

## KINGSCLERE GROUP MEETING

11<sup>th</sup> February 2013

*The evening began with a rescue. There seemed to be one with Eileen, yet there was silence*

[http://www.salumetandfriends.org/resources/20](http://www.salumetandfriends.org/resources/2013_02_11+rescue+in+the+park.mp3)

[13\\_02\\_11+rescue+in+the+park.mp3](http://www.salumetandfriends.org/resources/2013_02_11+rescue+in+the+park.mp3)

Lilian: You are very welcome to talk.

**Are you talking to me?**

Lilian: Yes, do you mind my talking to you?

**Leave me alone. Go and just leave me alone.**

Lilian: Why do you say that?

**Because it's quiet.**

Lilian: You are enjoying the quiet are you?

**Yes.**

Lilian: Where do you think you are?

**In the park.**

Lilian: Sorry I didn't quite catch that word.

George: In the pub?

**In the park—I wish I was in the pub!**

Lilian: Well, I think you were meant to come and talk with us, and we can explain *why* you are talking to us. Did you feel not well in the park?

**No, I was fine.**

George: Oh that's nice.

Lilian: Did you wonder where you would go when you die? Did you ever think about where you would have to go—I'm sorry to have to be saying these things to you, but it's quite necessary.

**Go away—just go away!**

*He declared that he would be angry if we keep talking*

Lilian: Right, I'll tell you what's happened—something has caused you to die.

George: And you've been brought here to talk with us, and we can help you—

**Brought where?—I'm in the park.**

Lilian: Were you sitting down?

**Yes.**

—On a bench?

Lilian: Well, if you feel the arms of the chair you are in now—it's a chair.

George: So you are in a wicker chair.

Lilian: I know this is a shock—it must be quite a shock. But we all have to go sometime. And you were in the park, which is quite a nice place to be.

**Who put me in this seat? Who put me here?**

Lilian: Well, where you should be is on the *other* side of life, what we call the spiritual side of life, and someone has sent you here so you can talk to us.

George: It's only the physical body that dies—the spirit continues, so you've been brought here.

**I don't know all this stuff! Okay—who put me here?**

George: Well-meaning friends brought you here.

Lilian: If you think about it, you are feeling nice and warm and you are surrounded with love.

George: There is much love here.

Lilian: You are feeling light—more energetic.

**Yes, I am.**

Lilian: Good—how old were you?

**Eighty three.**

George: Well, you've done quite well, haven't you!

Lilian: So, if you look ahead, you will see a light. And that's to encourage you to go into the spirit world, and in that light you'll see someone you'll recognise.

George: Within the light, you will see a friend there to meet you and greet you, and it may take a little time for you to see that.

**Never heard of it before—I can see that light now.**

George: Good.

Lilian: You may be surprised who you see in there. Someone you'd like to see?

**Not really—don't like that many people.**

*There was some talk of animals, then:*

**I can see a shadow.**

George: Ah! That's good.

**So you're saying I'm dead—**

George: Only your physical body. Your spiritual self is the bit that matters and that continues. It's the same with us all.

**Well, I can see everything you said—but, I'm not sure.**

Lilian: It will become clear.

George: The shadow will take form.

**I can't feel my feet. Where's my feet?**

Lilian: They are there.

**Who's lifted me up—who's done that?**

Lilian: Well, someone's helping you to go into the spirit world.

**I want to but I'm scared.**

Lilian: There's nothing to be scared of. It's where we all go—it's where we all come from.

George: You're surrounded in love, there's nothing to fear.

*There was some talk of accompanying*

**If you two come a little way—**

Lilian: We can only stay with you as we're talking to you.

**So you're not dead then—**

Lilian: No, not yet.

George: Well, I'm 82 so I guess it won't be long.

*Chuckles*

Lilian: No, we won't be long.

**—It's weird ain't it!**

Lilian: You weren't prepared, you see, so you're finding it a little—

Sara: But you're doing very well actually!

**Ooh! There's another one!**

Sara: But you're doing very well.

**Going where I'm going just to get some decent quiet!**

*Laughs*

Jan: I don't blame you!

**Ah yes! Yes! Yes!**

Lilian: Who can you see?

**—My brother.**

Lilian: Oh lovely.

**—I'm going—going.**

Lilian: Are you're happy to go?

George: So you can go forward—

*Pause*

**Bye (loudly).**

*Byes from all*

George: Enjoy your further life.

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*There followed a pause, then Eileen got us going on a discussion concerning 'spirituality—what does it mean to each personally?' We agreed most people would make a 'religion' connection—but no, it has to be more basic, centring on 'love and truth'—a way of life. A person may aspire to no belief and not belong to a church, yet may live a spiritual life. Going on from there, perhaps the term 'spiritualism' is obsolescent, because it means different things to different people—stage demonstrations, Ouija boards, rapping etc. Badly defined labels are perhaps best not used. It became evident that one was now with Eileen, we discontinued conversation and Lilian welcomed:*

George: Have you been listening to our conversation?

**Yes I have, (and with disappointment) and now you have stopped.**

*Chuckles*

**I've come to say something. We want to know if the lady (Sara) would like to take you on a journey this time.**

*Sara affirmed*

**Well, after your discussion, that's how we will end. Please carry on—I find it so interesting.**

*So our discussion continued for a while, Rod declaring how, at a Church of England service, congregation had been referred to as 'miserable sinners', which did nothing to make him feel good. There was talk of how religions have created problems worldwide. The Emperor Constantine, who presided over Councils that formatted the Roman Catholic Church 300-years after the time of Jesus was a warrior, and is portrayed in bronze outside York Minster complete with battle sword—near the spot where he had been proclaimed Augustus.*



The Emperor Constantine at York Minster, UK.

*The Nicene Creed had been enunciated by Athanasius, young deacon of Alexandria, and prominence to 'The Trinity' began here. Some who disagreed moved beyond the empire's boundaries, many formed separate cults. Across the years, an ugly pattern of the most outrageous behaviour followed, resulting in millions of deaths—the nine bloody Crusades against non-believers, extermination of Albigensians in Southern France and then the vile work of torture and slaughter of the Inquisition.*

***And I can tell you: they are all ashamed of all of these things. I'm sorry—I did not want to speak.***

*We explained that we are so pleased to have interjection from spirit and she is most welcome*  
***Exciting isn't it? I get so excited listening!***

*Salumet had previously spoken of how distraught the perpetrators become when they fully realise what they have done, and we spoke of this.*

*Finally:*

***I'm not supposed to talk—I have to go. My name's Lilian.***

*Our friend was thanked for her input and whatever further participation and it was agreed to be now time for Sara's guided journey:*

[http://www.salumetandfriends.org/resources/2013\\_02\\_11+Sara+journey.mp3](http://www.salumetandfriends.org/resources/2013_02_11+Sara+journey.mp3)

*We are going on a journey of expansion. I want you to imagine—have a picture of yourselves, standing, where you can see yourself in the distance, perhaps on a hill. And I want you to imagine yourself as you are*

*now. Think of your gifts—attributes—talents, that you are now apparently using. Think of your mental self—your physical self and your spirit within—perhaps your spiritual gifts. Now, try to imagine—if you have no barriers—what else would you like to be? Could you imagine yourself being more than you are now? Try to imagine that there is nothing to stop you from expanding yourself—to be even more than you are now. Try to get in touch with your desires for expansion. If you are going to grow, which direction would you wish to grow in? What would you like to grow? What part of yourself? So have a check through and see if there is any part of yourself that you would like to expand this year. Imagine some light around you as you are expanding yourself—imagine white light surrounding you. And now try to imagine that light expanding in front of you—around you, to the side and behind you. Imagine the light of your soul going forth in front of you and around you—expanding. See if you can visualise your own light reaching around in all directions. No matter how you imagine it, whether you imagine streams of light coming from the centre of your being or whether you imagine light surrounding you in a circular way, but just imagine an expansion of yourself. And imagine that you can be anything you want to be. You can be as big as you wish to be, there is no limit really. You stand tall and proud in your own energy—stand in your centre, confidently happy to be you, and feel that light within you—feel it bright and strong, as it comes out in all directions. Now go within yourself for a few moments and see if you wish to have inspiration from your guide, about ways in which you might expand yourself. And remember to open yourself to receiving help in your efforts to expand. Always ask for help if you feel you need it. And as you stand on this hill, stick your arms up high—raise them up high, in a gesture of freedom—feeling free to be yourself—free to be you, to develop yourself in all the ways that you would really love to—nothing to stop you, nobody to stop you, nothing to stand in your way. And be sure that you yourself do not stand in the way, to try and open to receiving the inspiration and the help to become all that you would most love to be. And give thanks now for the happiness that this will bring, and run down the hill with a glad heart and a happy spirit*

