

SALUMET – 20th 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.



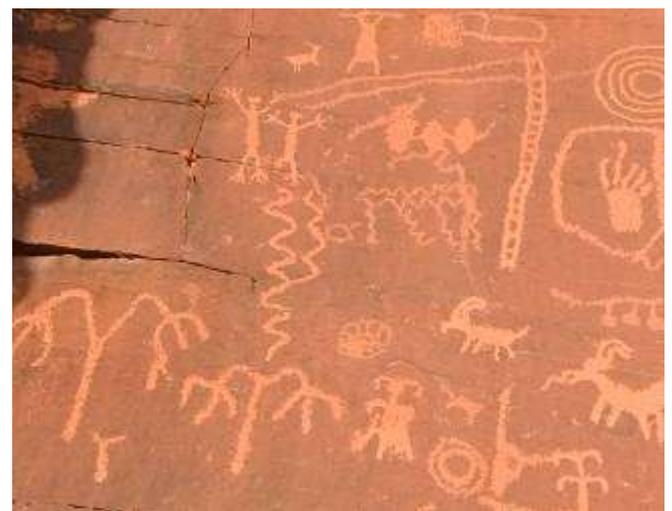
Nazca Plateau Ray Curtis photo, thank you Ray.



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 20th-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.