the idea that Earth has received visits over many, many years from others of far greater intelligence and with far more capabilities than modern humans. As Dr Osmanagich suggests, history really needs to be re-written. Our development has clearly NOT been insular and it is time to throw comforts of status quo and to recognise Earth's place in the much wider scheme of things.*
3. Concrete Blocks: *The enormous blocks are indeed concrete. A chemical analysis of the cement binder has been published. Looking at the figures for element oxides: the silica, alumina and iron oxide values lie within the spec for Ordinary Portland Cement (OPC). Calcium oxide is a little low but there is in addition magnesium oxide. This means that, in addition to complex silicates of calcium, complex silicates of magnesium would also be present in the set cement. This might well explain the superior hardness of the binder compared to OPC.*

*[It has been pointed out that some variants of the geological formation known as 'pudding stone' can have similar appearance; but pudding stone has different properties, different chemistry and when fractured both (equally hard) phases of the conglomerate fracture together. We can conclude that the blocks of the Bosnian pyramids are indeed true concrete blocks, have been made by intelligent beings and cannot be assigned to our planet's geology.]*



*Dr Sam Osmanagich and some of the massive concrete blocks as illustrated in the author's book and as seen by Paul and Mark during their visit. Photo reproduced with kind permission of the author.*

*Would you care to lift one???*

4. 2012: *A Year of New Beginnings: It most certainly is! We received word from Chris about the two translucent pyramids on the sea bed of the Bermuda Triangle area. There is the possible UFO on the bed of the Baltic Sea—disc-shape 18-metres diameter, with a 300-metre track connecting to it (sonar pictures). Thank you Ray. In Netherlands, Janet Ossebaard has a wonderful crop circles website <http://www.circularsite.com> which includes very interesting analysis of samples. Thank you Mieke for alerting us. In Los Angeles, Suzanne Taylor has a great Internet conversation in progress: <http://theconversation.org/blog/vital-mission-will-you-join-me.org> of which we are a part. And Tata Motors of India plan to launch 'Mini CAT' in August—a super-clean compressed air driven low-cost car, which utilises expelled cool air for its air conditioning system. New beginnings!*

**SALUMET – 30<sup>th</sup> July 2012**

Lilian: Welcome Salumet.

**Good evening.**

All: Good evening.

Sarah: Nice to have you back.

**As always I am happy to be with you once again. I wish to say this time, that our joining together brings me great pleasure.**

Sarah: Likewise.

*Murmurs of agreement*

George: We're really glad of that, thank you.

**There have been many breaks in your time this past year, but we now have come together and hopefully my dear friends, this will continue. Some of you have energy—physical energy, which is a little depleted at this time; nothing to concern yourselves about, but just to let you know I am aware of it and will help in any way that I can.**

*General Thanks*

**I would like to say to you, my dear friends, that as far as your own *self* development is concerned, you perhaps are just a little—I use the word 'lacking'—but as always, I say to you, it is entirely your own free will, which will enable you to develop more spiritually. Our aim this past year, was to encourage you to develop that spiritual self, to bring it more to the fore, to have the recognition more easily of your spiritual gifts. So I ask you, my dear friends, that you continue when you are not within the confines of this room, to develop your own gifts of spirit. I hope you will agree with me.**

*Affirmations*

**Yes, much more could be done.**

Sarah: Yes, I know I'm probably the worst culprit.

**We do not call you culprits.**

*Quiet laughter*

**But it is for your own growth, it is for your own betterment and it also enriches the physical lives that you lead. So it is imperative for *you all* that you look upon these quiet times as one of the most important areas of your physical life. I must at times sound, my dear friends as an echo, but I say to you that I repeat these things in order to encourage and to help and to uplift you.**

Sarah: Yes, thank you. I think sometimes you must think you're hitting your head against a brick wall. You keep telling us and you keep telling us and—**(No)** sometimes—but anyway, we need the reminder.

**My purpose always is to show you patience and love.**

Sarah: You certainly do that.

Paul: I think it always has to be a daily routine, more or less at the same time. As soon as you step out of that routine, you've lost the chance. I think the way our lives work, it has to be a little bit like, always doing it at the same time each day and you have to stick to it no matter what—it needs to become a habit—**Yes I understand. You human beings are so much involved in daily routine that probably it is a good idea for you to include it in a daily routine, if that is the easiest way of doing things, although, my hope for you all is that there should be no thought of it, but it should become a more natural part of your being.**

Lilian: Yes, if you walk in a quiet place (**yes**), there is one near me—a lake and it's very pleasant there.

All of these opportunities, as I have told you in the past, can be utilised for the benefit of your spirit, but to develop more, you need that quiet space and if it is done regularly at the same time, we in our world are waiting there to help you (thank you). Although you know we are with you instantaneously anyway, but it is a good discipline for you all; after all, you are responsible for your own beings and as much as I try to encourage and to influence, I can only do so much. But we are in a time of self development; there is so much you could do my dear friends, not only for yourselves, but for others who come after you, you understand?

*Murmurs of understanding*

So it is important that you continue the words and I know our words go far and wide, but it is important that you also go inwards.

George: Yes, I find myself that I sometimes want to go inwards, but I get troubled by a tickly throat and I start coughing, but I guess that's just something purely physical that I'll have to get on top of?

It happens all the time. It is just the process of going a little more deeper and the *voice box*, or 'throat' as you call it, is part of that change. So do not be too concerned, allow your throat to clear and continue to find that quietness within and eventually you will find that that disturbance of your throat will disappear.

George: Yes, thank you.

Sarah: The instrument you're using used to have that trouble as well. A little while ago it reoccurred and she came to the conclusion that that was all it was, just spirit being around, yes—

Yes, with this instrument that I use, it happens still and it happens also when she is being used and overshadowed during the healing process, but she has come to the realisation that it is not worrying or important, but what IS important, is the work that is being done. We do still at this point in time, need to use the physical body, the physical eyes and throat and hands and such, in order to do our work; but it is a regular happening, so do not be concerned; you should never allow it to stop you from finding that deep part of yourselves.

Sarah: In fact we could use it as an encouragement, because you'd know that you're going in the right direction when that happens.

Yes and also the ears are often used in a way that people find distracting, but in a way you should be encouraged, because it shows how close we have come to you.

Sarah: Do you mean a ringing in the ears?

There are many sensations: Some people feel they hear words, some say ringing, some say other noises within the ear. But of course you must never rule out any *physical* conditions and assume that all is from spirit. After all, as I have said on previous occasions, to hear voices, is not always spiritual, but can be a physical condition that has to be attended to medically. But as your awareness grows, so you know and understand more about these conditions and how we in spirit work and come close to you. Have you anything to say about your own self development?

Rod: I do seem to have a problem when I try to go in—I often drop off to sleep rather easily. Whether things are happening then I don't know, but I hope so, but I don't think it's the ideal way of doing it.

It is a step towards what you should be trying to achieve, because only when the physical body is relaxed will you sleep. What you are attempting to achieve is *that state*, but with spiritual awareness. But continue to try and you will find that there may be a time when you are completely relaxed, but still as you put it, 'awake'.

Rod: Yes that's good, ok.

**But you mustn't stop trying, because as with many things in life, you have to have *practise*. And because so much has been lost by you human beings in this world, it takes time to recover. You understand?**

Rod: Yes.

George: Perhaps the chair design comes into the equation, some being too comfortable perhaps and a more upright sitting position could possibly help. Any comment there?

**Upright, both feet together, with the body relaxed but not slouched. Yes, that enables the energies to be better utilised by those who wish to use you.**

Rod: Come to think of it, George did tell me that, years ago—

**Yes, if you find that is the problem, then of course you have to alleviate the physical problems first; but it is still teaching the body to relax.**

Rod: Good, that's great, thank you for that.

**Does anyone else have any questions while we are speaking of your development? You are all happy with your development?**

*Knowing chuckles*

Sarah: I know I could develop a bit more, but I do find, living by myself, I do have, when I'm not rushing around—at least, I don't have anybody talking to me and I do find that I'm becoming more aware of different things. For example, if somebody's done something and I think yeah, you were meant to do that, because of something else and I *do* find that my thought processes are different to what they were, and I'm sure that's your teaching. And I do know I should do more self development—but I think things, even though I'm not doing that, are ticking along anyway.

Lilian: You mean like coincidences?

Sarah: Yes coincidences and I just seem to be a little more aware of—I can't think of an example right now, but I do seem to be thinking a little more along the spiritual line so—

George: Yes I'm with you there Sarah. I feel that I've been thinking in a clearer and more constructive way lately. I have for a number of years thought about the 'aether', or 'continuum', whatever we call it, and about the nature of LIGHT and it would make a lot of sense to me to regard LIGHT as a compression wave travelling through the aether. Being a compression wave, it would give it something of physical character and we relate LIGHT to the physical creation and it has a measurable pressure when it falls on a surface, and it has a particular speed at which it travels, which does rather make it part of the physical system and I feel it is all to do with the compressed parts of the wave; whereas with THOUGHT, that has been spoken of in some sources as a torsion or twisting wave motion, which has no pressure in any part of it, so that remains purely non-physical and perhaps that goes some way to explaining why THOUGHT travels in an instantaneous way, whereas LIGHT being much more physical has a particular speed and physical properties.

**Yes my friend, you have differentiated between what you call 'waves'. I like to use the word 'energies' (yes). Of course I have always taught you that THOUGHT is the most powerful thing that you can ever possess, and yes, THOUGHT belongs to spirit. It has no weight, it is *pure energy*, it belongs to the energy of the whole of Creation. That is why THOUGHT can travel throughout many universes in an instant—even more quickly than an instant!—I have to use physical words for explanation only. Yes, I understand your comparisons and if it helps you to understand the continuation of life, then so be it—that is your way.**

George: Well it helps me to understand, (yes) by seeing the continuum as having two distinctive types of wave that can travel through it.

**Yes, because that is your way of thinking and I would say to all of you within this room, you each must find your own way of discovery of truth. I could put words into your mouth, but that is not what I wish to do.**

George: And I appreciate that any movement within the continuum is energy.

**Yes, it is *all* energy and that is being recognised. But yes, THOUGHT is a much different process.**

George: And yet it would seem to be in the same medium—

**It is all part of the same energy, but it is much finer, much more refined (yes). That is the simplest way that I can put it to you.**

Sarah: That sounds a good way actually.

**But you must, each of you, find what sits comfortably with you and the way to do that I reiterate, is to go *within*, to find that energy of THOUGHT within, that takes you throughout all of Creation, where you become *part* of Creation. Do you understand?**

George: Yes.

**That should be your goal, where all things are part of each other.**

George: Yes, that is a thought that has become much stronger with me in recent years.

**That is what we are trying to achieve for you *all*.**

Sarah: You said two things there about becoming *one* and you also talked about the *universes*. I was listening to a programme on the radio and this person was saying about there being more than one universe and then they said, well where does one end and the other one begin? Perhaps we've talked about this before, but I just wondered if you could—perhaps it's because we're thinking in a physical way—

George: Perhaps they are coincident?

**Yes and density of energies. You are moving into an area that would be difficult to explain to you at this time. But if we speak of 'many universes', it is all gathered within the one energy, as I have just spoken of. But energy can be transmuted, and we have also spoken about this at times, which offers some explanation also.**

Paul: And none of the universes have any end do they—there is no end is there?

**There is no beginning—no end, yes.**

Sarah: They're all part of one, but different densities (yes). A bit like sound waves, you can't see them but they are there.

**There are many energy waves that mankind has yet to discover. There is a continuance of discovery ahead for your scientists—energy waves they have not as yet discovered.**

Sarah: Have these energy waves already been known by mankind in previous times?

**No, there are energies yet to be discovered, but that is something to come.**

Sarah: So the ancients—the space travellers we've talked about before—with pyramids as now found in Bosnia (yes)—so that would have been a different energy as well being used, but it wasn't used by us Earthlings. Is that one of the energies you are talking about?

**You are speaking of other peoples?**

Sarah: Yes, I was thinking of the space-travellers at that time. That would be a different energy that they were using—

**It would be an energy that they recognised and used, yes.**

George: Incidentally, the one who is excavating the Bosnian pyramids (yes), he was delighted with your answers last time and wonders if you would be prepared to take more questions on that subject?

**I will, but not this time. Next time, I would be happy to answer questions.**

George: Thank you very much.

**This evening I am more concerned about your developments.**

Sarah: Could I just ask—Emily certainly works fairly hard with her spirit, but she was looking after somebody's house for a couple of months and she never slept very well in that house right from the start, and in the end she became aware of a presence in that house. I can't remember the address, but I wondered if you could tell me if there was a presence in that house or whether it was Emily's fear that was creating—

**I would say she created the fear.**

Sarah: She created the fear—thank you.

**Yes. This young lady has much to develop, but when you start to develop and understand energy, you can also make yourself fearful. You have to be careful that all things are under control and that is why I say to you all, it is important to go within, because when you go within, there are those who wait by you, protect you and help you to develop all of these senses wisely. But I feel on this occasion, it was her own fears rising to the surface.**

Sarah: Yes, so it wasn't anybody being attracted to her fear, it was purely something that was coming from within her?

**Fear can become real. You know as I have said before, it becomes reality—thoughts become reality—as I have said, energy can be transmuted and that is what happens.**

Sarah: Yes, well I do know and I've said to Rod, about negative attracting negative, and I remember I used to cycle through a woody area and it was in the winter when it was really dark, and I always used to be really frightened as I went through there. But after you told us that we shouldn't have negative thoughts, I was never frightened again after that.

**Yes, you have taken control of fear and replaced it, as I have said, *transmuted* that fearful energy into something positive. It applies to all of your life, yes.**

Sarah: Yes, thank you for that knowledge—

Rod: Can I just ask a question, because I have often thought about it—when you start to go in, should you ask for protection, or is it automatically there?

**You should always begin by asking those close to you for love and protection, yes.**

Rod: Thank you Salumet.

**Yes. In that way, as you go deeper, you should encounter nothing that is not good. Yes, because remember as you open up to these energies there is always good and bad. So you must always be aware.**

Rod: Yes, thank you.

**I hope my dear friends, that our little discussion this time will encourage you to think more deeply and to go within to find your true selves, and to discover those who stand so close to you, whose only desire is to help, instruct and to uplift you; not only those teachers, but those loved ones who constantly stand by, to help in any way that they can.**

*General thanks*

Paul: I think some days are better than others, with my quiet times certainly, which shouldn't really be the case I know. It's purely allowing other things to affect it. I ought to be able to push it all (*away*)—when I'm in the quiet times I should be able to have more consistency with it.

**May I ask you dear friend, what do you experience in your quiet times?**

Paul: When I feel I'm getting somewhere with it I do get to a point when I feel I'm *on the verge* of something; there's a feeling of being detached from the world now, I'm in a more peaceful—

**In a more peaceful place (yes), but as long as your brain remains active and *thinks* of these things, you are not completely allowing yourself to let go; you must allow it to happen. Do you understand?**

Paul: I guess that the letting go then—is it sort of—degrees of letting go?

**When you allow yourself to let you, you become unaware of who and what you are and of your surroundings. Then you begin to realise that there is something more than what you are familiar with. You understand?**

Paul: Yes I *do* understand that (yes)—I feel it's not too far off—that state. I've just got to release more (yes) to get to that state, yeah.

**Good. Now my dear friends, I have spoken enough to you about your development and I say to you my dear friends: again it is up to you—entirely part of your free will, but very beneficial if you should be more aware of your spiritual self.**

Lilian: I think you've encouraged us all.

**So with those words—**

Lilian: Can I ask a question just before you go, about people coming? (*to this group*) (Yes) One is my granddaughter Catherine. Would that be ok?

**Yes if all are happy to invite this one.**

*General agreement*

Lilian: The second lady, she was supposed to be coming when we met at *my* house, so I feel that one's ok. There is another lady, I feel she's ok too—who I met and talked to on Saturday, which you're probably aware of. I did feel it was rather a strange coincidence—

**You are always so surprised my dear friend.**

*Gentle laughter*

Lilian: I was on *that* occasion, very surprised!

**It never ceases to amuse me how often I hear one or the other say it was *surprising*.**

Lilian: It was really!

*More chuckles*

George: I too am amused because I was talking with Lilian about this and I *said* those would be your words.

**You know me well—**

*More laughter*

**And yet you cannot cease to be amazed. Yes, again I am happy to ask this one to join with us, if that should be her wish—and again I say, provided everyone is comfortable with inviting other people in, then that is fine.**

**Now I will take my leave and—**

*Pause*

**Yes, I think there is one more to come.**

Lilian: Thank you for a lovely evening.

George: Thank you Salumet for your tips on going within and I'm sure that will help us all.

**Yes, I hope so.**

Paul: I think so too, yes

**As always I leave you cloaked in my love.**

Sarah: Thank you for coming.

Paul: Our love goes with you too.

*The 'one more to come' then spoke via Sarah:*

**Good evening.**

George: Good evening.

*I have been listening to the words of your master, and I felt that I would like to come to speak a few words with you.*

George: Good—you are most welcome.

*I am most interested in your scientists, and I heard your master speak of the new energies that you will discover. And I just wanted to say to you that this is something that I am most interested in, and I'm trying to impress upon your scientists one of the energies that is available to you now. But it is not easy, and I hope that I will be able to continue with my work so that you as a people will be able to go very much further in your thinking and your development as a people.*

George: Thank you very much! Now, this is something that I feel is much needed at the present time.

Might I ask if in your Earth life you were a scientist?

*I was, yes indeed, I was. But of course, the knowledge was very much limited at that time. But I've always felt there was something that I could not put my finger on, and now that I have returned to spirit I realise it was the help I was getting from spirit. So you see, I have in turn decided: this is my job now—to try to influence those scientists who are at present working so hard—though may I say: a little bit in the wrong direction? (yes!) But it will come—I know it will come, but it just needs a little—'tweaking', shall we say in the middle—so as to turn their thinking a little bit to the other direction. And then I will be able to influence them very much more.*

George: Well I think that part of their thinking at the moment is that what used to be referred to as the 'aether', they seem to be calling 'the Higgs Field'—the continuum throughout everything. Is that the sort of thing that you were thinking of?

*I am aware of this experiment [the CERN particle accelerator project], but no, I have to say: it is not with this group that I wish to work. They are indeed learning very much from their own efforts. But no, I am working with others who are sitting in the background scratching their heads, wondering which way now they can go. And this is for me a very good chance to help, because they are aware that they need to change, but they do not know how.*

George: Yes, I think the scientists today are thinking too much in terms of particles and not enough in terms of, shall I say: 'field'.

*But I feel this ah 'Higgs what-you-call-it' is um—they are trying to understand something that has happened, but—how can I say?—they are trying to understand it, but it is not necessary to understand—in my mind, to understand this particular experiment—it is more on another level that they need to go (yes!). This is what I am trying to say.*

George: Yes, I think I understand and I agree with you. Your name would not by any chance have been 'James' in your previous Earth life?

*I—let me think—I—*

*Our interesting visitor clearly had some difficulty in backtracking to a remote memory*

George: Would it have been early 20<sup>th</sup> century?

*Let me think—I was ah (voice deepened quite markedly) I was of a—I am taking back the time—I was wearing a long robe and I had much short grey hair—it was very hot and—yes, it was much, much earlier (ah yes) I am afraid I cannot tell you.*

George: I do understand—if it was much earlier.

*Much earlier—yes.*

Lilian: And you still continue to be interested in the work?

George: Forgive my interruption. Please do continue.

*A few sighs and then recovery*

***I was rather taken aback to come back, with so much heat!—it is a little bit of a shock. But anyway, let me continue. I am, yes, I am still most interested in the scientific world—yes. And I hope I will be able to help you and your scientists.***

Rod: Have you got a specific field that you are very interested in?

***Yes—energy—energy—yes.***

Lilian: Is that since you've been in spirit?

***No, I was always interested in energy—***

Lilian: Were you a little bit before your time then?

***As I said to you: I was being influenced from spirit whilst I was here. And now I wish to return the favour to those who are struggling to move forward on this planet now.***

George: Wonderful! We do appreciate that.

Rod: So this is a method of how to manufacture energy on this Earth?

***No—it is to make you aware of the energy that is already there, and how to utilise it—yes.***

Paul: Much like the pyramid-builders might utilise the energies of the Earth? Like that?

***Ah—yes and no. Yes, that was an energy that was used. But there is a much more—that was energy that was to help you physically. This energy that will be available to you will be helping you more spiritually (Ah). But I cannot let you know what exactly it is, because this is something mankind has to find for himself.***

George: And that will lead us to a better awareness of spirit, I would imagine—

***It will help in many, many ways. Yes, and I can tell you that whilst I was here I wasn't a good dancer, but when mankind discovers this energy I will be the best dancer ever!***

*Chuckles*

George: Yes, that's a nice way to put it—very nice.

***And so, with those words, I will return—but I will stay close to your scientists.***

Rod: Could you give us a name so we know who you are next time?

***You can call me 'Joshua'.***

Lilian: Do you think you might call again?

George: Well, thank you very much indeed Joshua, and it's very nice to know that you are close by.

***Thank you.***

Georges Notes:

*Joshua's Earth Life*: We were left with the impression of perhaps a hot Middle East country in ancient times when scientists would have worn robes.

*Scientists and Energy*: The huge CERN particle accelerator experiment continues—a search for the Higg's Boson particle, thought to confer mass/density to physical matter. The suggestion seems to be that that kind of understanding is not necessary. We need to think on another level! We are also aware of scientific groups 'sitting in the background scratching their heads' and I guess one of these will discover.

*Article*: The accompanying article, adds further perspective, and will be posted on website 'Scientific Enquiry' page.

**SALUMET – 6<sup>th</sup> August 2012**

Lilian: Good evening Salumet.

**Good evening.**

All: Good evening.

**As I join with you once again, my dear friends, we give a warm welcome to the lady. She is, as many have been before, a seeker of truth and light. I am sure that she will be comfortable within the presence of this room. As I always do I offer her to ask any questions that she may have?**

Serena: Nothing at the moment—I may have later!

**Yes—we will continue then with other questions this time.**

George: Yes, I have some questions from the one who is leading the excavation of the Bosnian pyramids. But firstly perhaps, I could mention something very topical: Salumet, have you been watching the Olympic Games, or are you aware of the Olympic Games?

**I thank you for your question, but I have to tell you, my dear friends, that there has been much for me to do other than watching your Earthly games.**

*Chuckles*

**So my answer to your question is: I am aware of them of course, but not as you would imagine.**

George: Thank you. It occurred to me that a number of the people who are doing particularly well—especially in the shorter races, are the ones that originated from the terrible slave-trading days, and are black or mixed race people now living in the West. And it just occurred to me that perhaps there's a spiritual connection with ancestors watching over as well as a genetic factor which helps them in their efforts. Any comment on that?

**Indeed—I would say my dear friend, that you are over-activated! I would say to you: of course, all of your forefathers are keen to watch over each and every one of you. But to simplify your question, I have told you—what is the most powerful thing that you possess?**

George: Thought.

**Thought—that mind which belongs to spirit gives you that force that is to be reckoned with, besides the general ability of these people. Many more people could be, as you would say—'champions' of this world, if they would so put their minds to it. So I would suggest that you dwell upon that thought (yes). Yes.**

Lilian: I remember you saying once how much better it would be to feed the hungry, with all the money that is spent on these games—we are not ready I guess—

**Yes, that is—of course, you live a physical life, and of course these things are given to you in a sense, in order that you *find* yourself—that inner self. But, from spirit point of view, there are many people in your world in dire need (yes) and they must not be forgotten.**

George: Yes—better not to waste the funding on warfare and games, better to help those in dire need. I think that is your—

**Yes, but as I have always said to you, especially at celebration times in your world—that people come together—that the positive energy that is created, and which is being created at this time, with what you call 'games', is something positive (yes), so you know you must not decry it as being totally wrong. There always has to be a balance whilst you live in this world.**

George: Yes, well thank you for your words on that Salumet.

Sarah: I think that's definitely right that there's been upliftment with these games—I feel uplifted by them. We were beginning to get quite low with all the problems with the banks and what have you and you begin to think that some people are getting too greedy or whatever and this is just generally an *effort thing* which is uplifting people. They're spending money on it, but equally they're spending a lot of money on sending people/machines to Mars to check on whether there might be life on Mars and we think: how many mouths all that money, sending that machine up there, might have fed?

**You must remember that there is always good as well as bad. You must always try, my dear friends, to find the balance in ALL things. And I believe, when we spoke before I suggested that there would be some good come from those travels (yes) and indeed there have been many medical positive happenings from those visits. So, you know, you must be careful, my dear friends, to always look and find and of course never to judge (no).**

George: Well, thank you for those words Salumet. Where the Bosnian pyramids are concerned, I did not make it clear last time that the tunnels which are associated, go far, far beyond the pyramids themselves, and you indicated to us that they were for transportation. Might I ask: would that be for transportation of building materials and for food supplies?

**Partly—transportation for those beings who needed to be there.**

George: And beings **(yes)**. Thank you. And our friend is asking if there are more than the five pyramids in Bosnia that they know about?

**I would say to him, that one more may be found (ah!). I cannot guarantee that it will be in his lifetime.**

George: Thank you—and during their excavation work, there is some indication that there are rooms or caverns within the pyramids at a low level, and a question associated with that would be: will further excavation work to find out more be a good thing?

**I cannot be the judge for another being. If it is that he desires to continue, then so be it. I cannot at this point in time say ‘yes’ or say ‘no’. I cannot give you the answer that you expect, because at this present time I do not know.**

George: Yes—are you able to say if there are rooms or meeting places within?

**If you have tunnels for transportation of people as well as goods, it becomes obvious that there has to be what today you call accommodation. I would suggest that that is the way forward.**

George: Yes, thank you. He is also asking questions about the energy—the energy beam from the pyramid, and is it still active today?

**It is still active, but to a lesser degree—a much lesser degree—but it is still active.**

George: To a lesser degree **(yes)**—thank you.

Sarah: Why has the energy been depleted—because it has not been used?

**It has not been depleted, it has been transmuted (ah—yes). I hope that is helpful to this gentleman.**

George: Yes, I’m sure. He has been very pleased with the questions so far—answers to them. He was asking if there are ley-line connections in relation to the energy generation.

**Yes as always in all of these places, you will find that energy is there.**

George: So there would have been—

**There would have been, yes.**

George: And this perhaps would indicate a selection of the site, with the available ley-lines—

**Yes, of course—much more was known in those times—yes.**

Sarah: Much more was known by man, or was it the extraterrestrials who knew these things?

**Both—as I have told you on many occasions, mankind has lost so much—so much more was known in times gone by.**

Sarah: I was watching a programme on television about an excavation in the Orkney isles. One site was for burial and another was for living, but they were in two separate places. They seemed quite advanced places for Neolithic man.

**Yes. Past people were so much closer to spirit than you are. I have remarked on this on many occasions—yes—it is up to mankind now to see for himself—to go within, to seek and to know that**

**spirit; and with that knowing comes knowledge (yes); knowledge which has not been lost, but only has floundered a little. All of you have the possibility of great things.**

George: Yes. In relation to extraterrestrial matters, you have told us, or confirmed that the governments of the world withhold information on that **(yes)** for their various reasons. Would the matter of the Bosnian pyramids be in the same category? Do governments know about this, but are not anxious to promote the information?

**That is not an obvious one to answer too. But of course all governments should know and understand a little of what is happening within their country. So my answer, my dear friend, is that they probably do know, and have stifled the information that was already there.**

George: I imagine that some may simply just not understand—

**Of course—yes.**

Sarah: Going back to those Bosnian pyramids—if they were having extraterrestrial help, how long would it have taken to have built one of those pyramids?

**If you want a truthful answer—from extraterrestrials, it could be instantaneous.**

*Various exclamations of surprise!*

Paul: Instantaneous—I thought you might say that.

**Again we are speaking of the ‘power of thought’, as we do in our world in spirit—what you think becomes reality. Again, I am repeating myself, but the thought is instantaneous.**

George: Yes, we appreciate that the thought is instantaneous, and where pyramid construction is concerned, it may well be that things associated with that thought are also instantaneous **(yes)**. Would that be true?

**You have to remember that, not only are you speaking of other beings, but you are speaking of humankind, of mankind. Therefore there would be slight alterations between the thought of the beings and the humans. There had to be collaboration. But that, my dear friends, is something I would like you all to think about this time—THOUGHT—(yes). You have forgotten my words I feel.**

George: Now that you’ve reminded us, I’m realising how central thought is to this matter.

**Yes, and how negligible all of these Earthly things are (yes), yes. That is something that you should ponder on.**

George: Our friend was asking also: are you able to confirm that the beings who built these pyramids and are associated with them, no longer have that contact—the pyramids are not active now as links between us and those beings?

**Those links were broken long ago.**

George: Long ago—

**Yes, long ago.**

George: Thank you, I thought that would be your answer to that, but our friend wished to place the question. There is one further question I would wish to put, concerning the filling of the tunnels with riverbed material. And you indicated to us that the reason for that was concerned with water. Are you able to help us in this regard? Perhaps you’ve already given the answer with the instantaneity of thought, but were the tunnels filled by human or extraterrestrial endeavour, or was there some kind of water cataclysm which filled the tunnels naturally?

**Yes, it was a natural occurrence. That is the simple answer. It was a natural occurrence.**

George: Thank you—thank you. That answer will be well-received I’m sure.

*Slight pause*

Paul, I think you had a question?

Paul: Yes, in the author's book, (*Pyramids around the world by Dr. Semir Osmanagich*) he found some runes written on one of the ceramic blocks inside a pyramid. And it was translated as: "We are at a standstill. We will have to be as warriors and defend and conquer, until we can move again through the star-gate." So it seems like the pyramid as a transportation device to their home planet was no longer working for some reason. Can you shed any light on that?

George: It seems these rune-like marks were on one of the large ceramic devices within a tunnel.

**I would have to—yes, I am not being shown the reason for this, but I will return to it next time we meet. I will give you an answer.**

George: Yes, I'm not sure how accurate this information is, but—

**No, there is some block as far as this goes, but I will look to it and give you an answer.**

George: Our question does involve human interpretation (Yes) of the rune-like marks. I cannot guarantee that is accurate, but we have reason to believe it might be.

**It is most interesting for you human beings I know, when these things are discovered. But again I reiterate: it is nothing as compared to your spirit; please remember this, my dear friends. That is the important aspect of yourself that you should be discovering.**

Paul: Yes, we should devote more energy to that (yes), rather than (yes) looking at pyramids that were built so long ago

**That time has gone, yes.**

Paul: It's gone, yes.

Sarah: These extraterrestrials that came—the humans were then ready to make contact with them?

**They were not ready, they already knew—it was not a case of being *ready*, it was a natural '*knowing*,' that is the word—a *knowing*. So contact was very easy for them, in the same way as you make contact with spirit now (yes)—you do not prepare yourself, it happens. You understand?**

Sarah: Yes, so like when we've been in contact with Bonniol?

**Yes, you see.**

Lilian: We were ready for that—as were they—(yes)

Sarah: Just as a matter of interest, are there any extraterrestrials helping or in contact, apart from like with Bonniol, helping physically on this planet at the moment anywhere?

**Let us say there are presences all around your world.**

Paul: They're making the crop circles, aren't they—interacting.

Sarah: That's true, yes.

Rod: I don't know if I can put this over correctly—you've talked about the power of thought Salumet and I wonder about the president in Syria, who seems to be upsetting things a little and I just wonder, if you had millions of people putting their thoughts out against his wishes, whether that affects his brain/outlook, whether—

Lilian: Whether it would help?—(yes).

**Of course positive thought has to be for good, but you cannot change a human being's way of thought, if he is against it. It is a much more difficult procedure I would say, when you have someone who thinks they are completely right and their thought pattern is telling them they are correct. It is a little more difficult to overcome those kinds of thoughts, but of course it is possible. Positive thought will always overcome eventually any negative thoughts.**

Sarah: The thing is though that people might be putting forward positive thoughts to him, but the rebels, if they do get into power—that won't be perfect either. So is it right that we should be intervening, when we don't really know either?

**You should never try to interfere in someone else's life pattern. But you are not to know what their life's pattern is. That is why I have always told you: try never to judge other human beings, because you do not have the full picture.**

Sarah: No, that's right.

George: While it is sad to see a civil war in progress, and one has feelings for all the people who suffer there, I also have the feeling that we in the West have had our periods of civil war in the past and...

**And still mankind does not learn (yes).**

Sarah: That's right—you miss a couple of generations and then it all starts again.

George: And therefore we should not intervene in a military way, if other countries have their civil wars.

Lilian: I was thinking of the Irish thing—that's not far away.

Paul: The only thing we can do I guess is to stand back and send our loving positive thoughts.

**Just give out love—that is all you *need* to do, that is all you *should* do and in that way, you are not *interfering* in someone *else's* life. It is a great responsibility, to decide what is right and what is wrong.**

*General agreements*

Paul: Our media doesn't help, by painting one president as the 'baddy' and the rebels as the 'goodies' and—

**No, that does not help at all.**

Paul: Better to think of them as, they are all *beautiful spirits*, all of them.

**You are all born of the 'Light', remember this also. No one is brought to this lifetime as an evil being. So always keep this in mind.**

Sarah: But does anybody really turn into an evil being?

**Yes.**

Sarah: They do?

**They can do yes, if they do not look after that spiritual self—allow negativity energy to enter their being—yes of course there are people in your world, who are not what you call 'good' people.**

Sarah: No, but are they sort of misguided or do they have some kind of mental problem, which makes them like that?

**All of these things are *possible*, but remember they have their own free will and nothing makes them do anything to harm another human being. That is their sole responsibility. And it matters not whether you or anyone else decides to criticise—you do not *know* the full picture of that human being. There is a lot to think about I know, but if you try to see the wider picture, then you are a long way to understanding what *Love* is.**

George: Yes, LOVE—POWER OF THOUGHT, these are all central to our living—or should be.

**Yes, this is my teaching to you.**

George: This is your teaching, and where the pyramids are concerned, although it's way back in the past, it nevertheless seems to enhance our understanding a little bit.

**Yes, it helps with your *intellect*, but it does nothing for your *spiritual knowledge*, that is the point that I am trying to make. Of course it is most interesting to *you* as human beings, but if as much interest was put into knowing yourselves, think how wonderful this world could be.**

George: Yes.

Rod: Isn't it that when we are reborn / reincarnated, we seem to have the computer up here wiped clean (*our past life memories*) and if we could just leave a little bit of the heavenly memories, I thought that might be an advantage and help things on, because we are a learning planet as you say, but we've got so many problems down here that it doesn't seem to improve over hundreds of years.

I can say there *is* improvement. I know that it seems that all is dire and everything is bad news. But when first I came to you I promised you that there would be a much better future, and I still am saying those words to you my dear friends. This could be a *planet of love*, but of course it will take much work—not only on your part, but from us in spirit, who are dedicated to helping each and every individual.

Rod: Wonderful!

It is a task not taken lightly, by those of us who come to help and sometimes it feels that to use an earthly term that we are *treading water*, but I can assure you, slowly progress is happening.

George: Well I recall when you first came to us Salumet in 1994, we seemed to be heading for nuclear disaster (yes) and I think you and yours in spirit have helped us to move away from that.

**Our task is to influence and to *teach you*, that is what we all endeavour to do and I hope, my dear friends, that you feel I have helped you in some way, to recognise your own spirit beings.**

George: I know we all feel that Salumet and many others around the world as well.

*General agreements*

**Yes, and you only have to think of the words that have travelled from this small number of people and this is only one small pocket of people.**

Rod: Thanks very much for that—great words!

George: And since moving us in that better direction, you have spoken much and taught us much and I'm sure our awareness has improved immensely (yes)—we still have far to go I know, but—

**I am forever nudging you. I know sometimes you must feel: 'but you have already repeated those words'—of course I will continue to use those words if I feel they are helping you.** (Yes)

Lilian: Please do.

George: That's appreciated.

*Serena was then asked again if she had any questions she wanted to ask Salumet. She didn't have any at this time and Lilian added: Serena also visited the White Eagle Lodge and asked if Salumet was aware of him in spirit—I think we've mentioned it before actually, so I do apologise if we have—*

**Yes, there are many from spirit who have come to this Earth plane.**

Lilian: As you have, as you do through a medium.

**Yes, we all come at a delegated time in your planet's growth. As you would expect, no one or nothing stands still. But what never alters my dear friend is TRUTH ... is LOVE. These things will never alter.**

**And now for this time I will take my leave of you. I encompass you as always in my love, in my protection and hopefully in my teaching.**

George: And thank you so much for the answers to all those questions and for guiding us in the way you do.

Paul: And all your gentle nudging.

*General thanks expressed*

*Finally, there was a child rescue:*

*One was with Eileen but there was no response to Lilian's 'Good evening'. Another advised, speaking via Sarah: 'Take that child's hand and he will answer you.' Lilian held Eileen's hand and continued:*

Lilian: Hello, will you tell me your name please—my name's Lilian.

**Michael.**

Lilian: That's better—that's good. Where do you think you are? What do you last remember?

**Waiting.**

Lilian: Who are you waiting for?

**Mummy.**

Lilian: Do you know where you were when you lost mummy? What were you doing? Shopping?

**Yes, shopping.**

Lilian: What were you shopping for? Do you remember?

**Shoes.**

Lilian: I see—shoes for you? You know I am here to help you, don't you?

**I'm waiting for mummy.**

Lilian: Yes, I see. Did you talk to anyone else? Someone came along and talked to you?

**I was naughty.**

Lilian: Yes, alright—we all do naughty things, don't we, sometimes? Did you go for a walk with that person?

**Yes.**

Lilian: I see.

George: How old are you Michael?

**Five.**

Lilian: Five—do you remember where you walked?

**I ran away.**

Lilian: You ran away.

**A big bus came.**

Lilian: I see, that's okay—don't get upset.

**I want my mummy.**

Lilian: That's okay, we're here to help you, but first of all, you were hit by the bus and you're obviously not feeling very well are you? What we've got to do is to get you better, and then you can see your mummy again. So what I want you to do—you see in front of you, two nice nurses. Can you see them—nice friendly faces? Can you see them?

George: There might be a light around them—they're there, in a sort of light.

Lilian: Lovely faces. Can you see them?

**Mummy—**

Lilian: Yeah, don't worry about that at the moment we've got to make you better. First you need to go with the nurses and get better. They can explain a lot more to you than I can.

George: Can you see them, in that light?

**Mm.**

Lilian: They're holding something out for you. What's that?

**My scooter!**

Lilian: That's a nice thing. Well when they make you better, you'll be able to scoot around on your scooter. And they'll explain a lot more than I can, because I'm not a nurse, I'm just someone to help you, to encourage you to go with them. Happy to do that? They'll make you better.

**Ok**

Lilian: There's a good boy.

George: That's the thing to do.

Lilian: What colour's the scooter?

**Blue.**

Lilian: There you go.

George: And I am sure mummy would wish you to go along with them, Michael.

Lilian: You'll be very happy.

**She'll be cross.**

Lilian: No, she won't be cross—she'll be pleased that you're ok.

George: We are all a little naughty at times but we get over that. All will be well again.

Lilian: So I'll let you go.

George: Good boy.

*And Michael departed with his scooter in the company of the two nurses and went on his way.*

*Audios of 'rescues' are freely available on the website: [www.salumetandfriends.org](http://www.salumetandfriends.org)*

George's Notes:

1: Lost knowledge: *It is clear from the various teachings that there have been past peoples living on Earth with much stronger adherence to and recognition of spirit. Hence, they would have an 'inner knowing'. The stronger link to Spirit Realm would sometimes mean direct access to 'all-knowledge' contained therein, and for some it would mean a link with spirit guides who would themselves have that access and be able to communicate information. There is some account of this in what are considered to be the more mystical Holy Bible passages; also in the 'Dead Sea Scrolls'. Extraterrestrials visiting this planet would have developed such spiritual connection.*

2: Information withheld by governments: *It is known from spiritual sources and from logical deduction that news of ET visits, UFOs and crop circles (all with ET connection) is being withheld.*

3: Instantaneous construction work: *Thought and the power of it are instantaneous. Our communications with Bonniol on Planet Aerah have been instantaneous. And on that planet, we have learned that houses are erected through the thought-power of a team instantaneously. Thought is an energy, entirely compatible with spirit—ether—continuum energy, so that it can achieve such activation. And events that cannot be explained by material science have sometimes been called miracles.*

4: Something to ponder on: *Our present day Earthly science has yet to embrace spirit and be in a position to work miracles—like for example producing a complex crop circle overnight!*

5: ET presences around our world: *There is clear evidence—UFOs, crop circles and communication with individuals—some of us being much more sensitive to these things than others. Evidence of past visits are spectacular stonework, stone circles, the larger pyramids, Nazca plateau markings etc.*

### **13<sup>th</sup> August 2012**

*This was a quiet individual development evening. One through Eileen guided us on a meditation, the audio of which is freely available on the website: [www.salumetandfriends.org](http://www.salumetandfriends.org)*

### **SALUMET – 20<sup>th</sup> August 2012**

George: Good evening Salumet—welcome to you.

**Good evening.**

All: Good evening.

**As I join with you this time I say once again: a warm welcome to those who have been absent from this group.**

*There are some of us who live well beyond regular commuting distance, but nevertheless come along when they can*

**I would just like this time to say that our dear lady friend will make the decision which she feels is right. (Lilian re health issue) We can influence, but we cannot live life for another; but of course we shall endeavour to help her in all the ways that we can.**

Sarah: Thank you, we'll pass the message on to her.

I wish to take this opportunity, my dear friends, to ask you to look at yourselves, to focus on those areas of your life which need adjustment in order for full health to be obtained. This is a subject we have discussed on many occasions, but it is an important one, in as much as you have full control of your own health—this I reiterate in order that you each consider what it is in your own lives that needs changing. Only you and you alone can make those decisions. Therefore, my dear friends, I ask you this time to think closely and clearly about your style of living. Would anyone wish to make a comment?

George: So it's a matter of 'going within' and a matter of 'power of thought'. But then there's perhaps the matter of little things in our living that are not quite right which we become aware of—

**Yes—you have to have the balance of the physical and the spiritual for complete health to be there. So you can go within, my dear friends, you can think about *thought*, but if your physical lives are not 'in unison', shall we say, then there will always be imbalance (yes), yes, and that is your responsibility, after all these physical bodies are the houses of your spirit.**

George: And would you say that the matter of 'diet' is an important part of this?

**It is of course an important part, because that is what sustains your life—so of course, it plays quite a considerable part.**

Sara: And recently I've been making adjustments, with my husband—we've been putting more exercise into our daily life (**yes**)—because without movement, I feel there's less mental positivity—

**Yes, I would say that you all have that innate knowledge—what is right for *you*. Each one of you has this knowledge, but you do not always use it. But that is part of being a human being. But you, my dear friends, have been given the knowledge to use and I say again: it is your own responsibility.**

Sarah: So probably it's your actions as well that probably play quite a big part of what you *do with* your life. And would you say, when you feel you're doing the right thing then you become contented. So once you've become contented with all parts of your life, do you think then you're on the right track?

**You of course know when you are living your lives correctly. I do not have to come to you to tell you this—you instinctively know. You may deny it but you *do* know. That innate knowledge that you bring to this life is always there. But sometimes in human life, so many other aspects of living take over, and as spirit you tend to forget what is best for you—best for the physical being and best for your spiritual growth. So it is an important aspect for you all to consider. I hope you agree.**

Sarah: Yes thank you and thank you for reminding us about that, because I have to confess that had slipped my memory a bit, what you are saying.

Rod: Is there one specific thing that we're all not doing correctly as a group?

**As a group all is fine—you come to that state of acknowledgement where your love and your thoughts are given to others—that is an important part of your physical lives, that you think not only of yourselves, but that you give, not of yourself, but your thoughts to others. It is physically impossible, I suggest, that you can give *all* of yourself. You have to retain some physical portion in order to live an Earthly life.**

Sara: You mean you need to retain some time and energy for yourself?

**Yes, of course.**

Rod: One thing that you told me to do once—young man you said, you should control your emotions (**yes**). Well sir, I've failed most miserably on that—as soon as I see something, especially with children, I switch it off. I have tried—

**Most human beings, my dear friend, struggle with emotion, so do not chide yourself too severely. The effort of trying is all that we can ask of you. But to be overly emotional when compassion is enough, interferes with your own being. Do you understand?**

Rod: Yes.

**Yes, so all I ask of you, my dear friend, is that you continue to just give love and compassion without the great emotional state.**

Rod: Yes, I have no problems with that—yes— thank you.(yes).

Paul: When we do find pain within our bodies, I guess that's a sign that something needs to be addressed. That's like—I know you've said in the past—I think something like the different parts of the body— fitting pretty neatly with the thinking that's not quite right. So certain parts/illnesses have a meaning—

**Yes, very often there is a correlation between the body and the thought. Yes, you will find that on many occasions—not always, but mostly I would suggest.**

Paul: So —

**What is the pain telling you? That is the question that you should be asking? What is this pain trying to tell me?**

Paul: Right! Yes, it's opening the communication—dialoguing with that pain, which is only a messenger(Yes). So we have a negative view of pain I think.

**So that is when you need to go within and find out *why* you are suffering pain.**

Paul: And then hopefully at the heart of it would be a pattern of thinking—

**Yes, and you must understand that the pattern of thinking could be from quite a long time back in your existence. It may not always come from this moment in time.**

Paul: Right, so that makes it more difficult perhaps, but if you go deeply into it enough, you should still get an impression I guess of that.

**That is why it is so important that you *all* go within—you go within *daily*, not just on odd occasions when time or thought permit. It should be a linking of spirit on a regular basis. How else can you rejuvenate that physical body, if it is not a constant—you understand? (Yes) It is no god to wait, my dear friends, until you have illness or pain. These are things that really I would wish to teach to the youngsters of your world. Yes, it begins at a very young stage of living.**

Sara: Yes. My son has expressed an interest in this group—and I wondered what age you would say he would be able to visit? He's 16 soon—I know it's to do with the maturity rather than the age.

**Yes, I would say: provided there is no fear, then any age of a child is acceptable, but not to this kind of group. You must start slowly and have discussions about spirit and their existence. But 16—15, is an age where youngsters are looking for something, so I would say, if he wished to come to just a 'usual development group', that would be fine. But to suddenly come to a group such as this, where there has been many years of knowledge given, would I feel be too much (yes). But you have the knowledge to pass on to your son.**

Sara: Yes, we can sometimes do it—it depends—we have to choose our moments.

**Yes, which shows he is not quite ready.**

Sara: Yes. Going back to the conversation about health—I think the rigidity of mind often produces a rigid body (Yes) —problems with joints or something in the body. Would you agree sometimes?

**I would rather say resentment creates—because with resentment you become rigid in thinking—yes, you are quite correct.**

Paul: And then, once you've discovered and maybe named it — the thing that's gradually caused it—  
**The recognition would free you.**

Paul: But wouldn't you still need to sort of '*watch*' your thinking? (Yes) You'd still be prone to resenting—  
**That is your responsibility to change your thinking. We cannot step in and say: all pain is taken from you without any work from *you*—you understand?**

Paul: Yes, that's why all this going to see healers of various descriptions, is okay I guess, but unless you *change* that thinking, it will come back in some way—

**I have told you in times gone that with healing or whatever help you seek, if the spirit is not *touched* there will be no healing; which you can my dear friends, do without the aid of healers or anyone else. But because your thinking is not in the right place, sometimes it is better for you to allow any type of healing to take place in order to help you forward. (Pause) You can have a condition where two people have exactly the same thing. One can be healed another may not. That is because the spirit has not been *touched* in the second one. So often we hear cries of: why does it work for one and not for the other?**

Paul: I don't know why it reminded me this year of all these sporting competitions, some people get a medal and they cry and seem very touched by it, while others don't show much feeling. They get the same bit of metal but react differently.

**But you are speaking on a physical level (Yes). Yes, I am speaking on a spiritual level.**

Paul: That can be an emotional release, I guess.

**That can be a block for many of you human beings, because you truly do not understand the difference. That is always the problem that we in spirit have, in telling you human beings how to behave. It's not easy, because you are so physically minded.**

Paul: But if it's a spiritual touching, there would still be an emotional involvement wouldn't there, or not necessarily?

**I'm sorry, in what way?**

Paul: If there was some kind of healing and if someone *was* touched (**yes**) spiritually, then that might be apparent in that there might be tears, there might be an emotional reaction?

**Yes—yes. Sometimes the release of tears is all that is needed when the spirit is touched, and that release of tears then allows that human being to think more deeply about who and what they are.**

Rod: Salumet, as you've just heard, we're a very competitive animal, aren't we (**yes**), and I just wondered when we go over into spirit, if we lose that competitiveness and just sit back in an armchair and read books, but not get involved in—a 400m run?

**You do not change suddenly because you pass to spirit. All the physical attributes that you have gained will remain with you for some time. That is why those who have gone before are able to be recognised when they make communication. After all, if a loved one passed to spirit and came back and was so different you would probably say: that is not my loved one, would you not? (yes) Yes, so no, as you are here, so you will be when you pass to our world, for some time—whatever you so desire, because that is the power of your thought—then becomes your reality.**

Sara: Some people may after a time decide to have a sort of prime-of-life appearance?

**Most people, I would say, when they wish to communicate especially, will appear at the prime of their physical life, yes.**

Sara: Because once a friend of mine had a difficult poltergeist experience and not long after that his mother appeared to him and I'll never forget he was in awe of her beauty, (**yes**) because he hadn't known her like that when she left the Earth Plane.

**Yes, you will all return to that energy of your physical lives that you felt—we will use the word 'best' for understanding reasons only. But yes, most people will appear to be much younger, depending upon what age they came to us.**

George: With regard to healing Salumet, there is also the matter of healing plants. And I was rather interested, because recently there has been a publication about cancer and the way that the cannabis plant, or extracts from it can be seen as a cancer cure. And the reason given is that within the body there

are chemicals that are very similar to what are called ‘tetrahydrocannabinols’ that occur naturally within the cannabis plant. I guess of foremost importance is the matter of ‘going within’, identifying and power of thought; but certain plants such as this one, there seems to be evidence that it is quite effective.

**Yes—let me just say this to you: all plants within this world are here for a reason—that is my first statement—again I repeat some words that I have used before. Many people, especially scientists and doctors and men of learning, are influenced from our world for ‘good’ and at particular times of your evolution, information and knowledge has been passed to those who are able to make use of that information for the benefit of others. Sometimes that information is abused, but so often the information given is utilised at the correct time, and so mankind has *help*. And although the physical body can be cured of cancers, so many times it is often a little late to make those changes (yes). So you have to equate what is being given from spirit to what is being done as individuals.**

George: Yes, cannabis is one of those—

**One of those that has always been there—**

George: Yes and it’s one of those that has been abused (yes), but can have proper use.

**Yes of course, that is the *point*, that everything that has been provided for you in this world has a use for good. So you always have to again, keep a balance in all things. I would suggest to you that you always look for that balance within yourselves, because as I have told you, again, you are an equal share of light and darkness. So you always have to try to maintain this in all aspects of your life. You understand?**

(Yes.) **I do not suggest that it is easy—of course it is not and physical life brings to many of you many problems, and especially today when your pace of living is so quick. Gone are those times when people spent more time developing their own spirit than looking after their physical being. Again, that is not good, because that is not *balanced*. So I say to you: always look for the balance in your lives (yes), and please my dear friends, look inwards and see what is your body telling you—because as always, you have the answers. You just need to be reminded sometimes.**

*Murmurs of appreciation/thanks*

**And with those words I will take my leave. As always I cloak you in my love and my understanding and hopefully with my truth.**

George: And that has wonderfully clarified several points for us—thank you Salumet.

*General thanks*

George’s Notes:

*Cannabis: It is understood that the human body has within what is termed an endocannabinoid system, and this can be boosted by ingesting cannabis extract, i.e. juice extract of the plant. The tetrahydrocannabinols (THC) contained in the juice seem to have the ability to ‘add on’, to inhibit tumour growth and kill tumour cells without affecting surrounding normal cells. This is not the same as smoking the dried plant which is abuse, does not help in this respect and can cause further health problems. The knowledge that THC can combat cancer tumours without harming adjacent tissue would appear to be an important breakthrough in curative medication. It is my understanding that this has not received wide publicity because (1) cannabis has thus far had a bad press (2) it would mean less business for drugs companies manufacturing synthetic chemicals used in cancer treatment. News of the breakthrough is quite well documented on the Internet. Thank you Ray, for drawing our attention to it—and clearly this is a powerful illustration of the immense value to humanity of an uncensored, unrestricted, free Internet—Wikileaks and all.*

*Next came a rescue via Eileen. (Lilian is our well-practised ‘rescues’ expert and several of us do our best when Lilian is absent). A few minutes following Salumet’s withdrawal we were checking that Eileen was*

back with us, but were surprised by a gruff voice saying: **“Who’s that touching me?”** We tried to explain our concern for the lady he was speaking through...

**What are you talking about?**

Sara: Do you know where you are?

**Yeah of course I know where I am.**

Sara: Where do you think you are?

**At home!**

Are you?

**Yeah.**

Sara: What do you last remember?

**What are you doing in my ‘ouse?**

Sarah: Well actually, *you* are in another person’s house at the moment. Can you remember the last thing you were doing?

**‘aving a cuppa tea.**

George: Well, now you have joined a little meeting, of friends. There are several of us here.

**I don’t want any meetings—I’m ‘appy.**

George: Well it’s good that you’re happy.

**Yeah—so you get out of my house.**

Sara: The problem is, we’re not actually in your house now.

**You just said you were!**

Sara: Well the truth is, when you were having that cup of tea, something happened.

**Yeah, I drunk it!**

Sara: Something happened—you died and you actually left your body—and your house. You’ve come to and we’re here to help you.

**You’re one of them psyches aren’t you!**

Sara: Well, it’s not really like that.

George: Well, you *could* say that. You as your spirit who is talking with us—and welcome to you—and we’d like to talk to you, as the spirit that you are.

**You’re just being nice to me, then come in and take my stuff. I know what you’re up to.**

*Chuckles*

George: We want to be nice to you, but we don’t want to take any of your stuff.

Sara: We’re only here to help you—to help you realise that you are no longer in your home with your cup of tea. You’ve left your body and now it is time for your spirit to go on.

George: We can help you with that.

Sara: We can help you to do that. If you look you will see a light in front of you.

George: We all make this journey.

**It all sounds stuff and nonsense to me.**

Sara: Can you see the light in front of you?

George: We all take this journey—you are not alone in this. But if you look to the fore—if you look ahead you will see a light or a lightness, and the thing to do, is to look towards that light.

*Pause*

George: It may take a little time, but—

Sara: Somebody that you know or knew will come towards you, if you look.

*Pause*

***I don't recognise any, but it's quite nice.***

*Pause*

George: It's Sara you've been talking to and I'm George. We're just here to encourage you to see the light that is ahead, so that you can move towards it. It's as simple as that. The journey that you are going on happens to us all, and some of us are able to help you—help each other in that journey.

*He was quite awed as he was met*

***Well I never!***

George: Ah, you're being met—wonderful! That's the way it happens.

*He moved on, very happy*

***What was your names again?***

Sara: George and Sara.

***I'll remember them.***

George: What's your name?

***Eddie.***

George: Eddie—right!

Sara: It was lovely to meet you Eddie. We wish you well.

*Fond farewells*

George: Our love goes with you.

*(In humour) **And don't take my stuff!***

George: You can have as much stuff as you like where you're going.

*There followed a brief period of clairvoyant messages via Eileen; then one spoke via Sarah and it quickly became evident that this one had awareness of our meetings, and was now happy to bring to us his very considerable experiential knowledge from the distant past:*

***May I say some words to you?***

George: Yes please—welcome to you.

***You have shown much interest in the last few sessions about pyramids (ah!) and I would just like to tell you for some more interest to you that I was one of those who was working with the pyramids at that time.***

George: Wonderful! Could we enquire which pyramids those were?

***These pyramids were in the South of what you call America.***

George: Yes—right!

***I was much involved with the comings and goings of those who were brought in to help us.***

George: Wonderful! I see, so you were of the Earth—you were humankind and extraterrestrial beings were coming in to help. Is that correct?

***That is quite correct.***

George: Wonderful!

***It was a time of much discovery for both our worlds, and I was greatly influenced by those you call 'extraterrestrials'.***

George: Would it be true to say: you were learning from each other?

***It was—yes, quite true. But I have to say that I think us Earth people were learning more from the extraterrestrials than the other way around.***

George: Might I ask if in South America, this would have been what we call the 'Nazca Plateau' region?

*Pause*

***I am afraid I cannot tell you that.***

George: No—the reason I asked, that region has a number of lines across it in different directions and—

Paul: Depicted animals.

*I can tell you yes, that we became very much more aware of animals and we were most keen to put this down on whatever surface we could, so that others could learn from it. So if you are talking about art form and animals, this could well be the place where we were at.*

George: Yes, we are aware of very large animal designs and lines which may have related to—I think they did relate to space travel vehicles.

*Could I also say that some of those animals were influenced by the extraterrestrials? They were not just our human Earth animals. They have been influenced from the other planet.*

George: Are you saying that they depict animals that are from that other planet?

*I am saying they were —the extraterrestrials influenced us in their design of animals, but I cannot say if they were exactly how the extraterrestrials view them on their own planet. But they did influence the drawings of those that you, I understand can see today.*

George: That's all very interesting—yes wonderful.

Paul: Can I ask if the extraterrestrials appeared in human form or a different form?

*They were in, as you can imagine, a solid form, but they were different and although they were solid, they also took on a slightly opaque appearance. So I would not say they were totally like us. But they did have arms and they did have legs. But they were—how can I say?—they were not quite so wide as us, and they were much shorter, but they did have quite large heads. You would not, when you saw them, be afraid of what you were seeing. They were not so very unlike us, but they were not completely as we were.*

George: Yes, we have awareness of some who have visited some different parts of the planet, and, might I ask: how many fingers did they have on the hands?

*I would say there were three.*

George: Ah yes, well we have rock drawings that depict three-fingered beings. Their heads were quite wide (*yes*)—they had sensory regions, I believe, on the sides of their heads.

*Yes, they were able to—ah—go about their business, rather I would say, like your bats—able to fly in the dark. They were able to move around, and although they had eyes, they were not really necessary for their movement.*

George: Was their movement actual flying or would we describe it as 'teleporting themselves'?

*They could indeed yes, do that, but whilst they were working with us, they tended to behave more like a human being (yes), so that we were able to interact more easily. So I would say that they could walk and so, when they were around us they would walk with us (wonderful), but if they needed to get somewhere, they did not walk.*

Paul: And how did you communicate with them?

*We started by using a form of sign language, but we were also able to use our minds (ah yes). We were not quite so good as them, but in the time that they were with us, we did improve. So what we were not able to achieve by our mind communication, we would use our hands (yes—wonderful).*

Rod: Were there many of them with you at the time—tens or hundreds?

*I would say, at one time, there were possibly fifty.*

George: Yes, well we have been privileged to speak with beings that answer your description, and they referred to an earlier teleported visit when their pictures were drawn on what is known as the 'Atlatl Rock' in the Nevada Desert. So we have actually been able to speak with beings that answer your description.

*Well, I think this is very good news and I hope that this will continue (yes indeed), because I can tell you: this relationship is a very satisfactory and enjoyable one (yes indeed).*

Paul: Did they stick around throughout your whole lifetime?

*They were there for the last part of my lifetime. So I am afraid I cannot tell you how much longer they stayed after I moved back into spirit. But there was quite a lot of—when I said there were about fifty, they were not necessarily the same fifty all the time, because they could come and go as they pleased. So I would say to you that their travel was most easy for them.*

George: Well, one of our number, who is not here this evening, was able to see them clairvoyantly and she said there was a party of about fifty!

*Chuckles*

*Well I think we are all in agreement, and it is this agreement that I would wish for the whole of this planet, because it is a peaceful living amongst all—not just Earth beings but extraterrestrials and whatever you like to call them.*

George: We are one big family.

*—That is so harmonious, and if we could all work towards this (yes) it would be a most wonderful drift.*

George: Yes, we are all one big family.

Rod: Did they design and oversee the whole project and leave you to do the hard work/the donkey work? *They would never let people do all the hard work. They made our lives so easy. They were able to do so many things that we were not able, and we tried very hard to learn from them, and it was hoped that what we learnt we would be able to pass on. But I can see, from life today on this planet, we did not do a very good job in passing this information on.*

Mark: Would you be able to speak now about any of the things you wanted passed on?

*Well, I can say to you that all heavy work need not be heavy.*

George: This is work involving dematerialisation and power-of-thought I imagine?

*Yes, that is correct.*

Paul: Did you gain some ability to move heavy stones and objects?

*I was able to do some, but it was not normally by myself. It would take a group of us Earth people together to be able to do what one extraterrestrial could do.*

George: We can understand that.

Paul: Was it a simple case of imagining these big heavy rocks to be lightweight?

*I would say it was more a case of putting yourself into a mindset where you were actually being helped to do it. So you would wish for something to happen, and then put yourself into that—I would not say meditation—but getting towards that way where you are not quite in your body and not quite out of it.*

Sara: Sort of light trance—

*Yes, perhaps you could say that. And it is at this point that you can then begin to work with the—whatever it is you wish to do. So yes, you do not need to concentrate too hard, but you do need to get yourself away from total Earth thinking, yes.*

George: Can you give us a name to know you by?

*There followed a pause with sound of sighing*

George: Not to worry if names are no longer important to you.

*Ah—ah, I cannot get the name exactly but I think you could translate it as ‘Theodor’.*

George: Theodor. Thank you.

Paul: I suppose I think I’m right in thinking that they still can’t translate hieroglyphs in that part of the world that are still on the pyramids—I guess they’ll work it out.

*Yes, I believe that some of this has actually been done by the extraterrestrials (oh). So I think they will find that what they cannot decipher will not be in the same format as what they have been able to do so far. So they will need to start afresh with new forms.*

Paul: We'd love to have these extraterrestrials visit again. They'd be very welcome to come and visit us. What did you call them? Were they named from where their planet was?

*First of all, I can remember this. We called them 'the Greens' (the Greens) because they had a slight green tinge, but once we got to know them better we had names for them—individual names—I think I will find hard to remember, but 'the Greens' I do remember, because of the colour.*

Paul: And do you remember the name for their planet?

*I think I did not know the name. I think we use to call it 'The Green Planet', but I think I cannot remember, yes.*

George: And were you aware of pyramid energies? Were the pyramids built in order to produce energy? *It was something that the extraterrestrials taught us, and yes we were aware of the extra energy inside. And this energy was also used to boost the energy of the return journey to their planet.*

George: I see, and was a vehicle used for that return journey?

*Yes, they had a small craft that was to us, not solid enough to take anybody without collapsing (ah). But it was very strong and it needed just a little extra energy to be able to take off from the heavy Earth pull. And this energy from the pyramid was enough to set them back on homeward course.*

George: Yes, a nice description, thank you.

Sara: Can I just recap on something you said? I was just thinking about what you said about going into light trance, and in that state would you then focus on what it was you wanted to do?

*We found that so long as we had asked for the help to do whatever it was we needed to know; for example: to dig a hole in the rock. As long as we had focussed on that, before we went into this trance, we were then just able to do it.*

Sara: Ah that's interesting, so would one apply that perhaps to anything one wanted to achieve—provided the desire was there?

*If we could do it as Earth people, then there is no reason why you cannot do it either. We were no different from you. So I think that gives you the answer.*

Sara: And so the help came from spirit to you—the power came from spirit to you?

*Yes, it is really a concentration of energy and this is what produces the actual movement. It is a state of mind, and it is the use of energy.*

Rod: We've noticed the great accuracy of these pyramids. Did they have instrumentation to create that accuracy?

*They were able to do it without instruments (ah). They knew how to do it, and they told us what we should do and they informed us of what they were doing. It was very much a combined effort, in learning for both parties.*

Rod: You must have been very proud of what you have done.

*I have to say 'yes', we were proud of the finished article, but we were also—how can I say?—'surprised' is not the word. But we were quite in awe of what had been achieved. (Yes) Yes. It was, I have to say, a very good time.*

George: Have you remained in spirit since that life or have you had further lives?

*I have had other lives, but they have not been in the same vein as this one, so long ago.*

George: Have you any idea of how long ago that was?

*Ah—I—it was—I cannot tell you in your Earth years, but I know it was an extremely long time ago and it was also before what you would call 'general education'. So all of those who were working with these extraterrestrials were all very spiritual people, and those who were not quite so spiritual were not involved in the pyramid construction. There was not any bad feeling between the two sets of Earth people.*

George: Was it a peaceful time on Earth at that time?

*It was peaceful. It was peaceful, but it was a time of lack of understanding (yes). So I would say that so long as the two groups did not come into contact with one another, each group led peaceful lives. But lack of understanding can create many problems.*

Rod: It's wonderful to think you've got a remarkable memory for all this that took place so many thousands of years ago—it's wonderful!

Paul: Can you remember a little bit about the geography of the area, because we might be able to know where it is—whether it was desert or jungle?

*It was—it was quite low, this particular pyramid—it was in a valley and—*

Paul: Any water around?

*Yes, there was water—there was water, and there was plenty of food. There were lots of trees on the sides of the slopes. It was a fertile part, it was not desert.*

George: It's sad that this culture, this civilisation came to an end. Are you aware of the end of that wonderful period?

*No, I am not aware.*

George: No, that came later.

*Of course, I know now, but at the time I was not aware. Once I had taken myself back into spirit, I then moved away from the Earth plane, because I had learnt so much about spirit that the Earth was no longer of importance to me.*

Sara: Could I ask a question? Did you, prior to this kind of work you were involved in, could you tell us any other achievements you felt proud of prior to that—it may have nothing to do with that but—

*Are you talking about when I was on the Earth (yes) before the pyramids?*

Sara: Yes, perhaps in the same incarnation even—any more about that lifetime?

*Yes, as a child, I was living in a simple family and we lived on what we could gather. We were a peaceful group but we were also very much aware of spirit. I learnt this from my parents and they learnt it from their parents. So we were very spiritual, and when we had the opportunity to be involved with these extraterrestrials it came as a progression of our lives.*

Mark: I guess there would have been forewarning of their coming, would there?

*It was known for some time that something would happen.*

George: Ah yes. So, in the first instance you were living spiritually and very close to nature—almost living within nature (**yes**); and did that change after they came?

*To an extent, because we gained more knowledge and we were able to live in a larger group, and when you are with more people you do not have so many responsibilities. So moving to the pyramids, we were able to lead what you might call a more sophisticated life.*

George: Yes, and responsibilities were shared.

*Yes, but the spiritual side did not change.*

Sara: But you could probably give more time to it—

*We always had time for spirit but what we learnt from the extraterrestrials we were able to incorporate into our daily lives.*

Sara: Right, yes I understand.

Mark: Can you remember the kinds of food you used to eat?

*I can tell you that it was mainly from the vegetation and from the river. We did not eat animals.*

George: Did you eat fish?

*Yes, we did eat fish, yes, from the river.*

George: You obviously know about the Earth today, and have some idea about how we live and how we are—and shall I say, ‘less spiritual’. Does this sadden you to see the Earth today? Or do you feel that we live with reasonable hope?—hope to progress.

*There can only always be hope that you will progress. But I have to say, if I were to come back as an Earthling, I would not know where to begin (yes). I do, yes, feel somewhat sad that so many have grown away from spirit (yes), but when you reach the bottom you cannot go further down, you can only go up.*

*Laughs*

*So I would say to you that you are on the way up.*

George: Well, I think we’re with you there. We share—we in this group share the sadness of not enough spiritual recognition in our world and too much violence. So, as a group, I think we recognise that, and we share that thought with you.

*Yes and I can tell you: it was very easy to come to you this time, because the light and love is so abundant that I was drawn very easily to you.*

George: Oh, thank you. That is very nice to know, and I would guess by the same token, the extraterrestrials were drawn to you and your people.

*Yes, I believe there was contact for quite some generations before they actually arrived.*

*So now I think I must return, but it has been a great pleasure to talk with you.*

George: It has been certainly a great pleasure to listen, and thank you very, very much for joining with us.

*Enthusiastic thanks and this great opportunity*

George: And it’s been a nice long session. Thank you very much indeed.

Rod: Hope you can come again.

*It will be my pleasure to come.*

George: Please do feel free to come again if you so wish.

*Thank you, I will if there is the opportunity. So I leave you with the hope that you will gain spiritual knowledge to the greatest degree possible in your human lifetime.*

(General thanks)

George: Thank you for that thought—our love goes with you Theodor.

*Eileen had been silent and we now realised that a further ‘rescue’ had been brought to her. This was a very distressed young girl of fourteen. Sara eased her panic by speaking gently and holding her (Eileen’s) hand. Her new condition was also strange to her and she needed much assurance that we were friends wanting to help and that there was much love for her. On asking her to look to the light ahead, she declared: ‘I can’t see! I can’t see!’, then explained that she was blind and had been blind all her life. The poor girl had been shut in a box and that was the prime cause of her distress. We tried to explain that she would be able to sense the light and would soon be able to see with her spiritual eyes. She eventually began to see and to see that she was being met by loving ones with outstretched hands. She moved forward and was happy but cautious, and asked if Sara could go with her. Sara said that she would continue to hold her hand until she declared that she was happy. After a few more moments we heard the words: ‘I am happy!’ Her transition complete, she was able to look to a much better life than she had known.*

George’s Notes re Theodor’s visit:

1: Nazca Plateau region: This is generally rated as an area of great mystery with its numerous lines running in various directions across the plateau and many, slightly odd as depicted, large animal designs. The famed Cahuachi pyramid is about one mile from the Nazca river and the Nazca river valley might possibly have been Theodor's valley location and source of water and food. Salumet had in an early meeting indicated that the Nazca lines, or many of them, relate to space travel.



Nazca Plateau      Ray Curtis photo, thank you Ray.



Nazca Plateau lines      Ray Curtis photo, thank you Ray.

The dark diagonal is a modern motorway with tanker near centre

2: Slim ET-beings with wide heads and three-fingered hands who could teleport themselves: During our exchanges with Bonniol we have met with beings answering this description and one of us, Jan, had clear clairvoyance of a group of around fifty that she was able to describe and sketch. This had led to our Google search discovery of the Atlatl rock petro-glyphs, Valley of Fire, Nevada Desert, which match.



*Atlatl Rock Petro-glyphs: Two beings depicted with three-fingered hands. (Other detail relates to their birth sequence on 'Crogaria' ... their name for their home planet.*



*Jan's rough sketch to illustrate the form of the being with 3-fingered hands and extra wide heads with sensory regions—drawn on the evening of our meeting immediately following the Bonniol / Crogarian exchange. This was several days before any of us had knowledge of the Atlatl Rock or its petro-glyphs.*

*3: Pyramid Energy: So we have confirmation of what has been said in earlier exchanges—that one of the uses of the energy generated by the pyramid structure is to facilitate space-travel. And that is why the early, enormous and can't-see-how-they-were-built pyramids have their extraterrestrial association. And that may be why the Bosnian pyramid excavations are only reported on the Internet and as a book publication and here on our website.*

*4: Extraterrestrials: It was clear that our visitor was not used to the term 'extraterrestrial' and sometimes hesitated in using the word. It later became clear as we progressed that the Earth people of that time had always referred to them as 'greens'.*

*4: Understanding our past and the cosmos: So—scientists, materialists, intellectual boffins—and news media—this is a **WAKE UP CALL!** In order to reach for the stars and begin to understand the first principles of the cosmos, you can only do it with spiritual methodology. Neil Armstrong was a 20<sup>th</sup>-century hero, whom we all acknowledge, and rightly so. But rocketry, sophisticated technology and gigantic funding are no longer the logical requirements.*

*QUOD ERAT DEMONSTRANDUM*

*It should be said that our evenings are not normally so protracted. This really was quite exceptional and for several of us it was sometime after midnight that that we finally arrived home—but so very worthwhile.*

### **3<sup>rd</sup> September 2012**

*The evening began with clairvoyant messages via Eileen, some concerning friends and some for those of us present. Then one spoke via Eileen as an intermediary with a message; and it is sometimes an interesting detail how the correct one in the group to receive the message is pinpointed:*

*“I am being given a name: ‘Sarma’.” Mark, who’s wife Isik’s country of origin is Turkey, then realised that ‘sarma’ is a spicy rice dish and they’d recently had some, and so he responded. The message was indeed for Mark—a profound and wonderful message that is befitting of family circumstance perfectly. Our carefully spoken visitor was duly thanked. There followed some chat about Eileen’s periods of clairvoyance which seem to be increasing, then silence. Next, one was clearly with Sarah and not quite ready to speak.*

George: Welcome to you, please take your time.

***I—I have with me one who has expressed much—ah—wish to be with you, but has much difficulty in coming alone.***

George: Then welcome to you both.

***This one is a follower of the great (North American) Indian movement and has much connection with the other lady, who was healing.***

*Eileen was engaged in healings just prior to our session*

***He was in the same group as this lady at that time and has wished to come through to rekindle the connection. This lady can call upon this one by calling the name ‘Koolah’, when she is needing some help with her daily tasks. Koolah would be most happy to help, as indeed he used to in times gone by. If the lady could just say to Koolah one or two words he would be overjoyed. So, would this be possible for the lady to say something now?***

Lilian: Do you want to say anything Eileen?

*Nothing happened so we asked for clarification as to which lady*

***Yes, the lady in the corner (Eileen).***

George: (looking at Eileen) Are you able to speak?

***Do not worry, the contact has been re-made.***

George: This is the contact with Koolah—

***Yes.***

George: Thank you.

Paul: We’ll make sure she gets the recording.

***Thank you. I think she will be getting the message anyway, now. So I will withdraw and let her continue.***

*General thanks expressed*

*One was clearly with Eileen at this point but no voice*

George: Koolah? Welcome to you—please feel free to speak—

*Now there was a pause. This was not Koolah, and there was a slightly confused look on Eileen’s face. Lilian and Sarah noted there was a little difficulty with the breathing and commented. And a characteristic of our old dear friend Leslie coming through was the breathing (an Earthly difficulty that would return at first when speaking via a medium). Eileen now looked towards Lilian, and a voice said:*

***Hello Lilian!***

Lilian: Hello—is that Les? This is a nice surprise!

*A pause for adjustment followed, with sound of deep breathing very characteristic of Leslie. It was to our heartfelt delight that Leslie—he who founded and ran this group until the autumn of 1999 when he passed to spirit, was once again with us.*

***I said I'd come back. How are you all?***

*General enthusiastic greetings*

Sarah: We're all doing well and the group's still flourishing—meeting regularly, thanks to you Les, for getting us all started.

***Thought I could manage this old lung by now, but—***

Lilian: It comes back as you come back?

***Yes it does Lilian.***

Sarah: Anyway, how are you getting on?

***Better than I expected (whispered with enthusiasm)—thought I knew a bit—not at all!***

*Laughter*

***Don't think you know everything—'cos you don't.***

*General agreement*

George: Anyway—wonderful to have you back.

Lilian: Have you been in the Halls of Learning listening to teachers?

***I have done of course—um—taking a bit of adjustment using Eileen (yes)—with the voice, but I hope you can recognize that it's me (yes).***

*Lilian extended a hand to give helpful energy*

Sarah: I recognised right at the beginning.

***Yes. Ruth's busy these days—not with her all the time now.***

Lilian: No, I understand.

Sara: How do you spend your time, Les?

***How do I spend—I make the most of the books (yes). Love to read about more knowledge. Plenty to learn and of course, I'm still healing. The hospitals and I expect Eileen will tell you: very occasionally I use her for healing, (yes) but not too often.***

George: You speak of books; well of course we have the Internet these days, which I suppose is rather like a large collection of books—

***Let me tell you George, I'm still learning.***

George: You're still learning, yes—aren't we all!

***Thanks to Sarah, (about computers/the internet) I learnt (whilst still on the Earth plane) a little bit, and I'm still quite interested in what's going on, on the Earth.***

Sarah: Do you call in and listen in to our meetings these days?

***Mm, very occasionally—I know you're all alright. I would have liked to have thought you couldn't manage without me, but I knew you would!***

*Chuckles*

Sarah: You laid the good foundation for us—that's what it was.

Sara: Well we always think of you, as where it all started—

Lilian: The boss—

George: Your name comes up quite often.

***The Boss? I like that one —***

*Laughter*

***You know I wouldn't have been impressed by that.***

Sara: No, but even so, you haven't lost your standing with us—not at all.

George: We have a website now, which Paul has built, and your picture is on the front of it.

*Yes, well there's not much to be said about that is there?*

*Chuckles*

George: Anyway, you take an interest in what goes on, on the Earth, and I guess you feel there's quite a lot going on, on the Earth, these days—

*Not enough, but quite happy I think—yes. Never was too impressed by people—*

*Chuckles*

*—except you lot of course!*

*More laughter*

George: Oh how kind!

Sarah: Glad you said that—

Sara: We were a bit worried there for a minute—

Sarah: Otherwise we were going to send you away!

*More laughs*

*Anyway, I just want to say to Lilian: Roy sends his love (ah!)—couldn't be here tonight, but I'm the messenger as usual, and he's looking out for you so don't you be worried.*

Lilian: Oh that's nice—thank you! And thank him when you see him.

Sarah: Have you met up with anybody else we know?

George: I was just going to say: Ann is with you lot now, in spirit.

*Yes, I haven't met up with her, but I was aware of her passing.*

George: It's a bit early days anyway.

Yes.

Sarah: My mum's over your side too—

*Ah—all the good ones first eh?*

Sarah: Yes, we've still got too much to learn!

*Laughs*

*You're doing well! I shouldn't say it, but I'm very pleased for you.*

Sarah: Good! Well, Salumet's become a really good friend and—

*Yes, weren't we blessed?*

Sarah: Absolutely.

*Not what we expected, but a wonderful surprise.*

Sarah: Actually it was *better* than we expected really, wasn't it?

*Oh yes.*

Paul: And it's gradually expanding—there are people reading the words in quite a few countries now (*yes*).

Sarah: And I don't know if you are aware, but Paul channelled one from another planet.

*I am aware of that, but I haven't gone into that yet. I'll have to do a little bit more investigation on that.*

*You know me, I never accept things easily!*

*Laughs*

*And unfortunately that's still the way things are.*

George: Well, Salumet arranged it and we've had 73-communications through Paul, from the other planet (*right*), so it's an interesting development for us and we learned quite a lot from that.

*Ah, I won't book my flight just yet—*

*Laughter*

*I'll reserve judgement—*

Sara: Well you started it all Les.

*Yes—*

George: Do you bump into Salumet these days at all?

*No—I'm not on the same sphere.*

*Chuckles*

George: Well none of us are on the same sphere, but—

*Well I don't say I have George. I'm aware of him, but not on a friendship basis yet!*

*Chuckles*

George: Yes, it's for him to come to your old group and that we pass on to the rest of the planet (**yes**), well we do our best.

*You're all doing a sterling job.*

George: Well it must give you great pleasure to see the ball still rolling—

*Yes—it's nice to be able to come without tears (ah). Yes—I was emotional before, but I—*

Sara: You haven't got it now.

*All I have to get over is this lung problem, when I come back so close.*

Sara: Mm—Give our love to Ruth.

Sarah: You are talking actually well—

*Yeah I've got the hang of it a bit now. It's not as easy as you might think. We all took it for granted, didn't we? Communication is not quite so simple (no).*

Lilian: I can imagine!

*But, before I go, I'll tell you one thing—that was right—as I expected, that was 'Time'—it doesn't matter a jot. And you're guided by your clocks—that doesn't apply here.*

Lilian: Does that take a bit of getting used to?

*Mm, for a few—most people adapt wonderfully.*

Lilian: Because you're going home, aren't you, really.

*Yes, And let me tell you: it's a wonderful experience, not that I am wishing any of you to join me just yet.*

Sarah: And you're not thinking of coming back here again just yet either then, by the sound of it.

*Not if I can help it!*

*Laughs*

Sara: What happens, Les, do you just keep on doing things until you feel you don't need to do them?

*Yes, you grow spiritually of course and each endeavour that you take on and 'capture', as you might say, let's you move a little further on. But of course it all depends on whether you wish to move on. Nobody is forced to progress.*

George: Well Leslie, several of us are in our eighties now, so don't be surprised if we do pop up—

*Laughs*

*We can always start the over-eighties club up here, can't we!*

*Hearty prolonged laughter as Leslie delivered the perfect punch-line*

*Anyway, my dear friends, it's been a real pleasure to talk — without the emotions and —*

*General agreement*

George: It's most timely Leslie, because only today we were talking about the need for another Salumet book, and we devoted the final chapter in the last one to you—and you've come through again, which is wonderful!

*You've humbled me George and I don't say that to many, but you have made me very humble.*

*Laughter followed that—I think because we just can't imagine our old friend Leslie who organised so many of our meetings, to be exactly 'humble'*

**—and now it really is time for me to depart.**

Sara: You were a very important person for all of us, because really you set us all on a new pathway, by meeting you Leslie.

George: I don't know how much effort it was for you to come through, but we do appreciate it Leslie—  
*Much agreement*

George: Thank you very much! And our love goes with you.

***Yes, you're a wonderful group of people—keep up the good work.***

*General thanks and goodbyes*

George's Notes:

Koolah: *This may well have been a colleague of Eileen during her incarnation as 'Nahashiwah' with an Amerindian group. Nahashiwah actually addressed us via Eileen (26<sup>th</sup> Feb 1996) bringing greetings from another past colleague, White Horse. Nahashiwah spoke again via Eileen (10<sup>th</sup> January 2005), explaining that her name means: 'small body, great spirit'. We were also addressed by our old chief: Gran Mancha, Chief of the Gor-rukka tribe within the greater tribal community Baa-ba. At that time it would seem that several of us in today's group were sharing life's adventures under the guidance of Chief Gran Mancha. This chief came to us again (21<sup>st</sup> February 2005 and 14<sup>th</sup> March 2005), and we spoke of him with Salumet (7<sup>th</sup> February 2005).*

Leslie: *This is Leslie's fourth visit to us since his departure from this life in the autumn of 1999. His previous visits were 30<sup>th</sup> July 2001, 25<sup>th</sup> August 2003 and 9<sup>th</sup> May 2005. It was the dialogue of the 2003 visit that was transcribed to conclude the Salumet book. During his 2005 visit Leslie declared that he had seen the Salumet book, and felt some pride in that. As he signed off, we added: "Do come again because the next book will require an epilogue as well. His reply was: "Ah, he wants me to suffer!" and we all laughed heartily as our dear friend withdrew.*

### **SALUMET – 10<sup>th</sup> September 2012**

*On this occasion, a party of three Internet / website contacts had travelled 200-miles from Norfolk to sit and share whatever would prevail. Happily it turned out to be a most wonderful and memorable evening for us all!*

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening.

**As I join with you, we give a warm welcome to dear friends. I was aware of your conversations before this meeting started, and the talk about the importance of this year. So much in your world is being spoken about and I have to say: not all words that are spoken are sensible. But we shall be eager to see what it brings. We have spoken briefly about this matter, so I will not go any further this time. I would like, my dear friends, just to say to you that the feeling of anticipation is great and it brings much joy to us in our world to find such eagerness for knowledge. After all, that is the purpose from those of us in spirit that we bring knowledge and truth, not only to those who know us well, but to those people who are *seekers*. It is important that they judge for themselves the truth of life—the truth of spirit—that is what is important. I will take some questions this time.**

*Pause*

George: Wonderful! Thank you Salumet. We have three guests with us this evening and it may well be that they have questions to ask—anyone coming forward with that?

Ray: Yes, Salumet, I'm Raymond, and thank you for allowing me to come to this circle. I would like to ask—something that's concerned me and I've been thinking about for a long time is that, in our world we've got human beings but they seem to be as a group, a different species—we have a native African—big strong with different bone structure—the Japanese in Asia are small, and a different bone structure again—and then there's the Viking types from the north of our area. And my question is this: Did all these people originate from our planet Earth or did ET seed these people on our planet? You understand?

**I understand your question. And I would say to you that the people of, not only this planet but of others, have a life-span which does not encourage the *mixture* of beings. I know what you are saying, but my answer to you is quite simple: no matter the outer structure, what is important is that spark of spirit, which is within. And that alters not at all, whether it be on this planet or any other. Do not bog yourselves down with this kind of thought. What should be uppermost is that the spirit of all peoples, are the *same*. Do you understand?**

Ray: Yes, I understand. Thank you very much indeed.

**Yes—too much in your histories of, not only this planet but others, are always concerned about this matter. I would say rather, concentrate on the spirit.**

Ray: Yes, thank you very much.

**Whether you came from another planet and met with another here, the spirit would be the same.**

**Therefore does it really matter what the outer structure becomes?**

Ray: Not at all.

**No—I am pleased that you understand my reply.**

Ray: Thank you very much.

Lilian: Either of you two ladies?

Olive: Yes, I have one. My mind is a thirst for knowledge (**yes**). I have read extensively and researched and travelled and somehow I'm still not anywhere near answers. I have read a book called: 'The Only Planet of Choice', where it insinuates that the Earth is a marvellous planet and therefore needs to be cared for. However, the medium that is used, going back many years, has obviously passed to the other world; but these séances continue. I feel that from what is said from the past to present day, is rather constructed by the US government rather than that of someone like yourself. How does Salumet understand and can he help with an answer?

**I understand your question (thank you). When first I came I wanted to bring to this world some truth. Mankind has always elaborated and contorted truth. My purpose was to tell the truth of *all* of Creation, and to tell those who would listen that simple truth, which has always existed. My words are well-written about this matter. So much is constructed in your world which does not have the basis of truth, but is elaborated to suit mankind. Mankind has in a sense the most active of physical brain that you could ever come across. But what mankind lacks is the equation of the quiet spirit. Are you following what I am saying?**

Olive: Yes.

**Yes—I would say that to find the complete and utter truth that you wish to find, you will only find it, when you go within quietly and find your own self. That is the only true pathway to truth; then all of these happenings around begin to fall into place and you either accept or you do not accept. That is why you have been given free-will. Do you understand?**

Olive: Completely.

**So all knowledge that you have gained, all seeking, all searching is fruitless, unless you find yourself first. And that has to be done quietly—quietly go within and find that spiritual self. Then all answers are there before you. You do not need to have confirmation from others.**

George: Yes, I think I would be right in saying that this is the *pure* way forward—  
**It is the *only* way forward.**

George: I was going to suggest that others have found this way forward, or made proper spiritual connection, but *always* their findings have been so badly reported and distorted.

**Yes, of course, yes. Are you happy with that answer?**

Olive: Yes, I feel I've found my inner self and that is why I am now questioning the *written* word.

**Yes, which you will do because that spiritual being that you are knows the fuller truth. That is where the questioning begins—you understand?—because you have that inner *knowledge* if you like, yes. And of course, the more you know and understand, the more you seek. The pathway is never easier, but if anything, it becomes more complex. And that, my dear friend, is what is happening within your world at this time. Each step, of information / of knowledge, brings to you another set of questions that require answers—and so it continues. You will never find all of the answers when you are in this physical condition; but you already know that. Are you happy with that answer?**

Olove: Yes, totally—thank you.

Trish: Salumet, mine is not a question, it's more of an observation. We have just recently witnessed our Earthly games of the Olympics, brought to a conclusion by our Para-Olympians. And the positive energy that *they* have exuded in the past few weeks and along with the other Olympians previously, has been enormous and apart from their extraordinary disabilities, it's come across as extremely positive and the energy has been wonderful, and it's excited everybody and enlightened everybody—and we are hoping, and I feel that possibly this is one step forward as the enlightenment has resonated around Britain our country, and also I think around the world. And hopefully this positivity is a forerunner of much more positive energy and enlightenment to come.

**Yes, I understand what you say, and of course, any energy which is positive grows much more quickly than the negative energy, which surrounds your world, and there is much energy which is not good in your world. But it shows, my dear friends does it not, that positive energy lifts everything (yes). Yes, and it is almost tangible—you can feel it around you, and that is what this world needs (yes). It is, and I have said for many years, that that is what is gradually, or *should* gradually happen to your world. It *will* happen—that is a truth.**

Lilian: Yes, that's wonderful.

**Yes, but you also must learn to be patient, because it is another thing that human beings are not good at—is patience. After all, we all know that time in *our* world is unimportant. And you are living in but a small, small part of time. But yes, I would say that all of these times are good for positivity, yes.**

Trish: Yes—wonderful.

Sarah: Salumet, going back to what the gentleman (*Ray*) was asking—I understand that we shouldn't get bogged down in detail that's perhaps not necessary, but I have the feeling you said some time ago that we weren't involved with the ET's. (*i.e. Inter-breeding*) Is it just possible to answer that question or is that not appropriate?

**You must remember that as time continues there are changes taking place, and when time is right, then there is a change—not only on this planet but on others—and we know within this room, that there has already been contact with other beings. Yes—I do not like though, the term 'ETs'—they are beings, as**

you are—maybe differently formed, but as I have said to the gentleman: that is of no consequence. You should be considering the spirit within. *That* is the truth.

Ray + Sarah: Thank you.

**Of course as your understanding and your abilities for travel, which you have already lost as you know—as all of these things come together, then it becomes easier for the congregations of other beings to come to your world—as it will eventually come that people from this planet—which has already happened to a very *small* degree—travel to another planet (yes). Yes, it is part of the evolution of life.**

Sarah: Travelling to other planets, but not necessarily staying there—going to other planets just to learn but not to *stay*—or will some people stay?

**That would be a free-will choice, but that could come.**

Ray: Salumet—sorry to interrupt, but how would you envisage travelling from the Earth plane to another solar system, or another galaxy—for a better word?

**Well I have told my dear friends here: when you speak of travel, you are speaking of *physical* travel (yes). Yes—that is a long way off for Earth beings. But on other planets they *have* found a way to travel, and that is because they have superior knowledge. The Earth, after all, is a very *young* planet, and the people of the Earth have over time neglected their knowledge of travel (yes), and after all, you have to add this point: remember the power of thought. With the power of your thought you can be *anywhere*.**

George: Yes, I think you infer teleporting as the best and a many, many, many times less expensive mode of travel!

*Laughs and agreement*

**That should be open to all people, but here on your planet, it is not widely understood, and as of this time is still considered rather—to put it into Earth words: ‘rather a silly way of thinking’ (yes!). But you all have that ability. Your thought can take you anywhere.**

George: Could I put the idea Salumet, of ‘openness’ as opposed to ‘secrecy’? I don’t know if you have awareness of the ‘Julian Assange’ situation. He released secrets from (*via*) the Internet—state secrets—and there is a move to get him moved to America so that he can be punished for that. But a wonderful—I think it’s a wonderful solution—the Ecuadorian Embassy has given him sanctuary, and he is safe in the Ecuador Embassy. But I see him as a ‘*champion of openness*’ in a world where there are so many state secrets that should not be state secrets. Have you any comment on this Salumet?

**I would always, my dear friend, advocate openness and truth, as you well know. I am not here to either condemn or anything else that a human being does. After all, in your world, with your free-wills, you are capable of much good but also much that is not good. That, my dear friends, is the responsibility of you *all*. And I would say only that I champion *Truth and Love* (yes). Your world has to find these things for itself.**

George: Yes, we must never forget ‘love’.

**No. Without love, you would be as well not to exist. There are too many people in your world who seek only for themselves—who have no thought for others. But the time must come when they face themselves, whether it be in this world or in our world, and as I have told you before: it is much better to deal with these things whilst on the Earth planet.**

George: Yes, I feel a rather sad thing is that so many people around the world pay their taxes to their governing bodies and those governing bodies are secretive about how those moneys are being spent (**yes**), and that is where it’s wonderful I think, to see the beginnings of openness occur.

**Yes—there are still many places in your world where this would not be possible, but because of the media type that you have now, much can be brought to a wider audience; and if that is used for good, then so be it. Yes—you must always champion good.**

Paul: There's a lot of excitement about the Internet and what can be achieved with it. It was wonderful—I think the one who is credited with inventing it didn't want it to be something that one person owns, but wanted it to be for the people of the Earth— for everybody. It could be that the Internet (**yes**) will be one of the great tools that produces this *openness* that we all want.

**Yes, your world is a complex one, but one that can be changed—with our help—with much Love.**

George: And we're so appreciative of that help, Salumet.

**There are many of us who come to your world as you know, and it brings great joy to us when just one soul finds themselves and discovers that *Truth* and *Love* is the ultimate in their lives. That is all we strive for. The rest, my dear friends, remains your responsibility. **We can only come, we can only offer our wisdom to you, but ultimately it lies with you, to find that love and that knowledge within, and then to send it outwards to all people. That is our mission to help you all.****

George: Yes, and the Internet has clearly become part of that sending-out-to-all-people—(**yes**).

Sarah: With all the knowledge you've given us Salumet (**yes**), it's been invaluable to me, and I would think to all in the group. And I'm sure there are others who are teaching like you are (**yes**), but we just thank you again for what you've done for us.

**As with all things they have their *good*, but they can also be misused; so be aware that anything that is good can also be abused.**

Sarah: And it *is* abused—

**Yes, unfortunately that is a price that is being paid for such knowledge.**

**Now, my dear friends, for this time I will take my leave. As always, I encompass you with my love and light and until we come together again, I will leave you with that *Love*.**

George: Thank you so much for coming to us this evening. I'd been hoping so much that this is the timing that would work out. Thank you so much.

*General love, thanks and fond farewells from one and all*

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*NEXT: One of the builders of the Bosnian pyramids, who came originally from a planet in another Galaxy, called Simkah (channelled via Sarah).*

Lilian: Welcome.

*Good evening.*

*General greetings*

*I know that you are all with knowledge of spirit and therefore I do not need to tell you that I have come with much love from your friends. Your friends are those who you were talking with last time. They wished me to come back just one more time, because these friends of yours who are from other planets, they were the ones from South of America, but there is a group here who have asked me to tell you they are aware of your knowledge of the visit made to the other pyramids that you were so interested in last time. So this is only a message from them to tell you they are aware of your interest and what you have discovered about them. They are most happy that you are on the right track.*

George: Oh thank you for that! Yes we feel we're beginning to understand now. There's obviously much that we don't know, but we have some knowledge of these pyramids that were built by our extraterrestrial friends many, many years ago and we do respect all this work which has been done. And I think we are

*beginning to understand that one of the first things that visitors to our planet have done in the past has been to build a pyramid that will provide energy to assist in their return journey.*

*Yes, and not only for the return journey, but also to give energy to those who are on this planet visiting; because although they are able to travel in such a way that they can arrive on your planet Earth, they still need extra, what you might call 'boost,' in order to be able to function here.*

Paul: Mm yes, because it's all very different—can I just clarify: are we talking about the builders of the Bosnian pyramids?

*Yes, because these friends were very much aware of the conversation last time and they wished you to know that they are ALL able to communicate and this communication led them to wish to tell you that they are aware.*

George: Yes, I think I'm right in saying this is 'MIND-LINK' communication—at least that's our word for it—and sadly the Earth is rather backward in that we've done so far very little of this, but as far as the rest of the universe is concerned, mind-link communication is the way it happens!

*Yes—in many, in many parts, but I will tell you: not in all. Yes, although you are as you would say, a little backward in your knowledge, or should I say the use of it, there are indeed other planets who are in perhaps not quite so less a degree of knowledge, but still they are struggling. So do not feel too down trodden because—*

George: Oh we are not alone in this—

*No, but you will get there I am sure.*

George: Well it's wonderful when people like yourself come through to tell us just that little bit more—it's very helpful, thank you.

*Yes, well I would say also we are pleased that you are interested in us, so it is a good thing for us both.*

Paul: Well we'd love you to come back and build some more, or show us how to, when the time is right.

*Well maybe we can arrange something, let us work together and see what we can do.*

Paul: Mmmmmmm!

George: Might I ask: is the pyramid building to produce that energy something of the past or does it still go on? Perhaps you've found a better method to produce the energy now?

*I would say that if we were to come back to this planet Earth, we would still build something similar, but it could be that we could make them perhaps a little smaller now.*

Paul: And I guess you could only come back if your guides directed you as to when the appropriate time would be to re-visit Earth?

*Yes, the problem we have now with your planet Earth is that there are so few places where we would be left alone to work with you and it would be most difficult if we were to be interrupted in the middle of a session.*

Paul: Yes, it would have to be a very quiet, isolated part of the Earth (*yes*).

George: Yes I would imagine it could be quite damaging to be interrupted?

*It might well be that we could get trapped here.*

Ray: How long would it take to build one of these pyramids, would you say?

*It can be as long as we feel that you need for it to be built. It could be quite instantaneous, but it would depend on those we are working together with.*

Trish: And if these pyramids are smaller, or *would* be smaller, would the energy be the same or would it be used for the same task or tasks?

*It would—Let me start like this: Your planet has evolved and so have ours—so knowledge is ever-growing. So we would also be able to condense things. Let me take an example: Your computers in the beginning were so large—they can now do so much and they are so small.*

*Positive agreements*

*We too can achieve more with less. So we would be able to make some smaller structures, but there again, we have not done this before with the smaller structures. So it would be a trial to start with; but let us not push this completely away, because all is possible, and we are as keen to work with you as with other planets. So maybe this is something that can be achieved if it is felt it would benefit your planet at this time.*

George: Well as far as those in this room are concerned, that would be wonderful. Are you able to say if your planet is in the same galaxy as ours?

*I would say not—I would say no.*

Ray: One other thing—Are you in the same time frame as us or are you in a multi-dimensional time frame?  
*We are working on a different system to you. We do not have the time that you have, but when we come into your (Pause) atmosphere, your way of living, then we have to work the same way as you do.*

Ray: I see.

*But no, we do not work the same way.*

Ray: Thank you.

Olive: Can I ask a question please? You're talking to us now — are using astral projection to come through, or magnetic fields as the Egyptians used to use thousands of years ago? How are you transmitting your thoughts to us now?

*I am using spirit. I have lived, but I am not alive as you would say with a body now. So I am only able to take messages and pass them on.*

*(i.e. Our friend who speaks is in spirit and can pass messages to and from those in spirit; also those with physical form that live on their planet today. We should also not forget that the Bosnian pyramids were built 35,000 years ago—a very different time of planetary life and planetary abilities!)*

George: That's interesting too. Can you say, when you work with Earth people, how do you compare in size? Are you a similar size or larger in the physical being?

*Are you asking me how I was when I was a physical being?*

Paul: You mean the beings from the other planet?

George: The beings from the other planet—yes.

*I was a being from another planet, yes, but I was I would say smaller.*

Paul: Yes, that makes sense. We walked through some of the passageways in the Bosnian pyramids and they were a little bit small — we had to bend a bit sometimes.

Ray: Yes, but also there is talk of the 'Nordics,' very tall beings — blond hair, blue eyes and larger frames. Have you heard of these?

*I do not distinguish between how various Earth beings are, only if they are Earth beings or not. So I'm afraid I cannot tell you if I have come across this particular type.*

Ray: But there are others around, aren't there? Other beings I mean, from other planets?

George: Well I imagine they would not be associated with the *Bosnian* pyramids—

Ray: No, possibly not.

Olive: I read somewhere that there were more pyramids build in China than anywhere else in the world—in remote China—because China is obviously a very big country. There are things on the Internet, but the

Internet can be sort of 'played with'. Can you confirm that pyramids *are* plentiful in China, but no one's bothered to explore them?

*I know that there are many pyramids around your planet, but I cannot at this time confirm, because I have brought with me the messages from those of the Bosnian pyramids and we can do some communication with others and find this information out, but at this time I cannot confirm that for you.*

Olive: Okay—thank you.

Paul: One thought I had—if you were to come back to Earth, would it be difficult to use your spaceships without being detected by our satellites. Or could you land on Earth without the satellites detecting you? *Yes we could. And do not forget they are already coming here and giving you messages with the crop circles.*

*Positive agreements*

Paul: Well it would be lovely as far as *we're* concerned to have you back on the Earth!

Trish: It would also be very, very nice if we could understand the messages sent with those crop circles, but of course that probably is far off for us on this Earth.

*Yes, I think you will find that part of these messages is to help you to focus on your inner self and to work them out for yourselves, because if this knowledge is just given to you, it will not be accepted as well as when it has been worked out, and suddenly the light dawns (yes). So I am of the understanding that it is something for you to work on and not just to be given.*

George: Yes, so it's up to us to go within and discover within ourselves the meaning. There are I believe residual energies with the crop circles. Is there some factor in the crop circles that might *help* us to go within?

*Yes of course. That energy that has been left behind, was used by those visitors and yes, I would say that any extra energy that your bodies can be given can only be of good. But I would also say that it is up to you to focus—you cannot allow others to do all the work for you. But yes, I would say if you were to put yourself on this area that has been left energized, you would find your thoughts much easier to come to the fore.*

Trish: Does that energy stay within those circles for such a time?

*Yes, not for all, but it does stay there for a while and then like other energies it gets absorbed into other, in this case 'areas', and you will have other crops growing on there that each time they grow, they take a little of the energy away from the soil.*

Trish: I understand.

George: So there would be an advantage to visit these crop designs and imbibe that energy —

*Yes, if you are interested in getting to know what messages are being sent then I would say yes, this would be a good idea.*

Paul: Going back to the Bosnian pyramids, if I may, I think they're being excavated at the moment and I know they'd love to be able to find an artefact, maybe left by the beings that built them. I don't know if there was anything left that could be discovered amongst the ruins there? Would you know if there were any artefacts left there?

*We would not have brought any with us, but I can tell you that much work was done in the pyramids, and as gifts to each other, small artefacts were indeed exchanged. So it is possible that you might find, let us say a small tablet or perhaps—and I don't know if this would still exist, but carving into wood was always most popular. So I would say there could be some small tokens, but if you are looking for something from our planet, then I would say you won't find that.*

George: That's interesting. Of course there are large, what one might call artefacts. There are large ceramic objects that weigh several tons. I believe they were used—I think they're enclosing devices that have an effect on the ground waters of that area. But there are I know large fired clay objects in some of the tunnels.

*Yes they were used to fill with water and then you could take water from them without the water coming up into the passageways.*

George: Ah yes, so that would be water for your use — for drinking?

*Yes, and for whatever other reason.*

George: Yes. One of those other reasons might well have been for making what we call large concrete blocks, for constructing the outer faces of the pyramids. Is that a term that you would understand?

*Yes I do understand what you are saying, and yes, some was done by the population and indeed they would have needed water. I would also say quite a bit of it was done by the visitors, and this was not needed when the visitors did it.*

Paul: Using Power of Thought—

*Yes.*

Olive: We are talking about levitation are we?

Paul: Not just levitation, I think you would sort of like imagine the whole pyramid into being.

Olive: Yes, I agree with that; but I also understood that *levitation* was also a thought —I've been levitated so I know it exists—My own personal view is when I do think about it, is that everything that the guide is saying to us is true, but I think a lot also is done with the power of levitation—in my own mind.

*May I say something to you?*

Olive: Yes please.

*We were able to create and place in one movement. But yes, you can levitate and levitation of those things that have been made by MAN, but those that are made with the mind—they do not need to be levitated, because they are placed directly in the right position, once created.*

George: That's very clearly stated, thank you. *General agreements*

Trish: Can I just ask where the water was drawn from that you used in the pyramids?

*Yes I can tell you: It was underground and it was used within the pyramid itself. So all was able to be achieved within one place and for us visitors that was not so important, but for the people from Earth, they needed shelter and would not have found it so easy if each time they needed water they had to go on long journeys. It was all very well planned.*

*General agreements*

George: Wonderful! Can you tell me, was there any element of teaching involved once the pyramid was there? Did you have gatherings where Earth people were instructed in any way?

*I would say to you that the main teaching that was done was during the construction. Much was learned in this time and because the knowledge and the actual physical building was being constructed at the same time, there was no doubt in the minds of those who were there, that what was happening and what was being taught was real.*

George: So it was teaching by example —

*Yes that could be a good way of saying it.*

*I am afraid I am being called, I must go now.*

George: Yes — just finally—this was a happy occasion for you, you were all good friends?

*Oh yes, it was a most useful and cordial time.*

George: Good! Well it's wonderful that you've come through and spoken these words to us and we are all here, I am sure, most grateful to you. Thank you very much!

*Much appreciation/enthusiasm uttered by other sitters, including a cry of 'You must come again!'*

***Yes, I am beginning to smile because maybe I come again—for real.***

*Even more enthusiasm expressed at that!*

George: Oh that would be really wonderful. Do we have a name for you?

***I do not remember my name—***

George: No, alright, we understand that.

***—But if you would like to choose a name for me, I will use that, should I come again.***

Paul: Or possibly just the name of the planet that your people were from?

***Yes, I can tell you that, it was Simkah.***

Paul: Simkah—right.

***So now I am returning.***

*Much gratitude and love expressed for our new found friend, or should we say: our 'old' friend from just across the Cosmos ... 'Second star to the right and straight on till morning!!!'*

Next: *There followed one through Eileen who gave the name of 'Sister Helen', although she was originally named 'Veronica'. She had lived in a silent order of nuns based in Belgium, thought to have been around 100 years ago. She seemed to need to tell us her sad story of why she took her own life and her deep regret afterwards, once she had reached the spirit world—and could see that this was not a good thing to do. Nevertheless, in telling her story, she was shedding much light on this misunderstood area, which both here and in the spirit realms, will be of help—whilst at the same time emerging from the state of self-condemnation that had been holding her back.*

Lilian: Hello — can you tell us why you've come?

***I don't know why I've chosen you to come—***

Lilian: You know where you are?

***Yes. I don't know why I chose you — I need to speak, I need to make atonement —***

*General comments from sitters of encouragement for her to take her time —very welcome anyway*

Paul: Quite often the reason comes after you've settled in a bit.

***I know where I've come from, I know where I've been and still I can't forgive myself. I find it difficult to forgive myself—I need to tell you that you must never take your own life.***

Paul: That's what you cannot forgive?

***Yes.***

Lilian: No, that's not quite the right thing to do, is it. So can you help people in the same position as you now?

***Not yet, but I want to.***

Lilian: Yes, I'm sure you do — it would be a worthwhile job, wouldn't it?

***I wanted forgiveness, but I can't forgive myself.***

Lilian: No, very difficult, but at the time this happened, you must have been in the very difficult — you must have been in a very dark hole.

***I was a nun, which makes it all the worse for doing.***

Lilian: But you know you're okay now. But you need to forgive yourself, to move on.

***Yes, that is why I've come. I needed to speak to someone.***

Sarah: Were you in an order where they didn't speak?

***Yes.***

Sarah: So now you need to speak — so that's good —

*I know life is much better, but forgiveness is so difficult. No one else criticises me —*

Lilian: It's just you criticising yourself —

*You must never ever take your own life. You will regret it, believe me.*

Lilian: Well if you come back sometimes and speak to other groups—that would be very good.

*I want to help others.*

Lilian: Yes, that's the main thing and in doing that I think you'll help yourself.

Paul: I think you're very brave to come here and talk about it.

Trish: It's usually the hardest thing, to forgive yourself.

Sarah: We have a teacher who comes through and talks to us and he says unless you make mistakes you don't learn and now you've learned something, and because you've learned something you can help others. So maybe that is the purpose why you did take your own life — so now you can help others — so that can only be a good thing.

George: Realisation is a big step forward.

*It's a lesson, but a lesson I want others not to have to go through.*

Sarah: Yes, that's a good thing — so that's very positive.

Paul: If you like, we could add your story to the transcripts that we do, so that others can read, and it will give them the knowledge.

*I was just so foolish — I was so foolish!*

Sarah: Were you very unhappy being a nun?

*I fooled myself that that's what I wanted to do. But the not being able to speak, was just so difficult.*

Sarah: I'm sure it was extremely difficult.

*It almost drove me to insanity. And in the end I needed to have a release.*

Sarah: Yes well that's understandable because you were only human after all.

*—And very young.*

Sarah: Yes, that wasn't a natural thing to do — not to speak — otherwise why were we given a voice box on this Earth, if we can't use it to speak?

Trish: You can speak now can't you — **(yes)** and help so many **(Yes)**.

Olive: And to speak will relieve.

*Yes, I already know that. Just being here using this voice, I can feel I'm so much lighter (good!) And I know that no one else is judging me.*

*Much agreement to that from group*

*And with my teaching I thought that God would never forgive me and I now know that that's not true.*

*More agreements*

Paul: And you know from our point of view that no one is going to judge you here and you know that you wouldn't judge another person **(No)** because you know that they'll have their own struggles that drove them to it. We cannot still say that it's right to do, but we can still say that people struggle in their lives and unfortunately are driven to do not good things. It's all part of the Earth experience.

*Yes, we all have lessons to learn that others can take heed of and learn from too.*

George: There is always Love. Love is all-powerful and embraces forgiveness.

Trish: Do you feel you can forgive yourself now?

*Yes I do, I feel lighter. I feel more at peace and I feel ready to help others.*

*General expressions of gladness*

Olive: If you give us your name, we can put you in our healing book and send healing throughout the universe to you.

***Yes I was—my name was ‘Sister Helen’ — not really Sister yet, but that’s what I wanted to be, but my real name was ‘Veronica’.***

Trish: Lovely name!

Sarah: I think we’ll call you ‘Veronica’.

***Yes, thank you.***

Trish: It’s a joyous name, so that goes with your new positivity.

Lilian: Were you in a different country?

***Yes I was in Belgium.***

Sarah: Ah, ‘Veronique’.

Ray: How long ago was that Veronica?

***I’m not sure I think about 100 of your years but I’m still a little confused. I don’t really want to remember too much.***

*General understanding to that*

Sarah: And the thing is, if you were very young (***yes***) and you thought you had a whole life of that ahead of you, I can understand that you’d want to finish —

***My father and mother were ashamed that I even had those thoughts—because very, very occasionally I was allowed to see a family member.***

Sarah: But it was your idea to be a nun was it? Were your parents very religious?

***Yes. I was influenced too much.***

Lilian: I expect now you’ll find yourself quite busy—

***Yes, I want to thank each and every one of you for your time and listening to me.***

*General thanks/gratitude expressed by group*

Ray: One last question: did you have any siblings?

***I had a younger brother.***

Ray: Was he influenced in any way—in religious orders?

***No — only myself. Now I —***

Sarah: Well I think you’ll find if you can help others, you’ll get a lot of satisfaction from that.

***I just have one more thing before I go. I still have my rosary beads. Can I leave them with you?***

Sarah: Yes of course, yes Lilian, would you like to take the rosary beads from Veronica?

Lilian: That’s very kind.

***And that is my last parting thing. And now I really do feel released.***

Trish: You’ve released yourself from that order now.

George: Your way ahead is clarified—wonderful!

*Loving thanks expressed by group*

Sarah: If ever you want to come back and tell us how you’re getting on, we’d be very pleased to hear from you.

***Thank you.***

George’s Notes:

***1: Seeding from elsewhere:*** A question was placed to Salumet, 18<sup>th</sup> July 1994, inquiring if extraterrestrials had bred with humans. Salumet’s answer then was a definite ‘no.’ I think now Salumet is encouraging us not to get bogged down in these superficial overcoats and to focus more fully on the spirit within.

2: Spirit is universally the same: On Earth, it is obvious that bone structure, size, shape and skin pigmentation vary around the planet. But consciousness, mental aptitude, awareness and mind power have much the same potential regardless of these physical variations. That is very clear in the Earthly situation. It is also clear from our single-planet séance communications that those four qualities pertaining to mind / spirit continue much the same in spirit, after the physical frame has been discarded. It is also clear from our mind-link communications with beings on other planets that these qualities prevail on their planets too, just as here. It is also clearly evident from our work—including this evening’s dialogue with our Simkah friend—that the same qualities prevail in those spirit realms that are connected to their planets. So the pattern of spirit, spirit realm and planetary life is consistent throughout all creation. This universal design has been well demonstrated. One might also add that all planetary beings of our knowledge recognize the one Creative Principle that many on Earth call God (this fact was given to us during extensive communications with Bonniol of Planet Aerah).

3: Truth elaborated to suit mankind: Throughout our history there have been those with the ability to go within and find truth—Jesus being one prime example. But while documents written by Apostles and others include truths, religions based on them fall very far short of the original pure teachings. Truths are included within the Christian Bible—fathomable by the discerning and the wary; but the canon of books forming the Bible was decreed at Councils of the Roman Empire more than 300 years following Jesus. The formulation of the ‘Trinity’ began here (contrived by Emperor Constantine). The Christian symbol that combines ‘X’ and ‘P’ was used on Emperor Constantine’s battle shields at the battle of Milvian Bridge—Earth’s most decisive battle with its extremely far-reaching consequences. The Nicene Creed of Athanasius was born of the Council of Nicaea while Emperor Constantine presided. This human adaptation of Jesus’ truths is entirely consistent with Salumet’s words. The fuller much more detailed account of the Roman Empire’s construction of a State Religion and the reason for it is elaborated as Chapter 13 of ‘A Smudge in Time’.

4: Julian Assange: It is clear from Internet reports and world-coverage-news-channels that the case of Julian Assange was dismissed by the original Swedish court, so that he was free to enter the UK. A plan has since been contrived for his extradition back to Sweden, with prospect of extradition from there to the US, where he would very likely receive at least a long term prison sentence and Wikileaks would be without its founder/leader. But he has sanctuary in the Ecuadorian Embassy which UK police dare not enter. Ecuador has the support of the whole of South and Central America. And the eyes of the world are now focussed on this major issue, because so many in this world now seek truth and openness. Neil Armstrong became something of a recluse—this it is said, because he was not allowed to reveal truth pertaining to the moon mission (under threat of death for himself and family!) What we think are reliable sources refer to UFOs on the moon at the time of the lunar landing, which, knowing what we know, is very reasonable expectation. Source: [DrGreersBlog.DisclosureProject.org](http://DrGreersBlog.DisclosureProject.org) and then click on ‘Neil Armstrong’s Secret’. So this kind of official secrecy nonsense really has to stop!

5: Bosnian Pyramids References: Discussions re Bosnian pyramids: Salumet – 2<sup>nd</sup> April and 2<sup>nd</sup> July 2012. Our visit to them during May is described on [www.salumetandfriends.org](http://www.salumetandfriends.org) Scientific Inquiry page. Dialogue with ‘Theodor’, a pyramid builder re South America (Salumet – 20<sup>th</sup> August 2012). Book publication: ‘Pyramids Around the World & Lost Pyramids of Bosnia’, Sam Semir Osmanagich, Bosnia Pyramid of the Sun Foundation, Sarajevo, 2012.

6: Crop Circle References: Salumet – 11<sup>th</sup> July 1994, 14 November 1994, 7<sup>th</sup> September 1998; Crop circles and Earth energy ‘A Smudge in Time’ chapters 22 and 23.

7: Silent Orders: It is probably true to say that silence is an inducement to go within, but clearly the silent order institution is problematical/extreme—after all, this is a learning planet and so much of that learning

*must be through dialogue. We have been given voice box and speech for good reason. Some dedicated Tibetan Lamas choose incarcerated silence in order to spend much time within, enabling the spirit to 'astral travel'—an alternative life of experience! This is a reality but I am probably correct in saying that this would not be an objective of silent order nuns.*

### **SALUMET – 24<sup>th</sup> September 2012**

*Our healing prayers included mention of those around the world caught up in wayward militarism and adverse weather situations:*

Lilian: Good evening Salumet and welcome.

**Good evening.**

All: Good evening.

**As we draw close to you this time, we hear your prayers of healing, and always you would imagine your world to be in a constant state of turmoil. I would like to say to you this time that your planet Earth is evolving in the correct way.**

Several: Good/Good to hear.

**We understand the concerns and the upsets of humankind, when so much seems to be going wrong in different areas of your world. My dear friends we are fast approaching the time when change is inevitable. These changes may be very subtle, but nevertheless they will happen. Mankind has reached a platform to go further in your development — it is our task as I have told you on many occasions, it is our task to see that this is so. So I would say to you, my dear friends, look forward to the progress of your world, do not despair at all that is happening, but do continue to give of your love and your healing thoughts to *all* peoples ; not only to humankind but to your animal kingdoms also — they too are part of your Earth's evolution. I would like you if you would, to consider what is *good* in your world, rather than dwell upon those negative happenings, because as you see and feel good, so it continues to grow.**

George: Yes I think we feel inside the good progress of going forward (**yes**) and I think we realise that the unrest in the world has to be a side-effect of the very general forward motion that is happening.

**Yes — if I may use one of your Earthly sayings: '*All of these things must have their day.*'—You must remember this—so often have I told you that good comes from bad, on many occasions — not *always* as yet, but on many occasions you can see the good results from bad situations.**

Jan: I was reading today some of the previous transcripts where you were talking more of less the same thing— the light and the dark, the good and the 'evil', as we were talking about it at the time, though we know it's not evil at all (**yes**). One profound statement that you made: How would you know if things were 'bad,' or 'good,' if you didn't experience the other side?

**Yes, that is true and it always will be true, that both sides of the coin have to be experienced to know the difference.**

Jan: And equal — they balance each other out exactly (**yes**).

Sarah: But actually if we concentrate on the *good*, as you've said, that would create more energy and *promote* the good hopefully.

**Yes that is what I've said. Yes, it would grow stronger and then the negativity is dispersed.**

Sarah: Yes, I suppose people are so concentrating on the negative side or the *bad things* as we think they are (**yes**), we are actually *helping* them.

**You have only as individuals to see and recognise that if you dwell on something that you would term 'bad', you have to see what emotional cause that would create and then compare it to thinking of something 'positive' and 'happy' and again judge your own emotions — and you will see how different**

**that is. That is a simplified statement, but it also applies to all of your Earth. So now you begin to see my dear friends, the responsibility that with the knowledge you have, what there is to achieve.**

George: Yes and the knowledge that we've received from other more advanced peoples in the Universe, helps us I'm sure, to see what further evolution that is good, is possible.

**Yes, we all come to you with a mission — for some it is to give further evidence or advice about your world. We choose those we come to carefully, and always I have told you: I like to keep to the *simple* word, because *truth* is simple. You need no extensive words / complicated language, to tell you that what you are about is *Love*. It is a small and simple word, but it *has* a meaning that enfolds all of your Universes. And I would like to think and feel that that small word called '*Love*', comes from within each one of you, much more easily than at one time it did — I'm sure you all feel this.**

*Some agreements voiced*

Sara: Could I ask a question Salumet? **(Yes)** From time to time people tell me that they would like to meet a partner and sometimes they ask for advice. Usually I suggest they focus on those qualities that they would like to share with a person/enjoy and then I usually suggest that it's divine timing and that they just need to be patient, and continue enjoying their life on their own terms. Would you like to comment?

**I would say that to be comfortable and to, as you say: *find* a partner, takes *time*. But first of all you *have* to love yourself — without that love of yourself, how can you attract the right — I prefer to say *spirit* to you?**

*Sara went on to ask a personal question on behalf of a friend who felt they would like to meet somebody but they despair of it happening sometimes:*

**— Which is a negative response (yes) and while those negative thoughts abound, he almost creates the barrier for meeting that special person, if you like to put it that way. I rather see it on a different level and sometimes it is not necessary that you have a partner in life; but if you wish that to be your reality, then so it can be. But I would say to him that he must first find and love himself, because within him there is a little negativity.**

Sara: Yes I did feel that **(yes)**, but I wasn't sure whether to say that, so I thought I'd bring the question to you.

**Yes, there is *someone* — I don't like to do this, but there will be someone, but not yet.**

Sara: Thank you — that gives him hope.

**Yes, but he must look inwards to himself.**

Sara: Yes — thank you.

Sarah: I would just like to ask salumet — I know you've said to me before I mustn't doubt what comes through me, but when what comes through me goes out to the rest of the world, I would just like to have a little confirmation that what I've said is right. A couple of weeks ago somebody came through that actually had been around at the time when the Bosnian pyramids were built. Was that right?

*(One of the builders from Planet Simkah)*

George: Of course he was speaking from spirit, was he not? —

**I cannot answer that question — I will have to look to it and let you know. Next time I come, I will have the answer.**

Sarah: Thank you very much.

**But let me just say about doubt — some would say that all that is said, comes from our world. But sometimes you have to remember that in being used, as what you term '*channels*', includes your own deep subconscious mind and although there is no question of trickery, it sometimes can happen.**

Sarah: I think I started to doubt a little bit—when I was talking it seemed right, but afterwards, because he'd said that he was coming to bring a message from others and then by the end it seemed he was actually talking about himself—that's what confused me—

**Yes, I will look to it for you.**

Sarah: Thank you very much.

**I do not wish to detract from this evening, but try not to doubt yourself.**

Sarah: No, you've said that before (**yes**). I just feel that something like that, because it's going out to so many (**yes**), I would like it to be right.

**But sometimes it is *healthy* to have doubts, because then you are not engaged in thinking that all words come from our spirit world, as so many do. And I have to say that there are many in your world who are creating for themselves much untruth and confusion.**

Paul: I think I was reading something recently that was supposed to be a channelling, but it was so *wordy* and complicated — unnecessarily so — it made me think that that was an example of someone who was — maybe they weren't aware of it, but I don't think it was from a source of truth in a very clear way — usually it's so clear and simple and the understanding is somehow gentle and clear.

George: Yes I think the account included many long words, which would be beyond many people.

Paul: Yes it was a bit like it was showing off at how many long words — but anyway, truth seems to have a beautiful simplicity to it.

**There are many people in *our* world who find words an absolute joy let me say. But that is their passion, but it should have nothing to do with love or truth or philosophy from our world. That is why when first I came to you I decided that simplicity was the way forward.**

George: Yes, thank you for that.

Sara: I think with teaching it's very helpful to have simplicity (**yes**). As an art form, words when they're poetry, for me that's an art form, like music or painting. That's how I see *words* at their best really.

**Yes, we could all give very colourful descriptions—long sentences of complicated words, when two or three will exhibit to you the same content. Yes, there is no need and that is why we decided when we chose to come to you that our words would always remain simple. That is why I do not like going into too many personal details. There are many in your world who will supply this information. My mission to you all is to bring only simple truth and pure *Love*.**

George: Salumet, I wonder if I could ask a general question about spirit? (**Yes**) Spirit has always been (**yes**), mind is part of spirit and I think we appreciate that spirit has a number of parts (**yes**). And then there is what we call the 'energetic void', which extends throughout the Universe (**yes**). I am wondering if that has always been or is it a part of Creation?

**It is a part of Creation, but it has the ability to *change*. So yes, it has always been.**

George: And I imagine spirit has to be in association *with* the energetic void?

**Yes, you cannot separate the two.**

George: Going on from there — this may be an over-complicated idea, but if the energetic void is part of evolution, then I would imagine it continues to be created and is in pace, in a way, with the expanding Universe?

**Yes, as I have said, it is able to change.**

George: Yes, and I suspect that what we call black holes at the centre of galaxies, are energy-converters, and I think physical matter and light feed into those black holes and I suspect that the energetic void is being produced here, in pace with Universe expansion.

**When all belongs to Creation, we do not speak of static energy. I have told you energy is ever-moving/changing (yes). And of course every planet that is within every Universe has its own pocket of energy, to put it in a simplified way. So yes, you cannot separate the two, although your scientists would say: that is not quite correct—as I am sure you are aware.**

George: Yes, it seems a very logical notion that the energetic void is part of Creation and ongoing.

**Yes and the word ‘void,’ is slightly misleading I feel. What is a void?**

George: I think it simply means that material atoms are missing from it.

**Yes, but it is still part of all Creation (yes)—yes, you cannot dismiss this in any other way.**

George: And spirit and mind —

**Mind belongs to spirit, yes —**

George: Mind belongs to spirit and in a sense would seem to be conveyed by this badly named void.

*Chuckles*

**Well, there are many ways to explain it, but I feel for the sake of the group as a *whole*, these are complicated matters — matters that although of interest to many, really are unimportant at this stage of existence. It is something that you can begin to unfold and understand at a later date. But I know you have an active mind my dear friend and seek many answers. But again I will say: try to keep all of these thoughts on a more simplistic wavelength.**

George: Well that does help clarify and I think it’s firmly with us that mind is part of spirit and —

Jan: Consciousness is part of spirit — so you can’t have a void if consciousness is part of spirit — it doesn’t make any sense that there should be any void at all.

**All is energy, whether you give it a name or not — yes, that is true.**

George: Well the old-fashioned term was to call it ‘aether’, which is perhaps a better word.

**Yes I would agree. I would prefer to use that word. It is basically a spiritual energy—yes and all is part of Creation—you cannot separate it.**

George: Yes, well thank you for that also. Yes, that does help to clarify the thinking. It helps if we use sensible words for our descriptions.

**Yes, it is easy to complicate that which is simple. But it is understandable also.**

Jan: Well, George does have a scientific mind and background (**yes**) and without George, we wouldn’t have got as far in the group as we have. So we appreciate George’s inquisitive mind.

George: Well I try my best to relate it all to spirit and to bring the two together.

**Yes—and that is his purpose within this group.**

Jan: Absolutely.

**Yes, as you *all* are involved. Each one of you has a place and a purpose.**

Jan: That’s why we all blend as a group. I think we each bring something completely unique.

**Before we come to this world with whatever mission we have chosen, it takes quite a long time to find those people who are suitable, not only in spirit, but in their daily thinking. All are different within this group, and yet you are all as one. Unity has become purer as time has passed by and for this I am eternally grateful.**

George: Well so are we—I have to say that. As a matter of fact I have just written an article and I know that I received help in doing that from spirit and your words this evening have further clarified, so I can present it in a better way. So thank you for that.

Sara: Can I ask, following on from that, did we all make a pact before we incarnated this lifetime, to work together here?

There was knowledge available for you—not so much a pact, but a *knowing* that at some point there would be a coming together. At that time it was not intended that I would take this Earthly mission, but of course as I have said, it takes a long time to find people of what you would say ‘calibre’.

Sara: So we were head-hunted!

*Chuckles*

**Well, if you wish to think that, then I will allow you to think that — but no, everything is done *willingly*.**

Sarah: And I think you’ve worked hard to bring us together, because Sara and I met in a choir, which neither of us sing in any more. But just for coming together at the time I’m sure was right to bring *me* here.

**Yes, as I have said there are never coincidences, they’re always planned for you—*opportunity* is there.**

Jan: If we were to actually write down how our journeys brought us here, they would make fascinating reading (**yes**). We have—not only within this room, but even when people have visited once—or we have extended family members. From my own point of view, I came here through marriage. That never ceases to, not amaze me, because I’m not surprised any more, but just how wonderful is the journey! Are you with me?—meeting my partner—meeting my in-laws, who were part of Leslie Bone’s group, who introduced me, who introduced my children and we’ve been together before—my children and I. I just find it—I wish I had the words to write it down for people!

**Yes. Perhaps I can say to you, you are all a family of spirit and there are many instances of groups who work with us, who are interested in the way they have come together. But you all have *pathways* and you all have *choice* and it is your *choices* that have brought you together. You may well have for example been married, but you may have rejected what was in front of you. So remember—**

Jan: Do you mean the free will (**yes**) could have taken me on a different path completely?

**Yes, remember always that you have that freewill and it could have been that as many before you have, *rejected* the pathway in front of them.**

Jan: But that rejection is *always* part of spirit, so neither choice is ever wrong.

**Yes—the choice *can* be wrong.**

Jan: It can be?

**Yes—you have made the right choice by the right pathway. If you had rejected what was in front of you, you would not now be in the position that you are. You always have the choice.**

Sara: Well, there’s a better choice, there’s a pathway which is going to lead to more fulfilment.

**Yes, you will all of course return to spirit—I believe that is what our dear friend means. But there is a right pathway and there is a pathway which will meander in all kinds of ways in life and is not the pathway that is best suited to you.**

Sarah: Maybe it meanders because it’s still looking for the right pathway—

**It meanders because that has been your choice. You understand?**

Jan: There’s something deep down in your core that is very difficult to express, when you know that something is right and we’ve mentioned this so many times in the group—Paul’s mentioned it, and Sara(h)—where you do something and obviously you know that you either *shouldn’t* have done it or *should* be doing it (**yes**) and I think years ago that feeling would have been completely ignored, but your teachings have brought those feelings more to the fore, so it’s far more important to feel comfortable with a decision.

**You all have the ultimate truth—you all have the knowledge of what is right and what is not so good. But that is *why* you have been endowed with freewill, so that you develop that ‘knowingness’ that you already possess.**

Jan: The freewill is still part of spirit, because that’s a learning curve.

**Yes, freewill returns with you to spirit, for sometime at least, until the recognition comes that it is not necessary.**

Sara: Part of our growth is to recognise what is true and what is good for us (yes).

Sarah: And would you say when you make the right decision—

**You will know.**

Sarah: —you know and it's an easier journey.

**Yes, and you feel that upliftment within yourself. Your spirit soars because it knows that is what is right.**

Sara: And others also sense when you are on a good pathway, because they become attracted to the light (yes), and they want to understand what gives you that light—that feeling.

**And you are attracted to continue onwards and further, because of your understanding. So you see, others are attracted to you, whilst you are attracted to greater things (yes).**

Jan: It's not a question—it's just something I've noticed a lot. It's not an egotistical statement at all. I've noticed that I stare at babies and I'm often told that he/she doesn't smile/wave at anybody. It's as if I'm looking at a child's soul; it's a wonderful feeling. I get a response from children that I don't know and I just put it down to a spiritual connection. I don't need to understand it, they don't need to understand it, but it happens.

**And your understanding is great because of it (yes). Yes, that is correct.**

Jan: I suppose they're nearer to spirit.

**They are still close to spirit and you of course would be attracted to that strong light (yes)—in a kind of 'being pulled back home'.**

Jan: Yes that's how it feels. I'm sure I can actually see their soul rather than the person, if that's the right word—the physical bit's not there—I'm looking at something much deeper.

**Yes, and that is what happens when the spirit develops when still within the physical being. This is what should happen, that the spirit comes forward and recognises what we would call 'pure love'.**

Jan: Of course it is—yes.

**Yes and pure love, the closest you will find, as I have said before, is the bonding of a mother and newly born child—that is as close to the pure love as you will find—on this Earth anyway.**

Jan: I find the same experience happens with animals (yes). It's the same love bond.

**Yes. Now my dear friends I feel it is time to leave you this time. I hope our talk has been informative to you.**

*Strong agreements and thanks!*

**And as always I leave you bathed in love. I bring you comfort and strength and upliftment for your daily living.**

George: As always it has been a wonderful evening Salumet. Thank you.

*General thanks*

George's Notes:

*Circumlocutory Prolix: —or excessive wordiness! Salumet is clearly for simplicity of the well-chosen word. How very logical! Having read scientific papers recently that use extremely long words BUT end up saying very little, I couldn't agree more. Yet the very wordiness of those papers and their absence of content have urged me to write the article that accompanies this transcript. It is the reverse—not too wordy but, thanks to our friends up there and everywhere, it is of huge mega-content. It will go onto the 'Scientific Enquiry' page of our website and to any newspaper or journal that will take it.*

*Medium's Doubts: It is possible that I caused some confusion last time with my question about the visitor's size compared to humans. The speaker was relaying information, and it was unclear if he spoke of the*

height of the pyramid builders or that of himself. It was my impression that the dialogue developed with really positive thrust, inspiring trust.

AETHER: 'Aether' (sometimes spelled 'ether' just to confuse it with the anaesthetic), is the old name, before it was given half a dozen quite different names to suit mathematician's and scientist's meandering ways. In Plato's 'Timaeus' the Aether is described as: 'that which God used in the delineation of the universe'. A 1930s quote re aether states: '...has dropped out of science, not because scientists as a whole have formed a reasoned judgement that no such thing exists, but because they find they can describe all the phenomena of nature quite perfectly without it.'

*The Universe Around Us ... James Jeans*

*We are of course, in a position to strongly dispute that wrong-thinking in science, and it is time to reinstate the aether using its original name!*

Free Will: *It is made clear that opportunities are presented in life. There is no rigid plan, but there is a plan for opportunities; and we can then exercise free will as to whether or not those opportunities are accepted.*

### **8<sup>th</sup> October 2012**

*On this occasion, we were visited by our dear friend Emma via Eileen—Emma Hardinge Britten, who in 1887 founded 'Two Worlds' magazine, that still continues on the bookstalls today:*

Sarah: Good evening.

***Good evening to everybody.***

George: And welcome.

***I can always expect a good welcome.***

George: That's nice.

Sarah: Have you been before?

***It is I, Emma!***

*We all spoke at once at the recognition (we normally recognize instantly, because Emma straightens her (Eileen's) back on joining us, which makes the chair creak, but on this evening Eileen was using a different chair!)*

Sarah: Very nice to have you back.

***I have come this time to update you on my work***

George: Thank you.

Paul: I was going to ask: how is the work going?

***The work is progressing beautifully. I am sure you must be aware of the change in the women of your world, even in those places of disruption and war. You know well my work took me to those places where women were downtrodden. And that is slowly, slowly changing I am so pleased to report.***

George: Your work centred on India, or does it go wider?

***It goes wider now but mainly India (yes)—that is my mission. But I am so pleased—so pleased that it is happening at last.***

Paul: Yes, I think we hear on the news or on documentaries occasionally that there are steps forward. I think even in Saudi Arabia, some of the women now are able to do certain jobs that they just were not allowed to do before—they also had them in the Olympics—they still had to wear a funny headdress, but at least they are allowed to compete.

***Yes indeed, many are amused by my headwear. As you know, this is one of my great joys to wear these hats.***

*(Chuckles! We are aware from previous occasions of Emma's love of decorative hats)*

***I don't surrender them too easily, but that is not important. I am unimportant—the work is important. But I just thought you would like to know this.***

George: Yes indeed, and when you put on a hat you felt perhaps quite important, and I think it was the fashion in those times, for the western ladies to have very decorative hats (**yes**) and there's a series running on TV at the moment which is a period piece, and you came to mind actually because of these ladies wearing extravagant and detailed hats.

***Yes, it was a form of recognition with these hats. But of course that is not why I wore those hats. I have a particular love for them, and I still retain that, even to this day.***

Sarah: Is the one you are wearing today blue?

***It is.***

Sarah: Yes, I thought it was.

***Yes, you are quite correct.***

Sarah: With pale blue flowers?

***There is one flower, and a very substantial feather. I have to just say that I am being told—the lady I am using has forgotten to take her line out—the telephone line.***

Paul: Oh right!

***Don't be concerned about it. I am being told just to tell you that.***

*Eileen normally unplugs the telephone so that our séance is not disturbed*

George: Nice that they were able to get the message through, thank you!

***Oh, we are most organised here!***

*Chuckles*

***As organised as you maybe, but nothing goes to chance, everything is well organised, and that is how I like it.***

Rod: Do you go to the races here—to Ascot on Lady's day—where ladies go with their hats?

***I have seen, and I am quite amused, I have to say—quite amused! Some of them—could you possibly call them hats?—I don't think so, do you?***

Sarah: Not only could you not call some of the hats, hats, you couldn't call some of the dresses, dresses either!

***Well—they look more like underwear to me!***

*Big laughs*

***But that is just what you call progress!***

Rod: I think I misunderstood something here, because I thought you were working with downtrodden women in Pakistan, and I don't see the significance of you wearing a hat.

***Don't you?***

Rod: No.

***Because that is just who I am (aha) — yes—or was.***

George: I think you travelled in the United Kingdom and America—you sailed to America—

***I did indeed go to America—a wonderful opportunity, yes. But all of that is so insignificant as to what I am doing now (yes).***

Paul: Do you ever work in Afghanistan as well?

***Do you know, it's possible to go just wherever you please? It is not a place that I have had a mission to, but I am aware.***

Paul: I think they don't always get it right on the news, but they announced that was the second worst country for women (**yes**) at the moment. I don't know how they rate it, but I just wondered, from your angle—you see more than us—

***I would say in general most of these women have a spirit that is waiting to show itself—in all of these countries where they are downtrodden. Women will not be kept down indefinitely. There has to be change; after all, we are all made from the same Creator—yes, we are all part male and female. So one cannot suppress the other and it is time in your evolution to change these things and this is what attracted me. I have always supported the women's right.***

Sarah: So how do you actually get to change this? Do you work with the leaders, or?

***I do not personally—I work with the women. I try to uplift, encourage and support them. They of course cannot see me, you must remember. It is spirit working with spirit.***

George: A matter of adding to their thoughts—

***Yes, it is changing the way they see themselves—that is my mission.***

Rod: I wondered if you might be working with the leaders of the countries, but—

***No, that is not my mission*** (I see).

Sarah: Do you know the people who *are* working with the leaders?

***It is not something that I have looked into. I am only concerned for the women at this 'moment in time', anyway—as you would say. But my work is ongoing, and for that I feel pleased.***

Sarah: You've made good progress (**yes**).

George: With any change, it does take time—on this planet.

***Yes, and you know that 'time' is most complicated!***

*Laughs*

Sarah: Yes, you don't have any, do you!

***No—but I just thought I would take the opportunity and visit, what I believe to be 'friends' now.***

Sarah: Very much so, yes!

Rod: And do you have helpers—your side who are helping you?

***Oh yes, it is not just me. There are many who wish to do this.***

George: It's nice to know—very nice to know, that it's going on; and does the passage of time here make your work difficult in some way?

***Not really—I am of course aware of Earth time, but it doesn't affect what I do. I go by the time, if you like to call it time, in our world—yes, that is what matters.***

George: It's very nice to know that there is the influence happening for these people, who must be—well perhaps they've got so used to the status quo—that they are not really frustrated with it; so would I be right in saying that it's like that and it has to be a very gradual process?

***You can't change eons of time in a second of your time. Things have to progress at their own rate. I am on this mission because I can see the time is ripe for these things to change. That is why I chose this mission.***

George: And it is very much a time of change on this planet—

***Yes—the WHOLE of your planet is changing—not just for women, but for human beings in general.***

Sarah: I think even in my lifetime I've seen huge changes.

***Yes, I'm sure you have. All is possible.***

Sarah: I think the planet went through a long time of little change and then suddenly it's been a huge acceleration.

***Yes, I would say 50 years of your Earth time has seen great changes and I know that people here do not always feel that it is so, but I assure you it is. You ALL can play your part, but I am pleased with what is happening.***

Sarah: Yes, well, well done! You're obviously doing a very good job.

***And now I really must go.***

George: And you are a very good friend (***Thank you***) and it's very nice to have you drop in from time to time and let us know how things are going with you.

***I will indeed keep you updated from time to time.***

Sarah: Thank you.

***Thank you all for your welcome.***

Sarah: We will think even more of you as women's liberation continues.

***I agree.***

George: Thank you Emma for being with us.

Rod: Do you need a hat pin by the way, for your hat?

***I don't think so***

*Chuckles*

***But thank you anyway.***

George: You would not wish to change it for a burka?

*More laughs*

***Oh my goodness me, now we do have a naughty one! I will leave you all in peace.***

*More laughter and fond farewells*

*There then followed the rescue of an elderly lady in her 90s who died a physical death at some steps. She needed a little gentle counselling, before she was able to move on. At first she would not accept that she had died and believed she was still at the bottom of some steps, until Sarah got her to feel the arms of the chair that Eileen was sitting in. This convinced her that she was in fact sitting in a chair in Eileen's lounge and was no longer in her old physical body. She could see light from street windows, but on looking above, she became aware of the spiritual light. She was then able to move through the tunnel of light, where she was met by her husband Denny, who had passed on before her. (Many audios of 'rescues' are freely available on our website: [www.salumetandfriends.org](http://www.salumetandfriends.org))*

George's Notes:

Emma Hardinge Britten (1823-1899): Advocate of the then 'modern spiritualist movement', an author and orator who has retained her public speaking voice. Books: *Modern American Spiritualism* (1870), *Nineteenth Century Miracles* (1884). She was herself a spirit medium and entertained by pre-emptively playing at the piano songs that her audience were thinking of requesting.

Previous visits: 8/12/2003, 13/6/2005, 22/6/2009, 30/5 2011, 21/11/2011. This lady first came through as a 'control' with messages. We noted the name 'Emma' and her fine public speaking voice and did a literature search to get the full name, then checked with Salumet who confirmed it was indeed she. He added (12<sup>th</sup> Jan 2004): 'The dear lady works tirelessly still for what you call 'spirit'.' Quite so!

## **SALUMET—15<sup>th</sup> October 2012**

Lilian: Good evening and welcome Salumet.

**Good evening.**

*General greetings*

As always I have listened to your conversation this time. It is worthy to note how your viewpoints have changed. At one time, my dear friends, you would have considered situations to be either black or white. But now all of you are much more in tune to other emotions and are much more giving to others. This my dear friends, is entirely due to your own spiritual growth and as you know, that is something we have been working with, with each one of you in this past year of your time.

Lilian: Yes, with your help and a lot of help from your side.

Yes, I would this time speak to the lady who asked a question the last time we met.

Sarah: Yes.

As always your doubts surrounded you after speaking (yes). Yes, I have told you on many occasions, you must not doubt yourself. But it is not unnatural for human beings to doubt themselves; it is part almost of your physical make-up. What I would say to our dear lady friend is that when she communicated she was speaking as a *group*, speaking *for* a group, who were aware of the questions being asked. The information given was coming as a group, but then seemed to *change*, and this is what confused you.

Sarah: Yes it was.

Yes, a little—shall I say ‘hiccup,’ occurred then. So, yes you were right to consider that it was not as it seemed, but that is not to say that the information given was incorrect, only in the manor that you gave it. You understand?

Sarah: Yes I do, that’s nice to know anyway, thank you very much.

Yes—please do not doubt yourself.

Sarah: No I shouldn’t do that, I just feel it was quite an important thing to be saying/giving out and when it goes to so many people, I just wanted to make sure it *was* right.

And I would say also that when you are speaking of something *so* far back in your Earthly time, it seems unlikely that it would be the person *of* that time. That is why sometimes the information comes from group knowledge.

George: It was certainly wonderful information for us to have.

Yes—of course, but it is more important that the channel is comfortable with herself, otherwise what will happen is that she will continue to mistrust her own judgements.

Sarah: Thank you Salumet very much. Whilst I was channelling it seemed fine, but it was afterwards when I thought about it, that I thought there had been a bit of confusion in there, which made me doubt.

Yes, your very deep subconscious wanted to interfere—that is what it is. But please *know* that your communication with us is now strong.

Sarah: Yes, thank you very much for coming back and telling me that.

Yes, the same as our other dear lady friend who doubts sometimes what she receives—yes.

Jan: I do.

Yes, we have already spoken about that, yes.

Sarah: I won’t doubt any more—

It is not always a bad thing to have doubt. But don’t allow it to *suffocate* you. Have the doubt, deal with it and let it go (yes).

George: Well it seems most wonderful to me that that information was sourced in that way from so far back.

Yes, that is what I mean—there is more than one at work in these situations. Not everyone would understand those words, but each one of you is most capable of accepting this as being so. Have you any questions this time about this? *Pause* You are all happy with that explanation? (*Affirmations*)

George: Yes we're very happy with that explanation I'm sure and we're very happy with all the information that has been coming to us about pyramid construction and the reasons for pyramid construction on our planet—that is very clarifying for us and I'm sure all those who read the transcripts.

**Yes.**

Jan: It's not only when we're in this room, I think we should remember that we're impressed and given things *all* the time. I've learned not to doubt those feelings, thoughts, that inner voice—I think that's important to remember.

**Of course—once you open up to spirit, you will not be left—let me say it to you that way. Once we have a channel, and it doesn't necessarily mean a channel who uses speech—but once we have a channel who becomes aware of those spiritual feelings—that spiritual knowledge—then it is imperative that we continue to use them, because in that way the world becomes more knowledgeable and that is what is important. So your own individual development is of the utmost—yes.**

Jan: It brings you to question—not to question *why*—how can I put this—the *reasons* seem a lot easier to fathom. Life's reasoning seems easier. It becomes more complicated and harder as you've said before, *with* the knowledge (**yes**), but when you're able in quiet moments to sit back and think, '*Let's just think about this now, the reason that's happening is because of that.*' It's just healthy and it's opening up channels of questioning that maybe I hadn't thought about personally before.

**Yes, whereas before all was black or white, now you look at a slightly wider picture, yes.**

Jan: Yes, looking at it from outside in, not inside out.

**Yes, that is correct—you must, as I have said these many past times of your years, you must look further, you must go inwards, but you must look further. It will come with awareness and knowledge.**

Sarah: I find it makes life less stressful and more in harmony. I was talking with somebody today and she was so sort of angry, and I thought I wouldn't want to speak like that anymore. Your teaching's been a very *calming* influence—everything's much calmer and easier to deal with.

**Yes, I believe you will remember words I have used—to be in control of emotions. There is nothing wrong with the human emotion, but it *can* instil within you a dread and fear of *life*. That is why I say take control of those emotions and think things through, and your own spiritual being will tell you and keep you calm.**

Sarah: Yes I don't think I'm consciously trying to be calm, I think I am just calmer.

**No, that is because your spirit is more to the fore in your daily life.**

Sarah: That's nice to know.

Jan: When it does happen—I can't speak for everybody else here, but I have occasions when I think, '*Oh no here we go—*' but it's so much easier, like Sarah's been saying and I'll use a silly expression, '*To get back on the bike,*' and it just feels easier to get back on the pathway (**yes**), whereas before I might have spent weeks and weeks being in this black place (**yes**). But now if I do get angry I can now laugh about that anger and think, '*What did I do that for?*' Much easier than taking it within and then having pain somewhere weeks later, because I became angry.

**And also remember too, that to express anger is in effect to express your inner fears. I cannot stress it to you often enough—*FEAR* can create all kinds of situations, not only illnesses, but it can stop you growing spiritually, whilst you are in these bodies. That is why it is important to always see that wider picture.**

Jan: I think it's one of those emotions that personally I don't think necessarily is a bad thing to have, as long as it's managed and you know why you became angry and you get rid of it as quickly as possible—you don't hang on to it (**Yes**). I think—

**The recognition is good, but the absence of anger is so much better. But that is what you strive towards.**

Sarah: Getting rid of everything that's negative.

**Yes, but as long as you feel you are moving forward as a human being—and I am not saying do not be compassionate, I say *be* compassionate, but without the fear and guilt of anger, because anger does result in fear.**

Jan: Yeah.

George: I feel it's very important for this planet to conquer its fear of others from across the universe. We have been so fortunate to receive information on friends from across the universe, from other planets, from the spirit realms of other planets, and information concerning various pyramids and their purpose. And we are in the fortunate position to be able to use intellect and to cross-reference this information and this should result in all this information being very acceptable to those in our population and it should help everyone to conquer 'fear of the unknown', because these things must eventually become *known*.

**Yes, you can only give out the information that is available to you. It is *then* the responsibility of those people receiving, to decide whether or not they also accept this information. You cannot rush the process of acceptance, but as time continues and we all do our best to influence your world, then more and more people are beginning to *think* for themselves, to *question* also, what they read and hear. This is healthy and we would not discourage people feeling that way, and if it means that their own emotions at times override their own common sense, then so be it. But it is important that we continue to strive for the truth and the knowledge which is available to you all. Your world will become a much better place, but it is *slowly, slowly*.**

George: Yes, that's a lovely thought and an axiom of one of our institutions, is 'knowledge dispels fear,' (**yes**) and I feel there is much truth in this. (*Parachute Training School*)

**Yes, I would like to say *truth* dispels fear, rather than *knowledge*, but I accept that saying as being a good one.**

George: I see yes the knowledge has to be *truthful* knowledge—

**Yes, not all knowledge is truthful.**

Paul: And it needs to come with love.

**Yes, of course that would go without saying, yes. Truth is love, Love is Truth. Yes, you must remember my early words, when I stress so much about Love and Truth (**yes**). That is what is important and the knowledge and the information that we pass to you about your planet, your world, is good for *you*, but inevitably what we are striving for is that the population as a *whole* begins to recognise who and what *they* are as individuals. *That* is the importance of being alive, that is what we strive for all of mankind to have. It is simple, but it is powerful. You understand?**

Paul: Yes, it's small steps —

**Continue to give the truth, the information, and the others will do their job. We will try, not only to influence you, but all those who come into contact with you. There is much work to be done.**

George: We feel that via the website, there are more coming into contact with us (**yes**).

Paul: It's almost like we have a very wonderful fire or something very pure in the middle here and every person we meet, or even those from other universes or coming through as channels—everyone you feel is just a *friend* or a *potential friend*.

**Yes and that is the expansion of your spirit. Each one of you must by now realise that in your everyday life, that you will find more and more people are attracted to you. It is because your spiritual light shines brighter and they will be attracted to you. It may even be something quite—shall I say *Earthly*, but in that moment of meeting, there is a blending of *Love* and *Truth*. And I know all of you *feel* this at times**

(yes). I am sure each one of you could give some information in your daily lives as to people you come into contact with, who are *seeking* and are ready for the information that you can give to them.

Jan: Unfortunately for myself, I don't feel I come into contact with many people—I do live a very insular life, but those that I do talk to, I can see them growing spiritually over many, many months of talking to them and I suppose that's my pathway. I remember you once said to us that if we only ever help one person in this lifetime—

**One person—if you touch the soul of one person my dear friend, you have achieved much. So do not be concerned about numbers. Remember that one person will radiate that love from you to another—and that is what happens. Imagine one person radiating out to *thousands*. It has to begin somewhere—so do not be concerned about numbers.**

Rod: I'm afraid I was a little greedy—I thought we would leave a trail of believers, but I don't think we've ever done that.

**Well I am sure sir you do speak to many people I know and you can, but—as I have said before, leave the seed of truth with them. And then it is *their* responsibility. Do not become concerned about whether they believe you or not, because you have done your work well.**

George: Perhaps this is a good moment to mention that two people hope to be sitting in with us next week, plus Doreen who has sat in with us on previous occasions.

**Yes—yes I am happy for them to come if the others are. You all know by now whether you are willing to accept others here. If I did feel there was any problem, do not be afraid that I would not tell you (thank you). So if the others are happy, then yes my dear friend, so am I (thank you). I will of course, endeavour to be here with you as I always try to, when we have other people with us.**

George: Wonderful, much appreciated.

Jan: I'm letting you know my thought here (**yes**)—I mentioned to the group earlier on, when Eileen your instrument was healing—I suddenly start seeing patterns I suppose, but Richard my son who you know well, is going to start a new job in a month's time and it suddenly occurred to me, I wonder if—and I haven't mentioned it to him at all—I wonder if the reason why he has got a job nearer here—and I know his free will, will come into it—but he will have the opportunity in time to come back to the group on a Monday.

**Yes, if his free will allows him then his pathway will always lead to where he will be comfortable. So I say only that with free will you all make your own choices. However much influence we place upon one person from our world, inevitably we cannot interfere with their free will.**

Jan: Yes I appreciate that 100%, it's just my way (**yes**) as I said earlier on, of thinking 'Ah!', (**yes**) I can start seeing life in—I suppose, because you've told us so many times that there are no coincidences (**no**) and Richard's free will I know comes into it and I'm not going to mention this to him at all. I want to see whether or not his free will leads him back to the group (**yes**), because he's been given the opportunity to do so geographically.

**Yes, if people really do *desire* to come together, then they will. The opportunities of course are given, as you have said, but it is entirely up to their free will, whether they take or recognise those opportunities.**

Jan: Yes so it's my exercise you see over this next year, just to see whether he takes that opportunity.

**Yes, and of course there is a closeness which allows you to feel these things and I know you understand what I am saying.**

Jan: Yes I do. Thank you for that.

**Yes, but we welcome *all* who wish to experience or learn a little more about themselves or what we do here. And I know dear friends, there has never been a moment when you have denied others that**

opportunity and for that I wish to say thank you to *all of you* for your dedication and your love, which encourages me to continue in this mission.

George: I'm sure we all reciprocate that love and are so happy (**yes**) that these meetings continue.

**Yes I will of course be with you next time, so for now I will take my leave. I leave you all this time, again feeling uplifted as you leave this room; uplifted and filled with the joy of physical living. I know that life can be harsh at times, but you are all equipped now with some knowledge of dealing with your lives.**

**And with those words, I ask that a blessing be placed with you all.**

*General thanks expressed by the group*

*There then followed some clairvoyance through Eileen making a connection with Jan from a friend of Jan's grandmother. She mentioned toothache, holidays and Grangemouth, which all seemed to be meaningful.*

Ann: *Ann passed to spirit in June. Jan has strong clairvoyance at times and she now became aware of Ann joining us and saying: 'Am I in time for tea?' I moved across the room so that I could hear Jan's commentary on this, and Rod thoughtfully moved from his place next to Jan to a chair opposite. Ann declared that Rod was now sitting in **her** chair. Correct! Ann said she loved the music—probably the CD medley of her favourite music played at the funeral. Jan reported that Ann was smiling—beaming, the whole time and was surrounded by an incredible feeling of love. She said that where she is, is everything she expected and more. She spoke of the emotions felt at time of passing—pulled in both directions, but knew it was time to go. There were tears of happiness. 'The love bonds are not broken'—she loves everyone just the same. In conclusion, Jan noted a tall man then drew her back. That would likely be her grandfather whom I met once. (He would be about 6' 2" and Salumet had informed us that Ann had been met by her grandfather) Jan was left with the feeling that Ann would be visiting more, once she was better settled in.*

*We then closed and had tea as usual and Eileen placed an extra cuppa where Ann used to sit—life continues—onward and upwards*

### **SALUMET—22<sup>nd</sup> October 2012**

*Doreen and Mark sat with us as guests on this occasion*

George: Good evening Salumet. On behalf of us all, welcome to you!

**Good evening.**

All: Good evening.

**As always, my dear friends, it is good to be with you once more. I wish to give a welcome to those who come this time (thank you). As we are approaching the end of this Earthly year, I wish you, my dear friends, to think of my words to you in this controversial time of your Earthly living. So much has been spoken about the ending of this Earthly year, and I have assured you that all is well and the evolution of your world is happening as it should. So, remember my words when we reach the end of this year. Does anyone have any questions this time?**

*Pause*

George: I'm sure we have—any questions from our visitors?

Doreen: I'm fine thank you George.

George: Or would you rather wait until you have acclimatised?

Mark: Yes please!

**Yes. So full of questions, and yet, when they come within this room, there is nothing to say.**

*Spoken with appreciated humour*

George: I have some thoughts on Earthly charities today. It's obviously good to give—to give to others, but I've noticed that it is getting a little out of hand. This country alone now has 185,000 registered charities

and that number is growing 5,000 each year. I feel there's something wrong in this, especially when one third of moneys contributed are spent on advertising the charity and sending out persuasive letters to people. So I feel we need to take account of how we give, and I just wondered if you have any comments on this Salumet?

**Yes, of course I will not say that you must not help others in any way that you can. The purpose of mankind is to help others—this I have said on many occasions. But I understand your concern about the greed that also exists in your world.**

George: Yes, I'm sure there is an element of greed in this.

**Yes, of course, that has always been and all I can say to you is this: that each individual must think for themselves, and to give in whichever way they so desire, to others, and it must be with their own conscience. And that has to be not to give to those who are seeking to gain for themselves, but to find some way that will help those most in need. It is a world-wide thing I know, but I cannot say: do not give to those in need.**

George: Perhaps we should be more circumspect within ourselves (**yes**) and perhaps also it would be good to attempt to influence our government and Law Society to give some measure of control over what is happening.

**We have been striving for so long with the governments of your world to do betterment for mankind. It is an onward struggle, but I am encouraged by the many good people that are within your world and who give to others without thought or need for themselves. We strive to help those who help others, and also to influence those in power who are able to change the state of things in order that this greed might be 'annihilated', if you like—yes.**

George: Thank you for that.

**I am afraid mankind has a large part to play in these situations.**

Sarah: One with so many charities, as you say, we all have our own free will and it gives you a chance to choose the ones that you feel are right, and perhaps somewhere along the line, each one of them is right for somebody; as long as you say, it's not for personal gain.

**Yes, those who seek personal gain over helping others are not doing themselves much good, because any good that they have achieved is struck from whatever good they have done. So yes, the responsibility lies with each individual if you are looking to stop this kind of greed.**

Doreen: Could I ask a question please Salumet? (**Yes.**) I've been sitting here trying to think how best to put this. If somebody has struggled with a belief—with a religion that they were born into, and wished to search for something that they feel has more truth to it, is there a way in which you would suggest they search for this? Does that make sense?

**I understand your question and of course within each one of you is 'all-knowledge' and 'all-truth'. So I would say only that if you wish to change anything within your life, then you know what is right. I would follow what you call 'instinct', what I call 'spiritual knowledge' and you will not go wrong.**

Doreen: Thank you very much Salumet.

**You all know what is right and wrong, because it is innate within each one of you.**

Doreen: That's very kind, thank you very much.

**You will find that always I teach that each one of you has the ability to know and to live a life that is rich in the spiritual gifts. But it is within you *all*.**

Doreen: And I'm sure you realise I did not ask the question for myself, because I have great belief in the work that we do spiritually—it was for the help of somebody else.

**Yes, but you see, my dear friend, you cannot help another to find their own way. You can sow seeds, you can have discussions, but ultimately that individual has the knowledge to go forward in the correct way.**

Doreen: That is what I have tried to do Salumet, but it is still a struggle, but I do understand.

**Yes and it *will* always be a struggle for this one.**

George: Yes I think you were telling me recently Salumet, to just place the knowledge before people and then it is up to them.

**Yes, you must be like your farmers, you must sow the seeds well and leave the rest to the seed. You must allow it to grow naturally. You can encourage, you can help, you can nurture, but you cannot take responsibility.**

Doreen: Thank you very much.

Sarah: You did say to us some time back that different people are on different pathways and as long as the religion that they believe in is doing good, that can't be wrong.

**Yes, you cannot judge. Again I return—you cannot judge another human being; until you have that whole picture, it is not your responsibility to make judgement.**

George: I think you were also saying some time back, that the various religions of the world, they ultimately all focus in the one direction.

**Yes, you are all destined to go to the same place, of course. No matter which different pathways you take, you will eventually reach spirit. And then sometimes you will find that there would have been an easier pathway, but it is all part of your growth—spiritual growth.**

George: Yes, and I think you indicated that it would be some time before everyone realised this.

**Yes—we have to go slowly, slowly. But as I have told you, my dear friends, that I am *encouraged* by your world. I am not disillusioned in any way, because I see the Light grow—grow stronger, grow bigger.**

**Therefore again I repeat myself, that to have positive thoughts, even in situations of negativity, is allowing that spiritual light to grow within your world. You understand? (*Affirmations*)**

George: Yes, it's good to have that thought. Could I turn the clock back 2000 years to that time when the Royal Library of Alexandria was destroyed by fire, losing an enormous amount of knowledge to the world? I think it was about ¾ of a million literary works—in the days of Julius Caesar's campaign, that huge ancient library was lost to the world, widely regarded by many historians and academics as a huge loss. But I imagine all those books are still in spirit. When our dear friend Leslie comes through and he refers to the 'halls of learning', and how he loves the books; I imagine those works are all still available in spirit?

**Yes, nothing is destroyed in spirit. And do you remember my words when I explained to you all that the thought, the creation begins in spirit, before it comes to *your* world?**

George: Yes and you indicated this for the creation of the planet itself.

**Yes, but anything that is created will remain of course in spirit. So do not fear that any knowledge of any importance has been lost—that is not quite true. It may not be here in the *physical* sense, but of course it remains in spirit world. So you see my dear friend, there will be plenty for you to do.**

*Chuckles*

George: Yes indeed! I can just picture our dear friend Leslie, having a wonderful time, going through those books.

**Yes and even now he does not always accept what he sees.**

*Chuckles*

**But he is improving!**

*More laughs*

Sarah: Going back as George was going back—sorry to bring this up again, but you very kindly answered my question about the pyramids last time and one thing you said was that it was my deep unconscious affecting what I was saying. Could you just explain a little bit to me exactly what that means?

**It means that you have all been given subconscious material, which is deep-seated and can come to the forefront of your thinking at certain times and under certain conditions. There is within each one of you, your own small library of knowledge, which is able to resurface at any time.**

Sarah: Is this knowledge that we've accumulated ourselves or that everybody is just given?

**It is knowledge that you have retained from many times.**

Sarah: Ah—thank you very much—yes that makes more sense to me now, thank you.

Paul: One little loose end—we've been given wonderful information about the pyramid builders and the influence of the extra-terrestrials—our *Cosmic friends* should I say—and I don't think it's been said yet, but I think a lot of the stone circles that we have in this country have a lot of similar traits to some of the pyramids—the *huge* size of some of the stones, which would have been *so* difficult for the Earth peoples of the time to have moved by themselves. So would it be true to say that the stone circles were also built by friends from other planets?

**I would say only that help was available. Not to all, but to quite a number, yes. But I do not wish to go into particular detail on any one set of stones or another, but the help was available.**

Sarah: And also some of the burial chambers/tombs that I saw in Ireland, with huge stones placed on top of other stones, probably was the same help?

**Yes, as I say, *some* were created by man, but a lot of help came from what you term, '*friends*'. Yes, I will say that to you.**

Sarah: Thank you very much.

Paul: Yes, thank you, I thought that must be the case for *some* of them.

**Yes—what you must *not* do, is give *all* of the credit to your cosmic friends. But you have to *realise* that of course there was some involvement.**

Sarah: Could I just ask—the help that was given to the human beings—were they aware that they were getting the help?

**Of course, their knowledge, their sensitivity, their awareness was so much greater in those times, as we have discussed on many occasions.**

Sarah: Yes that's true.

**Yes, mankind in this day, because of materialism, has lost so much of that spiritual knowledge, but it is becoming much more *known* to humankind today.**

Sarah: Yes, a good many people are interested in what you've taught us today that probably even 30 years ago wouldn't have been.

**No, and even today it will be as our dear friend here has found, not always acceptable. Human beings must find their own way, they must find their own Truth, it is important that each one discovers their own pathway.**

George: Yes, I think a factor is that human beings are very good at copying and if someone from across the universe builds a pyramid, there are others who will endeavour to do similar work.

**Yes, you are as I have said again, you are a very young planet, with much still to learn, or should I say, re-learn? Yes.**

George: Yes, one of our philosophers, René Descartes—the basis of his philosophy was, '*I think therefore I am.*'

**As I have said, have I not?**

George: As you have said, yes indeed—

**Your thought is your reality (yes). It is only used with different words.**

George: So I think it's reasonable to rate him highly amongst Earth's philosophers.

**I would say that he had some element of the Truth—yes—yes of course.**

**And now my dear friends I feel that this time I will take my leave of you. Of course I leave you all with much love and surround you with much Love and Light and until we come together next time, I will take my leave.**

*General thanks*

George: Wonderful! Thank you Salumet—our love goes with you.

George's Notes:

**1: Sow the seed well and leave the rest to the seed: This seems to connect with the Jesus' parable of the sower and the seed—some fell on good earth and yielded 30, 60 and 100-fold.**

2: Royal Library of Alexandria: Regarded as the largest and most significant library of the ancient world. It was a major centre of scholarship from the 3<sup>rd</sup> century BC until the Roman conquest of Egypt, 30 BC.

3: René Descartes: French Mathematician and philosopher (1596-1650)—sometimes thought of as ‘the father of modern philosophy’ and a key figure of the ‘scientific revolution’. His name goes with the ‘Cartesian coordinates’ of graphic representation with the quantified x / y axes.

‘Cogito ergo sum’—‘Je pense donc je suis’—‘I think therefore I am.’ This was to become a fundamental corner stone of Western philosophy.

**CURRENT NEWS ITEM OF SPECIAL INTEREST:**

Pyramids in Antarctica: As the ice melts in Antarctica, pyramids (three so far) and rock artefacts are being revealed. There has been photography at ground level and satellite image analysis to reveal further details, so that the (re-)discoveries have had reasonable confirmation. There is in addition to the pyramids, evidence of step-work and rock statues, and nearby quarried areas. The analysis of satellite images takes into account shadows cast by tall structures. We have left blogs on Internet sites, making known our website and our work with others of this universe, and their involvement with pyramid construction. Thank you Neil, for alerting us to this new development!

An interesting 2012 end of year revelation perhaps!

**29<sup>th</sup> October 2012**

After a few minutes, one spoke via Eileen. This was a trainee spirit doctor who was able to explain to us some of the preparation work that goes on in spirit in respect of healing others:

**Good evening,**

Lilian: Good evening.

**Can you hear me?**

Lilian: I can hear you fine.

Pause

George: Have you dropped in for a chat?

**I have indeed** (good!).

Lilian: Can you tell us your name?

**Stephen.**

Lilian: Stephen.

**Bursel. I suppose I should tell you why I’ve come—**

George: Well, we’d be interested to know.

Lilian: You’re always welcome if you’ve come for a chat.

**I’ve come to learn** (oh!) **yes. You will help me to learn. You see, I always wanted to be a doctor, but my intelligence level let me down.**

George: There are many like that.

**Yes, and so now I am being trained to be a spiritual doctor** (ah—wonderful!) **so you very healthy people attracted me to you. I am indeed most interested in doing all that I can for people on the Earth.**

Lilian: Yes, well the lady that you’re using as a channel, she is a spiritual healer.

**Yes, I believe so. I am still looking for my instrument to heal with.**

Lilian: I see—is there a particular field that you would like to help with?

**No, I am interested in all things** (I see), **perhaps in time to come I may be allowed to specialise—I don’t know at this moment in time.**

Lilian: Funnily enough, when we were talking before you came through, there seem to be on the planet at the moment an awful lot of people with depression.

***Yes, that is not something I have had to deal with so far, but I know that there is so much of it, because I think the people in your world do not take time to allow their spirit to rejuvenate.***

George: So, normally we rejuvenate during sleep state.

***Yes, but when you live with so much stress and anxiety, it counteracts that state of being that is created that night when spirit returns to us (yes); it needs to continue more than in your sleep state. I would say it is important that you all take time to allow the spirit to rest—consciously.***

Paul: So in our quiet times—meditate.

***Yes, you must do it and be conscious of doing it.***

George: So there's meditation time, and we all try to do daily meditation. I think you are also talking about relaxation periods during the day. Is that?—

***You must learn to relax the MIND, which is of course, spiritual as you probably know. There is too much activity—that is an opinion of mine.***

George: Yes—physical and mental?

***Physically and mentally, yes.***

Jan: You said you are still looking for an instrument (**yes**). How are you going about that?

***I do not do it on my own. I am being guided at the moment. I am being trained by spirit doctors who will then encourage me to blend with another on this Earth.***

Jan: Has that person already been chosen by spirit?

***I feel it is coming closer, and at the moment, I am listening and learning—listening and learning to people in your world, in order that my knowledge expands.***

Jan: So spirit has already chosen the channel (**yes**) and have you been introduced yet?

***No, it is in progress, but I have not been informed yet.***

George: Will there be any trials here and there to find out, and make a final choice?

***Well, 'trial' is a word I would not use. There obviously has to be those who understand energies, and what would be the best pairing for me to have.***

George: So the selection process—

***Selection—yes.***

George: Would be entirely in spirit?

***Yes—of course, with my agreement.***

Jan: So you are going to concentrate on healing on the Earth plane rather than those in spirit are you—or both?

***I would wish to do it on the Earth—I think probably the need is greater.***

*Jan continued, commenting on those who carry Earth problems (pain/illness etc) into spirit, though of course they no longer need to hold onto that pain —*

***You do not change so quickly—some do some do not. There are many spirit doctors who are there to help. There has to be—if you think of your tragedies or disasters, when so many people come so quickly—there has to be many doctors available. And they are the ones who train people like me, who have the desire to help. The desire is the important element.***

George: I have met the Apostle Paul, who works through the instrument Ray Brown (**yes**) and he seems very adept at understanding and manipulating the energy pattern.

***Yes, he is only one of a few I think. I would of course need an instrument to work through. I would not have the ability as he does. In fact, I believe he teaches others in the spirit world for medical reasons. He is a teacher in our world (right).***

Jan: So are you hoping to be a psychic surgeon, or hands-on healing or—

**No—I will find an instrument through which I can work and then as time progresses, perhaps I will have the desire to specialise in a particular part of the human body. I do not know as yet. I am only too pleased to be allowed to train at the moment, and to be allowed to come to people such as yourselves, just to talk and gain knowledge. It is a wonderful vocation.**

Jan: Absolutely! So when you were here, working in your previous life—you wanted to follow a similar pathway but you could not? Did you follow a medical line at all?

**As I remember, to be turned down was devastating for me and my life, I have to say, took a turn for the worse (oh). And I am not happy to discuss that.**

George: You are not alone in being turned down in something.

**Yes—so I always admired those who went forward and did their work. I of course had time to face up to my own—I do not want to say ‘wrongdoing’—that is not right—but my mistaken pathway was not easy to face. But I feel now my desire is strong and I will have a good channel eventually.**

Rod: Do you have somebody teaching you or do you have to read up a lot?

**We have doctors in spirit who train us, because healing in our world is not as you would expect here. We work with subtle energies—we work with the spirit body. So it is not quite the same. That is why we need to have an instrument through whom we can work.**

George: Are you able to say when you were on Earth—what time?

**I sir, have no recollection of time any more. I only have recollection of what I wanted to do, because it is associated with what I do now.**

George: I only enquired out of interest in the state of the art as it would have been.

**Yes, I understand. Everyone wishes to know: what is your name? When did you live? What did you do? And it is really, really not important.**

*Jan spoke further re our nosiness, but he explained that he was not one to wish to hang onto past knowledge*

Lilian: So were you aware at the start of our meeting?

**I was listening—I was already here. Yes, and I wish I could fix it for all of you, but I cannot be so bold as to overstretch my visit here.**

*On speaking further, he stressed that his ideal situation would be to work through an Earthly surgeon.*

**That to me would be the ultimate, but I know of course that may not be the case.**

Lilian: And they wouldn't be aware of that?

**I would like a doctor who was aware and there are many.**

Jan: Well there aren't any coincidences, so I assume our conversation blended with your coming anyway (yes)—I can imagine there are doctors throughout the world, Paul mentioned some, in Thailand?

Paul: Beijing, China—a hospital where they use three physicians who use the power of thought to heal.

**I think I am right in saying that in those countries, their knowledge goes back so far, and in fact that knowledge was used in times gone by, and this may be re-discovered, if I might use that word.**

Jan: We've forgotten how to use it, especially in Western civilisation—we have forgotten.

Paul: Like the Chinese, many do tai chi—working with energy. I think they already have a better understanding of energy and things that are not totally physical.

**I think that I am right in saying that in the last 200 of your years on this planet, there is a return to nature—a very welcome return, and I know we are happy to see this to be so (yes).**

Jan: And return to using plants—

**Yes, nature is a great healer. Those words are so true.**

Jan: It is all there for the taking. I'd imagine it must be quite sad for the plant world really, to be sat in a wood somewhere thinking: here I am, I've been growing for maybe thousands of years and nobody has discovered me!

***Well if only you could see the plant life we have in spirit, you would be overjoyed. The life and energy that they produce is something to behold—yes.***

George: Our teacher and guide uses that word: 're-discovery', very frequently.

***You will find that lots of teachers in spirit will use that phrase, because it is almost like a cycle of energy that continues—it is lost—re-discovered—it continues. It is never-ending (yes). And I am learning more and more. The more I study and work with these wonderful people. I KNOW that there is so much wonderful stuff that is happening.***

Lilian: So, can you look in on our operations in our hospitals?

***If you so desire, you can do whatever you wish. Yes, we are everywhere.***

Lilian: Yes, I had a spell in hospital a few years ago now, and I was very aware of the atmosphere — a lovely atmosphere.

***Yes, I beg to say: it was probably the Angelic Beings. They work very well in hospitals. They bring peace and calm a lot of the time.***

Rod: Are they with the doctors as well as the patient?

***They are wherever they are needed—yes.***

Jan: Well I'm sure I speak for everybody when I say we're honoured you popped in tonight, and I wish you every success in finding a right channel in the future.

***There is no doubt that the channel is waiting, and as soon as I am ready, I will begin my work***

Jan: Very exciting for you!

***Yes, 'exciting' is a strange word to use. It is a word used much on the Earth.***

George: Yes, it's a physical expression.

***Yes, it brings to me 'humility', it brings to me 'peace'—love—humility —so many, what you would call emotions.***

Jan: Obviously your emotion is more (*contained—*) yes, contained than ours. You'll have to excuse our Earthly emotions.

***I would just like to thank all of you for allowing me to speak, because not all do. Do you know, there are times when we can be so close to people and yet they are still not aware of us?***

George: I would like to say that we do very much appreciate that there are people like yourself in spirit who are wanting to help in their various ways. This is very much appreciated.

***Yes, most who have returned to spirit, eventually wish to help others in some way or another. It may be small, it may be large, that is their choice — but ALL eventually wish to help others.***

George: We had one through recently, who was killed in the war together with two others. And the three of them, he explained how they work together to help military killed in the war, because, when they pass over they are in such a state—they are so distressed about what they have been doing (*yes*) and it's good to know that there are people like those three who are helping out.

***Yes, you would be amazed by what goes on. Spirit world is a beautiful place—it creates beautiful people eventually. But it does not happen in a second. It takes time in — it takes great need to go forward and help others.***

George: Do you still have consciousness of time, but not in quite the same way that we do.

**No, you remain the same for a while, and then you can see your true pathway. And that is what has happened to me. Until the point was reached where I knew I could achieve what I did not achieve on the Earth.**

Lilian: Very interesting!

**Thank you. And thank you lady for recognising that I was here.**

Lilian: You are very welcome to come again.

**Well, perhaps in time to come, you will recognise Stephen Bursel and I will be able to say that I am working through another for the health of your nation.**

George: Well thank you Stephen and we look forward to another visit.

**I cannot say when that will be— but I will make note — thank you all.**

*Farewells*

*A rescue followed via Eileen. This was a little unusual in that the one being rescued had a deformed face and wanted to whistle. He had got used to whistling with his mouth one-sided, but using Eileen's face, his whistle did not work. He took a little convincing that he had been brought to us and was borrowing a body so that he could talk with us. So we guided his hand up to Eileen's face so that he could feel. He was amazed but convinced.*

*It transpired that his special friend on Earth had been his dog 'Jesse'. He reached the stage whereby he understood about the need to go forward to the life in spirit. He could see the light. He moved forward and was again amazed because he was met by Jesse. This was clearly a most happy reunion and we wished him a happy life in spirit.*

*Paul will be transferring the audio file to the 'Rescue' page of the website: [www.salumetandfriends.org](http://www.salumetandfriends.org)*

George's Notes:

Beijing Hospital Using Thought-power: *There is a U-tube film depicting a Greg Braden lecture re a hospital in Beijing, China, where thought-power is used for healing. It is a remarkable piece of film in which three doctors enhance their therapeutic thought-power with a simple chant that creates the feeling in their patient of already-having-been-healed. During the sequence, an ultrasound image shows a 3" bladder tumour disappearing in less than three minutes. Wonderful!*

*(Ctl + click to follow link)*

<http://www.youtube.com/watch?v=ufVjdvRw4LM&feature=related>

## **SALUMET—5<sup>th</sup> November 2012**

*Natasha joined with us this evening:*

Sarah: Good evening Salumet.

George: Welcome to you.

**Good evening.**

All: Good evening.

**Firstly, let me extend a warm welcome to our new friend. I would this time, like just to mention about what you call 'depression' and why you feel there is so much in your world at this time. There is only one answer and that is my dear friends: because people and their lives are so busy and so rushed that they do not allow themselves time to connect spirit with our world. Although so many more people have become aware of spirit and we are pleased about that, sometimes materialism runs hand-in-hand. I have said before, there is nothing wrong with material things as long as you have the balance with your spirit. Mankind is slow to understand this, but it is coming, it is coming.**

George: It's very nice that we had Stephen, the trainee doctor through last time and he was talking about the need for spirit connection and rejuvenation, both during sleep state and at times during the day.

**Yes, it is a connection that you all should be making on a daily basis, not just when it suits you, or time permits. It should be the most important part of your daily lives.**

Paul: People remember to plug in and charge their mobile phones, but they forget **(yes)** to plug *themselves* into spirit to have a recharge.

George: All that energy out there **(yes)**.

Rod: That's a good way of putting it Paul!

**And of course, you would not try to run your vehicles without fuel and yet you abuse the housing of your spirit. So perhaps it is time to remind you once more, of the importance of that silent state.**

George: It's very good to observe the connection with depression—a very real factor.

**Yes and there is, as the gentleman said, too much of it at this time of your existence.**

*(We had mentioned it in our prayers at the beginning of the meeting, which is probably what Salumet is referring to)*

**It has to be attended to otherwise you become engulfed in a state of desperation and eventually a state of darkness, because the spirit is not lifted**

Paul: So would you recommend for depressed people to learn the way to go within quietly?

**It is already being used in your world. It is already understood how music and quietness and all of these gentle pursuits are uplifting to the spirit. And yes of course, if people would only accept that they are more than a physical body, it would be so much easier for them.**

Paul: It's almost like music is—you can get a bit rigid in your thoughts—stuck—and music comes along like an oil and loosens everything up.

**Yes, provided of course, it is the right *kind* of music (yeah); not all of your music is uplifting.**

Sarah: Like heavy metal or something like that's *not* so good **(yes)**.

Paul: That's right. There's a lot of debate over the music industry, that it's become so polluted with all the commercialism surrounding it. Going back a few decades it seems the music industry was less *manufactured* than it is today.

George: More melody perhaps.

Jan: There are an awful lot of depressives within the music industry itself—

**Yes, very often because of the type of music they listen to—or are absorbed into—and of course, music can be intoxicating for many.**

Jan: I think more so than the music today are these consol and computer games, which draw people into darker sides of themselves **(yes)**. I think that's a great cause of depression in children and young people.

**All of you should be aware of that spirit—they say 'the spirit within'—the spirit is *not* within, it is WHAT YOU ARE!**

Jan: I think it's tainted—people allow external stimuli into their lives **(yes)**, which is damaging. I like to—as well as quiet moments, as somebody who's suffered from depression in the past **(yes)**, it's very important not to forget one another, because your fellow man can help pull you out of depression just as quickly actually as being on your own.

**I believe I have said to you in the past that depression is not a good thing, because it is a *selfish act*. And I know that will cause much debate, but when you are so depressed, all you can think of, as you have just said, is think about yourself. So to allow others into your life, just to listen perhaps, is that first stage of upliftment.**

Jan: It's that feeling of connection that we are all connected (**yes**). I think there are varying degrees of depression and people that suffer from depression know themselves, what they require, whether it be those quiet moments (**yes**), or whether it be their fellow man that helps. I think most people start to recognise eventually what it is they need at that particular time (**yes**). That only comes with awareness I presume?

**It does, because some people never find what it is they need. If only they would listen to their inner voice, things would become so much clearer. But ultimately I have to say it is a selfish state of living.**

Jan: It is a *very* selfish state of living (**yes**). I recognise that when I've been in it—extremely selfish—self-absorbing/selfish (**yes**). But it is part of—I don't think it *has* to be part of our physical, but it seems to be something that is very prevalent within our physical bodies (**yes**) and it's just learning to deal with it.

**A lot is to do with the state of your lives at this present moment in time.**

George: A very simple thing for people who do not really understand, is to ensure that they get adequate sleep.

**There are many things, but they need to be taken from themselves. That is why I would say music is a great upliftment; for those people who have no strong beliefs, music can have the effect of soothing and uplifting.**

Paul: Can that also apply to animals sometimes?

**Yes, of course, of course.**

Sarah: I was just thinking also that people who are depressed, they tend to sleep quite a lot and I suppose that gives spirit a chance to connect.

**Yes, because you see the depressed people almost close us out. We come close, of course we do, to help in whatever way, but it is like a barrier that is placed between those who wish to help. Yes, it is something that should be discussed often.**

George: Yes, the influence of music is interesting, because it also has an influence on plants (**yes**). I have carried out experiments myself and have discovered that tomatoes grow rather better if music is played to them.

**Yes, of course we have discussed these things before—**

George: We have.

Jan: Yes, it's the vibration, isn't it? It's the vibration that they pick up on—

**Yes, but it does no harm to be reminded of these things.**

George: It's interesting to see how it's beneficial to humans, animals and plants—right through nature really.

**Yes, you are all vibration—you know this.**

Sarah: Yes and George was saying last week how in China somebody's tumour was shrunk just by chanting (**yes**).

George: Yes, this was in a Beijing hospital, where medicines are not used. Three doctors enhanced the feeling in the patient of: 'I have been healed.' And a three inch sized tumour inside the bladder disappeared within three minutes and this was all recorded on film.

Sarah: They were chanting and I remember you saying before Salumet, how certain chanting can put a vibration out a very far distance.

**Yes, you are not fully aware yet, of the many vibrations that exist. In fact it is something that is being worked upon in our world at this very time.**

George: Yes, so to put it down to 'power of thought' is really perhaps an oversimplification.

**Yes, yes—now—**

Rod: I find it a little bit embarrassing to bring it up again, but you did say somebody who commits suicide when they're depressed, is selfish. I've thought about this a lot and I just can't get my head around it Salumet. I just thought these people are so darned ill, that they crack —

**Yes, they are ill, as far as you are concerned. But if you look to the wider picture of life, these people leave behind such *hurt* and such *grief*, as affecting many others, not only themselves. You have a responsibility—all of you as human beings, to be kind and to look out for those you love and those you care for. People, I accept, are ill in the way that you mean, but on a spiritual level, it is not really acceptable. And they will find, many of them, so much upset and regret at what they have done.**

Rod: When they pass over?

**When they pass to our world.**

Rod: I understand that.

**You have to look at the wider picture.**

George: Yes, I think you said that their death deprived others of their friendship.

**Yes, and their *love!*—and so many other things.**

Sarah: We've had rescues through of people who have taken their own lives and they are just so very sorry for what they have done.

**Yes, of course, *they don't*—when they reach that pit of despair, all they can focus on is *themselves*, and the freedom away from the worry and concern. We *know* and we *fully* understand and of course they are *helped*. There is none of this *punishment* that is talked about by many, because they have taken their own lives. They are helped in the way that is needed for them. But that does not detract from the fact it is a selfish act. I hope that helps you a little more in your understanding.**

Rod: I can understand that side and what you said about when they go over, they're always sorry, and what they leave behind. I just think in my mind—and you know far better than I do, of course you do, but I just think at that moment that brain is gone (**yes**), and they do the most stupid things (**yes**)—put a rope around and jump—and it's just in that 2 minutes they're not thinking.

**But in that moment, if they had thought of those loved ones —**

Rod: They haven't—

**They haven't of course and that is why it is a selfish act. Think of those left behind, confused, hurt and the pain that they suffer, because of that one individual soul.**

Rod: Yes we know this personally (**yes**) where the father has hung himself and the child (**yes**) has opened the door and found him (**yes**). Now that still is in our minds (**of course**), and the guy was a lovely fellow. I can't get my head round it now.

**No, you probably will not, until you begin to look at the wider aspect of spiritual life. Only then does it become understandable. That is why it is important to look to these people who are depressed in such a way that they contemplate taking their own lives (yes)—that is why help is needed so badly for them. But we in spirit are limited to what we can do, when there is so much negativity. Believe me when I say that we try so hard.**

Paul: Yes. My sister asked me to put a personal question to you. I don't know if you'll take a personal question tonight?

**You know I do not like to, but I will listen to it.**

Paul: It's her son Georgie who wants to opt out of school now. It seems to have reached a bit of a head. I think he's a sensitive guy and he feels the coldness of people at school a bit too much. I don't know if there's anything you can—

**We will endeavour to help him, but he is a very sensitive young man, yes.**

George: That's true.

**It is true, but it also means that that sensitivity was part of his whole being, or existence. And it is also true to say that although we can try to encourage and inspire him, we are not allowed to interfere with his life. It is something that he will have to learn to deal with for himself. I know the parents, as any parent would, wishes only the best for their child and that too is understandable. But he is of an age when he can make his own choices (yes). Yes, so I would suggest the parents stand back a little and allow the judgement to come from this young man.**

George: He's not alone, and there have been times in *my* life, when I've felt to be **(yes)** a misfit, but one just has to see that through and get on top of the problems.

**Yes, you have to live within this world.**

Paul: Yes, thank you for that and sorry to have asked a personal question there—but anyway, thank you.

George: You mentioned Salumet—this is not really a question, but I think you stated quite clearly that *light* is *physical* and I just wanted to say, on reflection, I can very readily see that and agree, because *light* exerts a radiation pressure and it has to be physical, in order to do that.

**Yes of course. I am pleased that you have understood my reply. I know sometimes what I say to you, sits a little uncomfortably with some of you. But I endeavour to bring you truth and in bringing that truth, I do not always give you the answers that you desire.**

George: Well, there's a little bit sometimes for us to work out for ourselves.

**Yes and that can only be good for your soul (yes).**

**Now I feel for this time, there is enough for you to think about and perhaps sometime, we will discuss what you have learned and what you feel about this word 'depression'. Now my dear friends I will take my leave and allow others to come who are waiting close by.**

*General thanks and fond goodbyes.*

*There followed a period of clairvoyant messages via Eileen, then a rescue:*

*The rescue was via Jan and counselled by Eileen:*

*This was a young lady—Julie—caught in a fire. She was hot and confused—had come out of her office on hearing the fire alarm. But she was now in a corridor with a number of closed doors before her. People were calling to her to go through the door but she did not know which one, fearful of opening the wrong one to be confronted by the conflagration. Eileen explained that she had not survived the fire and remained confused by the suddenness of it all. She would now help Julie to go forward, but she was still reluctant to open a door. Eileen assured her that the third door on her left would be safe to go through and it would slowly open. This was so. Julie was now calm, less hot and observed beautiful light with people who called her to them. She moved on, calling back: 'Thank you for helping me!'*

*The audio file of this rescue on the website: [www.salumetandfriends.org](http://www.salumetandfriends.org)*

George's Notes:

Depression: *One might say that depression is a widespread phenomenon. American statistics (2006) declare that 1 in 20 adults report periods of depression. The American College Health Association carries out extensive student surveys. These indicate a quite alarming increasing incidence amongst young people:*

*2000 – 10 %*

*2011 – 21 %*

*Medical articles have a lot of big words in relation to categories of depression and its causes, but I feel Salumet's few words are much more to the point. Symptoms are stated to include a feeling of becoming detached from the world and emotions becoming negative. It is generally recommended to take counselling, join groups, take part in an activity of some kind; even anti-depressant drugs get a mention*

(together with acknowledgement that they do not always work!). And of course there's always self analysis of the situation. But perhaps country walks, communing with nature, music and going within offer the best and most forthright solutions.

**19<sup>th</sup> November 2012**

Sister Wendy—spoke via Eileen to say that Salumet would be with us next time. She was apparently drawn to us by our prior conversation about animals. This had concerned the obvious gratitude that is shown by some, following help given by humans. Examples: the injured dog given veterinary aid, then licked his keeper all over; and the whale, released from netting that eyeballed each rescuer before swimming away. Our visitor had a love of animals but was not allowed pets in her situation. She was a convent nun:

Sarah: Were you happy there?

***If I am being truthful: not always.***

George: Was it a silent order?

***Yes. So you see the birds and the other animals were like having a conversation, in my head.***

*Our guest went on to say there was the feeling of having missed quite a lot, but in a way it helped to develop her spirit.*

George: I was going to say: do you feel that you have gained through being silent?

***Yes I do—aside from the physical things that you miss, the silence brings a whole new aspect to living, and the sisters I was with were kind. There was never any animosity that I know now existed in some convents.***

George: Were you able to travel in mind at all?

***—In what way?***

George: Were you able through your mind work, to go beyond the nunnery?

***Yes, of course! My spirit developed so that I was able to leave the physical body and I was able to travel in that way. Is that what you mean?***

George: That is what I mean.

***Yes, I found, after a number of years, in my quiet times I was able to, I suppose you could say: 'let go'. And I knew, but was afraid to say, that there was something more. It would not I think, have been acceptable to some; although, I have to say, I think that some of the sisters had had the same experiences as myself. But of course, it was never voiced.***

George: And did you enjoy the animals in some of those excursions?

***Of course because all — not only the animals, but the spirit is free. It is most wonderful to experience.***

George: And were your activities confined to this one planet?

***—My activities?***

George: Your mind ventures—

***Yes, I ventured into space-time—what I call space-time—I don't have another word for it (astral travel?). I was then guided to the world of spirit where many experiences took place.***

George: That's nice.

Sarah referred to Salumet's description of Earth life as 'the mere blink of an eye'—so it's good that we also manage to find the time to develop spiritually:

***And you live on a beautiful planet—your Earth is beautiful! But I have to tell you: In comparison, it is really quite dull.***

George: In comparison with spirit—(yes).

Sarah: We've been told that before.

***I could not describe the difference to you, but let me reassure you that you have something special to look forward to.***

George: We take part in spirit rescues sometimes—helping people in their transition—  
***Yes, I have been involved in some of that work—***

George: Ah! And we have noted that when they make that transition, we get expressions: ‘Oh beautiful! Wonderful!

***Yes—I really don’t feel that you can appreciate such beauty. If you take something beautiful here, then you really have to triple it I would say. It’s beautiful!***

*Paul spoke about seeing more colours than the range normally seen here*

***Yes, you will see hues of colour not known here on this Earth. Yes, I can confirm that for you. And even the water is full of sound and colour.***

Rod: Does it rain for the flowers and plants?

***There is no need! But sometimes we have people who have looked after plants on this planet, and THINK that they need to be watered—so of course, whatever they desire, that is their reality. But they soon realise there is no need.***

Paul: And when you meet people, everything is revealed? They cannot hide who they are?

***There is nothing that is not known. You cannot be false in anyway.***

Paul: That’s so nice, because down here, so many people—like politicians talking one thing and thinking and intending different—

***Yes, many of your people are like ‘Janus’ [the Roman god facing both ways at once!].***

Paul: Ah yes—it’s such a two-faced world I think. It must be so nice, when you meet someone, to see exactly what they’re about!

***Yes, of course remember: you will only be drawn to those you are compared to—the same kind of people—you will not be so different. It is nice to see that openness, that honesty and love.***

George: I was interested in what you said about the sound in water (**yes**). I once had a wonderful ‘raised awareness’ experience in a Mayan temple (**yes**) and somewhere within it there was a water-drip. In raised awareness I put my ear to the wall, and the water-drip seemed to have many, many musical notes!

***Yes, it was singing to you! Yes it was singing to you and that experience is something that is common-place in spirit.***

George: Common-place in spirit—

***Yes, people stand under beautiful waterfalls for healing, because of their colours and their sounds.***

Sara: And do the flowers sing as well?

***Yes, everything sings. I think perhaps a better word would be ‘resonance’—but it is like the flowers are singing.***

Sara: Every colour has a sound resonance.

***Yes it does, in the same way as your names do here, have a resonance to you.***

*We chatted about effect of music on plants, knowing how they may show more growth when melodious music is played to them :*

***All plants would respond in some way, but perhaps not in the way that you would expect.***

Paul: Like us.

***Yes, listening to a piece of music, you may all have differing opinions.***

Paul: Everything is one and the same really, whether it be a plant or a human or an animal. Everyone wants music that is beautiful.

**Yes, even people who say they do not like music—they still respond to it. It is wonderful to see the response.**

Paul: Salumet our guide, mentioned how music can be a very effective way to help depressed people — to get them ‘out’ of themselves.

**I see yes. Music can carry you to another place, in the same way that the silence did for me. That is what I got from going into the silence.**

George: So do you enjoy having conversations with people now?

**Well I think I have proved that this evening! I don’t think I have stopped talking! That is quite unusual.**

Chuckles

George: In spirit also—do you enjoy conversations with others in spirit?

**Well, shall I tell you something? I often meet with those Sisters with whom I shared the convent—and just for shall I say ‘devilment sake,’ we talk!**

George: You are making up for the silence!

**We are making up for the silence! Although we were all of us extremely happy, but we meet sometimes just to talk.**

Rod asked if she had seen the film ‘The Sound of Music’. No, but she would now be looking into that

Rod: You can just switch it on can you?

**Of course! I can do whatever I want to. I may even collect some of the sisters and watch it together.**

Sara then referred to an engagement that she has to sing tomorrow and coincidentally, she was thinking of singing some of those songs from the film.

**Lovely! Everyone should sing!**

This led to some humorous chat about our spread of capabilities where singing is concerned, some of us having rather gravelly male voices! But now our visitor had thoughts of departure:

**I really have to thank all of you for allowing me to speak with you this time.**

George: Well we thank you for joining with us and having a lovely chat.

But Rod asked one last question, about her present work—she explained how she teaches young children who come to spirit quite early — the teaching is not fraught with the Earthly problems! It brings her great joy and she often allows them to sing!

Rod asked if, as the children progress, they begin to learn more complex subjects, like algebra and trigonometry?

**They learn the kinds of things they would have done here, but they also learn spiritual things, hand in hand. It goes together.**

Paul: Mm, the way it should be.

**Yes, but the children have a very special light and they ENJOY learning. I think that is not always the case on Earth.**

General agreement to that!

**But the spirit children just can’t wait to learn.**

There followed some brief discussion of some of the differences in learning/teaching between children in spirit and here on the planet, where both children and teachers are subjected to so much discipline or regimentation.

**And I have to tell you that I have been blessed both in the life that I had as a Sister and in the life that I lead now.**

Very fond farewells and Eileen was left with a lovely feeling from experiencing this one.

Next, we received clairvoyant messages via Eileen—Paul receives guidance during dream-state. He keeps pencil and paper by his bed at night. It seems that dear Ann was with us again, and whispering to Eileen that she would help him in this. There is so often that lovely feeling that we are being helped and watched over—wonderful!

George's Notes:

1: Musical notes in the water drip: An account of this experience given in 'A Smudge in Time', page 86.

2: Astral travel: It is well documented that Tibetan Monks who have chosen to be incarcerated to experience solitude and mind development, enjoy 'astral travel'—such may well become their experiential life, and that of course brings much learning.

### **Salumet — 26<sup>th</sup> November 2012**

George: Good evening Salumet. Welcome to you.

**Good evening.**

*General greetings*

**As I come close to you, I feel laughter and also pain. Each time I come to you my dear friends, it is never quite the same. The diversity of love and feelings is immeasurable and I wish to say to you this time, that upliftment is needed in your world at this time. That is not to deviate from the pathway of knowledge and love, which still continues to grow, but also there are times when people of your Earth, seem to feel overwhelmed. We have come to accept these conditions, but as always we focus on all that is good. Therefore my dear friends, I say to you, continue with your love, continue with upliftment, continue with your prayers and you will see the returns of that love. It may not be tomorrow in your time, it may take some hundreds of your years, but I am here to reassure you of these happenings—of the great joy that will come eventually to many. So place aside your earthly worries and give to others that great joy that you feel at times, within this energy. *Share* with others, not only your knowledge, but those doubts that you may have, because in speaking words, you are then able to control the thoughts. Do you understand?**

George: Yes, the speaking of the words, seem to reinforce our thoughts and convictions somehow and I guess it helps us all to work together in that.

**Yes, and to dispel any negativity—by expression, you can then let go.**

Paul: Yes, it's sort of *acknowledging it*, by *speaking it*.

**Yes, that is exactly what I mean.**

George: It's a very good thought for us, that even if things don't seem to be happening necessarily in our lifetimes, a process has begun, which will eventually lead to its maturity.

**Yes. Be secure in that knowledge, be secure that what we in spirit are endeavouring to do, is to bring many more people back to the truth; and what they do innately know and recognise. It indeed is a task that few would wish to undertake, but I of course, as you know, bring optimism to all of you. I strive that each one of you recognises within yourselves that spiritual aspect of all knowing.**

**Have you any questions this time?**

Sarah: I was going to ask a quick question about the Bosnian pyramids if I may. I had an internet connection with somebody who had been out to the pyramids and she sent me two pictures. One appears to show almost like a finger of light, with colours of the spectrum, though not in the usual order of colours as in a rainbow and this was taken inside the pyramid. There was also another picture of some orbs of white light all over the picture. I wonder if you could give me a few words on that, that I could relay back to this contact?

**We have already discussed that spirit has been involved and what is being seen are spiritual lights, which of course you would understand to be different from your everyday colours and light. So there is really no mystery for those who have knowledge. But of course it is more difficult in trying to explain to those without spiritual knowledge, what is happening there.**

George: Could I add to that, we have also been in touch with sensitive people, who have been part of the volunteer excavation team who have been clearing the tunnels and from what has been said and sensed, I suspect that there is an ancient site guardian, within the main pyramid there. I think—I know in my own mind that ancient site guardians often relate to ley-lines and upkeep of ley-lines, and this may be a part of the scheme and I wondered if you might like to comment on the possibility of an ancient site guardian being there?

**If you are to understand guardians, you are surrounded in your world with these beings. Now, if I am to separate individual sites, to explain guardians, then it could be misconstrued as being false truth. All I will say to you, my dear friends, is that the whole of your Earth, your planet, is indeed induced with guardians, guardians of your world. Whether it would be correct to say there were individuals at different sites, I am not sure that I could uphold that truth, but I will endeavour to find out for you, whether this is the case or not, at these particular pyramids.**

George: Thank you very much. I'm sure many people would be very much appreciative of further comment there. We have I believe spoken about these guardians on previous occasions—

**Yes. People would wish to think that this was something extraordinary. I beg to say to you it is not. That is all that I am trying to convey to you—it is nothing extraordinary. And again, it depends on people's sensitivity, as you call it, and their own spiritual knowledge. You understand?**

George: Yes, thank you very much and we happen to be in touch with one gentleman who has actually communicated with one ancient site guardian and I believe *communication* with them *is* unusual.

**Yes, well we will leave it there for now.**

George: Well thank you very much for that.

**Yes. I am not always happy as you know, to speak individually about individual happenings—my message is a larger one than that. But if I can be of help, then of course I will endeavour to do so.**

*General thanks*

Rod: Salumet, going back to what you previously said about spreading the word (**Yes**), I just wondered, have things improved over the last 10, 20, 30, 40 years on people's knowledge in the world (**yes**), to any degree of knowledge that we go on?

**I think, my dear friend, that you only have to look at the amount of conversation in your world that is happening now, to realise how much it has grown, how much knowledge is now available to those who seek. There always has been knowledge—that has never changed. What has changed is that mankind today is now much more open-minded and that is steadily increasing. So the answer to your question is that there is no doubt that truth is spreading.**

Rod: That is great.

Sarah: Practically every time you open a magazine or newspaper, somebody has written something about something spiritual (**Yes**), so that's really increased over the last few years (**yes**).

Jan: With that knowledge though—that leads me on to the question I was going to ask. Richard and I were talking on the telephone tonight about an individual that he knows, who's asked him for help. She's just lost her husband and she's so obviously confused and it's so raw and Richard and I were both wondering, with our knowledge, sometimes when you have somebody who's so sensitive, it can be overwhelming. We are not necessarily the best persons to talk to, when we have a little bit, and I mean a *little* bit more

knowledge than somebody who's completely in the dark about spiritual matters, but suddenly finds themselves wanting answers. So are we adept at answering her questions without making things worse for her, because she's seeking so many answers and we know where that person's gone in spirit and we know he's okay, but we don't really want to make things worse for her, if you understand what I mean?

**If the dear lady is seeking, then answers are what she seeks, but I have to say, sometimes to hold back words, I agree is more sensible, until another time.**

Jan: That's what I thought.

**Not everyone is ready for the truth at such times.**

Jan: Emotional times—

**Yes, their emotions will overwhelm them.**

Jan: That's what Richard and I more or less decided between us (**Yes**), that we need somebody else to help her and I feel it's not a spiritual counsellor—they need a *bereavement* counsellor to help with the physical rather than the spiritual first.

**Yes, I agree with you and then spiritual matters can be introduced, when those emotions are more under control.**

Jan: I'm glad I mentioned it, because that's made me feel better that I'm on the right track.

**Yes, sometimes a simple word or two is adequate, to know that there is a strong belief that life continues.**

Jan: Yes I feel at this precise moment in time, that's all that's needed.

**Yes, you are correct I would say** (Thank you).

Sarah: And it does take some people a very long time. One lady who I've been sowing the seed to for many, many years, she's now just beginning to ask me questions.

**Yes, when they are ready, they will question. That is when you should step forward and help—but do not overwhelm. (General agreements)**

Jan: It's when they start looking to go to mediums/psychics that they've seen in the papers and spiritualist churches—they're looking for answers, like you say, that would completely overwhelm anybody. I think they need to heal themselves first, that's how I feel.

**Yes, it of course varies with individuals. Some are ready so much more quickly than others, but that is where your own spiritual knowledge come to the fore. You will or *should* realise, at what stage those souls are *at*.**

Jan: Yes, you definitely do that—it's an innate knowledge that you *know*—it's an instinct.

**Yes, I know all too often that people *wish* to give people all the knowledge that they themselves have obtained and we in spirit see the excitement that encompasses them, because of this knowledge. But that is not to say that everyone is ready at the same time.**

Jan: And by the same token, not everybody is able to give that knowledge—well, maybe they instinctively know when to keep quiet, as it were—

Paul: It reminded me of sometimes when I've been a bit tentative for some reason and I think it is the right thing and then you are waiting for them to come back to *you*. You think well I've said a few things and if they really want it, they'll start questioning you on the small amount of information you *have* given—so you hold back and wait for them to come back.

Jan: This person approached Richard first and he instinctively felt he wanted to hold back and then he spoke to me and we both agreed that we could say the wrong thing and do a lot more damage than is necessary at this stage.

**And do not forget my dear friends about the spiritual aspect which is happening here, that it is the spiritual light, which attracts others to you. So of course, when people seek knowledge, in fact they are being attracted by your light; and this is good, but there is no rush for knowledge.**

*General agreement*

Rod: I've got to do this with a great deal of respect sir. You know when we come down as a spirit into a mother—it seems that the spirit comes down and they wipe the computer off completely and it hasn't got any knowledge of past spirituality. And therefore it has to fight away for quite a few years to find it perhaps—and perhaps they don't. I just wonder, is there any reason why they have to completely wipe the memory clean? Can't there be a bit left?

Jan: Some children do Rod.

Rod: Well, most of them should have a little bit, so they can go on through life a bit easier and find spirituality—

Sarah: That's not the purpose though, is it Rod? We are here to learn.

Rod: I don't know—I'm going to find out! (*Chuckle*)

**Yes, there are eager replies, because they understand life is not meant to be so easy as to sail through. What would be the purpose of life, when you could remain in spirit and still grow? Spirit comes to this Earth, through physical ties, to learn—to learn different things for different people. No one says that life should be easy and in fact, the more spiritual knowledge you gain, sometimes life seems even harder, but with those difficulties comes understanding and knowledge. Even if you do not feel that is the right thing for a human being, spiritually that soul is growing, no matter what the problems may be. Everyone has a time in life when they gain that knowledge—whether they accept it or not, is entirely up to their own free will, but the opportunity is always there. Yes, some people *do* return to this life and have memories, but that is the *exception*, rather than the *rule*, as you humans would say. There are lessons to learn, so you do not wish to remember what has gone past, you wish to start with a clean—**

Rod: Sheet.

**Sheet—yes, and that is the reason for (*no*) memory—**

Rod: Yes, that's put a lot of my memories to rest, thank you very much for that, I've thought about this for long periods.

**Yes—you wish to remember, but now you have some spiritual knowledge, you can *regain memory*. If you have learned the lessons of this lifetime, you can then ask for more to be given. Do you understand?**

Rod: Yes. I look back at all the mistakes I've made, the shocking things I've done...

**You are too harsh about yourself.**

*Chuckles*

Jan: That's why we're laughing—he's always harsh on himself.

Sarah: I remember Salumet's words, and he said: you know, if you make a mistake and you learn by it, that's good (**yes**), because then you learn something.

**Yes, you are learning all of the time. Do not ever say to yourself, 'why have I done that—', because my dear friend, there usually is a *very good* reason—you may not understand that reason, you may not like that reason, but it is part of your *life*. And I am sure my dear friend, you could look backwards at your life here now, and say, it was not as bad as I thought.**

Rod: That's very good.

George: Last time Salumet, you spoke on the subject of depression (**yes**) and I think it was mentioned that mind was temporarily detached from spirit, during deep depression—

**Mind can never be separated—Mind *is* Spirit.**

Jan: Salumet didn't say detachment, he said that you become less aware because the depression is the first and foremost in your mind, so that selfish act becomes all-encompassing and your spirit gets put on a back-burner so to speak—it never becomes detached from spirit.

George: Yes, perhaps that's a better way of putting it, that spirit is being *ignored*?

**It is the human being ignoring spirit (yes). Yes, they are not listening to that inner voice—they have become so—I do not like the word *obsessed*, but it is the only one I can think of at this moment.**

Jan: Maybe *overwhelmed*, which you used before Salumet, is more appropriate.

**Yes, that is better.**

George: Yes, I wanted to make the point that if spirit is ignored in that way, then the person can either go inwards into deep depression, or outwards, to become a person like for example Adolf Hitler, who became **(yes)** very dominant.

**You are taking two extremes about this subject. Yes, it is quite true that you can choose either way. The responsibility that mankind has for his own travel through this lifetime is *so great*, but within every human being there is that *spark of spirit* and it is never completely lost. So even someone like, you say Hitler, who is known within your world as a despot—there was always a *spark of love* and that is what everyone should be endeavouring to help to grow.**

George: Yes, I take your point, there would always be that spark **(yes)** and that spark connection would still yield good things on occasions, no doubt.

**Yes, you have to remember that there would be a mother or someone else who is exuding love to that person, even if the individual themselves, seems to be without any kind of love.**

George: Yes, I'm sure.

**So that is why there can never be separation—Mind and Spirit belong together.**

George: Yes, ones that come to mind are Eva Braun, who I'm sure gave love **(yes)** and his dog—he had a good bond with his dog.

Jan: I was just going to say the same thing—he had tremendous love for both of those individuals **(yes)**, and I believe he had—maybe in our terms today it's not understood, but even his ideals didn't all come from evil, a lot of it came out of love, in a strange way.

**That is why my dear friends, you can never judge—you do not have the *ability* to see that whole wide picture. But when there are people of that ilk in your world, remember it is the physical brain which becomes damaged, not the *Mind*.**

George: Yes, I must admit, I feel a certain regret in mentioning that example and yes, that connects I think, with the fact that we should not judge.

**I have said it on many occasions—to judge, in a way is to judge your selves—think about those words. If ever you find fault, look to yourselves.**

Paul: Yes, I was just going to say, we just don't know the *intentions* of that person. If the *intentions* were sort of to try to *sort out* this world as he saw it—we just don't know what the *intentions* were—but to judge the action—we can't until we know the intention. I think there're plenty of people who *appear* to be doing '*good*' things in the world, but it's the same thing, we just can't judge whether their *intention* is actually to improve this planet, the people and the land and everything.

**Yes, I would say you cannot judge—you do not see the full picture. But what I *can* convey to you is that to hurt another single human being is never right—not in spiritual laws.**

Paul: Yes, that's a clear line.

**So you see it is always difficult, unless you know the *whole picture*.**

George: I wanted to lead onto the fact that one of our readers wrote in about depression. He has a friend with a wife who has been having terrible depressions over a period of years. She's had medical treatment, which includes drugs—so-called drug therapy. But she seems to go in and out of periods of depression. I have asked a few questions and I think the depressions were triggered by the fact that the husband eloped with another woman. He then returned when that didn't work out and they have been together, sort of happily ever since, for a number of years. But the depressions continue and the medical treatment and drugs are probably having temporary effects. Would you care to comment on that situation Salumet?

**I would not comment on individual situations. I will say only that those who find themselves deep in depression, have in a way, lost the ability to *love life*. There are available to people much help in your world and I am not dismissing the seriousness of depression, but again I must say that those who suffer are in fact responsible for their own conditions.**

George: Yes, and I realise you can only comment in a general sense.

**Yes. There is deep within people with depression, a feeling of being lost and it *is* in a sense a separation from their own spirit. I believe that's what you thought I meant. It is a separation, *only* because they have lost their way of *thinking* and *feeling* and *knowing* what is *right*.**

Paul: It makes me think that a lot of people who *do* give the orders for countries to go to war and cross that line of taking lives—though we mustn't judge them as well—but it makes me think they've lost that or they are separated from their spirits for them to resort to wars?

Jan: I disagree with that—I think as we've always been told, there are two important elements and one is love and one is fear and they are driven by the fear (**yes**), and that fear culminates into their own depression, because they create that environment in which that depression thrives. And that is fear and it's finding the way out of it and knowing that you can come out of it, by purely loving yourself first and then those around you and to allow that love in.

**Yes, allow others to help.**

Jan: Yes, it's when they are cut off *completely* from their own environment, their own spirituality. Spirit is not cut off from *them*, but they are cut off from *it*, because they are living in this selfish little bubble of their own—sorry.

**No, you have explained it well—yes.**

**There are so many conditions in your world—so many disputes about health. And I have to return my dear friends, to simplicity. And the lady has reminded you as I have often said: there is love and there is fear. And fear creates so many dark situations, whether it be fear of life itself, I cannot say for certain. But there is fear of money, there is fear of lack of love, there is fear of so many things in your world. Where is trust, where is the love of the spirit, which helps you overcome all of these problems? It *is* the strength of love, which will help these people and that strength of love has to come from *others initially*. But for them to be entirely healed there has to be *recognition of themselves*.**

George: Yes, I imagine the fear of others leads the leaders of nations to manufacture vast quantities of weaponry, in a desperate *physical* attempt to allay that fear that they have.

Jan: I think it's fear of their lack of power that they fear—for want of a better word—that they're going to lose some sort of power that that fear has on others. If they only realised that that's completely not the way to go at all—but that's what *causes* wars—it's the fear of losing power, in my opinion.

**If you look at it from a spiritual aspect: it is '*Light and Dark*'. It is a *power struggle* and that *simply* is what it is. It is what many people would call '*evil*' and the '*devil*'—the Darkness and the Light and *all* is seeking the Light. Whether it creates dark situations or not, that is what is happening—that the Dark**

**seeks the Light. But in that travel, the darkness creates many things that you in your world would term 'bad' or 'evil'. But again, I am speaking from knowing the wider picture.**

Rod: Your last two statements should be hung up in the Houses of Parliament and in the White House and a few other places. I think it would be wonderful, and as these parliamentary guys go in, they can read it each day and they'd say, 'I can't do that, but I can do this.' It would be a happier world. George—Print it out!

*Chuckles*

Jan: I think you could bring it right down—it's not necessarily just those in the big jobs as it were, in governments etc (**no**)—but if you go into an office of people and around the boardroom table—let's make it much smaller, there's 12 people around the table. They all might be equal in positions, but there would be one person that's fearful that he might lose his position if he doesn't start making the others take notice. And governments are no different really and until that corruption and that fear dispels, it won't change.

Mark: You feel that it's becoming harder for leaders to create wars now that there's so much dissention from the people now. You feel like it's going to be much harder for one person to lead us into war.

*General agreements*

**There is a saying in your world with which I fully agree on a spiritual level and that is that *People Power* will change—make many great changes, and it will always be the union of people with strong ideas—good ideas.**

Jan: The most powerful people—following on from what you've just said, are those people who can hear somebody else and out of pure love, not jealousy or hate, encourage them—'That's a brilliant idea, let's run with that idea'. And that's where the change will come in, I believe, in governments and countries and everything about our civilisation really. And the advent of the internet and media sites, where just recently it's had its adverse situations, but on the whole it can only be for the good, because there are many, many more—one person's idea then becomes millions of people's idea and that thought is all pushing towards one common—you understand what I'm trying to say?

Mark: Yes, it can gather momentum more easily—

Paul: Yes, information is being shared and curtains are coming up and things are being revealed.

Jan: That's right. Not just one group in the future will be all-empowered, because it will be moving in the right direction for millions of people.

George: And as I think Salumet suggests, *People Power* can say *NO* to war.

Mark: Yeah, it's not going to be a top-down pyramid anymore, it's going to be coming from all angles.

Jan: Yeah, a big wave from underneath, pushing through.

**And you must never assume that all governments are wrong-thinking, because within every government, there are good, there are people there who will spread that good. It may be little-by-little, but it will increase. And there are many in our world who are working with your governments throughout your world, to seek out that one person who can make a change. It may be with few words, it may be with few actions, but around your world this work continues.**

Jan: It's often those, isn't it, with the quietest voice? You take someone like Ghandi. He wasn't a big person in voice or stature, but he just reached out to thousands and thousands of people in his quiet manner. So maybe the person in governments who is going to change has often got the quietest voice, rather than the loudest.

**And you have to think in your world how do you teach the *children* of your world. It is not even by words, but they learn from *actions*. And it would bode well for every adult to *remember* what it is like to**

be a child, with *Unconditional Love*—that is what we seek. Not easy, but you should be able to achieve.

And now my dear friends, I will leave you this time. I know we have covered ground that we have spoken of before, but I also hope that it has once more, fired within you the thoughts of good, the thoughts of love—

George: I was going to say, we've covered *much* ground this evening. Thank you so much Salumet.

**As always as I leave you my dear friends, know that I am aware of you all. I leave you cloaked in my love, until next time.**

*General thanks and fond farewells*

*The evening was concluded with one rescue: an elderly lady fretting about her doggie. She thought at first she was in her own room with her easy-chair and knitting—and we were told to 'be off' or she would be putting her stick to us! But on feeling Eileen's chair arm, she accepted her different situation, apologised for shouting at us, and happily moved into the light where her little dog and friends were waiting to welcome her. (Audios of rescues freely available on website: [www.salumetandfriends.org](http://www.salumetandfriends.org))*

### Salumet — 3<sup>rd</sup> December 2012

George: Good evening Salumet—welcome to you.

**Good evening.**

All: Good evening.

**As I come before you this time my dear friends, it is to say to you, that as we are fast approaching another one of your earthly years, it would be advantageous to look back and to see what you have achieved personally in your own lives. I have told you on previous occasions that the time for your own personal development is necessary and those words still stand. We of course in our world, are engaged with those of you who are looking forward to the celebrations at this time of your year. Of course not all nations celebrate your Christmas time, but nevertheless the love that abounds on your planet at this time of year, is indeed something to behold; even in times of trouble and stress, that love cannot be diminished. So I will tell you my dear friends, that this visit with you, will be the last one of this your earthly year. As always I will continue to fill you with hope and with love and I will return to that time from whence I came. We will of course come together in your new earthly year, to which I will of course be happy to do. So, other than to ask of you, my dear friends, what do you feel your own personal achievements have been?**

Sarah: I just first would like saying Salumet: thank you for coming so often this year, because you did say perhaps you wouldn't be coming quite so often, but we really have appreciated all your visits to us—so thank you for that.

**I will continue to be drawn to you of course. But so much I feel has been given and so much yet you have to learn, but not always on this planet (yes).**

George: Yes, I think I'm much more appreciative of the wider picture now. And let me say, I'm sure you're aware that a further book is underway and that book reflects on two decades of your teaching and your introduction to others and it is a wide picture indeed. This is not so much personal achievement, but it is *group* achievement, but it's wider than group achievement. You yourself obviously feature so strongly in this and many others whom you've introduced to us for their valuable words, and the others from across the universe who have further enhanced that wider picture. So, yes, I would say: thank you so much for all this! And on a personal note, yes I appreciate much more the wider picture now.

**Yes, you have all grown so much—I have told you this often of course, but I now want you to go more inward and to find those true selves, which I know each one of you has endeavoured to do, but I feel that this coming year, should be focused more on those abilities of spirit. I would like you my dear friends, to think and to consider that spiritual gift you feel to be of *more* importance for yourselves and to think about it very deeply over this your holiday time. Are you aware?**

Paul: Aware of?

**—Your own developments.**

Paul: I think this year for me as well, this has been I'd say, a very *fertile* year—very challenging, but very fertile. I feel quite *earthed* in a way—earthed and more connected and appreciative of the people around me and somehow deeper rooted, so that I'm trying to put together things in my life now, in a more directed way in a spiritual sense—trying to pull all these teachings into my life as much as I can. It's little steps—

**Yes I see for you there is much more *balance* between earthly living and spiritual life. That balance has grown this particular year for you. I would say well done to you, because I feel, at the beginning you struggled, just a little (yes). Yes, but I say: well done to you (thank you.).**

**And I know our dear friend who is by you (*Mark*) has had some absence, but nevertheless never neglected, or forgotten (thank you), and his gifts have been shown through his own family.**

George: Yes, and I would say, your name often crops up in conversation, Salumet.

**Yes, well we know that names are of no importance. The only reason names are given, are for recognition purposes only, not because we wish to be remembered by a name. But we know that, as human beings, that is your way of contact, and therefore we find that by supplying a name, it gives us all connection.**

George: Yes indeed. I think we humans tend to stretch that identity in order to associate with the teachings, which are so valuable to us.

**Yes, and of course we know, with human beings, that name-connection continues well after they have returned home to spirit, for quite some considerable time. So I know, and *thank you*, because I know it is a gift to me, in the sense that you wish people to hear and understand my words. So, I feel my thanks to all of you is appropriate at this time.**

Sarah: That's very kind. It's reciprocal, but I remember you saying before that we both need each other in a way—you learn from us, as we learn from you.

**Of course, learning is never done with, whether you are here, or on another planet or whether you are in spirit—that knowledge grows and expands and continues.**

George: A particular name that I have noticed recently is that of Dr Stephen Greer, who leads what is known as 'The Orion Project.' He has studied what he describes as 'new energies', which can be so useful to Earth in future years. He has written a letter of proposals to the President of the United States, to make him aware of such 'new energies' and I couldn't help thinking that you have spoken on new energies to us in this last year, Salumet (**yes**), so I felt there to be a connection.

**Yes—there never is 'new energy', as I have probably told you (yes), all energy has always existed, but the point being that Earth will *re-discover* the energies to be used.**

George: Yes, it is our awareness that is new.

**Yes, so it is new energy in as much as it is being discovered. But yes, I did say that there would be new findings, and I am pleased that that is ongoing.**

George: Yes, I was impressed by the fact that he has passed the information to the American President **Yes, that would be influence from our world.**

George: I rather thought so **(yes)**.

Jan: Mine would be, I think more than anything else, I think my 'fear' has dispelled somewhat—a fear for the future, that I realise was a very negative force within my life, and although I have occasional days when I lapse—I think that's the biggest thing this year.

**Yes, you have indeed grown in that direction. But we have and will continue to work with you on this (thank you), yes. But to recognise, is indeed a great step forward. Yes, you are *all* going forward, but it is good for you to recognise it for yourselves, rather than for me to tell you what you must do.**

Jan: Yes, and I think the other thing is that I don't question quite so much anymore, *my* purpose, because I *know* that my purpose is of paramount importance, not only to those around me, but to myself and those in spirit.

**And do you see what has happened, that you have forgotten the 'I' —you are now involved in the 'we,'—thinking of others and understanding where all of this comes from. That is a great step forward.**

Jan: Do you know, I wasn't conscious that I was—but yes...

**It is a big step forward for you.**

Jan: Yes, I've removed the—  
—**The blockage.**

Jan: The blockage—so I have!

**Yes. You should be proud of yourselves, my dear friends. If only you could see yourselves as I see you, you would be surprised.**

Jan: Thank you, that's made me feel quite humble inside—being able to recognise **(yes—good)**.

Sarah: And I feel that I've been very aware this year of the guidance that I'm being given. And I'm trying to follow what I'm being given. So that's the main thing that I've found this year.

**Yes, you my dear friend, although you speak well of spiritual matters, at times you have not allowed yourself to *fulfil* those words; but as you say, you now recognise that you too have grown, and as long as you keep that to the forefront of your mind, all of life's difficulties and tribulations will fade into the background of your life.**

Sarah: Yes, thank you. I do find that the things that might have distressed me in the past, they haven't distressed me at all this time. I feel it must be absolutely right **(yes)**. Thank you. And Emily, my daughter, she's also had an awful lot of help. Anyway, she's very grateful, and you did say to her that wherever she went, there would be help for her, and indeed that has been the case, so thank you very much.

**Yes, once you make contact with us, even if you reject it for earthly years, there is still that contact there. And we do not let go easily. (*Mutterings of thanks and a few chuckles*) We cannot interfere with your lives, but we can inspire and lead you and uplift you. So, it is as you Earth people would say, 'a long piece of string.' So we will never abandon you once this contact is made.**

*General thanks*

**And now we come to our dear friend (*Serena*), our lady-friend, who has not been with us so long as the others, but fits in very nicely to this group—yes. The name is so similar to 'serenity' and we feel that is what this lady brings, although she may not agree with that—(*Smiles and chuckles*)—but she does, she does. And perhaps she would like to say just a few words on what she *feels*.**

Serena: I *feel* that people are disappearing, not dying, but just leaving my life. It's almost like a clearing. I feel I need to be more focused and find *one* direction, instead of going all over the place. I've looked at lots of different things, but nothing's really held my attention, but I'd really like to focus on something and perhaps find a new avenue to do with energy healing/energy work, that sort of thing.

**Yes, the desire and the love to do that is already apparent. Now all you must do is to allow yourself some patience. Yes, your life is structured and going in the right direction (thank you).**

**Which now brings us to two people, who really have not been with us too long, but I would say, if it is right for them, they will continue to return. Would you like to speak to the others?**

Mark G: I'm very shy.

*Giggles*

**There is no need to be shy with friends.**

Mark G: Okay. I'd like to say that I've experienced lots and lots of violence in my life and I've kind of learnt to deal with that by studying violence and studying the martial arts. But with my studies I've found that the highest form of martial art is healing; and I'd like to develop that area and I'm hoping that attending here will help me with that.

**Attending here will put everything into perspective (that's good). That is *one* of the reasons you are here (okay), to find the life that you search for. And when you *seek*, when you are ready you will find. Those words are so commonly known, that people do not always take them seriously. But give yourself time, my dear friend; again, as I have said to the dear lady: *patience, patience*. You have at times, not always been so.**

*Chuckles*

Mark G: No, that's true—thank you.

**Yes—but yes.**

**How about the little lady?**

Natasha: I come here just to regain my strength really, because I do see spirit a lot (**yes**), in between living life, and a very demanding job and looking after a lot of other people on this Earth, that it's just nice to come here, and I do feel re-recharged when I go home (**yes**). I do live quite a hectic life, but I do really enjoy coming here and I do feel recharged when I go home (**yes**) and I try not to *not notice* spirit, but sometimes I'm just very busy—it's difficult.

**Yes, we do not wish to intrude upon anyone's life, but everyone should *realise* that there has to be a period of surrendering to spirit. And therefore I would say to you, just to take it as it comes and you will find, as I have said to the gentleman, a balance, which is fulfilling and creative and will suit *you*. You are, after all, individuals and we would not expect it to be otherwise. But if you are not happy with seeing spirit, you have of course the right to ask them to leave.**

Natasha: I'm always happy to see them, it's just sometimes feel I'm letting them down, because I'm so busy.

**Yes, but of course they will take any opportunity to be seen, but you *do* have control of these things. So I say to all of you, my dear friends, thank you for sharing your information to each other. I am sure that each of you finds it informative to listen to the others and to see how you have, and *our* growing.**

**So now my dear friends, I take my leave of you, and I know that *you* understand that my love is always with you.**

*General thanks*

George: Wonderful—yes, we are most grateful—thank you Salumet, and I'm sure our love goes with you.

Jan: Salumet, are you still there?

**Yes.**

Jan: Sorry, before you go—because Lilian is not with us tonight, for upliftment, is there a message I can pass on to Lilian please?

**Our dear friend Lilian, is being taken care of. She has her own fears at this particular time. But she knows that we are with her.**

Jan: Yes she does, yes.

**So my message to her is that she is surrounded by not only my love, but all of those who come close to her.**

Jan: Thank you very much.

*Fond farewells*

*Next, one spoke through Sarah:*

***I have been listening in and took this opportunity of having a few words with you. We are always most interested to see how the human race develops along the spiritual line; and we are very happy to be near you and to contact you, in a way that we do not find so easy with very many of your fellow beings. We do try to be around many people, but they are unaware of our presence, and the help that we may be able to give to them. So it is nice to know that you people are aware of our presence, and although we have not been around you personally before, we now realise that we may be of help to some of you at some time.***

*When asked about identity, our visitor explained that he spoke for a group who have been together for many years and no longer reincarnate, but wish to help through influence.*

***I would like to say to you, and I am being told that some of you were monks together, and this is what we were also. It was a time of austerity, but there was much love and understanding between us all.***

*All from their last incarnation have stayed together in spirit. Their monastery was in what we know as Cyprus.*

***We were most strict, and it has been of great benefit to us in understanding how those of some religions who are so strict and take everything so—how can I say—each word, they believe in—***

Paul: Literally—

***Yes, but it has given us much knowledge in helping those who are so tied to a particular way of thought.***

***So we are trying our best to help all to become less—I cannot find the word—***

George: Rigid?

***Yes, I think that would be a good word—less rigid and more open to views of others. And in this way, we hope to create more peace in your world.***

*We spoke of inter-religion clashes, and our visitor referred also to the principle of one religion trying to take over everything.*

***So this is our main job—and we endeavour to help all sides.***

*Our visitor was duly thanked and he withdrew.*

*There followed one via Eileen, who has visited on a number of occasions over the years. She is known to us as Sister Anna:*

*(Spoken with a beautifully gentle voice)*

Sarah: Good evening to you, welcome.

***Good evening, it is I — Sister Anna.***

*Warm welcomes*

***I wish to tell you, on this my very last visit, that I am moving forward.***

Sarah: Congratulations to you!

***Yes, I moved forward before, but now I am ready to leave behind those old thoughts and feelings. No longer will I say to you, ‘God bless you.’ Now I am more likely to say, ‘To thank that Great Creator’. So you see how much more I have learned, and I am beginning to feel quite emotional. But I could not move***

*forward, without coming to thank all of you—all of you, who have listened throughout the many years when I came regularly to you.*

George: Ah yes, that must have been from the time of Leslie.

*Yes, I have met with that wonderful man.*

Sarah: Ah, that's nice —

*And we have had discourse on many subjects and I do not feel it is amiss to say, that he is still trying to change my way of thinking.*

*Merry chuckles*

*But I have discovered this for myself.*

George: Well I'm pleased he hasn't changed it *too* much and one thing that comes to mind is that we should congratulate you on your move forward.

*Yes it is wonderful and I am of course now separated from the group that I was with, because you see, recognition is a most wonderful thing. Truth develops slowly and I always felt that 'God was my saviour'—but little did I know!*

*Gentle laughter*

George: So one of the things that has changed, is your view of God, which is rather different from the monastery/nunnery days.

*Yes, and as I speak I feel the garb which was important to me in life, is slowly disappearing and I could not, could not go on without thanking you.*

Sarah: Well we're very grateful to you for coming to us and we're sorry we won't hear you again, but we'll catch up with you when we come over ourselves.

*You won't for a while.*

Sarah: No, because you'll have moved on—

*And I'll have moved on—but I'm surprised to feel so emotional because, when you are attached to people, it is very hard to let them go—and that is something I've had to learn.*

Sarah: But it's never forever, is it? That's the beauty of it. You let go, but you will eventually meet up again, albeit in a good few years time.

*I hope so, I hope so. There are still some who still can't let go of some of those ideas. So I am going to say to you: Thank you!—not God bless you!*

*Chuckles*

*And I hope that your lives will always be filled with joy.*

George: Thank you and we'd like to thank you for being around all this time—truly wonderful!

Paul: And *sharing* your story—your good news with us.

George: And if you now have this view of the Creation and the Great Creator—that sounds just right!

*Yes, is it not wonderful? It is wonderful!*

Paul: We can really feel the *ripples* of your wonder.

*You have much to encounter—*

Sarah: Yes I'm sure we have.

*Now I really must depart.*

Sarah: Well thank you very much for coming and telling us.

George: Yes I think we all feel somewhat emotional at this parting, but wonderful and we wish you so well on your journey.

Sarah: And if you bump into Leslie on the way, do send him our best wishes.

*Thank you.*

*General thanks and farewells*

George's Notes:

*1: Sister Anna: A communicator from afar in spirit, on 13<sup>th</sup> January 1997, stated that Sister Anna wished to be remembered. Leslie had declared then: 'She is one of our oldest friends!'. She had visited many times before our formal records began. 24<sup>th</sup> July 1995: Sister Anna looked in for an emotional farewell, to say she was moving on, ending 'God bless you.' But 27<sup>th</sup> September 1999, she again looked in to speak on the special occasion of Leslie's passing to spirit.*

2: Dr Stephen Greer and the Orion Project:

*Copy of heading:*

*The Orion Project*

*Memorandum*

*To: President Barack Obama and Members of Congress*

*From Stephen M Greer MD, Director, The Orion Project*

*Re: Urgent appeal for support of New Energy Solutions*

*The Orion Project ([www.TheOrionProject.org](http://www.TheOrionProject.org)) has identified groundbreaking new energy solutions that require your immediate investigation and support.*

*The attached "Summary of Energy Breakthrough Technologies" is a brief overview of these new energy solutions. Etc.*

*And thank you Ray, for bringing this to our attention.*

