

## KINGSCLERE GROUP EVENING

**26th February 2018**

After healing prayers, Eileen picked up the name 'Alice'. There was a rash and problems with health—we then had a rescue through Sabine—  
audio link:

[http://www.salumetandfriends.org/app/download/8778392/2018\\_02\\_26+rescue+1+Sabine.mp3](http://www.salumetandfriends.org/app/download/8778392/2018_02_26+rescue+1+Sabine.mp3)

**Excuse me...mmm...excuse me!**

Paul: Yeah hello.

**Is there somebody here?**

Paul: Yes, We are here, welcome to you.

**Who? I can't see you, can you talk?**

Paul: OK, we're here now, so, welcome...are you OK?

**Have you seen my truck?**

Paul: Seen your truck?

**Yeah, my truck, you know a big yellow truck.**

Paul: No, I haven't seen it, but...

**The one.. .I go through town here every day?**

Paul: OK, what's the last thing you remembered then?

**HAVE YOU SEEN MY TRUCK?**

Paul: No, we haven't seen it.

*(Asking someone else)* **Have you seen my truck?**

Di: Sorry no, when did you last see it?

**I'm just looking for my truck.**

Mark: Is it a real truck or a toy truck??

**What do you mean a toy truck! A big truck, like a truck on the road.**

Mark: So were you driving it?

**Well of course, what would I want to do with my truck?**

Mark: You may have had an accident...

**An accident?**

Mark: You may have had an accident...

Paul: That's why we were asking what's the last thing you remember, do you remember feeling ill or having any pain or anything?

**No, no, it was such a beautiful day, the sun was blazing very, very hard, it was hurting my eyes. Very strong sun.**

Mark: Do you think...

Paul: Right, it can be quite blinding when it's very strong like that, so...

**But, have you seen my truck?**

Paul: We haven't seen it, but it's quite possible...

**But all I'm looking for is MY TRUCK!**

*(Starting to cry)* **If I don't return it, I'm going to be in trouble!**

*(Eileen then came over and held hands, which had a calming effect)*

Eileen: No, keep calm, keep calm—just listen to what we are going to tell you, OK? Listen—what's your name?

**Evan.**

Eileen: OK Evan, now, the last thing you remember is that you were looking for your truck, OK, but don't worry about that, because we think what's happened, what you believe, when we die what's happens? Ok, you're OK.

**Well, we go to our ancestors, but I don't know them!**

Eileen: You don't know...that doesn't matter. Look ahead and just keep listening to what I'm telling you, OK? We think that you may have passed over, OK? And there is a big white light ahead—can you see it? Just keep looking, just keep calm, just keep looking. Who do you know in your family who's died?

**My little brother.**

Eileen: Your brother, what's his name?

**Ben.**

Eileen: You call for Ben, and look to the light and you'll see Ben, I promise you'll see Ben. Keep looking, is the light there yet? Well it will be—just keep looking—you're feeling nice and calm now, aren't you?

**I can feel Ben, I can't see him though.**

Eileen: That doesn't matter if you feel him, that's lovely; just keep looking into the light, and there'll be other people there to meet you, OK? It doesn't matter about your truck, just look for Ben.

**But if I don't return it, I'm gonna be in trouble...**

Eileen: No, you won't be in trouble, we'll sort it out for you, we'll return your truck, there's nothing to worry about. Ok?

**Oh, there's Ben on his tricycle.**

Eileen: You can see him, can you? **(Yes)** Yeah, and he's smiling at you, he's glad to see you.

**Yes.**

Eileen: Yes, he is. Would you like to go and be with Ben?

**Yeah, I'd like to go and be with him.**

Eileen: You feel happy to go? Don't be afraid, everybody is there to help.

**Ok.**

Eileen: OK, I'll leave you to be with Ben.

**Thank you.**

Eileen then gave feedback about how it's important to be quick when doing rescues; this one had begun to get distressed and that was when Eileen got up and held hands for extra reassurance. She added that Lilian takes them away from their situation fairly quickly.

With Lilian and Jan away, this was an opportunity for others to be used more and Eileen suggested we may all receive something this evening, even if it was only a single word, and it was important to speak out, even if some felt shy. Some then shared images that came to their minds. Eileen saw the eye of a needle and a Bible, reminding her of a Bible quote: "It is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God."

Mark 10:25

Next, Eileen asked if someone would take us on a meditation and Diane, had a go for the first time at the group—audio link:

[http://www.salumetandfriends.org/app/download/8778402/2018\\_02\\_26+Med+via+Diane.mp3](http://www.salumetandfriends.org/app/download/8778402/2018_02_26+Med+via+Diane.mp3)

So, if everybody would like to take a nice breath in, and as you exhale, just feel in the muscles, in the body starting to soften and relax. Feeling yourself starting to melt into your chair or sofa. And then just keeping your breathing very soft and even, just breathing gently without effort.

With each exhalation feel yourself become more comfortable, feeling the muscles in the body, link them in and relaxing allowing the bones to move back into the right position. Any pain in the body is removed and you start to feel calm, warm, safe and comfortable. Allow with each exhalation, just feeling yourself relax.

Just take your attention to your mind; as you exhale, just clearing the mind. Release thoughts that linger, just acknowledging them and on your next exhalation, just blow them away so the mind is calm and clear. And then just allow in your mind to be aware of your breathing, noticing the coolness of the air as you inhale and all the warmth as you exhale.

Find a space in your mind. Just feel that space expanding—relax in the body. The mind is calm and open now. Maybe you can feel energy channelling through the top of your head and

travelling down your arms. Feel the energy; in your fingertips you might feel some tingling.

With each exhalation, feel Peace and Love. Anything now comes to mind, don't be afraid, just allow whichever thoughts come; welcome the healing and welcome the Love. Feeling in your body warm and comfortable, feeling your mind at peace. Just allow in the guidance of your Spirit to take you on your journey, feeling yourself opening and feel joy available to us all and let the peace of God the Great Creator to be with you.

And that's about it...

Cho then spoke—audio link:

[http://www.salumetandfriends.org/app/download/8778405/2018\\_02\\_26+Cho.mp3](http://www.salumetandfriends.org/app/download/8778405/2018_02_26+Cho.mp3)

**Cho:** Hallo.

**All:** Hello Cho.

**I come just a little time, yeah. You're very quiet tonight.**

**Di:** There's not many of us tonight.

**Very good—you do very well lady.**

Referring to meditation

**Di:** Oh, thank you Cho.

**Yeah, you do. I need wake the others up or something.**

**Di:** Tell them a joke.

**Oh no, I not allowed to joke—I only kidding.**

Giggles

**Yeah. Many here, although it seems very quiet, many people here trying to help you all, trying to push you to do more.**

**Paul:** Right, are they waiting to use any of us for speech?

**Yes, they try anything to get you moving, yes, we just need you to open up a little bit more.**

**Paul:** Open up a little bit more, yeah.

**And we leave you in charge this time.**

**Paul:** Right, OK I'll try and see if we can encourage people to speak a bit more, to have a go...

**Yes, sometimes, you too shy—it doesn't work, if you close down like that. So Cho leave you, to do your work.**

**Di:** Thank you for popping in.

**Paul:** We'll see what we could do.

**Even if you feel silly, doesn't matter, just let's us know that you're picking up what we give, that's all.**

**Paul:** Even if it's like a couple of words or something...

***Yes, just let's us know that what we are giving to you is right.***

Paul: Mm, yeah.

***Anyway, I go now, ciao.***

*Usual goodbyes*

*There was then a second rescue via Sabine—  
audio link:*

[http://www.salumetandfriends.org/app/download/8778397/2018\\_02\\_26+Rescue+2+Sabine.mp3](http://www.salumetandfriends.org/app/download/8778397/2018_02_26+Rescue+2+Sabine.mp3)

***Hi, is there somebody here?***

Paul: Yes, hello.

***I didn't know I was not alone.***

Paul: Right. No, we're here, you're not alone.

Where are you?

Di: We're in a little group.

***I'm at sea.***

Paul: Ah, perhaps you *were* at sea, but you're not at sea anymore.

***Well I'm on a boat.***

Paul: You are in a room, in a house at the moment. Perhaps you have been on a boat, but you're no longer there, that's your last memory. I'm afraid...

***Do you have something to eat?***

Paul: There's nothing to eat at the moment, but don't worry about that now, we'll find you something, ***(But I'm hungry)*** that can be sorted out shortly, but the important thing for you to know now is that something may have caused you to die.

***To die?***

Paul: Yes. It's probable that an accident may have happened on the boat. What did you believe...

***Well, there was an accident on the boat. (Right) so I went on the little side boat, in the safety one.***

Paul: Right, yeah.

***I went earlier on on it. I'm very dizzy...***

Paul: As you can see there's no...

***I'm so hungry!***

Paul: If you could just bear with me for a minute.

***Do you have food?***

Paul: The food will be here shortly, but...

***Or I'm gonna die!***

Paul: ...For now, it's important for you to know—what did you think happen if you died? Did you have any belief?

***Come back to dust.***

Paul: Right. The very fact that...

***But I will get back to dust if I don't eat.***

You're talking to me know shows...

***So I'm alive***

Paul: ...that it continues. There *is* the life that continues—your body, is now no longer there, but your spirit continues, so whether you call it, 'going to heaven', to a new life, I'm here just to help you to move on to that new life, do you know anyone that's already passed away, died? A friend, or family?

***My Mama.***

Paul: Right, well, if you look, you may see a light? Can you see a light? Maybe just a little speak at the moment?

***Do you have just a little crumb or something?***

Paul: Well, if you look to the light, you may find you recognise someone, in that light. And they'll find you some food.

***They will? (Yeah) You don't have any for me?***

Paul: I don't have it, but if you look to the light, you should recognise someone. Can you see a light now?

***No.***

Paul: Have a good look around.

***I'm looking for food, you said there would be food in the light—I can't see it.***

Eileen: It's a man—is he a man?

Paul: What's your name?

***My name? You give me food and I give you my name!***

Paul: As I said, I haven't got it, but if you keep looking, just keep looking ahead of you, try to forget about that just for the moment and try focus on—you should be feeling a bit calmer as well by now. Maybe a little bit warmer.

***Not really.***

Di: Can you see a light anywhere? You should be still looking for a light?

***I'm looking for food!***

Eileen: Why were you on the boat?

***Yes, I am on this little boat.***

Eileen: Are you a sailor?

***No.***

Di: Were you on a big boat and there was an accident so you had to go on a life boat.

***That's right, that's correct.***

Di: Were you by yourself on the life boat?

***Well, there were 2 other people, but they just jumped over, one of them died and I pushed him over because there were too many flies.***

Eileen: You're a gentleman are you? **(Yes)** So if you believe what Paul's been telling you, reach up and touch your hair. Feel your hair.

***My hands can't move.***

*(Her arms were gently lifted)*

Paul: Here we are. You'll see...

Eileen: Yes, you're using a lady.

***Well, I don't have long hair like this!***

Eileen: No, you don't, but you're using a lady's body so we can speak to you.

***Oh, where am I?***

Eileen: Yes, just listen, listen to Paul.

Paul: If you your arms there, you'll feel you're in a chair now. You're not even on that boat anymore; you're on a chair, you're in a room that's perfectly warm, you're not at sea anymore, and you should be able to feel...

***Well, what's happened? Is that because I pushed that lady in the sea because she was full of flies?***

Paul: No, you're not at sea anymore, you are in a warm room, you are sitting in a chair.

***Yeah, but I don't feel safe at all!***

Eileen: But you are with a group of people who are here to help you, so just listen to Paul and he'll explain what happens when you go, when you die.

Paul: So now that you're not at sea anymore, you don't need to worry about those things, it's time to move on now, move on with your life, and the way to do that is to look ahead of you, look ahead of you and see what you can see. What can you see now?

***Nothing.***

Paul: Ok, is it dark?

***Yeah it's dark, there's just nothing.***

Paul: Is there any patch of light...

***No, I don't want to be in that women's body, I want to get out.***

Paul: This is just so that you can talk to me, this isn't for long, as soon as you can see ahead of you a lighter patch, a bit of light, we can get you home, to where you need to go.

*(At this point Natalie got some clairvoyance, which really helped)*

Natalie: I have the name Erik.

***Erik? You know him?***

Natalie: You know Erik?

***Of course I do, but you know him too?***

Eileen: Yes, yes, yes.

Natalie: Erik is waiting for you.

***He is such a fine boy, isn't he? I really love him, but I couldn't tell anybody.***

Paul: So there you are in the sense, Erik is waiting for you, maybe you can *feel* Erik if you can't see him, maybe you can feel him.

***Yeah, he's over there, he's waving at me. He is saying it's OK to come.***

Paul: Are you ready to go with him?

***I guess so.***

Paul: You're happy to go with him?

***Yeah.***

Paul: OK, well done. And your journey will continue with Erik.

*We thanked Natalie for her timely piece of clairvoyance and discussed the rescue and how sometimes you need to get them to 'feel' those coming to help their transition, if they are unable to see the light or those around them.*