

SALUMET – 10th 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: Mmmmmm!

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 built 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, 18th 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 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 – 2nd April and 2nd July 2012.* Our visit to them during May is described on www.salumetandfriends.org Scientific Inquiry page. Dialogue with 'Theodor', a pyramid builder re South America (Salumet – 20th 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 – 11th July 1994, 14 November 1994, 7th 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.