This document contains the years, from 2008-2015 of the Salumet teachings, verbatim, as they were originally presented. Salumet's words appear in **Bold Font***, while other channelled communications appear in* ***Bold Italics.*** *Different coloured fonts are also sometimes used to differentiate between different speakers.*

This is a large file, so you may wish to perform KEYWORD SEARCHES within the document, which you can do by entering any keyword into the magnifying glass symbol, to see whether a topic has been mentioned in the text.

~28th January 2008~ SALUMET

During our meeting of 21st January we received the welcome news that Salumet would return for this meeting:

Lilian: Good evening Salumet.

Good evening. I am happy to join with you again.

George: We, too, are all delighted I know, to have you back.

I thank you my dear friends for your love and your willingness to meet with us once again. I have been absent from you for just a short time—your time—but it is most welcome by me to have that breaking-off of connection in order that I might re-join to that space in time from whence I come. It gives me the opportunity to speak and also to seek counsel about many, many subjects; and as I come to you this time, I want to say to you my dear friends that each one of you has indeed grown spiritually and I know I say this to you often, but it is true—even when you are not aware of that growth, it *has* happened. And for some it may be one of life's experiences that has helped you grow, for others it has been an awakening to things spiritual, but no matter what the cause has been, let me reassure you all how much you have grown.

Lilian: Thank you for telling us that. Probably we are not aware of it as much as you.

No, no. You cannot always see it for yourselves, but you have indeed grown much and for this I say to you 'well done'. And let us begin this, another of your earthly years on a positive note, that you may all remain positive throughout whatever comes before you, whether it be troublesome in nature or whether it is something that you feel is good for your life; let it all come and be positive, because when you refuse to entertain fear, then indeed you become stronger and life becomes less of that struggle, which I have to say, belongs to you all. This coming year I would wish my dear friends that you feel that each one of you are inter-connected with each other, not only yourselves, but all of mankind, not only on this earthly plane, but throughout all of creation; that you can *feel* that connection more strongly, because without the knowledge of inter-connection, you would be lost I have to stay. Whether mankind realizes it or not, you cannot be one single entity. You understand what I say to you?

Lilian: Yes.

George: Yes, I'm sure we do and I love the way this time you spoke of returning to 'space and time' and this is something we all understand and accept so much better now.

Yes, it has taken a little *time* for you, but, as you know, that has always been my purpose: to serve you simply, to continue to reiterate those truths that stand before you, but which are not always seen to be *truth*. I would like you to feel part of every planet, part of all existence, to become aware of that 'integration of energy'. That is what we will try to achieve in this coming year. It will be taken slowly and each of you will again experience it in different ways, but you will experience that coming together, that union of energy, which I know you feel within this room, but not always when you are away from this room; it then becomes a little more difficult for you, I feel, but that will be our goal in this coming year. I do not intend to say too much this time, but I am comfortable here with you so I will take only a question or two before I leave you to ponder my words and to continue with whatever comes to you next.

George: Yes. Our dear colleague, Jim, is unable to be here this evening. He has asked that a question from him be put to you **(yes).** If I could just read that: It concerns what is known on this planet by many as 'salvation'. He explains: *it is a feature of the world's religions—the Saviour is of course Jesus who died on the cross. We are all saved from the dire consequences of our sins if we repent and ask for forgiveness and accept Jesus as our Saviour.* (I would say this is very much a Church belief.) *I*

understand that our sins include original sin, so no-one is excluded, but Salumet has taught us differently from this: we do not progress in this way, but billions of people are going to rethink on this important matter. In fact, it seems to me that the Church is offering salvation in the name of Jesus and no-one is excluded. If the story of Adam and Eve is myth and their sin in disobeying God is also, no doubt the authors of this had no clear ideas of reproduction and this was their explanation—the best they could do. I do not feel held by this any more than most, although one hears that there are groups in America which still have this belief. There are many side issues to this and all things could usefully be gathered up. The question would be non-specific, but Salumet's comments about it as a very fundamental issue would be invaluable.

I feel myself this is very much a Catholic Church item and the confessional is strong in the Catholic faith, where sins are confessed in the name of salvation. I'm sure Jim will be very grateful for any comments or discussion that you may have on that?

Yes. Our dear friend of whom you speak is of course still strongly attached to the belief systems that have been given to many of you and *hold you*, *jail you* to beliefs in order that many people have power over you. We have discussed on many occasions about religion and my views about them. You do not come to this life, and I quote his words, *'with original sin'.* How can an all-loving energy produce something which is so imperfect? It takes from the human being the right to live a life of love and hope and to be dependent upon others for their—again I quote, *'salvation'*. This cannot be. These words were purposefully used in order for mankind to be kept *down.* That power could be used to keep the masses under control. This you all know, but our dear friend Jim still struggles with all of these questions.

George: Yes, this may relate to close family and so many on the planet will be, I know, in this very situation. There will be many around who have the *old influence*, if I could call it that and I think those …

And they have become their own jailers, because they cannot *release* these thoughts and they are negative thoughts. Whether they understand this or not, it is negative thinking to think that you come from a source which is all powerful and cruel—and it cannot be, it cannot be.

George: And of course in the days of the Roman Empire when the Church basis of this religion was founded, it was very important to the Empire to control millions of people.

Yes. And of course they took their information from all other sources of what you now term religions or beliefs. So, if only mankind with his intelligence now would use that knowledge to think for himself, to allow that spirit to come forward, he would realize that all is not as it should be. And I believe my dear friends I have told you that the world's religions are taking a back seat to what humankind is now beginning to know and to understand about himself and the source of good. You cannot be saved from any deed that you have committed. You cannot take on another person's—and again I will quote his words, 'sin'. That is where your personal responsibility comes into play.

Lilian: In some case it's almost a comfort zone, isn't it, if they think someone can save them from their sins?

It is very easy, do you not think that you can be absolved in one second of all that you have done in a lifetime? It does not make sense if you think about it logically. Why should what you call the 'evil' people of your world—and I of course would dispute that use of the word, but for your understanding, why should they be absolved, while there are many, many good people? What is their reward? It then becomes an unfair equation. You understand?

George: Yes. I think one of Jim's deep concerns has been that so many millions of people are bound to the church in this way, by this forgiving of sins.

Yes. He cannot change or alter what is here; only each individual can change and that, as I have told you in the past, takes time, but it is coming. Many people who have been taught in this way, and it is not only Christianity, it is widespread throughout many of your so-called religions. I await the day when there is no title to what people feel. The love that encompasses them, that all people feel part of each other with the responsibility only for their own actions, not those of another, or for one to step forward to absolve them from their deeds.

George: Yes, there is so much thinking for so many to do in rising above the traditions **(yes)** of so many years.

It is deep-rooted, but it is happening—be assured it is happening. It needs one small light within a darkened room for that knowledge to spread as the candle flame does. Gradually and slowly the room begins to light, in the same way it takes one person to spread the word of truth, as each one of you my dear friends has done in your daily lives. I am sure each one of you could tell a tale of who you have helped just by the use of your words.

Lilian: Thank you Salumet.

I would say to our dear friend Jim, to continue to look but do not be influenced by the words or the actions by those close to him, because I say to him, he is on the correct pathway. He will be helped, helped in his understanding, helped to realize that he cannot change another's thoughts as much as he would so desire to do so. He must remain positive in the knowledge that that Creative Force is all-loving and protective.

George: Wonderful to have your words on what I feel is a big world issue.

Yes, it is. It is part of the scheme of change that is taking place on your Earth at this time.

Lilian: Yes. We can see and hear in discussions that—it's either on our televisions, on the media of some kind—discussions which are very interesting. You can see the change a little bit.

Yes, it is happening, but until mankind feels an inter-connection with each other there will always be disagreement or disharmony; but it is up to you who know the truth to steadily move forward. Be assured that what you know, not what you believe, but what you know to be *truth* is carried forward in love and in light. That is the way forward. Light that small candle in the darkness and watch it grow.

Now my dear friends, as I leave you, I give thanks to that Great Creative Force for joining us together here in the name of love, that we might for this very short time feel the energy of each other. Take the knowledge that is given and continue to grow spiritually on your own individual pathways and learn to share with others that knowledge. For this I give thanks to you all.

Lilian: Thank you. Would it be okay to ask about a lady who has shown a wish to come, Valerie Hallet? I just wondered if you felt she was okay. I really don't know this lady very much. She's reading the book that George has written.

Yes. If all are prepared to welcome her, I have no objections.

Lilian: Thank you.

George's Notes:

Let us not forget that the deeper spirit that is Salumet's natural domain is both timeless and it is without space. And there are other beings of pure energy (formless beings of light) with whom he has counsel whilst away. On this occasion, and for the first time, he refers to his return to 'space in time'. Albert Einstein and modern scientists would more often use the term 'space-time'. Our world has been created in and occupies space-time, whilst the deeper spirit does not. At last, the terms of science are seen to move closer to the spiritual picture for a fuller understanding by those of us living in the 21st-century

A rare sight to greet the New Year – three albino squirrels checking on their provisions, seen in Purbrook

~4th February 2008~ SALUMET

Before the session commenced, the group were discussing the early evolution of humans, possibly starting with animal species prior to ape-like form.

Good evening.

All: Good evening.

I am happy to join with you once again.

Sarah: It's nice to have you back, Salumet, thank you.

Lilian: We wondered if you had been listening in on our conversation just a short while ago.

I understand your conversation, not only here, but in your daily lives also. I wish to say to you my dear friends that it is heart-warming to listen and understand how you take all information given. You absorb that information, but it is right that you should at some time question knowledge; I have always imparted this to you. Therefore it makes me glad when there are discussions among yourselves, with various comments. I would just say this to you: I will wait until there are a few more of you present in order that we can discuss a little further about humankind.

Lilian: That would be nice.

You, of course, understand that the whole of this planet has evolved, but what we have not discussed is the reincarnation of humankind and the reason behind that reincarnation. It has an impact on what you were speaking about, so I will return to it for you and hopefully we can clarify any thoughts that you may have.

Lilian: Thank you.

Because you are few in number this time, I will take only questions and remain with you for a short time only and hopefully when we come together with more people, we can have a longer evening of information. Do you have any questions this time?

Paul: I've got one. I've always been interested in the story of Joan of Arc and how this farm girl was able to rise through and eventually lead the French armies in the 15th Century in France. Her rise to leadership was partly because of her visions and clairvoyance that convinced people that she was sent by God—those were the words at the time—to become a sort of saviour of France when she was at war against the English. I think it has fascinated me because—I wondered about how humans are usually influenced by spirit and I can't quite see—I think when they become military leaders, I wonder about it, whether they're misinterpreting their guidance or whether it is necessary sometimes to fight in combat situations, because otherwise some humans would dominate the world too much.

Yes, I understand your questions. Firstly, you have to understand that the person you speak of had already chosen her lifetime; it was not an easy life to live. No matter what time in the planet's existence, there are those souls who choose to come for more difficult lives; this is part of their own spiritual growth. That is the first point I wish to make to you. For the wars, the cruelty, the leadership, you have to remember that you live on a planet where learning is uppermost. You must

remember that mankind creates wars, not spirit, but, as you say, sometimes it becomes necessary for humans to be involved in some form of what you would term 'wars', because mankind has created these things for himself. Therefore you have to have leaders or strong human beings, who can become involved in order for peace to reign. This may be confusing to many of you and I understand why that is so, but throughout your history, man has fought against his brothers, unnecessarily so. Every nation has been involved at some time or other in conflict with his neighbours. You wonder about the influence of spirit on the one person of whom we speak: she was indeed influenced from spirit to try to create a situation which was able to sustain a peaceful country, but in order to do so, she had to become involved. I would say to you, she was influenced correctly at that time in history (yes), **in the same way as your leaders today in this world have to take decisions which are not basically their own true nature, but because they have become leaders, it is necessary to do so.**

Paul: Yes I understand that.

You understand. It does not mean that they have to lose their own spirituality, but they have to do what is best for the *whole*. I know it is difficult, it is always difficulty to place into human words the workings of the spirit.

Paul: But I think that one, Joan of Arc, did go down in history. Well, she was later given various titles, a saint and …

That was only because of the religions of the time. She was no more—I do so wish that these titles would be dropped from humankind. She chose her destiny, and although each one of you do so, there are points in a life where you meander along that pathway, but that does not mean it is not your chosen path. You understand?

Paul: Yes.

Sarah: You get leaders like, for example, Mugabe who, many believe is not being a good leader, but we shouldn't criticize, it's not our place to criticize, but it seems hard—I mean maybe he's doing what he's doing for other people to learn, but that's quite a difficult one to swallow really.

Lilian: The good comes out of the bad.

You cannot have black without white; you cannot have that darkness and that lightness apart, because they both belong to the same energy. And it is how it is used, that is the important point, what the human being decides to do with that spiritual energy. And there is so much fear in this world that it creates more problems. That is why my dear friends I urge you always not to be fearful, because it is a negative emotion, and as humankind you are emotional beings.

Rod: I would imagine the fear now is increasing because of our advancement in media—televisions, paper—and it's repeated over and over and over each day. If you come across an old person, they look at the television and they get really upset by that day's news and the fear must be enhanced, and possibly it's not a very good thing then, from what you're saying; we're sort of making ourselves worse.

You cannot, not live in this world, because you are already here. What you have to realize is that *you* are responsible for the way that you react to every given situation —that is your spiritual responsibility. You may be surrounded by fear and evil, as you like to call it—I prefer to say misguidedness—but you have the ability my dear friends never to be fearful, because, after all, you will continue for all time, so what is there to be fearful of? Look to the wider picture. Always look to the spiritual aspect of all things.

Sarah: Yes, those were some good words, Salumet.

Rod: That was fantastic.

And if I may say to our dear friend who asked the original question, I would say: do not dwell on what has gone. Give your thoughts to what is to come, live in the now and do not question too much about what has already passed and in that way, you, as a spiritual being, will grow and grow. Give your thinking to those in need now. 'Now', that is the important word.

Paul: Thank you.

I hope it has helped you.
Paul: It has, thank you.
Sarah: Those words were very good.
Lilian: Yes, interesting.
Rod: I am always very, very—not puzzled, but whatever question is put to you, and we go back thousands of years, George comes up with somebody hundreds of years ago, Paul comes up—and you are able to go to that area, that person and you know the facts. It's like a computer! That amazes me.
Sarah: It's better than a computer, Rod!
(Laughs)
Yes. That is indeed new technology. I have to say, I am just a little older! Yes.
(More laughs)
Rod: You go back very quickly and come up with the answer very quickly.
Because truth does never, never change.
Lilian: Can you take another question?
I will take one more.
Lilian: I was wondering about, on this planet we have brains and we use our brains, and we have a mind which belongs to the spirit. On other planets, probably much more evolved than we are, would there be any species at all that would not need a brain, they would only need a mind, because they were very spiritual people, very knowledgeable on spiritual matters. Is there a planet like that?
If you had only the mind, you *would be* spirit. There would be no necessity for a form of some kind. So no, no matter what form, there is always a *form* of brain, not necessarily the same as humans on this planet, but all the same, there has to be something functional other than the spirit mind.
Lilian: Yes, obviously that's simple now *you* say it. We wouldn't be here if we …
No, if everything was all spiritual, you would be in spirit. You understand?
Lilian: Yes, thank you.
Sarah: Bonniol *(from Planet Aerah)* told us about—on a planet they had something like mushrooms, *(the Mushroom people*) but they must also have some form of brain then.
Yes, it is an intelligence, perhaps a better word than brain; it is an intelligence that is used. But, yes, if you have form, there has to be some form of intelligence, but once that is discarded and you are pure mind, then of course, you are in the spirit realms. Has that helped you?
Lilian: Yes, yes, thank you. But going back to Paul's question, I wonder if Winston Churchill in a much more recent time, he was influenced from spirit on a peaceful level to help.
All leaders would be influenced to make the best decision, but of course, with freewill they can override what spiritual information is given to them. That is why our dear friend wondered why Joan, as she was called then, was receiving the correct information.
Lilian: Yes. It is just that I had read that this particular man had had his quiet times and I thought: 'yes'.
Yes he was influenced, but so are all leaders in your world. But because we try to influence, doesn't mean that those thoughts are accepted.
Sarah: Eileen, who you are using at the moment, she's just read a book where characters on the television are imparting information about universes and various such things, so they are also probably being influenced, and they're in an influential position where they can pass messages on as well.
Yes, the more aware, the more open, the more dedicated you become to the spiritual way of life, then you go beyond the realms of this Earth. Your own knowledge will take you further; that is part of spiritual awareness. It is open to each one of you my dear friends. So, accept or do not accept; that is entirely up to each one of you. If any information does not sit well with you, then disregard it for the time being. It does not mean it is right or wrong, it means only that you are not ready to accept that information, and you never will whilst upon this planet accept all that is available to you. You already know how diverse information can be and it is up to each individual, either as part of a group like this one or by themselves, to decide what they accept as *Truth*. I can come to

you my dear friends with many words, but remember also, I have told you, if you cannot accept my words, do not be concerned, it will come to you when you are ready.
Sarah: I have to say that everything you've said, Salumet, I haven't need to query—it just seems right what you tell us.
Yes, because I waited until such time as each one of you was ready to open up to develop and to accept the words of truth.
Sarah: When you say 'each one of us', you mean each one of our spirits—you've waited many, many lifetimes then to bring us together?
Yes. You have all … even now you are developing at your own pace. Everyone within this room now and the others who are not present, have your own individual development. It matters not what you feel physically, but it is what you are accepting as spirit; that is what shines through to the physical form—it is that spirit within that shines. Again we return to the word 'responsibility'. You are all responsible for your own thinking, your own actions and, of course, the acceptance of any truths given to you. So you see my dear friends, that as your awareness grows, so does the responsibility grow also. You cannot then deny what you know as truth.
Sarah: That is true because when you do something that you know hasn't been quite right …
You know.
Sarah: You do definitely know.
Yes, and therefore the responsibility is much greater. Now my dear friends …
Rod: Just butting in there a bit quickly, Salumet, it's no good asking for forgiveness, as you said, to somebody on Earth?
Do not ask for forgiveness.
Rod: You can't ask for forgiveness for that sin?
You are responsible for whatever action you do; you cannot be absolved just like that. There has to be cause and effect, that is the natural law and that cannot be changed.
Sarah: You did say, at least if you recognize what you've done wrong, you are half way there.
Yes, that recognition is the beginning of understanding. Yes, of course. There is so much, is there not, my dear friends to think about? When you feel you know a little, you suddenly realize you know *very* little.
Sarah: Yes, that is true.
Yes.
Rod: As George says, the more you know, the more you know you *don't* know.
Yes, yes, it is true.
Lilian: Thank you once again.
Sarah: It's been very useful.
But we will discuss why evolution takes place in the way that it does and hopefully it will be clearer for all of you.
Lilian: Yes, we look forward to that.
(General thanks)
George's Notes:
Joan of Arc, Maid of Orléans (1412-1431), broke with French troops, the siege of Orléans and drove the English from the Loire towns and remarkably turning the tide on the war with the English. She was said to hear heavenly voices urging her to save France. She was finally captured and burned at the stake on the trumped up charge of witchcraft and heresy.

~12th February 2008~ SALUMET

It should be mentioned that during the discussion about human evolution prior to last week's meeting, the subject of reincarnation was also included.
Lilian: Good evening Salumet.
Good evening.
All: Good evening.

As we join together this time I feel your energies. I thank you for your welcome and say to you that each time I come I feel that love bond strengthen; for this I thank you.
George: We are very pleased that that is so, all of us.
I am pleased to see that there are more of us this time.
Lilian: Yes, that's right.
Yes. We spoke last time of evolution and we had some questions from our dear gentleman friend *(Paul)* **and I did say that we would discuss it when there were a few more present; I think this may well be an opportune time. As you know and I have said to you, the essence of your life, not only human life, but all life, is to *evolve.* This I know you all easily accept. We also know that there are many diverse opinions about this subject, not only from our world, but amongst your own scientists and we have discussed it previously, have we not?** *(Agreed)* **Yes. Our dear friend asked the question about the evolution of mankind, is that not so?** *(Agreed)* **Yes.**
George: Yes, indeed. I think we're fairly clear on the biological evolution going back as far as what we term 'apes' walking on two legs and their ape-like predecessors that walked on four, but I think we have no knowledge beyond that. Please correct me if I'm wrong in this.
Yes. We will talk a little further, but firstly let me say this to you my dear friends, that ever since time when spirit communication has taken place—and that has taken place since the arrival of humankind who had understanding—when that point of evolution had been reached, then we in spirit were able to communicate much more easily. You know my dear friends that there exists not only this planet, but many, many planets throughout many, many universes. We also discussed that that life form on many other planets is not the same as this one. Within this galaxy, this Earth planet is a place of learning and evolving. All of existence belongs to the same essence, whether you belong to the category of human or animal or angelic existence—and there are many more—no matter which one you belong to, originally we all stem from that same essence. This I know you fully understand, do you not?
Lilian: Yes.
If you do not, please let us discuss it now.
George: Yes I think we all understand the essence, but we probably don't understand the fuller nature, should I say, of that essence or perhaps how the essence relates to what I might call the 'Mind of God'—the 'Creative Principle'.
The Creative Principle, that is much better. Yes, all of creation is part of that greater, shall we say 'mind', just to help you in your understanding. On every planet which comes to your focus, there has to be a beginning and we begin at the very basis of existence, and this your scientists are now beginning to realize, that even the tiniest of existence has intelligence. It is this intelligence within all kingdoms which unites us. I have told you that the angelic kingdom, especially the higher realms of angelic beings, have never walked upon this earthly plane, nor any other planet, because they are belonging to a different branch of energy. Let us speak of 'branches of energy' to keep it simple for you. Humankind has indeed evolved, but what you do not understand is that that strain of evolution belongs to those who have intelligent understanding. The question asked by you last time my dear friend was: 'Can we evolve into other animals—do animals evolve to human beings?'
Paul: Yes.
Yes, that was your question.
Paul: That's right, yes.
Yes. There are many different avenues of evolution and you cannot change from one to the other, and much has been spoken within your world that from the tiniest, tiniest life, man has been created. That is not entirely true, because there are evolutionary *trails* of life which do not intermingle. I have spoken of this before.
Paul: Yes.
Yes. Do you have a question at this point?
Paul: Just to clarify then. There is a completely separate evolution for the animal kingdoms.

Yes. The elemental kingdoms, the animal kingdoms, the human kingdoms, although we do belong to the one essence and that cannot alter; there has to be that trail of evolution separately, for these things to take place.

Sarah: So that includes apes and monkeys as well?

They follow the line towards human evolution, but they would not intermingle with the elementals—the sylphs, or the elemental kingdom, although much has been spoken that this is so. You have to go from the beginning and this is what others do not understand, because they do not have that knowledge.

Paul: I wondered about native American-Indian beliefs about 'power animals' and I wondered because people have particular animals that seem to give them strength at times at times **(yes)**, whether that was due to a past life as that animal?

I think you have to remember my dear friend that you have the power to *transmute* energy and that may be one explanation for why the connection—and do not forget that that race of people lived closely with the animal kingdom, therefore the blending of energy of spirit would be such a strong one.

Lilian: I remember Bonniol telling us that they had evolved from two species, so it would be a blending of the energies?

They would have evolved because they had chosen to evolve in that way. This is what you do not fully understand. When we have spoken of evolution, all that you know is what your earthly scientist have discovered or *feel* they know. They do not know of the spirit within. You understand?

Paul: I think, yes...

But remember energy can be transmuted into anything that you desire. So therefore, those from our world, if they wish to come to you in some evidential way, can transmute their energy into being a butterfly, a cat, an animal of any kind, but it is a *transient* energy. Do you begin to understand? But the line of evolution for the human being is one that is slightly different, but it would belong to the line of the great apes and that line of animal. You understand?

Jan: Why spiritually did man, evolving from those great apes, why did he spiritually almost 'branch off' into a human away from an ape spirit?

It is called the evolution of the mind of spirit, the understanding and intelligence of the spirit.

Jan: If somebody could write a book on it, where did we consciously decide, that because the way we were evolving, our intelligence …

Because, to exist upon this planet, you had to evolve to exist.

Jan: But we left our cousins as they were...

Because they have not evolved enough. Those who remain in that state, in the same way as you have children within your schools, if they do not learn, they remain in one class while another will grow and have more knowledge.

Jan: I perfectly understand that on a physical level and how would we have evolved from apes…

But you cannot separate physical from spiritual. You cannot have that separateness, because they go hand-in-hand.

Jan: So, basically really, the apes being our ancestors were more than happy to stay as they were and how should be...

***Some*, not all, otherwise there would be no evolution. Energy is ever-moving, ever-growing, but these *decisions* you have to remember are made from spirit.**

George: I would imagine that an important part of the biological evolution would be the development of brain **(yes)** and the capability of its transmitter mode.

Yes. You can speak of physical improvements all that you like.

Jan: But I'm trying to get to the *spiritual* side of things.

Yes, it is the spirit that decides.

Jan: So the spirit world decided that some of the apes would split off and evolve in the way we have. So the spirit decided.

The spirit decides.

Jan: Right, I understand perfectly now. Thank you.
Yes. Always the problem is that you see things on a physical level and it is very difficult to try to put into physical words natural laws. That is always our problem to make things simplified for you.
Sarah: So, Salumet, going back to the apes, if an ape spirit at some stage now, decided it wanted to grow, would it the next time come back—it couldn't just suddenly come back as a human being, or could it?
No. It would be … it would go back to that animal soul, which then realizes how much it has grown. It is only when there is love-bonds with humans that animals have that interaction and then the spirit within goes forward. It is not really a conscious decision as you would know it, it is a natural evolution.
Lilian: It seems to me that if we watch the wild animals, they are not so different to what we are.
There will always be leaders and followers and the leaders of the animal kingdom are the ones who are moving forward. This does not take place in an instant, this happens gradually over time.
Lilian: Really they are as intelligent as we are, only in a different way.
Jan: Their intelligence is their instinct **(yes).** Their instinct is what they survive on **(yes).** We've come away from instinct—we've lost that. Well, we haven't lost it but we have just sought out our intelligence as our driving force as opposed to our instincts and the instinct is what keeps the animal kingdom, I believe, as a whole consciousness in their spirit world. They live in the moment, they don't live in the past or the future, they live in the moment **(yes)** and that's the difference.
Humankind has become very analytical much to their own detriment.
Jan: Yes.
Yes, that natural instinct, that instinct to survive. That is why so often you hear: the strongest will survive, in the animal kingdom.
Jan: It's a law of survival that is so balanced **(yes)** that, I believe as humans, we've completely lost that balance and we're striving for it, as is this group, to feel that you are in balance once again. But animal kingdom feel that all the time. They don't judge when a lion is attacking a buffalo and he is being eaten alive, he doesn't judge that lion, he's just …
And that is the law of all existence (yes)**. Yes. That is what I would wish you to dwell upon, to go a little more deeply into what existence is about.**
Rod: Could I just say that we do get some beautiful pictures on the television and some of them have been looking into an ape's face and looking into their eyes and there seems to be a very deep thought pattern going on behind those eyes.
Jan: You can see into his soul.
Rod: Yes and I often think there's something there they can't give and we can't see. I would love—I don't suppose you can say if there is some inner depth there?
Of course. There is intelligence, there is spiritual intelligence, but they cannot express in the same way as you of humankind, because once man has developed speech, a lot of the instincts they have are lost.
Sarah: And of course the other difference between us—you've always said to us it's wrong to kill, it's wrong to kill anything and yet the animal kingdom, they wouldn't survive a lot of them if they didn't kill, so that's a little…
Jan: But they very rarely kill their own kind. Sometimes apes do...
Sarah: Some animals do, don't they, if it's a rival's litter they'll kill those.
Paul: They're also capable of altruism as well, protecting other animals, not just their own.
Sarah: That's true, too.
Yes. You cannot judge another species, because you do not understand the thinking or the instincts behind it. In the same way you cannot judge another human being, because you do not have that wider picture. You therefore cannot judge the animal kingdom.
Sarah: The animals that have been domesticated—cats and dogs—is that their way of growing as well?
Yes, yes, that love-bond is not broken, but after a while they also return to the pool of animal energy. It is a difficult subject for you to understand on a deep level.

Lilian: Will we be able to understand it more when we go back to spirit?
If you so desire.
Lilian: Yes. That's good.
Paul: I think we've touched on it that nature spirits are on the same evolutionary path as the angelic realm.
Yes. They can evolve into the angelic kingdoms; that is part of *their* evolution.
Paul: So what would be the pathway for our cats and dogs then? Where are they going?
They will always belong to animal kingdom, but they have the ability to interact with humankind—to *feel* that connection with humankind, to *help* humankind; and they will remain because of that affection and love-bond for some time to come, but then they also will return to the energy of the animal kingdom, to then go forward on another pathway. Is that helpful to you?
Paul: Yes. Thank you.
Rod: Could I just ask one little thing: in the world today we've got people who are facially quite different—Japanese, Chinese, Mongolians, Europeans as we know them—different facial features. Does this mean to say they originated from a different kind of ape in the past?
Yes, it has to evolve from somewhere. Yes, yes, that is a simple answer.
George: I think in the beginning, Salumet, you mentioned the intelligence of the individual cell.
Yes—memory and intelligence also. Remember, too, that cells have memory.
George: Yes. So I imagine there's a general influence from spirit regarding cells apart from the more specific and understandable influence via brain. Are there two forms of influence from spirit, or does the cell intelligence not have a particular connection?
All intelligence stems from spirit so of course spirit has an influence.
George: Yes. So there would be this general influence concerning all structures as well as the particular influence through our wonderful brains.
Yes, and of course the brain is the physical aspect, but yes, intelligence comes from spirit, is influenced by spirit, but the human brain plays its part of course. One without the other would leave you non-human. You understand?
George: Yes. It's …
All organisms have intelligence. It may not be the intelligence that you understand as human beings, but there *is* intelligence.
Jan: Some organisms, if I'm right, have a collective intelligence as opposed to individual intelligences.
Yes, you are correct.
Jan: So their collective intelligences work purely on instinctive intelligence **(yes)**. *Turning to Rod* - We discussed, do you remember a couple of weeks ago, the three of us discussed just that, after the meeting.
Rod: The small insects.
Jan: Yes. And if I can ask another question please? If I can make it sort of joined as it's the only way really I can get my point across. When spirit decided, for want of a better word, that we were going to 'branch off', if I can use that term, from the apes and our brains were going to evolve, from spirit's point of view, how did man do? When spirit looks down and says, 'Well, we have set him off on his way, he came out of the trees, he learned how to light fires, hunt, everything that we've actually done over millions of years—when spirit looks down, how do they view how man has done?
I understand your question my dear friend. I understand what you are trying to say, but to make a comment would be *very judgemental*—that we do not do. Mankind comes to this planet, to learn, to grow and, because of freewill, to make many, many mistakes. The most intelligent being upon this planet does not make him superior. Therefore, to make judgement is wrong; I have told you this on many, many occasions. So what we would do from spirit is try to encourage right thought in order that that mind can evolve in the correct way, but we do not make judgements as you would suppose. You understand?
Jan: I do, I do and maybe it was a pretty naive question.
Not at all.
Rod: You were looking for a progress report.

Jan: I was looking for a progress report, yes **(yes)**, because, you know, we know ourselves that we've been pretty—we have made mistakes.
And is that not good that the human mind can make those judgements for himself?
Jan: Yes.
Yes, so would you not say that that is a step in the right direction?
Jan: Yes.
Yes, thank you.
Rod: And I suppose if you look at when we came out of those trees and now we're flying out into space and we're sending stuff right out with satellites going around the Earth and what have you. In that way there's been some wonderful progress. They're very clever people and with input from spirit, obviously—that's where it mostly comes from, I guess.
Paul: But we're still in our infancy.
But we're not impressed by clever people.
(Lots of laughter)
We wish people to look inwardly to recognize what they are, not how clever their brain is. The brain is just part of the uniform, it is not the spirit.
Rod: That brings us back down to size, doesn't it?
George: Returning to the cell intelligence **(yes)**, perhaps the science of kinesiology is a demonstration of collective cell intelligence.
Yes, I would say you are correct. What your scientists do not know about the workings of the cell, is just how intelligent the cells are. There is much more to be discovered.
George: Yes, wonderful. And I think I would be right in saying that the principle of kinesiology is not generally and widely accepted on this planet!
Not yet, but we are hoping to make improvements in all manner of things. These things are not new in your world—they have been lost, but they are things that mankind has already used, has had the knowledge of for some length of time, but to you humankind now, it all seems like something new. We are trying to move you slowly backwards, not to the animal state, because with intelligence you can use it properly for good.
Jan: You are now trying to open our spirit channels. I know what you mean by not going backwards, but in a way we've got to step one step back and look within again, which everybody has stopped actually doing until the last sort of ten years, in my opinion, and now it's widely spoken about and as we've mentioned before. So, yes we all need to step one step back into ourselves.
Paul: And sort of to the land as well.
Jan: Absolutely and feel that …
Paul: …not so much concrete.
Jan: … and feel part of …
Rod: Like the Indians.
But before you can be part of anything else, you *have to* go inwards, you *have to* know yourselves, you *have to* be content with that knowledge, before then you can integrate with the rest of what you call nature or the animal kingdom or another human being. Until you have the *knowledge* of what and who you are, all of these other things are surplus to your requirements.
Jan: We have to know our own attributes first before we can know somebody else's.
Yes, and then you become that very essence of energy, which you will then shine and show to all that is around you; then you truly begin to show that you are spirit first and foremost.
Sarah: And for those who are ill, if they were to go more inwards, they could perhaps see why they're ill?
Yes, of course. Again it is that the human brain almost interferes with what can take place, because the human consciousness is always looking for a negative to the positive. Again we speak of light and darkness and although they cannot be separated, they can at least be recognized.
Sarah: So that's why spiritual healing works so well, because it goes straight to the spirit, which is where we should be trying to get to ourselves.

When the spirit is touched, then healing can take place, yes. Now I will ask our dear gentleman friend if what I have told him this time satisfies his questioning.
Paul: Yes, I understand much more about the animals now and human evolution. Thank you. Could I just squeeze in one more? **(Yes)** It seems like the dolphins and maybe whales seem to be—I wondered if they are a slightly different case to the other animals, because 'dolphins' it's said have got even more developed brains than us. So are they perhaps...
But they belong also to a different line of evolution.
Paul: Right, so they've got a different one again to other four legged animals, for example.
Yes.
Jan: They are an older knowledge—they've been here far longer. Their evolutionary line is so much older than a lot of land mass animals.
Yes.
Sarah: When you say that the animals, when they progress and when they go back into the pool they can go forward. As long as that animal is of a particular line, will they reincarnate at all and if their spirit were to come back again, would they always come back as the same animal?
This is where we have many contradictions in your world and those who come and tell you of these things can only express and explain to you their own knowledge of such things. And this is a deep subject because we are going back to the very essence of all being. We are speaking here of creatures who come to this planet for a learning experience, no matter whether they are humankind, of the aquatic milieu, whether they are angelic beings, no matter what, they are here to *grow.* But whatever growth is made is never lost. What I can say to you is that once you have travelled the road of evolution, you will then want to continue along that road. Does that make sense to you? *(Affirmed)* **You would not evolve into humankind and then wish to return as a wasp.** *(Laughter)*
Sarah: That's actually why I asked about the animals, because I wondered if say, a wasp, then wanted to come back as something with perhaps more intelligence or had evolved a little bit further.
But it would be within that animal kingdom.
Jan: It has no experience of any other thing ever, ever. It has not experienced anything other than a wasp.
Sarah: So it would come back as a wasp?
Jan: Yes.
Sarah: Always come back as a wasp?
Jan: Yes.
And then evolve from there.
Sarah: But evolve into what?
Jan: King wasp, queen wasp!
Lilian: Evolve back in spirit.
No.
Jan: It wouldn't need to evolve.
Yes. This is where confusion begins, because as humankind, that brain is thinking, 'it must want to do this, it must want to do that, it must evolve to this, that or the other'.
Jan: It doesn't need to.
It does not need to.
Paul: It's perfect.
Sarah: Ah, yes, okay. I just wondered when you said that it will continue to evolve, I wondered …
It can evolve in spirit. It will return to the pool of energy from whence it came.
Sarah: Yes.
You understand?
Sarah: Yes. So, once it had become the 'king' wasp, if you like …
Jan: No, that was just …
Sarah: Yes, I know, but then it wouldn't need to come back again?

I feel you are trying to make too much of the evolution of these creatures. I think you need to rather travel along the evolution of your own kind for understanding.
Sarah: Right.
Jan: Because the wasp belongs to that one consciousness again, the wasp, he's not an individual, he doesn't need to experience life again; he experiences whatever he needs to experience in spirit once he's gone as part of one essence, one whole. He doesn't need to return here again.
Sarah: I can understand that.
Jan: Salumet explained to me once when I asked him the question; that our domestic animals *do,* because of the love-bond that they have with us. They can return again. They have come onto a different path almost than that one consciousness, because they're individuals and they do have individual brains, personalities—because my two dogs have come back to me the second time. They're totally different breeds, they're different genders, but they've come back to me again, because that love cannot be separated. But the wasp doesn't need to have that love with us as individuals, because they're part of that one consciousness.
And remember that love is energy; please do not forget love is energy, it is the strongest form of energy in this world.
George: Could I just go back to dolphins? They seem to express joy and love and they have a healing property. People who swim with dolphins are often healed in some way **(yes)**. I wonder if that healing …
Because they exude the energy of love—it is simple and again, as human beings you try to complicate all of these conditions. These animals—dolphins or no matter what, who interact with humans, only want to interact in *love,* and when that takes place, there *is* great healing.
George: I can easily accept that because they seem to *exude* love.
Yes, that is their *purpose* on this planet. Everything has a place, everything has a time. You cannot change the laws of existence.
Rod: I said, I think last year or the year before, there are children being born now who are being given more spiritual knowledge.
They are not given, they have *earned* it.
Jan: They're being impressed.
Yes. They are beings with that knowledge. They are not given it, they have earned it.
Rod: But they will probably make things open more.
They have the opportunity but again with freewill, you can never be sure. But you are here to experience *joy*, you are here to *grow*, you are here to be *Spirit*, but as always with freewill and this intelligence that you are all so keen to speak of, there are many, many mistakes.
Jan: I feel I should apologize tonight Salumet, for jumping in, but I…
No, do not apologize, my dear friend. I am always happy when you question anything, because then the opportunity is given to you all to *think for yourselves*, to *feel for yourselves*, to either accept or not, what is given to you.
Jan: When I'm talking to you in this way, the feelings that I have and the clarity that I feel, that's my spirit coming forward, isn't it?
Yes.
And that's when I can approach the subject and—well, it is clarity.
Yes and that is good for you.
Sarah: Going back to these animals and the love-bond, I was just thinking that my daughter is not well at the moment and neither are her guinea pigs and they are very attached to each other, all three of them and …
Because they are feeding from her energy.
Sarah: So they are becoming ill because she is unwell?
Yes.
Sarah: And if she were to get better, would the guinea pigs get better?
They should do if she gives out the right energy. You cannot have a love-bond with an animal or another human being and not have some response.

Sarah: Right, thank you for that.
Rod: I notice when you come through, and I never get it normally, but when you come through I get a strong love feeling that I've never had before into that corner *(where Eileen sits)*—incredible, it's a lovely feeling.
I thank you my dear friend. I hope that each one of you, when you leave this room, feels the connection between all of you.
Lilian: Yes, I'm sure we all do.
And I do try to bring to you some love, some understanding from our world, in order that you may go forward and feel that you have gained something from these meetings.
Jan: It has certainly enriched all our lives beyond expression.
George: We certainly do gain from these meetings—yes, wonderful.
Sarah: It always feels very comfortable in here when you are with us, Salumet. Well, when you're *not* here, this room always feels very good, but especially when you come through, it always feels *very* good.
Thank you my friend, it is good. And I know when I join with you, even sometimes when some of you are feeling a little low within your human shells, that that spirit is soon lifted, that all of you unite to make the brightest light, and for this I *will* be always grateful to you.
Sarah: Thank you very much.
Paul: Thank you.
And now, my dear friends, as I take my leave from you, let us give thanks to that *Great Force* that we know of as God but is *Love*, that is all things and say, until we come together again, we say thank you.
Lilian: A big thank you.
George: Yes, wonderful.
Paul: Yes—lots to ponder.
Sarah: You wish the whole world could sit in on these meetings, don't you?
George's Notes:
1. Creative Principle: Creative Principle, Creative Force, God ... there are many names / titles in our literature. We know that Salumet's preference is for Creative Principle or Force. I feel a point is that Creative Principle or Creative Force are expressions that link to the entire creation of its Creator, and is understood throughout all the cosmos. 'God' is much revered here on this particular planet and derives from Earth's antiquity, and continues of course to be recognised by all. Salumet is not of this Earth, nor even pertaining to this one galaxy. That he looks to the whole of existence (not just this one minute corner) and to the Creative Principle that made and loves all, is understandable indeed!
2. Single cell intelligence: Exactly as Salumet says, the intelligence is a modern finding (re-discovery) and kinesiology utilises that intelligence to find out about illness, diet etc. through muscle response (body interrogation bypassing brain).
3. Transmuting energy: It is quite well documented that angels (and elementals) can present themselves in any form to suite the situation. The implication is (and again there are accounts) that sufficiently developed humans can also do this. As stated, it is transient, not a part of any evolution.

~*18th February 2008~ SALUMET*

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
Please forgive the slight delay this time as there are others who wish to look upon this meeting. I am always happy to include those from our world who wish to learn for themselves what takes place at these meetings.
Lilian: That's interesting.
George: It's so nice that we can all gather from above and below, as it were, on these occasions.
Yes. Sometimes it depends upon your light, your energy, whether we can allow this to take place; but, as you know, there is always around each one of you your own helpers and they will always

stand close to you, no matter what degree of energy you are giving out. But it is what we call the 'onlookers', where extra energy and love is needed. Your energies here this time, your light of love, is most strong and it gives us all the opportunity to say 'thank you' for this, because of course, I say again, without your love, your energies, your devotion, these meetings could not take place. I felt that last time has brought to each one of you a little more to think about, to think about your own space, your own time, and what is happening within that time.

George: It is a great encouragement for us to think more widely and not only about the biological side of things, but the most important influence that comes to us from spirit in relation to evolution.

Yes. Although all of these things are interesting for you, they, of course, are not the essential parts of the teaching. All of your questions, all of my answers, hopefully brings you to the realization that there is more to life than most people can see, but my dear friends, we have reached a point where, no matter what I say to you, the important thing is that each one of you takes that knowledge and 'lives' that knowledge, because in the expression of that knowledge and love, *that is how you grow.* I could say to you a thousand of your words, but if you do not take those words and utilize them for good, what is the purpose? You understand? *(Affirmed)* **Therefore it is essential my dear friends that we give some time to going within each individual and to realize who and what you are, to never forget what the essence of life is about—and that is love, the expression of love in your daily lives, not the emotional love that you all are so fond of, but the *spiritual love* which comes from within. I have shown you *mind connection* that comes far from your earthly world. You have communications where we have told you a little of life in our world. I have declared to you *truths* for this world and also denials of words which have been spoken. All of these things are indeed good for your growth, but there comes a time when we have to have fewer words and more action. You understand what I am saying to you?**

Lilian: Yes, exuding love a little more, we do—each one maybe?

You have to now live lives as spiritual beings; you have to put to one side the human side and show and live *Spirit.* I therefore say to you my dear friends that I will continue to remind you often of the truths I have given, but I may not always be with you quite so often, but that does not mean that I am not aware of you. But we wish now, for you to develop your own spirits. You have reached a stage where you have gone through learning, finding knowledge of spirit, learning of truths of spirit, but you have to know yourselves, it is important. It is important for the work to go forward and that, my dear friends I must give all of you some credit for, because each one of you works so well in extending that truth which I have brought to you. I believe I have said on many occasions, *there is no new truth*—it has always been with you—and now it is your responsibility to utilize those truths, to help others when appropriate, never to judge, and to feel, FEEL with the spirit within, and that is different from feeling with the emotions. *You have to take control of those emotions* and that I would say to our dear gentleman friend *(Rod)* **who is new or newer to our group than others that he still finds that part most difficult, because he is an emotional human being, as you all are, but to allow the spirit to come forth, you must take command of that emotional being. Have you any questions about that?**

Rod: That's a tough statement. Are you talking to me, Salumet, in that case? **(Yes)** Yes, I'm an emotional person and they do overwhelm me a bit **(yes)** but to say—I don't know if I could contain them, I've got to I suppose. I was trying to take in your other things, to conquer fear **(yes)**, to push out love. Now I often wonder whether I push out the right love. I lie in bed and push out this love to the universe as you tell me to.

Yes. But it is emotional. It is coming from the emotional being rather than that pure love, without becoming involved. There is a difference, but it comes in time. I *feel* that you could take examples from our dear friends within the room.

Rod: Yes, you're right there.

We all have emotions here, but to a certain extent they are contained.

Rod: Yes, I realize this when you do the rescues—and I realize that. They overwhelm me, but I must try and …

George: There is a sadness in the room this evening. Our dear friend, Jim, who is now in spirit **(yes)**. We know that he is in the light...
Although he was seeking, all of you have helped him; by being here with you it helped to secure some knowledge of what lay ahead, although he was a little reluctant spiritually to leave that old body behind, but of course he accepted it as you know. But he will be helped.
Rod: He's probably asked a thousand questions since he's been up there, I expect.
He has had to rest for a while. Yes, he will no doubt want the answers to many things, but I know he would wish to thank you all.
George: We know he was physically very weak, so yes, I imagine it would take a little time **(yes)** to recover from it.
Yes, just a short time, but it helps when you have some knowledge of where you are going home to.
Lilian: I think it's quite tough on his wife at the moment.
Yes, we never cease to be amazed by humankind and how distressed they become when their loved ones are being reborn. If only you could see the tears shed here when spirit decides to come into another physical body—there are tears shed then. What you call birth is to the spirit darkness for a while until they realize that it is for their own growth that it is happening.
Sarah: You mean the one who's being born sheds tears or the ones left behind?
Sometimes and those who are close to them, but not tears as you would understand tears but a *heaviness.*
Sarah: Parting for a while...
Yes, until they return home and then there is much joy. It is only you humans who are left that feel this deep loss and this pain when you should be rejoicing for those loved ones.
Sarah: We're lucky that we have the knowledge now; it makes it much easier for us.
Yes. Yes, you must always bring it to the fore of your thinking, it will help. But because of your conditioning, your many years of seeing 'death', as you call it, it has led to this deep sorrow within each one of you when in fact the union which takes place in coming home to our world is something to behold.
Rod: I suppose way, way back in our lives, well in my life anyway, when you were in your teens and early twenties and somebody was killed, it was a blackness that we just didn't understand, it was the end **(yes)**. So there were certain factors and that takes a long while to shun that.
Because it is the lack of knowledge—it is the fear of not knowing and I have spoken too many times about fear (yes)**. Yes. You only have love or fear and why not live your earthly time in love and leave those fearful thoughts behind.**
Sarah: I must say that my daughter has had a long time of being ill—she was depressed and she has got through that and now she's just been ill again, not with depression but just physically ill, but she said, *'Mum, you know, I think I've had this illness to make me think and go within.'* So your teachings have helped her enormously.
Those are wise words and the recognition from within will help her.
Sarah: Good, thank you.
Now my dear friends, have you any questions this time?
George: I would just like to say something about your words to us on evolution last time, Salumet. There are so many in our world who feel that the scientific material side of evolution explains all, but it's very good for us to have this information, this much wider information, because there are many who read the transcripts and I feel it is important that we put that fuller picture to others.
Yes. Of course I have told you in previous time that all of these people are being influenced for the right information, but it takes much time. And of course the information which can be given to you is very limited because you are one small part of the whole and your understanding is not great enough to accept what lies beyond the tip of the iceberg, and that is where we are, at the very tip. To know what lies beneath will take many eons of your time before full understanding could be complete. That is why it has to remain simple in order that understanding is acceptable. Because you see my dear friend, everyone is at a different stage of development and understanding, so you

can therefore understand the problem in teaching. It is like taking a school of people of different standards and ages and trying to teach them all one thing; it would not work, you agree? (Yes) **And this is what is happening now when we try to give of the truth. There will be those who never understand in this lifetime, there are those who might pick up a glimmer of hope, there are those who will accept the information readily and make use of it and there will be those who always just question and procrastinate forever. You understand?** (Yes) **That is why I have always tried to keep these teachings simple for you, in order that *all* kinds of people will take something from it for their own growth.**

George: Yes, I'm sure you have given us a sufficiency Salumet, if I could put it like that.

Yes, thank you, thank you.

George: We spoke of the physical brain last time and its connection to mind **(yes)** and there is also the facility to translate thought into language **(yes)**. Wonderful! But I just wanted to say that we also appreciate that the development of the brain had to have its connection to spirit in the first place.

Without the connection to spirit, there is no brain!

George: Yes, so, although we speak of that physical thing, all comes from spirit really.

Spirit is the spark of all life; it is as simple as that. We spoke last time about intelligence in all things—and that is the element which has grown in humankind—and of course, that also includes the brain. But it is most interesting, do you not agree, to see how much more a brain can be developed if it is utilized properly and also how confused it can become in giving out of information. I, of course, am simplifying those things, but it is true and that is to do with the evolution of man as he has come through many stages of his evolution. But that brain from the very beginning has had all the essentials of truth, because of the connection to mind. You understand?

George: Yes.

Do not forget that. Although we speak of developing brains, it is only that the brain has not fully activated.

George: Yes. It is our connection to soul **(yes)** and to all-knowledge …

All knowledge is already there.

George: And we appreciate the brain has much spare capacity which has not quite fallen into place yet.

Yes, but it is a wonderful piece of equipment for human form, do you not agree?

George: Yes! In a sense, as far as *this* civilization is concerned, there is much forward planning there and much spare capacity which will doubtless come into use at a later stage **(yes)**. Is that a true statement?

But as I said to you last time, we are not impressed by intelligent people.

George: Perhaps I talk too much!

No, you seek. You are a seeker, and for that we would always help you, but what is more important is that you go within and *seek* that knowledge from within. You understand?

George: Yes, indeed.

Jan: As human beings we're five-sensory but when we become spiritual beings we have six senses and it's that sixth sense, as it's commonly known, that I feel that we're here to develop.

Is it not interesting that man limits senses to six? You will be surprised.

Jan: How many more there are...

Yes.

Jan: I would class the spirit at the moment, because I am five-sensory, but I'd like to think that my spiritual side is my sixth sense **(yes)**, but if I can develop many senses, then …

Your sixth sense, as you call it, could enable you to expand throughout the universe. There would be no limitations, shall we say, whereas what you call *human senses of the brain* are very limiting, as you now know it.

Jan: Yes, they are limiting **(yes)**.

Rod: We can only get this by meditation I think. Is that right?

That is what mankind now needs to do, to go within. For some it is simple; they have come into this world with their senses intact. They are your mediums of the world who have known from quite far

back that they have been given, or so they think, some gift when in fact it is a natural happening that you all have.
Rod: So for a person like me who has great difficulty in doing this, the only way is to persevere, I guess—there's no easy way out.
You have to give of time. You have to go within if you are to become in touch with that knowledge and truth. You cannot do it by saying 'I am a spiritual being and I will do this'—it does not happen. You have to now, and I will use your earthly words, you have to *earn* that knowledge once again, because it has been forgotten.
Jan: So when you mentioned to us, Salumet, and suggested that you will be stepping back from us a little more at these meetings **(yes)** that is for us to develop precisely that.
Yes, it is important that we take you forward.
Jan: That's fine, thank you. Jokingly, we all have the equipment. We all now need to…
Use it.
Jan: **…**'spark' it.
Yes.
Sarah: I know you say we mustn't have emotions, but I have to say the thought that you're not going to come regularly makes me quite sad.
Jan: I think we all felt that sort of jolt.
It only means it will not be most weeks as it is now, but there will be many opportunities, I assure you, but it's important that the times I do not come that you really sit and let the others come to you and help you to grow.
Jan: I can understand, Salumet, why you feel that we're at the right junction in time to do this, because it's very comfortable for us to sit here and listen to your words, but I feel that we need to do more as a group **(yes)** to blend that energy and to take that forward.
Yes, you have to experience other things for yourselves and although it gives me great pleasure, it makes this heart full. I have to be responsible in all of my actions. It is comfortable too, because my love for you all is so great.
Rod: So you won't mind if we shed a few tears!
Jan: We won't shed any tears.
(Some chuckling and muttering)
Jan: It's joyful to know that Salumet is still with us and watching over us all.
I would like you to take those words as a great respect for you all my dear friends, because I know that you can achieve much. I know you are already spreading the word and, as I have said, there comes a point in your realization that you have to go deeper and I will of course try to help each one of you.
(General thanks)
Sarah: And, Salumet, will it give you a chance to go back to where you belong more often now?
Of course.
Sarah: Yes, good.
I do not remain here, but I will be aware and of course, will be able to continue with my own growth, if you like, because it is never-ending and there is much that I can achieve.
Sarah: And do you feel you have grown since you've been with us?
I have seen over the last few times of leaving you that we have been treading the right pathway and that of course—I almost said brings me 'joy', but that is an earthly word—but of course without you I could not have undertaken this work. But that does not mean you can begin to slacken off because I am not with you!
(Chuckles)
Jan: The people that—I'll use 'people' loosely, but the spirit beings that you brought with you tonight, are going to become, are they not, a more active role with us in our meetings?
Yes, that is the purpose of their visit here this time, but a lot, of course, will depend on each one of you.
Jan: And how we develop...

How you develop, how you blend with them, your connection with us and…
Jan: I feel them in the room now…
Good.
Jan: …my voice is wavering. It is very powerful.
They are overjoyed, yes.
Jan: Very powerful and a lot of love being brought in the last couple of minutes.
Lilian: So will they be coming through to speak to us at all?
Not this time.
Lilian: At any time?
They will use you in the way that is best for each one of you and they will choose those of you who make the connection most strongly with them. There is much still for you to learn. But there are of course other subjects, which I have promised at times to speak about, and of course I intend to do so.
Sarah: That's good. Yes, 'pyramids' comes to mind.
There have been some that I have promised to return to, yes.
Sarah: Yes, thank you.
Now my dear friends, if you have no more questions, I will take my leave and allow the rest of your evening to continue.
Rod: Can I just say, Salumet, that if you're going to go on learning and you're on top of that mountain, and I can see a mountain, then we must be down here somewhere and we've got a long way to go. And you say many eons, but we'll never get to where you are, I know, but thank you for the words you've given me and the rest of us.
I thank you my dear friend. Now, I leave you bathed, as always, in this light of love.
(General thanks)
Lilian: And our love goes with you this time.
George: We cherish these meetings and shall look forward to the next.
George's Notes:
Living the Knowledge: Most importantly, this is what we now need to do. Looking back in time, it was Aristotle who said of the mysteries that they are to be 'experienced' not 'learned'. He was right. And I know, as we all know, that to sit before one such as Salumet, is in itself an 'experience' that far outweighs centuries of learned (and learning) societies debating the validity of mind and spirit in the scientific parlance. That is one application of Aristotle's truth. That we should now 'live the knowledge' as taught by Salumet is a further application of that truth.
Love: Salumet makes the point that it may spring from emotion or spirit. On an earlier occasion he spoke of that love between mother and child as being an example of the purest love. I think it might be correct to say that, with love in its purest form, the emotion of fear would not even enter the equation.
Brain has all the essentials of truth: This is a big statement. Daily meditation strengthens our (soul aspect) connection to parent soul. Parent soul as part of spirit, has all-knowledge. Masters who, in various modes, come to Earth to teach have perfect connection to soul / spirit / all-knowledge. Hence, they are able to work what we can only describe as 'miracles'. They are able to manipulate the cosmos in a way that physical humans cannot. In Salumet's case, he has on occasion as part of our instruction, 'arranged for' soul aspects from our history to come and speak with us and to answer our questions. That he comes to us in the way that he does, is perhaps another miracle, although we have become aware of some of the considerations involved. It is well reported how Jesus was able to heal. Ordinary humans are not able to do these things, at least not quite in the ways as understood, and we can only describe them as miracles. These things are made possible by and follow from that perfect connection.
Influence: Salumet has spoken several times on the way scientists and politicians receive 'influence' from spirit. This is how 'discoveries' and 'political successes' eventually come about. Perhaps the information that our little group receives must be tempered within or just behind this Earthly

progression format. It would simply not work if we tried to dictate to our leaders!!! So information given has to be very carefully weighed, and we should not receive too much.

~25th February 2008~ SALUMET

Just prior to the meeting there was mention in our conversation that certain scientists consider there is now experimental proof of multiple universes.

Good evening.

All: Good evening.

I am pleased to join with you once again.

Great pleasure and surprise was felt by all at Salumet's visit.

Lilian: Yes. I don't think we expected you tonight, but we're very pleased you've come.

George: Wonderful!

That is why I have come!

Laughter

I could feel, my dear friends, some of your disappointment at my words last time, but, as you know, there is always a purpose for these things and you have accepted most gracefully that there is much to be achieved on a personal level for each of you. *(Agreed)* **Therefore, my dear friends, I am here to say that although I am withdrawing, it will be few and far between misses until you become much more acquainted with my absence. So as always, we will take it slowly.**

Lilian: That's very kind of you.

Yes. I was happy to listen to our dear gentleman friend about your scientists and their discovery of what we know already, and also I would wish to say that there are many advances made with discoveries in the line of medicine from the waters of your planet. I am sure that you would be aware of this already happening. Yes. There is much more to come, not only in the field of medicine, but in the production of energy. There is much to be achieved, so I forewarn you of these coming advances, but of course you already know.

George: Certainly there is much thought going into energy sources.

Yes, I did advise you some time ago about this step and there is much for them to discover, yes.

George: It's nice to know that that's going ahead steadily.

Yes. We are focussing at this particular time to help those men of education to realize that all does not come from books, but that nature has provided amply for them if they would but listen to that quiet voice which guides and helps them.

Sarah: When you talk about energy, I was reading—it may not have been your words, but I have a feeling it was your words—when you said, or whoever it was said, they were afraid for our planet and that nuclear energy wasn't good, but you've said to us since that nuclear energy *is* okay but we're using it incorrectly.

It should have been used for better purposes, but also that is being utilized once more into the correct channel of use. Yes, we have discussed that previously, yes. There is much still in your world that is uncharted—uncharted territory, that mankind can make full use of and this you must do, because the supplies that are now being used in your world are gradually becoming depleted. Yes, therefore man now has to look further than he has done thus far.

George: Yes, we're very much a mixture where the nuclear issue is concerned. I think I would be right in saying that industrial use of nuclear material for energy production is acceptable, at least to a degree, while—yes I'm afraid we're very slow to rid our planet of nuclear weapons. There have been treaties and signatories to declarations, but we're slow to put those things to one side, which is sad for us to observe here.

Yes, I feel my dear friend that each nation in your world is cautious, because they realize the devastation that nuclear energy can bring, so there lies with each nation an innate fear that although they may use this energy for good, that others will use it unwisely. So there is always a situation where there is so much fear.

George: Yes, it seems to be an uncomfortable balance at the moment **(yes)** and fear is certainly a part of it.

Yes, we have to influence in order that this fear can be dissipated, yes, but remember also that a form of nuclear energy is useful again within the field of medicine.
George: Yes, indeed.
Yes, so always remember my dear friends: 'good' and 'bad' belong together as in all things, light and darkness in all things.
Jan: Salumet, going back to what we discussed last week, our going within; can you suggest some ways to us as a group, of spiritual mind type of exercises that we can—what I'm asking is really: everybody's meditation is obviously different, but can you suggest while we sit here for the rest of the evening, an exercise for us to concentrate on that will enable us to see that spirit within?
You have only but to ask, each individual one of you, to be allowed to see at that moment what is necessary for you. There is not one exercise that is suitable for you all, only in the fact that you come together as one and the energy that builds from you is as one, but you are all different in how you are evolving.
Jan: Before you came through tonight, I was actually asking if I could look within, so I was obviously doing the right thing.
Yes. Just ask that you be shown what is necessary for you and always remember to stay in the moment. Sometimes you humankind are apt to want to move forward too quickly. Take your time, allow the bond with us to take place naturally and you will be surprised at what you can achieve.
Jan: That's really helpful. You've told us so many times about controlling our thoughts and that's what you mean by staying in the moment.
Yes, you must be in the moment. You must have that love bond and allow the spirit to be free in order that greater communication can take place.
George: I think we are generally aware that the whole planet is moving forward and I think this process is being stepped up by a number of measures. You told us some time ago about the etheric change around the Earth **(yes)** and we've talked about soul input from different sources **(yes)** to aid the process. Graham asked me to ask a question of you concerning this and relating to the year 2012. There have been a number of prophecies concerning a change in the planet at that time. My own feeling is that there is a connection to ancient Mayan prophecy which links to their calendar and in their calendar the fourth great cycle of existence ends in December 2012 and what they have termed the fifth great cycle of existence begins then. But there have been prophecies from a number of sources more recently concerning big changes in the planet in the year 2012. Is there anything you can say about that?
Yes. Firstly let me say that changes do not take place at any one particular time. What is happening —and remember what I have told you that energy is never static, it is *ever*-changing, it has to evolve, it has to move forward. What is happening in your world, is of course *many* changes that involve those in my world and those in your world, and remember there is always an etheric counterpart of the Earth planet taking place. What is happening in the year you call 2012 is an accumulation of those changes which have taken many, many hundreds of your years to evolve, but by that year of your time there will be a wave of understanding. That is the great change. It is an understanding that will take place.
George: It concerns the *consciousness* of our planet...
Yes. Is that helpful to you?
George: Yes, that does make it all become very clear.
Lilian: That's interesting, because Sara was talking to me about it as well.
Yes. It is a realization. But always, too, you must remember that the consciousness of mankind can alter these, what you term 'predictions'. So always keep that to the fore of your thinking.
George: Yes. We also have the, I think it's a fairly general feeling, certainly in the group here, that the current material system of things on our planet has to come to some quite big change **(yes)**. It can't continue in its present direction and by about that time I have a feeling that there should be a realization about this.
Yes, those changes, as I have said, have gradually been taking place, but that is why my dear friends it is most important that in your daily lives you be truthful, you live the life that you know

you must and be an example of good living to all people in order for that wave of knowledge to grow. You understand?
(Agreed)
Yes. But that is why there is this *excitement* about this one year, but I would say there are many, *many* more exciting dates in your calendar.
George: Yes. Thank you—I'm sure Graham will be very pleased with your clarification of that.
Yes. Thank you for your question.
Sarah: I just wanted to say, Salumet, I think I jumped in a bit too quickly earlier on and I remember where those words came from: the radio was on and I think it was 1974, I'm not quite sure, but it was in the Hannington area and over the radio came a voice from—wherever it came from—giving these words over *(the airway)* and the BBC couldn't stop that interference, because it was from a wave they didn't understand.
Yes. We have spoken of this previously.
Sarah: I think it was perhaps before my time, but I just happened to read through that transcript the other day.
Yes.
Sarah: Thank you anyway. I apologize for …
Not at all ... now my dear friends I will take my leave this time. I have been happy to come just to clarify that there will not be *long* periods of my disappearance.
George: We are delighted to receive you and are delighted to have that message from you.
Yes, but of course I will inform you if I will not be with you on the following meeting, in order that you can, if you so desire, choose to develop in some particular way—and remember my dear friends that we are always here and are always glad to hear what your desires and wishes might be and of course we will help in any way with your individual development. And with those words I take my leave and as always I cloak you in that spiritual light and love which I hope will sustain you until we meet next time.
(Thanks and farewells)
George's Notes:
Proof of multiple universes: New Scientist, 24th Nov 2007 article: 'Standard Cosmology Cannot Explain Such a Giant Cosmic Hole.' A void with very few stars and galaxies, observed in the constellation Eridanus, is nearly a billion light-years across. It is thought to be the imprint of another universe beyond the edge of our own. It is cited as the first experimental evidence for another universe, also vindicating string theory. (String theory sees the ultimate building blocks of matter, sub-atomic quarks and leptons, as strings of mass-energy vibrating in 10-dimensional space-time.) The void was also revealed in maps of big bang afterglow (NASA's WMAP satellite, 2004). And the string theory itself leads to there being many, many universes. This is all becoming totally in line with Salumet's earlier simple and straightforward statements.
Discoveries in line with medicine from the waters of your planet: There has been recent publicity concerning this, which just shows how Salumet keeps so much in touch with Earthly developments (or should I say: knows them in advance). Clean water and sanitation have been very recently voted / hailed as the biggest advance in medicine in the last 200-years. This matter of course is also currently extending to 3rd-world projects.
Nuclear Energy: Sadly, there is still much more reference on the Internet to weapons use than to peaceful application. Regarding peaceful energy production, the world has 439 nuclear reactors spread through 31 countries, the US, France and Japan accounting for 57%. The French reactors produce 80% of their country's power. The US figure is 20%. Overall, 15% of the world's electricity is nuclear. Iran has its Bushehr reactor (and if that is seen as a problem by some, then what of the other 438?) Some navy ships and submarines are nuclear powered; also ice-breakers. The long-considered cold fusion process remains controversial while research still continues. There are programs producing a number of radioisotopes for medical use in cancer therapy and universities have associated research and upgrading programs.
Nuclear Peace Moves:

1995- Canberra Commission on elimination of nuclear weapons.
1996- World Court, The Hague Peace Palace: ruled use and threat of nuclear weapons to be illegal.
1999- The Hague Appeal for Peace Conference: called for abolition of nuclear weapons and landmines.
2000- U.N reported that 5 nuclear nations – Russia, USA, China, France, UK had each agreed in principle to rid themselves of nuclear arms.
2005- Nuclear Nations should take the lead in disarming – British Pugwash Group, reported in Nature 9th Feb 2005.
2006- Nations should disarm and stop the spread of nuclear weapons – Kofi Annan, Sec General U.N. Final address as Secretary General.
NOW! - United Nations Nuclear Watchdog: US, Russia must disarm! Reported – Associated Press, Oslo.

~3rd March 2008~ SALUMET

Lilian: Welcome to you, Salumet, and thank you for coming.
Good evening.
All: Good evening.
As we come together this time, let us give a welcome to our dear lady friend. As always we are happy to join with those who seek and as they come and go, it only enables us to spread the truth of life a little further. I hope you would agree my dear friends. *(Affirmed)*
George: Yes. This is always a nice feeling.
I will take questions if the lady has any to ask.
Lilian: Thank you. Valerie?
Valerie: Please could you tell me how we can heal ourselves, please?
Yes. Everyone has the ability to self-heal, but to be able to achieve this, you have to go inwardly; you have to allow that spiritual being to be the stronger force in your life.
Valerie: I understand now, thank you.
As all of the others within this room realize that sometimes earthly life can be harsh, but the ability that is within you to heal is a natural happening. But firstly, as the others know, you have to allow all fear to leave you and we know full well that you human beings find this most difficult. You have to allow the fear of life and loss and sickness to be forever gone from your thought, because you see my dear friend, your thought is that strong force, which can bring to you help. But I have to tell you, it is a huge responsibility for you, but it is achievable. Are you happy with that explanation?
Valerie: I am very happy. Thank you very much. I will try very hard.
You will find that after this meeting you should feel some upliftment of spirit when you leave the room. It should carry you forward and allow you to realize the power of spirit.
Lilian: Thank you.
Valerie: Thank you.
Lilian: We have another—I'm sure you know what I am going to say, but we have another person who has shown an interest to come and listen to your words. He is on our television …
I have already noted your excitement!
Laughter
Lilian: I don't need to explain **(no)**. If, and I say if, because I guess he's got a long way to come, I don't know—if he could come, you're happy to speak with him, are you?
Of course! Any seeker of truth should be welcome within this group. I am always happy to meet with those who seek, to express and to grow.
Lilian: So I'm sure if we can arrange this, you would come through and speak to him, thank you.
Yes. I will be happy to speak to him.
Lilian: Thank you. Did you want to ask a question, George?
George: Yes please. Connected with that, he being in the position that he's in, it would be nice to be able to predict a suitable date—I'm not sure how possible that is going to be. I would also mention that we've had correspondence and he has actually brought up a question. I know that it's a question

that's a great concern to some people. It concerns what is known as the Yellowstone Park in Wyoming, USA. It is a volcanic area, it is a large caldera of volcanic workings, an area of hot springs and there is geological *persuasion*, shall I say, and coupled with satellite observation, also psychic prediction that there is a huge potential disaster developing at this time. I don't know if you would wish to comment on any way at all regarding the possibility of this form of disaster?

I will make comment for you, only because you have broached the subject. You will not stop the evolution of this planet. There will always be what you term 'catastrophes', 'disasters'—this we have previously discussed. I deliberately do not bring to you predictions of this kind, because I feel that it is more important that we bring the positive aspects to life that mankind can look forward with that positive state of mind, rather than dwelling on predictions of disaster, which, at times, cannot be avoided.

George: Yes, I was rather expecting you to comment in general terms on that, which you have **(yes)**. Thank you very much for that.

What purpose does it serve to tell you of pending disasters? It would only allow your thinking to become warped or fearful and that is not my purpose. But you cannot stop the evolution of this Earth planet. You understand? (Yes) **I am not evading the question, I am rather trying to steer you onto a more positive way of thinking.**

George: Yes, and I would comment myself that I would expect a Master to handle this in general terms. Thank you.

Yes.

Sarah: Salumet, last time you were talking about when we go back and everybody is pleased to see the returning spirit **(yes)**. I just wondered how it is when you have a returning spirit who is in his or her own darkness. When do they recognize that person coming back, when they've come out of the darkness or when they come over nonetheless within that darkness?

The recognition is there before they leave behind the physical garb. No one is left alone, whether they are in spiritual darkness while on Earth, they still have those of us who are trying to support them at all times. So no one is ever left alone. But, as you know, it is up to spirit to recognize for himself what he must go towards; he must learn to recognize the true self. So do not be fearful for them.

Sarah: I was just wondering if they would still be just as pleased to see that spirit come back?

Yes, because they can see the wider picture.

Sarah: Yes, this is our problem, isn't it? It's too narrow.

Yes. You are speaking of one lifetime of darkness perhaps, when in fact the whole picture is a different story.

Sarah: Yes, yes of course.

You understand?

Sarah: I do, yes. Thank you very much.

George: Yes, that of course is a very important point, which hadn't occurred to me in quite such plain terms, but yes, in spirit the picture would be that much wider.

Of course, yes. If you take a snapshot of someone or a group of people, you are limited to what is within the scope of the frame, but if it was to be extended, then you would see the *fuller* picture. Think of it in those terms and it will become a little more understandable.

George: Yes, so that would be a huge asset and incentive for a soul in darkness.

Yes, it is only that the soul has not created for itself the purpose of this lifetime and is spiritually unaware of what should have been attained, but the whole of the spirit does not rely on only one lifetime.

Lilian: Yes, that's the thing we forget.

If you had a child in a classroom who was very bad in one subject, you would not judge that child on one lesson, would you? He may well excel in all other fields. So, again I say my dear friends, be careful in the way that you judge. It is another lesson on judgement.

George: Yes indeed.

Yes.

Valerie: Is it wrong for us to judge people?
Yes. You must avoid making judgement, because you do not know the whole story.
Valerie: It's the pebble in the sea?
Yes, you can put it that way if that is understandable to you, but to pass judgement makes you unsure, because you do not fully understand the whole picture of that being.
Rod: It's the thought that comes up almost daily in our house. One says something and then immediately says: 'hang on, you cannot form a judgement!' So your words have come out frequently in our house, Salumet.
That is because your awareness is growing. If you pass judgement and think that you are correct, then that is when you must be wary and realize that you must not judge another human being.
Rod: Nothing to do with that, but we had in our house this morning a little baby. She's coming up to five months, and I just look at that little soul and think 'that's a brand new spirit in there', and it always amazes me. I've got no statement, but I just think it's such a wonderful thing to see that life and the spirit starting from that little child.
It is a brand new human being, not a brand new spirit. Be careful how you judge her, because you are making judgement when you make that statement.
Rod: Oh dear, here we go again!
(Chuckles)
Yes. You do not know what the purpose of that spirit is—because it is in the form of a human baby that means very little.
George: Yes, I rather think Rod might have been seeing the purity of the young child.
Yes.
Rod: It is the purity of the eyes, the purity—it's beautiful.
Yes, you are looking at the human frame and the beauty that that in itself creates, and the love that it brings forward from other humans. Yes.
Rod: Grandmothers and what have you...
Yes. If only humankind could retain that kind of love for all of mankind, what a wonderful Earth you would have!
Rod: There would be a lot of nuzzling, kissing going on as we do with these little kids, don't we? Smell them, kiss them …
Well, they are human emotions. I speak of the *pure* love which you feel. Yes, I hope that has helped *you* my dear friend.
Rod: Yes, I better dig that pure love out I know. It's something you spoke about recently with me.
But I have not objections to you kissing!
(Laughter)
Lilian: Yes, I think the rescue that we did once with the little girl in the kennel and then you commented the next time you came. I think that was such a big lesson to us on 'judgement'.
Yes. It is a huge issue for humankind, because it seems to be a natural instinct when you are in human form to think that you know better than another, and as I have said to you in past times, firstly look within at yourselves and if you find fault with another, then look to yourself first.
Rod: Would it be a wrong thing to, say, if you had a lot of policemen in here, lawyers, judges; where do they come in on this?
Where do they come? They are spiritual beings in the same way as each one of you are. It depends on where they stand in their understanding of who and what they truly are. It matters not what the title of the human form takes, it is what is within that matters.
Sarah: I think perhaps Rod: did you mean they have to judge people?
Rod: Yes, they're forming judgements.
But that does not exclude them from being spiritual people. That is only a profession on the Earth that they have chosen. It does not make them right or wrong, it is what is deep within the heart that matters.

George: Would you, Salumet, differentiate between judgement of a person and judgement of the ways of a society? This might be a little area of difficulty, because in judging the ways of a society, that could usefully lead to a better way forward. So that's an area that I've been thinking about.
Yes, but in whose opinion?
George: Ah! Yes!
(Much laughter)
I need say no more.
(More laughter)
I would like you to think about that.
George: Yes, well I think the way forward should be positive for a society and not negative.
It would be a much better way if you were rather than to judge, would be to send positive thoughts that all of those people work and find truth for themselves. In that way positive thinking grows.
Valerie: Does this also apply to our government?
Yes. They are being inspired and helped, as all of the others here know. They are being helped to make good judgement for the people who surround them.
George: So they are being helped from spirit and our own positive thinking could add to that.
Yes, of course. But do not pass judgement that is not your place to do so. There are many areas, are there not, where judgement takes place without you even recognizing it?
(Affirmed)
But again, it depends on your cultivation of awareness. So, I feel I have given you a little more food for thought this time.
George: You have indeed and judgement is a very complex area.
It is, it is, but I have to say my dear friends that you do well, but forgive me if I constantly remind you.
Sarah: Please do.
Valerie: Please do, we need it desperately.
Lilian: Yes, that's true.
Valerie: Should we be living a simple life? I suppose our thought processes should be simpler and not so concerned, anxious—to achieve more within ourselves and our thoughts. Can we make our thought processing simpler to make things a lot better?
Everything that you wish to achieve, no matter what it is that you choose in this lifetime is possible when you go within. That is when changes can be made. On an intellectual level, you can, of course, make changes in the material world, but to make lasting and spiritual change, you need to go within. Do you understand?
Valerie: I do understand, yes.
Yes. But you do not need to live a completely simple life. There is nothing wrong with the material world provided you do not seek and make a great love of all material life, but accept it as just part of the life you have chosen to come to. It is the *love of* materialism that is wrong, but in itself, there is no problem with it provided you are generous of spirit with your fellow human man. Is that helpful to you?
Valerie: Yes it is very—thank you.
George: Yes, so there has to be a balance and the material consideration could stifle spirit—nearly.
Yes, only if you crave for it, and place it far above spiritual growth. It is the spiritual growth which is the important factor in your lives. When the spirit is to the fore, materialism is less important, but it is not wrong provided all other areas within your life are good. You understand?
(Agreed)
George: Yes, because a society such as ours has to develop some complexity in order for such devices as computers to emerge **(yes)** and these, I think I would be correct in saying, are proving to be useful in connecting to spiritual development and other things.
Yes, and we are using such machinery to make contact with some. It is a new form of energy and as with all things, there is positive and negative aspects to it. But, as you know my dear friends, as I

have told you often, all of life is light and darkness, but you have to have balance. That is what is important—that is important.
George: Yes and I think we have to observe that not all roads that have been taken are light. Genetic modification work **(yes)** I think has to be seen as an area of some darkness.
Yes. There will always be light and darkness, it is the nature of your world; it is a world of learning of many things. So, accept what comes to you my dear friends, accept it with love, because you know fully well that love can dissipate all darkness.
Valerie: Yes.
Yes.
George: Yes, it could even dissipate problems that arise from genetic modification perhaps?
Yes, it has the power to do that, but it is in the recognition that that power becomes activated.
George: Yes.
Yes. Now my dear friends, I feel for this time that I will withdraw and allow those who stand close to come a little nearer to you; and as always I leave you surrounded with my love and light and that you all feel some upliftment from this evening.
(General thanks)
George's notes:
Yellowstone Caldera: Several points arise; not least of course that Salumet reminds us that prediction is not his object in coming to us. His mission here is to teach and to uplift ... and back in 1994 when it began, his stated mission also included: to steer us away from the nuclear oblivion that we sadly headed towards. But whatever ensues from Yellowstone it will doubtless become part of our learning. Perhaps we should go within if personal decisions are to be made. And we should stay positive in our thinking! A further factor is that our thoughts on positive and negative issues, feed into earth's collective consciousness, and during the past decade our science has been able to actually measure and record the energy peaks of elation and despair that exist in earth's consciousness collectives. So our thought impressions exist as a scientifically proven reality.
Computers: These are of course useful in transcribing and sending out the Salumet emails; also book preparation. But our teacher has also referred to direct-interaction-from-spirit with computers to convey messages. This method of spirit communication is a new phenomenon but we already know of instances.
Genetically modified Crops / Foods: Salumet has spoken on this ... an 'unnecessary step for humanity', but nevertheless it has been taken ... there will be light and dark issues arising. Fresh in mind is an article in New Scientist, 15th Sep 07: 'The Itch that won't be Scratched'. It concerns Morgellon's disease, the very existence of which remains in dispute. But some evidence is cited that it is a real and rather strange fungal condition of the skin, connecting to 'cross-kingdom genetic modification of food crops. Time will tell on this matter.

~17th March 2008~ SALUMET

Lilian: Good evening Salumet.
Good evening.
All: Good evening.
As I come close this time I want to say to you my dear friends, if only you could see for yourselves the intensity and the change in your asking help for others, I think that you would be in awe of what you have all achieved. When first you started to ask for help or pray, it was on a much lower level of asking, because then you did not realize just how to give out those healing thoughts; but now I say to you, be pleased with yourselves my dear friends for the love that you give out to others. Those who stand close by, those who receive these healing thoughts give thanks to each and every one of you. And remember that a thought for others can be given at any time throughout your living day. There is much unity here this evening amongst you and it is good to see; that is not to say that at other times the unity is not there—of course it is, but just sometimes as we come close together, the light from you seems to be so much stronger. That of course makes

it easier for me to join with you, to have that connection with you, and for that I thank you my dear friends.
George: That's wonderful, that's very good to hear. Thank *you*, Salumet.
Lilian: Is there a reason that sometimes it's better than others?
There can be many reasons: it can be how your emotional being is, what has happened during your week of life, how the instrument that I am using is also feeling. All of these points make some difference and although we are able to modify many things, understandably it helps if conditions are good. Yes, but I wanted to say 'thank you', because your thoughts this evening have been carefully taken.
Lilian: Good, thank you.
What you must never do is to send out healing thoughts without that true expression of love in your hearts—that is what brings results.
Pause
That surprises you?
Rod: Maybe it does. I don't think I've had that in my mind at times—I just say a prayer, but I haven't done that.
It is easy to use words …
Rod: Yes it is.
...it is much more difficult to *feel* those words. Next time you wish help for another, try to leave the words and to *feel* what you are giving. You may be surprised.
Rod: That's interesting. So spread the love out to all that you normally pray for, yes.
Send the thought to us and we will do the rest, but it has to be heart-felt. It is too easy to allow words to come from your mouth without the *feelings* of those words.
George: Yes, we've heard and accept that a prayer can be wordless and I think this is perhaps another way of putting it, it can be entirely feelings.
Yes, as your 'thinking' is wordless. Yes, you do not formulate words for your thinking; the thinking comes to you naturally, does it not? Yes. Try to achieve that state with your healing thoughts. It will help. I am sure each one of you will feel that unity with us here in spirit when you can achieve that. That is something for you to attempt when you are alone. When we are together now as this group, then of course words need to be said, to know who you are asking help for; but try to achieve this when you are alone.
Lilian: So when we first hear, say someone who is ill or going into hospital or if a disaster happens in the world and we feel real sympathy, would that really be the best time to …
Yes. That sympathy is instantaneous and so should your thought. At that moment that you *feel*, by feeling you are sending the thought for help. Do you understand? (Yes) **Do we have any questions about this?**
Paul: Is it a bit like a blending when you're … I guess when you see someone who you think needs help—it's more like a *feeling* **(yes)** like an empathy?
You should almost be part of that being that you feel for, that you desire the help for them, yes. It is the feeling that is important, not so much the words.
Paul: Because *the feeling* is—words are never going to be quite as accurate as a feeling. The feeling is everything I suppose.
True feeling; not emotional feeling; do not become confused by emotion; the feelings I speak of are spiritual feelings. Again my dear friends be careful that you do not confuse the earthly with the spiritual. You will *know* my dear friend when a thought is a spiritual thought rather than an emotional, earthly thinking. I am sure that each of you already know the difference.
Sarah: A sort of connection.
Yes.
Lilian: We have a young lady with us tonight who's not been in very good health lately. Are there any words of encouragement you could say to her?
She is treading the water at the moment. She feels that she is going nowhere. But again, a lot of emotional thinking is taking place, but if she sits quietly this time, we will try to help her to clarify

her thinking which, of course as you know, commits itself to the physical body, but the spiritual thinking has to be right. She feels that she is going forward one or two paces and backwards double that amount; but I say to you my dear friend, try, try—and I know that it can be difficult for you human beings when life seems to be hard—but try to keep yourself uplifted.
Do we have any more questions please?
George: Would it be true to say that the highest spiritual thinking would be completely without any attachment to fear, while emotional thinking could well have shades of fear attached?
Yes. Emotional thinking creates fear. That is why I have told you in past times that it is important that you keep emotions under control.
George: So that is one difference that one could look for in, shall we say self-analysis.
Yes, yes. You know that you all have an emotional being and that is part of what you have enjoyed with physical life—that is part of it—but you do need to keep control, because I am sure all of you are aware of what can happen when the emotions are not stilled: people unfortunately become unstable when the emotions are allowed to run riot. You understand?
Lilian: Yes, it is most unpleasant.
Yes, so it is most important that you are in charge of your spirit and its actions.
Sarah: There is a young lad—actually he's the son of … my husband is with another woman and it's her son, and he has a very strange ... he has a very adult thinking for a young lad: he's vegetarian, he's spiritual, but he's rather on the dark side. They are having a lot of problems with him. Would his problems as a young lad be caused from the emotions of the parents?
If he takes aboard their emotions. As we have said from the beginning, you keep away from those you do not have an affinity with, because the spirit feels that those connections are not right. As you know, you do not always like some people. That is not because you truly dislike, but because your spiritual sense is telling you that you are not compatible.
Sarah: But this child would have chosen his mother, he would have chosen his parents, so can that be that you come and then find that you're not compatible with your parents?
Of course; it is not so much that the parents are so important, as the conditions that that situation can give to the spirit. You may choose your parents, of course you do as you know, but it is the situations in life which are more important. And of course as a child, the parents will have an effect on the human being, but should not on the spirit. You understand?
Sarah: Yes, yes, I do.
Because the spirit already knows what is right and what is wrong for them to achieve.
Sarah: So if he is sort of like a little bit of a misfit within his community, but his spirit knows that maybe what he's doing is right for him?
It may well be. It is difficult to comment, it is difficult to generalize what someone should or should not do. What I am saying to you is that spirit innately knows what is right and what is wrong. But we all know that in this earthly life there are many problems for many people and, of course, the effect is wide when there are problems which are not dealt with in the correct way.
Sarah: So that's the important thing, to deal with the problems correctly.
It is not the problems that you face it is how you deal with them.
Sarah: Right, yes.
You see, two human beings can have the same problem and one will go a true and steady path whilst another will err, shall we say, or take the wrong pathway even although that clear pathway is open to them—it is your freewill, it is your choice. All of you, I am sure, have earthly problems—that is not a question, because I know that each one of you in some way, big or small as it may be within your own thinking; problems occur, but it is up to you, my dear friends, the way that they are dealt with. And I have to say, truly you know which is the right pathway and which is the wrong pathway and it is, my dear friends, your own responsibility for your life here. Have you any questions?
Rod: It's just a comment really, but I was listening to a gentleman this morning who was giving me his marriage problems—his marriage seems to be folding up, he's got a couple of kids, one 1 and one 2 year old and for once I was speechless and I said: 'I don't know what to say'. And he said: 'Well, pray

for me', and I said: 'I'll do that'. And then a few minutes later we had a big hug, which I find quite nice to people like that. And I said: 'Two years ago I wouldn't have been doing this', thinking of you—having a hug with another guy and saying a prayer for him—and so I thank you so much for that.
Does gender matter?
Rod: Not at all—not now, no.
Spirit is spirit whether you be a child, an adult, a male, a female—it matters not my friend.
Rod: No, it doesn't.
Lilian: So, again, that first feeling of sympathy was the best time for healing.
That was the beginning of the healing thought, yes. That is the genuine healing thought, when you 'feel' it. But I would like you to try when you are thinking of another, to try to *feel* what you are giving out.
Lilian: Can you take any more questions?
I will take one more before I leave you this time.
Lilian: Has anyone a question? George?
George: Yes, it's one I'd like to raise. You spoke some time ago about Jesus and Mary being of the same soul energy and it being rare for two to be on Earth at the same time, of the same soul energy. Did you say something similar of Jan and her son Richard?
I believe I said there was strong connection, I don't believe it was soul energy; there is a difference. You are all connected; each one of you has had connection, spiritual connection, but when you speak of Jesus and Mary, that energy is almost—I am trying to find the word to simplify it for you—it is almost a division of the same energy. It is, how shall I say, like identical twins (yes)**. Yes, in every way. But spiritual closeness as a mother and a son, that is slightly different, although you all belong to the same energy.**
George: Close but not identical.
Yes. This is something that we have not discussed before, but I will return to it for you in order to clarify the difference, because so often I tell you we all come from the same source, which of course we do, but there has to be degrees of energy at different times and that is what we need to discuss further.
George: Thank you for clarifying that rather special identical set of energies or pair of energies.
Jan: Richard and I were together in a different lifetime …
Yes, as you all have.
(The voice that came from Jan seemed remote, as if it might have been coming from a soul aspect.)
Jan: …and this time we have been brought back together for our own learning and purpose …
Yes. Do not struggle with your words. I know what you are saying.
Jan: I am not really here at the moment, Salumet. That's why...
No. Just try to save your energy and I will say this to you all, that throughout many lives you have come together, many of you, as you well know, but that does not make you the same kind of soul energy as the Jesus/Mary energy. Because you come back together in the one lifetime does not make you that soul energy. It is a complicated subject which I will go into in greater detail, but for now I wish only to say to you that that is a different type of energy, or different usage of the energy—perhaps that is clearer. Is that helpful to you?
George: Yes, thank you very much. That has clarified it to suit our understanding—I think that is a way to put it.
Yes. It is the understanding which creates the difficulty and of course the usage of human words to create that which is not understandable to you—that is always our problem and that is why it is most important to simplify everything for mankind. And on saying that, I will take my leave my dear friends.
Lilian: Thank you once again.
I would ask my dear lady friend *(Lilian)* **if you would place your hand upon the head of our visitor** *(Emily)* **for a few moments in order that we can give a healing to her, if she is happy to do so.**
Lilian: Yes, I will ask her.

Until we come together next time, I leave you my dear friends clothed always in spiritual love and light.
(General thanks)

~7th April 2008~ SALUMET

Lilian: Good evening Salumet.
Good evening.
All: Good evening.
As I join with you this time I would like to begin by just saying to our dear friend, the one known to you as Jan: I give you some upliftment this time (Thank you)**. Sometimes you allow your fears to overwhelm you. I am here to say to you: Do not be fearful, because we are round and about you at all times.**
Jan: Thank you. What has sparked this? Is it something in my everyday life that I'm fearful of or is it a spiritual matter?
Sometimes you are fearful of *life*, but you are beginning to overcome that, but just sometimes you do allow it to overwhelm you. I know you understand...
Jan: Yes I do.
…but we wish you to know that you are never alone.
Jan: Have you been aware that I've been calling on you personally just recently?
Do my words not verify this for you?
(Chuckle)
Jan: Right. Well that is so nice to know. You hear everything I think, because I haven't spoken them out loud **(no)** but I've asked for your protection.
There is no need to outwardly say the words. You know that all thoughts reach us and I will always endeavour to help each one of you if that is how it should be. Of course, I cannot ever interfere with your pathways, but we can help in many, many ways.
Jan: I know that you're aware when I asked for protection on two occasions in the last couple of days and I did have an overwhelming sense of calm come over me and I knew nothing would happen to us. But I have realized today that I don't need that 'fear' on this particular—and you obviously know what I'm talking about **(yes)**—and I believe that the animal in question has come to us as a real gift and I really do thank spirit for bringing him to us.
Trust in us. That is all you need to guide you. Each one of you must give of yourselves, allow those thoughts and feelings and offer it to that great divine spirit, or whatever name you wish to give to that universal love. No matter what you call it, allow it to go and you will always have an answer for your questions. This applies to each and every one of you.
Jan: I know you've said this to us so often but you have to actually experience it first hand; and now that I have, I don't feel as alone **(yes)**—I'll never need to feel alone.
You never are alone. All of you have many who stand close by who are waiting to help and to uplift you in your everyday lives, but so too must you not believe but *know* that that help is there for you. It is not a belief system but it should be a deep *knowing*, a knowledge that we are always there for you when you are in need.
Jan: Well, if there were any doubts before, I don't have them after this conversation and I promise you I will do everything within my power to expel those negative, fearful thoughts.
Those words from you are most welcome and I know that it has helped you in your understanding.
Jan: It has, thank you very much.
And that leads me now to a question my dear friends that I wanted to say to you this time: What is your understanding of the phrase 'brotherhood of man'? Would anyone wish to say?
Jan: I believe it's our spiritual connection to every spiritual being that walks this planet.
Very good.
George: I would say a *oneness* that has many details within it.
Yes.

Rod: Everyone being interlinked.
Yes. So you see, by your expression of those words, you show that your understanding of that phrase has meaning; whereas most people on your earthly planet would say it was a connection to his fellow human being, where they feel that *equality* breeds that phrase 'brotherhood'. But my dear friends it shows to us that you have allowed the layers of materialism to drop from you, that each and every one of you understands and you are like the butterflies emerging from the chrysalis. So I say to you my dear friends, to us it shows just how much you have really grown. It is now time my dear friends for you to begin to fully emerge, to become that beautiful butterfly that spreads its beauty throughout your world.
Lilian: That's a lovely way to put it.
But of course it is no easy task. Butterflies as beautiful as they are have a short lifespan in this material world, as so do you all as human beings. This one lifetime is a very small part of your existence and I also know that you understand this also. So my friends, that is another reason why in times to come we are going to devote more time to your individual development. Can you now see a purpose for this plan? *(Agreed)* **Yes. Each one of you shines like a butterfly—has the beauty and the gentleness of the butterfly.**
George: Yes, I think you—to perhaps phrase it differently: you speak of a spiritual cell of influence on the physical planet.
Yes. It is a realization of all that is already known but as always … *(Salumet was silent for 15 seconds)* **… forgive my silence but to each one of you this time I extend that spiritual love that bonds between you all. I hope my dear friends that you feel it from us.**
George: There is a very special feeling here tonight.
(And discussing afterwards, some of us clearly felt a tremendous 'thick' energy at this point.)
Yes, there is a unity here this evening, even although we have one who is quite new to our group, but indeed has had a bond with us through your many recorded words. Please accept the love that is being given to you this time; it comes not only from myself but from many, many others who have gathered here this time. So I say my dear friends, accept the love and the light and the knowledge of spirit that it uplifts and upholds you throughout each stage of physical being.
George: Wonderful. I think our silence means that we are almost overwhelmed by this.
Yes, and although my stay this time is short, I hope you *feel* the power of the love which is given to you.
Paul: Yes.
Lilian: Yes, thank you very much.
And I will say only my dear friends that your next time together will be given over to those who wish to come to help you to develop your own individual gifts—not even gifts but your spiritual rights. With that my dear friends, I will leave you. I will continue to work with this instrument *(Eileen)* **for a short while and leave you all in the capable hands of our dear friend known to you as Lilian.**
Lilian: Thank you. Our love goes with you.
(General thanks)

~5th May 2008~ SALUMET

As is our regular practice, at the start of the meeting we voiced prayers for healing and for those in need:
Lilian: Good evening Salumet
Good evening.
All: Good evening.
As always my dear friends, your out-pouring of thought for others is indeed commendable and we, of course, thank you from our world that you give of your time to think of others. I, on behalf of many, say 'thank you'. It is, of course, good to join with you once again, that we come together albeit in small numbers *(six on this occasion)*, **that we join this time in order for you all to grow. Sometimes I feel you are puzzled my dear friends by your own individual spiritual developments,**

but I say to you, do not allow those thoughts to gain entry into your physical thinking, because only those of us from our world know how much you have grown spiritually. Do not be too harsh on yourselves. All of you are treading the pathway that is meant for you at this particular time in your existence.

George: It's very nice for us to have your reassurance on that.

General thanks

Yes. You are inclined to have doubts but do not allow them to take hold. It is understandable and we do understand my dear friends that sometimes when life becomes troublesome, it is difficult to rise above all of these happenings, but I say to you, redirect that thinking into something more positive and then you will begin to see results from that thinking. You notice my dear friends how often I return to the subject of thought and thinking. It is only in order for you to become more aware of the *tremendous power* which you have within yourselves.

George: Yes, I think we are beginning to learn that. I think that we're so much more convinced now that mind is really everything and the power of course is connected with mind.

All of your life is thought. You cannot exist, my dear friend, without the power of your thought. Remember that your thought is creative; it is a great part of your physical life. Therefore you must begin to understand, accept and acknowledge that power which it has for you. You understand?

George: Yes, happily there are a number of individuals in the world who are recognizing this. Our learned societies perhaps have some way to go, because of their very much intellectual thinking, but there are signs that many people in the world are recognizing the true power and nature of mind.

Yes. Over time I have given you many analogies of a seed that is sown; that is all you need to do for others, then it becomes *their* responsibility, not yours. Once the seed is sown, *you* must let it go; you have done what you have to do. Then the responsibility lies with how you deal with your own thinking. That is the great responsibility of your physical lives; responsibility for all that you think and what you do. I am sure you agree with those words.

George: These are wise words.

Sarah: And even those who are, say, mentally impaired—I think we've gone over this a little bit before—mentally impaired, that's their responsibility even though perhaps they're not thinking as a 'normal' person would.

Yes. You must separate spirit from the physical conditions.

Sarah: Yes, of course.

There are many conditions in your world which affects clear thinking of individuals, but the spirit remains unharmed; that is what you must try to focus upon.

Sarah: Yes, that's my failing—I tend to think sometimes too physically.

Yes, you have to learn to separate that spiritual aspect, which after all, is the part that continues, that survives the physical conditions. So always focus upon that and your understanding will then become clearer and greater.

Sarah: Yes, thank you for that.

Yes, I think for this time we will have just some conscious discussions, if you so desire.

Sarah: Yes, thank you.

Rod: Could I just make a comment. I emailed a very elderly gentleman in Pennsylvania, America—an old friend from my village in Gloucestershire—and he came through and said, 'Where do you go every Monday night?' And I know he's a church-goer and I thought that this was going to be difficult. And I wrote an email and my wife said, 'I think you've over-stated it a bit'. And he came back and I said, 'Would you like me to send a transcript?'—I did and he thought we were rather marvellous and I thought, from what you've just said, I'm going to send this transcript as well, because it's so meaningful for him as well. It's very, very apt. Thank you very much.

Yes. I would say that that country is becoming much more spiritually aware and this, my friend, is a good lesson for *you*: it teaches you that you must never pre-dispose yourself to what another person will say or do or react to. You understand what I am saying?

Rod: Yes I do.

You are pre-judging what the other person might be thinking or saying or doing.

Lilian: Especially if they are of Christian or any other religion—I find myself being a little careful.
Rod: You've to lead in very gently.
Lilian: Yes. I don't want to destroy what they have.
You could say that was being *kind*, that was being *thoughtful*; but also my dear friend I wish to say it is you being a little fearful, because you anticipate a reaction from another, instead of being yourself which you must, all of you, know and understand—you must be true to yourselves. If someone cannot accept or refuses to accept, then that must stay with them.
Rod: Well, I look forward to his reaction to this transcript that we shall send him. Thank you.
Yes.
George: Perhaps I could bring another one into this discussion. I've been having much correspondence recently with one who I will name as William and he has read the Salumet book and is very keen to spread the knowledge of the teachings, which is very nice—and he is in a position to do that. I just wonder: you have this great awareness—would you be aware of the person I am speaking of?
I, as you speak, am aware, yes. I would say that anything that comes from any of us in spirit, we are most grateful for anything that can be given to a wider audience. We, of course, do not *seek* publicity as you call it, we seek only to bring to many the truth of spirit.
George: Yes, I can certainly feel this happening and I just wondered to what degree it might have been orchestrated *from* spirit.
Remember my words: there are never any accidents!
George: That's right and I was aware during this sequence of one particular synchronicity! Anyway, our friend has a concern and a question about claustrophobia and he's wondering, I think, if it is always something carried over from a past life and secondly, if it is proper to confront and attempt to deal with it.
Yes. I understand his question. Firstly, let me say this to you: all problems of a physical nature do not necessarily come from past times, but of course, you know my dear friends from even our experiences within this room of one of our dear friends *(Graham),* **that when those problems surface in a lifetime and come from a past time, they need to be addressed, they need to be confronted to allow—and let me say this to you, again it is based in fear. So to allow the physical life now to be free of these fears, it is wise sometimes to face whatever the problems may be. I can tell you, his fears are from times gone, but also were exacerbated when he was a small child. I would say to this, our dear friend of correspondence, that it probably would help him to go back in time and face his fear.**
George: This would be a self-monitored regression, would it, going within?
It would be much better to allow someone to help him bring that time forward. It is a time for regression if he truly wishes to abandon that condition. But it is something, as I have said, that has been exacerbated when he was a small child and fearful of small spaces.
George: Yes. I know a number of children find their way sometimes into small cupboards and become fearful.
Yes, it is sometimes within their own nature to make themselves afraid, but with some that fear remains.
George: Well, thank you. He'll be very pleased to have that information, I'm sure.
Yes, but of course, his freewill, his judgement is entirely his own, but he can be free from it if he so desires.
George: Yes, and perhaps still on this subject of human fears, which is connected, I have a question. I was talking with Graham today—Sara and Graham have sat with us many times …
I have noticed their queries, yes.
George: They have difficulties with young children and baby-sitters and the distance. They are away at the moment. They are going through a phase during which they would dearly wish to be here, but are not finding it possible just now. Perhaps I could read a question that they have placed.
Lilian: The name is Andrew Smith and I think you're possibly aware of what we're going to ask.

George: It does concern this approximate time of the year 2012 again. Andrew Smith is speaking at meetings concerning Earth changes around the year 2012. He claims great tidal waves will devastate coastal areas following a North Pole shift from current position to Tibet and that Earth's axis of rotation will align to vertical which will effectively end seasonal weather and make a moderate climate worldwide. This seems dramatic with a great potential loss of life for people who are in the wrong places. My question is this: is this speaker who claims his words are truth, originating from a number of angels, whom he names, and spirit beings and ones such as Mother Mera and the Count de St. Germaine—he names a lot of people as sources of his information. It's our understanding that nothing is absolutely certain and with positive thinking such things can be modified or averted. Andrew Smith is in process of publishing three books called 'The Revolution of 2012'—so, if you can add any comments to that, Salumet, those comments would be gratefully received, because this gentleman seems to be saying a great deal and publishing books in support of what he's saying.

Yes. I understand your questions. It is not for me to say who should listen to spirit beings who come to others to, let me say, to judge them—that is not my part—but I hope that you know my dear friends, I have come to this Earth plane for positive reasons: to uplift, to deliver truth and to help those that we possibly can. I would say there are many in your world who give information—and I will not use the word 'wrong', but I will use the words 'misguided'. How many people who have listened to these words are now living with a fear?

George: Yes, indeed.

Yes. I cannot condone that kind of spiritual message, but in saying so, as I have told you all on previous occasions, this planet has an evolution which must take place—that there is no doubt, that cannot be averted; but there have always been what you Earth people call 'tragedies' on your planet; we view them slightly differently. Therefore I say to our dear friend Graham, he must make judgement from what he hears for himself. I, myself, feel that it is unnecessary information which has been elaborated to bring fear to people and also for monetary gain in writing these things.

George: Yes. I had those feelings precisely, almost precisely.

Yes, of course.

George: And the other thing is that there are so many names from spirit mentioned—this is not the pattern to which we are accustomed; we are much more accustomed to...

Why would those of us in spirit wish to bring so much gloom and doom when the majority of us as spiritual teachers are trying to make Earth and mankind much more positive in their responsibility for this planet?

Sarah: And can their fear, if so many people …

Create reality...

Sarah: Yes, exactly.

Yes, that is the problem.

George: Yes, the fear itself can be such a problem.

Yes that is why you have to counteract this way of thinking.

George: And, as I say, we are accustomed to your own mission, we are accustomed to White Eagle, we are accustomed to Silver Birch, but we're not accustomed to large teams of such ones coming through to one person.

No, I feel that perhaps, and I do not like to dismiss people, but I feel that somewhere there is some ego involved.

George: And to use one of your expressions, we should not readily accept something which sits uncomfortably with us.

Of course, always I say that to you; whatever I say, whatever any other spiritual teacher says to you, whatever you read, no matter what it is, if it does not feel right to you then you do not accept.

Sarah: So that would be the answer to the next question I was going to ask, Salumet, because Sara, Graham's wife, had asked me to ask you if the group she was in, was right. So that would be the answer: if she feels comfortable there **(yes)**, it's okay, and if she doesn't, then it's not.

I cannot say—I cannot interfere with her spiritual life, that is decisions which each one of you has responsibility for, but what I would say to them is that whilst they are concerned about what is happening with this planet, they are not living in the *now.*

Sarah: Yes.

I hope that will help them.

George: I'm sure it will help them. Perhaps there are too many people endeavouring to make plans for the future and being guided by fears **(yes)** and this is, as you say, not living in the now.

They should be living for this moment. Spiritually you should live in each moment, all of you. Of course there always will be changes to your planet. There inevitably *will* be many changes. You only have to look back in your history of time to see what changes have taken place, but you cannot live your earthly lives in fear.

George: That in itself is a valuable message.

Yes, I *feel* that is the point of what I say to you: that whilst you are worried, concerned and—you are not in the moment of time, you are not living as spirit at this time. I hope it helps them to begin to question and to try to understand the reasoning why someone should bring to them his fears and doubts instead of trying to bring more positive thoughts and upliftment.

George: Yes, I'm sure this will help enormously.

Yes. Unfortunately, there is always a problem with some people who are not looking to do spiritual work, although they would always dispute this and say that they do, but I can assure you my dear friends that at times you must use your own spiritual thinking to understand what is round and about you.

Lilian: We're very lucky to have you helping us along the way.

Sarah: We certainly are.

I hope that has helped. I will bring, or try to bring to them some comfort, some peace of mind to allay any fears that this has brought to them.

Sarah: If they could just tell that Andrew Smith that maybe he should start thinking positively to stop anything that he has …

George: Yes, I think they were looking for clarification of thoughts and feelings and …

Sarah: I think that's the thing; if they had doubt, and they obviously *did* have a bit of doubt, otherwise they wouldn't have looked for the confirmation. And if there is any doubt, then obviously it's not right.

Do we have any more questions this time before I take my leave of you?

Rod: I'm always pleased that you remind us of the important words that we're supposed to keep—we do need constant reminders—I should write them down and put them in my kitchen: Thought, Fear, Love—there's a core of words that you've got to constantly to remind yourself of on a daily basis.

Yes. If you remember those things, write them down if you so desire, but always remember 'Love' above all things—to love your fellow man. After all, you are all on a journey together: Truth.

Rod: Truth...

George: Yes and there's so much happening today that is good and positive and these, I feel, are very exciting times.

Yes. I am happy that you have adopted that attitude of thinking, because I am sure each one of you, my dear friends, understands now how powerful *you all are*, not only as individuals, but as groups such as these; how much good you can do, like you start every evening giving out thoughts for those in need. That spiritual light my dear friend is what we are trying to cultivate throughout *all* of your planet, and I am happy to say that even with your so-called 'disasters' and 'tragedies' that the spiritual word and acceptance is slowly spreading.

George: I would like to give thanks for the continuing, wonderful synchronicities, which we now understand is a synchronizing of the two universes.

Yes, of course, that is wonderful to understand. Do you not agree?

George: Yes, indeed. And the recent book that has come my way—it was written 40 years ago by Helen Greaves, called 'The Testimony of Light'.

Which only goes to prove my dear friend that truth is unaltered.

George: Yes and having experienced the wonderful Bonniol communications **(yes)**, mind-linked communications physical being to physical being via spirit, this particular book is also about mind-linked communications, in this case a physical being with a dear friend who had passed to spirit.
Because, you see, mind is the very essence of spirit (yes)**. That is the basis of it all and is it not so simple when you use those few words 'Mind and Spirit'?**
George: Yes. And it was so nice to discover this book, this account of mind connection having had the Bonniol experience **(yes)**. It seems to connect extremely well.
Sarah: We're still looking forward to our gift from Bonniol—I think he's working on it hard.
There are many parts of your jigsaw to put into place still, but my dear friends I wish to say to you and thank you also for your time, your devotion to these meetings that we have. If only I could take you all now and show you the light that you have created within the spiritual realms of life, I am sure you would be quite pleased with your achievements.
Sarah: That's kind of you to say.
George: Thank you for telling us.
And now, for this time my dear friends, I will take my leave.
George: It's been a wonderful communication and there have been so many excellent teachings involved. Thank you so much for all that.
(General thanks)
I will always endeavour to help each one of you in any way that I am permitted, but even so, *know* my dear friends that I cloak you in spiritual love, in spiritual knowledge and we will endeavour, especially in this coming year, to help you develop even further.
(General thanks)
George's Notes:
Timing: This was the time of immediate aftermath of the Burmese cyclone and the Chinese earthquake, each with huge loss of life.
Fears: It is clear from what has been said that it is well to differentiate between 'personal fears' and 'fears of future'. It would frequently be useful to confront a personal fear but fear of future is a different matter. Fearing the future or consequence of what might happen, takes us out of the 'now' and leads away from inner spiritual guidance. It seems important that we seek our own 'guided' pathway regardless of fear of a possible future event constructed from, at least in part, intellectual thinking. That is not to say that intellectual reason has no place; it has ... just that it should not take over and swamp, other relevancies.
Now: The Power of Now, Eckhart Tolle, Hodder & Stoughton, London is suggested as further reading. A power that goes beyond words ... a place where our thought-created problems dissolve and we discover what it means to create a liberated life.
Testimony of Light: Helen Greaves, Neville Spearman Publishers, Saffron Walden, 1969. Currently available from Amazon. The book accounts mind-to-mind communications between Helen Greaves and Francis Banks, M.A. (formerly Sister Francis Mary of the Community of the Resurrection, Grahamstown, South Africa).

~19th May 2008~ SALUMET

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
As always, I am happy to join with you once more.
Lilian: Yes, it is lovely to have you with us.
Again, we hear your healing thoughts, we hear you talk of the many disasters in your world. I would like to remind you my dear friends, not always to dwell upon those happenings in your world that create so much disturbance. I would wish you daily to remind yourselves of the beauty and the love which surrounds you all. Even in your darkest moments, seek out the beauty and the light of earthly life. Each one of you, my dear friends, is

blessed in this way. That is not to say your lives at times can seem harsh and cruel, but it is your individual responsibility to maintain that aura of light, that love which is round and about you at all times. Seek always the beauty of life.

George: Yes you are quite right, of course. The love and the beauty are always there, come what may.

But because you are human you sometimes allow those unhappy times to over-cloud the joy and the beauty. I am not saying it is easy but nothing that is gained for good is so easy. So, just remember my words my dear friends, remember my words daily in order that you may help yourselves. Again, it is a gentle reminder of what you are seeking towards—searching, finding - it is an ever, *never*-ending trail. Even when you come home to us, this journey is ever onwards to seek the brightness in your lives. Not always is this recognized but I tell you my dear friends that the continuance of life is ever seeking, ever looking for Love. That is what is important to you, or *should* be, and that is why I ask you now to think about it and to put those thoughts into action. I hope you will agree with me.

George: Yes. And I think, now we see the return to spirit as, shall I say unexceptional, but it is just the trauma involving so many sometimes—we see the strife of it and, as you say, because we are human, we feel for those people. *(This refers to the cyclone in Burma and earthquake in China, each taking the lives of many.)*

You extend your love to all of these people and of course that is as it should be, but what you should not do is *dwell* upon it, but send out your love for these people and *we* will then do *our work* in helping them. If you cannot change a situation, you must look it fully as it is, as it is happening and then you must continue onwards. Have the recognition but do not hold on. Do you understand?

George: Yes. The love factor is really all-encompassing.

Yes.

Rod: I think we've got such an efficient media system that probably every time you put the television on, it's there and they are very, very efficient at putting all the doom and gloom on—they're very good at that.

Yes. It is impossible in your world today not to know what is happening in all parts of your world, and that is not a bad thing, but I am saying only that you must offer your love, your help, your support and then *focus* on all that is good in your world. It would seem too often that your 'media', as you call it, dwell too often on those what you call 'disasters' and do not focus enough on what is good in your world.

Rod: That doesn't make news—you're exactly right.

Paul: I think as well there's a tendency for people to think that nature can be cruel. And it's just that we don't understand nature, that's all, because we don't see that it's always trying to balance itself out **(yes)** and it's actually trying to do things that are going to improve itself, because it's got far greater intelligence than man **(yes)**, but because we don't understand that intelligence, we look at it as something cruel.

Yes. I wish you to look at the fuller picture. So often I use those words, but I have to reiterate those words for good reason, because you are so limited in your understanding, not only of your own world, but of everything else that exists. Therefore it is difficult for humankind at times to fully understand that this planet has its own evolution, that this planet has to balance both light and darkness, which I have spoken to you of; and always it has to be a balance of love, evolution and knowledge and continuance of *many* planets. But when you see the fuller picture, then your understanding should be a little clearer and the only way that that understanding comes is if you allow yourself to be open to all things, to all happenings in your world. You have to strive to be *more* than who you think you *are*, because you are not just these frail beings clothed: you are light, you are spirit and you must always strive to bring that forward.

Paul: Yes we should remember that we are *not* human ... that's the...

You are human, but you are spirit *clothed* as humans. It is a very short time as a human being, but a much greater time as that true being of spirit. It is something I would like you all to think upon this time.

George: Yes it's easy in this day and age to be brainwashed into a kind of awe of desolation and disaster, but that leads nowhere and is really inappropriate for us. Yes, I think I understand that, but there is so much more to life that is highly relevant.
Yes, and you must begin with yourselves before you can take the wider picture of the world on board. So that is why I say, look for the good in all of your lives, even in the moments of despair. There is always something that can lift you that can make you find the good. It may be some small thing, it may be that you see a beautiful flower that you look deeply into and you realize that you are part of something much greater. That is up to each individual to find their own beauty, their own light in their everyday lives.
Sarah: For those who are leaving this life, who are in despair, who are perhaps depressed, dementia or whatever, it's difficult to be able to tell *them,* to look for the beauty.
Yes, but they will be being helped from our side—the spirit is being helped. Yes, I understand your question and, yes, I understand there are difficulties, but they are *human* difficulties. Again, look to the wider picture, look always to spirit. There are those in our world whose task it is to help those people in their transition into our world, a world of beauty and light if that is where they belong.
Sarah: Yes. And eventually everybody will, even those who go over with their own darkness, they will eventually reach that light.
Yes, no-one is ever alone—never alone.
Sarah: Thank you for those words.
Now my dear friends, I will leave you with those words this evening. I want to say only this to you: whatever you feel, see, hear this evening within this room please discuss it quietly amongst yourselves. We will try to bring something to you because the energy this time is good. So as I leave you, as always I say: take my love which surrounds you at all times. We do hear your thoughts and words and they are never wasted.
George: And thank you so much for your timely message this evening.
(General thanks)
The evening continued with some of us receiving impressions and finally a rescue. A gentleman had died in a pub and had difficulty in accepting this. He spoke through Eileen and one waiting for him in spirit spoke encouragement through Sue. With this and Lilian's counselling he eventually accepted his situation and was able to move forward ... but not before checking with Lilian that he could take his pint of beer with him!
Audio link: http://www.salumetandfriends.org/resources/rescue+beer.mp3
George's Notes:
There are a few echoes here from earlier teaching: Our lack of understanding so often connects with a devotion to intellectual thinking as opposed to spiritual thinking / It is the soul's ongoing progress that is important, to which this brief earthly life makes contribution / Recognition of nature's intelligence is often lacking (but nature will ensure by her various means (which include angels and elementals) that the planet moves forward ... and human existence depends on this factor).
And there is perhaps a danger: if media preference dwells too much on the exceptional ... then the exceptional might become the norm. So we must, as individuals, be circumspect.

~16th June 2008~ SALUMET

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As always, I thank you for your welcome. It is always good to join with you my dear friends.
George: And wonderful for us of course, to have you with us.
I wonder how many of you have noted in recent times how much progress is being made within your medical world. I have told you that many medical discoveries would happen in this coming time and already these things are taking place.

George: Yes, you are perfectly correct, Salumet. I'm aware of the various applications of stem cells and there are a number of improvements in delicate instruments that help to correct eye sight and hearing.

Yes. In all areas of help there will be improvement, but within your medical profession there will be a new knowledge amongst those who work closely with the peoples of this earth plane. They will now begin to understand that in treating people, there is more than just the physical body. That realization will be slow to begin with, but it is gaining momentum amongst many of your professional people. It is an exciting time for those who wish to help others. There is much influence from our world in order for this to take place.

George: Wonderful! We're also aware of the work of spirit doctors and one in particular, Ray Brown, has come to our notice, and the one who works through Ray Brown seems to be doing wonderful work.

Yes. There are many in your world being used at this time with the same kind of work which *he* achieves, but you will always, my dear friends, be guided by us to help each of you to maintain that balance of spirit, mind and body. Do you think that it has been coincidental that these meetings should happen? Not at all! There is always a purpose in our work.

George: We accept your guidance and teaching that there are no accidents!

Yes. So that should give you something to think about. Also in this coming time, you will find that new ways of finding resources for your world will begin to happen. You remember I have told you on previous occasions that the seas of your world will become important.

George: Yes.

Yes. I would like you to keep this information to the forefront of your minds. Yes.

George: Yes. I think we shall all be much happier to see that development as regards energy, and possibly wind power as well rather than nuclear reactors which have serious disadvantages I feel.

Yes, but do not forget that all power given to this earth plane also has good purpose. This we have discussed before.

George: We have indeed.

Yes. Only mankind turns all of these things into *negatives*. Yes, so it is mankind who needs to change.

George: Indeed, and given my preference for sea-power and wind-power, it's difficult for me to conceive how mankind could be negative with these sources.

Yes, but it can happen; it comes from greed, it comes from a needing to take for themselves all that should be shared.

George: Yes, I'm afraid there is still that about.

There is too much still—too many materialistic people in your world.

George: Yes, I think we are aware.

So, because of this state of affairs, it will be, I feel, a slow progress but nevertheless, it *will* be progress.

Rod: Would there be people on Earth doing research and development on sea waters at this present moment or is that to come at a later date, Salumet?

It is already beginning, yes. All influence comes from our world. We try to influence those who are connected with all of these projects. We try to guide and to impress upon them what is necessary. But as I have told you in recent times, my dear friends, always try to focus on positive aspects of life. Try to dissipate those negative energies which surround you—and it helps and makes our work so much easier.

George: I think from what you say, Salumet, you imply that energy from the sea is rather more important than energy from wind-power.

I would not say more important; it is just one aspect. Yes, so be aware that these are things to come.

George: The reason I asked that question was, it can be more of a person inclination or personal effort, in setting up small wind-power devices.

Yes, of course. Mankind can take responsibility for that *kind* of energy, but sea-energy is something that *has* to be focussed upon by professional people who know what they are doing, and to whom we are trying to bring the knowledge. You understand?
George: Yes, these would be large projects.
Yes. It is not something that will happen as you would say: overnight.
Rod: I take it this does not just include just tidal movement, but using the actual water as a product of energy?
Yes. There is much energy that has not been tapped into as yet. There is new knowledge to come. Now, my dear friends, I will take any questions this time before I leave you to continue with your evening.
Rod: I haven't got a question, but just a word of thanks really. Two or three weeks ago you mentioned about when somebody got 'gloom and doom', to push it to one side and look at the brightness alongside. And from thereon, for that couple of weeks I was forever telling people just to do this. I must get more practice—I think I've been a little bit dormant this week—but that was a wonderful, wonderful piece of information for myself and people around me, because we do have a few 'gloomy/doomy' people and we seem to get gloomy as well, so thank you very much for that.
It is human nature to not always be full of sunshine, but the more you practise being positive, showing love, receiving love and helping others, the easier it will become. But it takes a little focus sometimes, because we in our world understand that life for you at times can be difficult, not only your own lives, but those of friends and family that surround you. It is too easy for mankind to allow those worries and concerns to feel as if they carry a heavy burden, but each one of you *is* spirit, *is* love, *is* light and that is what you should be trying to cultivate each moment of your lives here upon this earth.
George: Focussing on the sunshine of our lives, we have such wonderful memories of the Bonniol visits and we feel so privileged to have had those visits over such a period. I have the feeling about that that we really need to upgrade ourselves, improve our spiritual expertise, should I say although that's not quite the right word, before Bonniol will visit us again; but I feel that we need to develop our group activity more in terms of the aspects of mind projection and group energy perhaps. I just have that feeling that we have to work on ourselves a bit before we can expect our visitor to come to us again. Have you any thoughts on that yourself?
You wish me to comment? If you would remember the initial reason for that visit was to show you mind connection (yes)**, that was our topic at the time and that is why you have been brought such information. Of course it is necessary for each one of you, not only in groups such as this, but in people who have everyday lives and perhaps who do not even have the knowledge which you have got, that every person seeks further to expand that spiritual being whilst here upon the earth plane. And of course the purpose of that knowledge, of that change, is to grow and grow and grow. It would be an enhancement of communication with those from other worlds if you could try to perfect your spiritual gifts which you all possess. After all, you cannot allow spirit to be dormant; you cannot say: 'We know enough' because you know so little. You understand my meaning?**
George: Yes. This is getting towards my feelings about the matter.
Yes.
George: I was just a little bit puzzled with—there was a loose end in the attempted materialization. It showed signs of happening but it didn't quite come off and I wondered if our friend had the desire to carry that through. But I just had the feeling that we need to work on ourselves a bit more.
Yes. There is more than one energy needed for what you term 'materialization' and of course each person within this room is a conduit for that energy, so therefore, you have to be together first and foremost in your *desire* to use these energies properly. You understand? (Yes) **But firstly, as I have often said to you, you have to look inwards to yourself first. You have the ability ... *all* of you, for all of these happenings, but you must truly believe and want these things.**
Rod: I need to strengthen my system up because I'd been up the top of the garden in my place and I'd been working hard and I thought: 'I could do with a cup of tea', and I could see Daphne in the kitchen down there washing up and I think 'Daphne, tea – tea – tea!'. I look at her and I make the 'T'

sign with my fingers and she doesn't even look at me and I feel a complete failure. I think—I don't think I can be giving a lot of strength to this group if I can't get my wife to get me a cup of tea! *(Laughs)*

I appreciate your humour my dear friend but I will use only one word to you: 'practise'.

Sarah: In fact there was one who came through last week who said it was a message from you—I don't know if that's right or not but anyway that was to practise mind projection *(during our meeting)* last week.

It is no good my dear friends to do any 'exercise', as you call it, occasionally; there has to be continuity, there has to be that regularity of purpose. You cannot expect these things just to happen.

Sarah: I think that was a little memory jog for us.

Yes. After all, many, many groups sit together as you do for many, many, many years and find very little happens. It is not because they are less spiritual, but they do not focus on the right aspects of themselves. They allow everyday worries to come with them to their groups. They allow everyday living to become that important part of themselves, when in fact it should be the *spirit* that is to the fore; the use of the gifts of spirit, the clear seeing, the clear hearing, the materializations—all of these things happen when the spirit is to the fore. You understand? *(Affirmed)*

Rod: Continuous practise.

Yes.

George: We are a little bit sporadic at the moment and, actually, I projected a coloured triangle, a red triangle this week. Paul picked up a triangle, but I'm afraid my red colour wasn't a very pure red and he picked up a green triangle! That about sums up our efforts sometimes—we're partly there in projecting to each other sometimes.

But if you have part success that is what should spur you on to continue, and I might suggest to you my dear friends that you keep it simple: instead of a red triangle, try either the colour *or* the triangle, until you are more proficient at this thing. Keep it simple.

George: Yes. Thank you for that advice.

Now, with those words, I will take my leave this time and allow the rest of your time to be used by those who wish to come to you. As always my dear friends, I leave you cloaked in that light of love.

Lilian: It's been lovely to be together again. Thank you.

(General thanks)

George's notes:

Medical Advance: A further very recent advance has been a cure for skin cancer melanoma using cloned tumour-killing cells originating from the patient. Can other cancers be treated in this way?

Energy from Seawater: There is in fact a recent discovery reported on the Internet that is the likely item to which Salumet alludes. John Kansius working in the field of developing a frequency generator for cancer treatment has applied radio frequencies to seawater with a surprising result. Elemental bonds within the seawater are broken with release of hydrogen. As long as the seawater is irradiated, it can burn like a candle due to the hydrogen released. And the phenomenon has been demonstrated at a university. In this way, seawater can be used as a fuel! This is a ground-breaking discovery!

Mind Projection: We are all of us ... group members and readers ... encouraged in this development. Still the mind, exclude thoughts, picture a simple object and see if it can be picked up by a friend. Play the game with a friend as a mind exercise! We have done it with Bonniol and we continue to practise it amongst ourselves. It works, and can always be improved upon. And it could eventually replace the mobile phone!

~23rd June 2008~ SALUMET

Good evening.

All: Good evening.

As I join with you this time let us extend a warm welcome to our dear friend.

Lilian: Yes, it's nice to see her again.

Ann: Thank you.

I have to say you are just a little nervous, but I hope that as this evening continues you will feel more relaxed and comfortable.
Ann: Thank you.
George: Ann, my wife, has been reading all the transcripts and she's familiar with your words, I think.
Yes, but it is not quite the same as being here within this room.
Lilian: Yes, some people find the darkened room a little strange.
Yes. Because we are small in number this time, we will give our dear lady friend an opportunity to ask any questions that she wishes.
Ann: Thank you. I have had several questions, but I don't think I shall be able to put them into words very clearly, so perhaps I'll …
Lilian: I shouldn't worry, because I think you'll find Salumet will know anyway.
Ann: I expect he will.
Lilian: Even if you stumble.
Ann: Well I'll try. There is one question concerning the best way to serve. I wonder whether—I'm often distracted by the world and I wonder whether one can serve best by doing good works or by going on retreats and meditating and being in the silence and raising one's consciousness, and hoping to heal the world that way; or whether one should try to achieve a balance living in the world, and trying to be peaceful as well and meditate. Sometimes I find it difficult.
Yes. Firstly let me say this to you. You are a good soul. You have an innate goodness that many people do not possess. That is the first thing I wish to say to you. I know you wonder often that what you do and the path that you travel ... if these are the correct things to be doing. Let me say this to you my dear friend: each one of you in this world has many opportunities given and of course you are well aware of your freewill, which must always come into play when choices are made. The pathway that you try to follow is the correct one for you, because that has been your choice. There are many pathways to our world; let me say that categorically to you. We all, do we not, *believe* that our pathway is the true one. I am here to tell you all that whatever pathway feels right for you—that is right from within the spirit, cannot be wrong. When you follow your life's pathway, your actions and your thoughts become as one. You do not have to think about the words that you say, the deeds that you do, the joining together with spirit, because it comes naturally to you. I am sure each one of you within this room has said or done something and immediately you know that those words or actions should have been avoided.
Lilian: That's true.
We do not ask more of you. After all, the human element whilst on this earth is a great part of your lives, but it is the understanding and the knowing that is important, because only then can you fully understand the way forward. I will say to you my dear friend what I have told the others, that meditation is most important to your spiritual wellbeing, because only in that state can you achieve that union with us. So, if I were to say to you only one thing to help you, it would be to be quiet and to go within; by going within, not only do you unite with spirit, but healing also takes place. But ultimately as in all things, the choice is yours and I believe that each one of you knows and understands when your lives are running smoothly and that spirit is to the fore. Would you not agree? *(Affirmed)*
I hope that has helped you just a little.
Ann: Yes, thank you very much.
Do we have more questions?
Lilian: Do you have another one, Ann?
Ann: No, thank you.
Lilian: Anyone? George?
George: Yes. I would like to refer back to last week and you were talking, Salumet, about energy from seawater **(yes)** and there was the implication that this was something really new. And I looked on the Internet following that, and I note that there is a gentleman who has noticed that if you irradiate seawater with radio frequencies, there is bond-breaking and release of hydrogen ... and I just fancy that this could be a new energy source. There is much work to be done still and there is already

criticism that in a closed system you cannot put a small amount of energy in and get a large amount of energy out, but the critics are overlooking several factors. Anyway, I just wondered if this might relate to the energy form to which you alluded last time.

Yes. Firstly, let me say: if I gave you the impression that this energy is new, please forgive me. As you know, there is nothing new: it will only be new in the *minds* of man when he rediscovers what has already been lost.

George: Yes ... yes, we understand.

Yes, so in that sense it is not *new*, but in the mind of mankind at this present time, it will seem to be a revelation, it will be a discovery and, as always in your world, there will be disagreement. Yes, always there will be disagreement amongst men, but how often throughout your history have these things then gone on to be correct. So do not be too concerned about the disagreements—that is a natural process, but I am sure it will be something that is beneficial for mankind. I hope that has helped you.

George: Yes, it would not be proper I imagine, to say if this *is* the line of development which we are re-discovering.

Not at this moment in time. But I understand your curiosity and of course we know, dear friend, how much you wish to investigate in your own way, but for this moment I will leave it like that.

George: Yes, I appreciate that, thank you.

Lilian: Did you have a question, Rod?

Rod: I've had questions in the past, Salumet, and I've said, 'I must ask Salumet that'. There's one thing that gets bad as you get older ... it's your memory. I should write these things down, and I will do, write these things down, because you come up in conversation and I think: 'I will ask that'. This isn't the question I was going to ask, but I find it uncomfortable on how people die. They don't know they've died and they don't pass on very well, and they seem to hang around. In fact they get there and they still don't know they've died. I know I find this uncomfortable and obviously I can't do anything about it.

I understand my dear friend. It is because you have not conquered the emotional state. You have to capture those emotions and put them in place before you will find it easier to accept what has to be. It is *physical* emotion you are feeling, not spiritual. You understand?

Rod: You've mentioned that before.

Yes.

Rod: I have tried.

But it will come. You are too harsh with yourself. Of course it is distressing, but as you continue with this work, you will find that acceptance comes more easily, so do not be so harsh with yourself.

Rod: Thank you for those kind words.

You must remember that of all of those who seem lost are never alone. They will not always remain in those states. That is why groups such as this and others are used to help them.

Rod: Wonderful. Thank you, that's wonderful. These two, these three, are wonderful! *(Rod refers to the mediums receiving 'rescues' and Lilian who counsels.)*

George: I think the time factor comes into this as well...

Yes—which is of course also difficult to understand.

George: I mean, those in spirit will not be as conscious of time as we are. I think that's correct.

Yes, of course. Our dear friend has a little way to go in his understanding, but let me tell you dear friend *(Rod)* that you have grown.

George: I think we all have some way to go in our understanding; and that leads to another question. Our health service/our hospitals, they dwell on cleanliness at the present time **(yes)**. There's great effort in making the places scrupulously clean/sterile, but it occurred to me recently that the birds and the animals, they are quite different—any old puddle will do for a drink!

Yes. I understand your question and yes, of course, there will always be in your world what you call 'germs', but what are in fact parts of *life*, an *existence of life*. But there has to come a point where man and, I will use your term 'germs', have to adapt to each other, as have many things in the past

that man has not been able—and let me use these words kindly, *'take control of'*. You understand what I am saying?
George: Yes. 'Adapt to each other' is a nice expression.
Yes. That is the best way to put it to you. Sometimes there can be too much what you call 'cleanliness', but it is a destruction of a natural thing in your world. Mankind, unfortunately, has interfered rather a lot in this world and caused many problems and this is just another one of them. At the moment in time, that is the best way they know how to deal with your germs, but, as in all things, there comes a time when the 'adapting to each other' takes place.
George: Yes, I rather fancy something like that took place when Albert Schweitzer, a rather enlightened one, was in Lambaréné in Africa and there were open sewers there, and in that sense there was not cleanliness, but there were hospitals there and I suspect that people get a chance to develop their antibodies in their systems when a *few* germs are about…
Yes.
George: …but in extreme cleanliness conditions perhaps we don't build up the antibodies well enough.
Yes. As in many things in your world, medicine also has been abused at some points and not used correctly, but always we are trying to influence so that mankind grows in understanding, that mankind becomes as one with everything in this earth.
George: Including the germs!
There has to be balance, yes. You may find that some people will be shocked by those words, because they see your germs as alien to good health, when in fact all things have purpose. But I would say the important word here is 'balance'. I hope that has helped you.
Lilian: Interesting.
George: Yes, I'm sure that has clarified.
Rod: It must be exasperating for people on your side who are trying to influence doctors and what have you, to bring in a new product and then see it used in an incorrect way later on. I guess this isn't just medicine, I mean this is …
Throughout your world, yes of course...
Rod: But it must be exasperating for you to think, 'what've we got to do to get that lot organized?'
Well, I have to tell you my dear friend that we do cultivate patience.
(Chuckles)
George: And would you classify 'exasperation' as an emotion?!
I feel that, yes that is a physical emotion. So I will leave that one with you.
More chuckles
Now, I will take my leave this time and allow the evening to continue.
Sarah: Thank you very much for coming.
George: Thank you for those educating and inspiring words, Salumet.
Rod: Are we allowed to wrap you in *our* love?
I feel your love each time I come to you. For this I am forever grateful to you and know always that I am close by.
(General thanks)
George's notes:
Many Pathways: In the early days of his teaching Salumet likened this to the many longer and shorter routes across a sports field. Equally, there are many influences from spirit so that the future appears to us to be largely ordained. But there is always that freewill factor ... always choices. Whatever the actual route forward, meditation ... spirit connection ... remains a key factor.
Energy and Seawater: There has already been much research in the direction of 'fuel cell' to produce hydrogen from water, but there are difficult problems ... not least that the expensive platinum catalyst is easily 'poisoned'. Seawater is a complex mixture. Does it include its own inexpensive catalyst for hydrogen production? Many questions need answers.
Germs and Disease: In contrast to today's hospitals, Albert Schweitzer's first is described in George Seaver's biography (1947): '... he utilised a windowless broken-roofed fowl-house for his surgery, his

bungalow for his dispensary, and the open sun-smitten courtyard for the treatment of his patients till the regular evening shower drove them for cover to his veranda.' Today, we attempt to eradicate germs and as a result develop problems of poor or non-resistance to disease. It is a pity that there are slogans such as: kills 99.9% of all known germs, when at least 98% are actually helpful to us, in fact without microbes we simply cannot survive. Half the planet 'excludes' such diseases as foot-and-mouth at great cost and with periodic animal slaughter (the shame of which is felt by many of us) while remaining countries allow such diseases to be endemic. This is a difficult situation for our world in which animals of the 'exclusion countries' build no antibody resistance to the disease in their blood, while those of endemic countries have been allowed to build their natural resistance. The latter may on occasions succumb to disease to the extent of a few percent of the herd ... depending on quality of diet. Good diet is of course another very important factor.

~7th July 2008~

The evening's events took all by surprise. Firstly, one giving his name as Samuel spoke through Eileen to say that Salumet would be away for 2-weeks and something of interest was planned for this time. Next, one via Sarah indicated that several would join with us and we were to see who or what could be sensed. We were to compare notes and finally one would be with Eileen of whom we should know the identity, and that person was described as a great spokesman. It was apt description.
Paul quickly felt the one drawing close to him wrote diaries. This was later confirmed as the historical figure of Samuel Pepys—famous for his diaries. Several minutes passed as we voiced our various impressions. Then Sarah named 'Churchill', and this seemed to be a key word to unlock proceedings—youtube link: https://www.youtube.com/watch?v=Ho5xz99kyzM
Churchill: ***That is I.***
Sarah: Oh right!
(Sarah had also mentioned Elizabeth 1st earlier and so this was quickly clarified in a strong speaking voice through Eileen)
Churchill: ***I have refrained from speaking too soon and to say it has been a great opportunity to say to you all: not all things...***
Eileen coughed
Churchill:***...dratted voices cause you nothing but trouble ... this I have to say to you: not all that is said is true about spirit and those who come to speak with you. It has been said that those well known in the world only return to those they love—not true. There are those, as myself, who still need to communicate, and will take any opportunity that is available to us.***
George: Wonderful! And I am old enough to remember your speeches whilst you were on the Earth, and I note your voice is still strong and has that kind of intonation.
Rod: And the inspiration you gave us all. I was 10-11-12-13-14, but the inspiration to me and the whole country—thank you very much for that. It's such a humble thing to say, I know.
Churchill: ***I was amazed by the attention I received when I passed. I suffered many disappointments in my life, unknown to many. But I have to say that my heart was touched to see so many who had good thoughts of me.***
Lilian: I think the country and everyone in it needed a figure that was giving us hope.
Churchill: ***One thing I will say: to give up any habits that you may retain...***
Jan: Are you referring to smoking?
Churchill: ***Indeed I am.***
Laughs
Lilian: We've been told that.
Churchill: ***I assure you that this is so. And I did for some time, 'suffer'. I use the word guardedly.***
Jan: Did you have emphysema?
Churchill: ***Slightly, but not widely known.***
George: But we realise, it was more than just a cigar, was it not—it was a symbol that went with you.
Churchill: ***It was a presentation of myself. Yes, even now I feel my hand go to clasp one.***
(Chuckles, as Eileen's hand was raised a little in clasping gesture)

George: And whatever one's feelings about war today, it's strange having lived through that period in the '40s; it seemed to me then, and on reflection to have been a very special period in our history, when we were getting things sorted, and on reflection I cannot see any different solution or outcome for that period. But hopefully, world-warfare has now ended and there will be no more of that. Have you any such thoughts?
Churchill: ***I do. I follow all that takes place in your world—even today. I wish I could rewrite history, but that is not possible. My part I played was to the best of my ability and although many errors were made, I feel justified in saying that I travelled the right road as far as war was concerned.***
Sarah: You were probably being influenced from spirit anyway, weren't you?
Churchill: ***I now know that—at the time I hoped, but did not fully know.***
Jan: Mr Churchill, I'm too young to remember—well actually I can remember you being prime minister when I was a little girl. I can't let this opportunity go by without asking you if yourself and Mr Hitler have met in spirit and spoken—and I'd just like to think that you actually shook hands and made friends.
Churchill: ***I cannot say that to you. For some time my 'goodness' was not strong enough to do so. And still, although I am aware of this gentleman, I have no desire to meet with him, but of course, all forgiveness is there.***
Lilian: I think we've been told he'll be in darkness, of his own doing of course, for eons of time; so possibly he is not even ready to...
Churchill: ***He is not ready, because he feels he was justified in making a new world. But there is no resentment, no malice, and I have to tell you: I admired his earlier strategies of war as a man who knew where he was going—not the actions that were committed, but in the earlier part...***
Jan: ...as a strategist...
Churchill: ***Yes, that part of him I can congratulate him for, as being a person myself of great detail.***
Jan: Yes—I hope you didn't mind me asking you that question.
Churchill: ***Many people have made and written judgement. I am happy.***
George: Well, we all realise that this is a learning planet. We are all learning and where you are now, I think I'm right in saying: you are still learning
Churchill: ***We are all learning, yes.***
Jan: Has your viewpoint on warfare now you have passed over, changed completely?
Churchill: ***Slowly, I am changing.***
Jan: I believe you've been in spirit a relatively short time haven't you, compared to ions of time?
Churchill: ***Yes, it does not happen in a moment.***
Jan: No.
Rod: So what about your wife? Have you got a happier time meeting your wife again?
Churchill: ***Families are always different than acquaintances. There is always a love bond, which isn't severed on passing—that still stays strong.***
Rod: That's lovely.
Churchill: ***But I have to say: I am still interested in my family of the present day and I am sure at times they feel my presence.***
Jan: I'm sure they do.
Rod: Didn't one drive down the road the other day with some children in the back of a car? Is that part of your family?
Sarah: Soames *(Surname)* that was, wasn't it...
Churchill: ***My family has extended greatly—as all here, as you know.***
Jan: Are you a public speaker in spirit?
Churchill: ***Every opportunity I can, I will speak. I do not now command such attention, but the oratory still takes place.***
Jan: That's nice.
George: You said...you referred to a desire to rewrite history, but I would add to that, that while you were on the earth, you did a very good job of actually writing the history in three volumes I think it was. *(Originally 6-volumes and various abridgments followed)*

Churchill: ***Yes, I have to say my pride took a place to the forefront at those writings, but I speak not only of the time when I was with you, but previous history*.***
Jan: Do you look down on 'No 10' and are interested in what goes on behind the big black door?
Churchill: ***I have to say: no.***
Jan: It's of no interest any more to you?
Churchill: ***It is of interest, but not so much anymore.***
Lilian: You're on a different journey.
Churchill: ***Yes.***
Lilian: And I believe you used to meditate—I've read about you in a book—you used to sit quietly and meditate.
Churchill: ***Yes, I had connection with spirit, but I suffered many black days when knowing and feeling spirit was my salvation.***
George: Yes, I can feel and imagine that.
Churchill: ***Yes.***
George: And you painted...
Churchill: ***I suppose you would say I was an artistic person.***
George: Yes, and did that also help you to relax?
Churchill: ***Music...It helped me—you must forgive me, my voice is going, because my energy is leaving. I found expression in my writing, my paintings—many forms of art.***
(General thanks as power faded. Further questions were attempted, but the energy faded, so we said our thanks and appreciation.)
**There were many causal factors leading to WWII, for example, the failure to honour armistice agreements of WWI and then the re-arming, and yes, it would be a huge advantage if we could have rewritten this part of history!*
George's Notes
Winston S Churchill completed his epic work: The Second World War in 1950. He makes unrestrained statement on episodes of the conflict. And that he refers to 'MADNESS' as an affliction that, in war, carries with it the advantage of SURPRISE, may be seen as an example of his literary flare as applied to political confrontation.

~21st July 2008~

The evening began with a rescue, followed by one through Sarah, who gave further details to the group concerning our past lives together as monks, which was first mentioned on the meeting of 30th June 1997:
Lilian: Nice of you to come.
I am very happy to be able to come back to you again, after such a long break.
Lilian: Well it's very nice to have to—taking the time and trouble to come.
I do not consider this to be trouble!
Chuckles
I am most happy to be able to come to you again. And this time I would like to tell you that we are able to bring you a little more information about the time that we spent together when we were on another continent.
George: Wonderful!
You remember when I came to you and we were working in the area near the Nile?
(Affirmed)
Now this time, I would like to tell you that although you were not with me at that time, we were together, but in a different area. We have been together as a Closed Order and I believe that you have already been told that you were monks together?
(Affirmed)
Now this is where I fit into your picture.

George: I think I'm right that last time you told us about Egypt and it was your time or one of your aspects time—it was Ramasses 1 who was in power then. Are you that one or is it a totally different aspect?

This time it is of course the same person speaking to you, but it was a different aspect that was on the planet in the Closed Order, as opposed to when I was in Egypt.

George: That's interesting to know the connection.

But of course now that I am speaking to you, this is the same spirit as before.

George: Yes, I think we understand—interesting.

Now, you have been told that you all worked together and I believe this information was given to you in a light-hearted manner.

Lilian: Yes it was.

But this was also a connection to be given to you, so that when I came to you, you would be familiar with what has been in the past. I was but a very small figure in this community, but I was one who had a lot to say.

Eileen: Are you saying that we were a religious group, in that time.

Yes, this was a Closed Order and dear lady, I believe you were not in this order.

Eileen: No, they wouldn't let me in!

(Laughter)

Eileen: I was a mendicant.

George: Eileen has a different and most valuable purpose in this group.

Yes, you did not need the strict—how can I put it—the strict regime to learn, because you were a much freer spirit than those in the community. Those who were together in that order, they needed a little direction, a little push towards the right pathway and although as you know, that line in not perhaps the one you would wish to be in, in this lifetime, it was a ...

George: ...a necessary stepping stone—would that be it?

That is a much better use of the language than I was going to say—yes, that is correct, that was the beginning of your search for the truth. Now, dear lady—dear lady mendicant I can say to you—you had already found that little light and you came to the group at the Order, because of the previous connection you had all had together. It was for you just, shall we say, to make contact in that lifetime. So, you have all been together and I have touched upon your lives before. So, it is with the greatest of pleasure and no trouble that I have come this evening, just to tell you that we have been connected in the past and we will again be connected in the future.

George: Lovely.

So, I am most happy that we are now all together one more time.

Rod: Does this include me?

George: Yes, I was going to say, are able to tell us if Rod here had any connection with the groups, because Rod is a relative newcomer to our circle here, but he fits in so well.

I am just asking where this gentleman fits in. If you can bear with me for just a few seconds, I will find out for you, where he first became connected with you all.

Pause—another then spoke via Sarah:

I am here to tell you on behalf of my dear friend, that this gentleman was an inn keeper and his connection with you all is via the work you did in the monastery. You provided the wine and other drink for his inn. He was not part of the religious Order, but he did indeed have contact with you.

George: Nice to know that he was around and nice to know that Leslie, our group founder, made the wine!

Rod: Was that what I was—a wine maker?

Eileen: Yes, you were an inn keeper.

Rod: An inn keeper—thank you very much for that lovely information.

Lilian: So we made the wine...

Rod: ...and I sold it for you.

Lilian: Yes—we sold it to you.

Rod: You sold it to me...

Eileen: And I just came round begging!
Laugher—the first speaker then returned to finish through Sarah:
Now, I hope that my friend has been able to help you with that piece of information and I now will be happy to go back to where I belong and look forward again to another meeting—maybe I will be able to tell you something else. But I do not know at this moment if any other aspect of my being was in connection with you at any other time. I am sorry I cannot tell you this now, but should I be able to come back, perhaps I can bring you another story.
George: And we can assure you, you will be most warmly welcome.
Rod: A real history lesson.
(General thanks)

~11th August 2008~ SALUMET

We began somewhat hesitantly on this occasion. A rather nasty type of summer cold had been about and in particular, Eileen was left with a cough which could really be a nuisance. She had a drink of water and we hoped for the best...
Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
I thank you for your welcome. As always, I am pleased to join with you once more. The instrument has been concerned about communication with us, but we will try to help in any way that we can. There are many of you in need at this time. Be assured that those in our world will draw close to you this night and we hope that you will feel the benefit of our love.
Lilian: I'm sure we will.
George: Thank you. There do seem to be a few viruses and germs about at the moment.
None of you are infallible!
Laughs
Therefore it is not unusual for you, any of you, to be plagued by human ailments. So do not be overly concerned. Each one of you finds strength in illness and overcoming many obstacles in your daily lives. This is part of the growth of spirit—but you fully understand this, therefore I will not repeat my words. This time, my dear friends, I wish to say to you just a little about your own growth which you know, each one of you, how much and how far you have travelled the road of *knowledge* and *Truth*. In your world, since the beginning of human existence, we hear so often: 'Show us the way.' Or: 'Why are we here?', 'What is the purpose of life?' You, my dear friends, have travelled with me along a pathway of discovery, of knowledge, of truth—truth that has always been. You have made discoveries, not only about yourselves, but about mankind and all those who exist within this planet. Not only that, you have been associated with mind connection, with planets further afield and this, my dear friends, you have all accepted, you have all gained from this knowledge.
George: Yes. You have brought us riches beyond measure, Salumet, of which we are so appreciative. It is, of course, our earnest wish that we can place all these facts before others and we strive to do this, and there is much enjoyment in that as well. So, thank you!
Yes. You have grown, but the purpose of growing spiritually is that you continue to expand that consciousness. We have spoken much about *Time*, *Energy* and *Growing* ... so many things over time have we not? What I would like to say to you all this time is: I would like to take you just a step further in your understanding. You know full well that when you discard these physical overcoats, that you are once more reborn to spirit. Of this there is no doubt within your human brains and thinking. You have accepted that mind belongs to spirit and that there is much that is open and waiting to be experienced. So we come to the first question placed before us: 'show us the way'. This, my dear friends, this is what I have tried to achieve with you over the many years that we have come together. *(Salumet first came through on 27th June 1994)* **You have moved forward in your thinking, in your experience of spirit, of your understanding of all things greater than yourselves, because you know you have accepted that you are *more* than yourself; you are all as**

one, you belong to the wider picture of *Life.* So for you my dear friends, you *are* finding your way in beginning to know what the plan of life is. There is much you will never understand whilst here. This, too, we have discussed, but let us take the next question: 'Why?' Why is there existence? Why does mankind strive for this knowledge? Because, my dear friends, it is a natural inquisitiveness within him to find the reason why. That is why mankind in time past has become more interested in that which lays outside of this planet ... of this universe. That curiosity is a form of searching for 'why?' I wish to tell you that as you leave these many universes behind, you realize that still you remain within a 'Void'. Your scientists and those who are interested in other life forms are beginning to understand how little they know. Do you understand that each star, each planet, has a form of communication? *(Pause)* **This we have not spoken of; but if you accept that all of life, all of consciousness is expansion and knowledge, then of course there has to be a form of communication—not in the sense that you would understand, by words, but by *energy*. Each form of energy has colour—this we have spoken of briefly.**

George: Yes, and Bonniol spoke of a pulsing light **(yes)** which would be seen from out in space on approaching planets and suns. Is that something you …

This is an experience that is open to all within many universes, but I am trying to take you just a little further. As you leave behind those lights, those planets, those universes, still you realize that although you belong to the whole, you are still within a void. But within the void there is knowledge, knowledge of all planets, all universes, all things. This is a knowledge that is the *'WHY'* of existence.

George: Might I ask if the void is synonymous with Great Creative Force?

The void is the result of the Creative Force. It is this seeking, the returning of the energy of the Creative Force. We are speaking of deep matters here.

George: Yes. So, in a manner of speaking, the void encapsulates *all*.

Yes ... yes. As you are one small planet, you are captured within that void, which again is only part of the knowledge; it contains many vibrations of energy and each vibration of energy belongs to colour. And as it is upon this earth and spirit, where communication needs a blending of energy, so too within the void are there communications with energy. Do you understand my dear friends? I do not want to take you too far without understanding.

George: So there would be blending of energies within the void and that is how we should see communication.

Knowledge ... that is where knowledge lies and that is only part of the whole. Do you therefore see the expansion, the continuity of life, the knowledge, the growth—all part of the Creative Force; and yet here you are, one little being and how really insignificant you are within the whole. Would you like to ask any questions?

George: Insignificant and yet we connect throughout...

Yes. You can imagine yourself as the bottom of your big toe, reaching and searching for the top of the head. Can you see how mammoth that would seem?

George: Yes. I have read articles about the question 'why?' Why are we here, why is the entire system here? And some authors have dismissed this rather flippantly and compared it to a 'free lunch', which isn't really an answer at all. But you have given us a wonderful insight.

We are here in order for the Creative Force to *express* all things. For that ... I am searching for the word that you would understand—perhaps just to say that the Creative Force is looking for expression in all forms of existence. Therefore, to continue that expansion of consciousness, which in turn affects every being, every universe—all of existence. Do you understand my dear friends?

Rod: I think this is far more complex than I'd ever envisaged, obviously. Does it need … do you have to organize it? Does it organize itself? Do you have to control it?

There are—and I use the word reservedly—there are laws to abide by, of course, but not in the way you would understand. Of course, there has to be structure, there has to be intelligence, and remember my dear friends these are earthly words which I use to really describe to you something that is really far beyond what you could truly understand.

George: It seems to me that the Great Creative Force actions all this into growth **(yes)** in order to be able to examine its *expression* or grow further from that expression.
There has to be expansion; that is why the Creative Force needs to have some form of expression. But that basically answers the question '*why*?'—a question which has puzzled mankind and those on other planets for so long, because the understanding has not been available to them, although nothing has changed. It has always been, but consciousness has grown, evolution has changed planets.
George: This question 'why?' has been examined, as you say, by our exploring outwards **(yes)**, it is also being currently examined scientifically by a huge cyclotron **(yes)** constructed at CERN in Switzerland which has taken many, many years to construct and it is specifically to answer or attempt to find out 'why?'—and that construction is about to come on stream, I understand. Now I don't know where the Great Creative Force would fit into this construction or perhaps it is part of the growing expression.
Yes. I am aware of what you speak of, and of course any attempt to try to understand ... in our world can only be for the good, because it shows that mankind is opening up in his own consciousness to try—and I hasten to add, they will never fully understand, but they are *trying* to understand.
George: And a refreshing part of this development is that it's seen to be huge investment for no, no monetary gain whatsoever **(yes)**—and this is rare in our history.
That is why I say it can only be good, because it is affecting the consciousness of man; not the emotional being, not the monetary gain being, but because they are *seeking*. And remember, if you seek you will be given answers. You understand?
George: Yes, and I know there are a number of scientists who'll be absolutely delighted if they find answers.
Yes. The seeking is important.
George: And their excitement will probably travel around the world.
Anything to do with the 'way' and 'why' will always find ears to listen. They will also find ears that disbelieve or refuse to listen, but that does not halt the progress that is being made by many, not only in your world as I have said, but in other planets who are also seeking. Now my friends, I hope I have brought to you a little more to think about.
(Affirmed)
George: Yes, that is a wonderful teaching for us.
It becomes ever *more* difficult when we reach this stage of explanation, because it is difficult to find words or expression to explain to you something so wonderful, so magnificent that it is just too much sometimes for the human brain to take and understand—but I hope I have brought it to you as usual in a simple and understandable way.
George: Yes. And these words can be written down and they can be read through more than once if necessary **(yes)** and that always helps with the thinking.
Yes. You tend to absorb that information a little more easily, I agree.
Rod: Can I just ask a simple question? When we come back onto earth, they wipe the computer *(memory)* completely clean and we come back with no memories of our previous spirit life, or very little, although I understand on a previous talk you did say they were bringing children down with *some* memories. The question is, you talk about other planets all over the universes, do they have the same problem? Do they come down with the computer completely cleared, their memories completely cleared of previous life?
That is part of spirit world, whether you come from this planet or another, those who reincarnate for whatever reason tend to have the memory erased, otherwise what would be the purpose of learning? But not all people have that memory erased—some are able to remember, but that is not the normal. Most people do not remember why they have returned, but it does not apply only to this planet. Is that helpful?
Rod: It does, thank you very, very much. I didn't want to feel we were the odd one out!
(Chuckles)

There is nothing odd, there is nothing special—you are just part of *being* ... on this one planet. You understand?

Rod: And may I just say on my behalf how honoured I am to get this information from you—I know the rest are, but I feel very honoured. Thank you very much.

I never cease to be amazed by this humility that each of you show towards my words. I should be the one who comes in humility. I am most grateful to you all that you accept not only my words, but that you extend to me much love, which in turn enables my own growth. And as always my dear friends I will take this time to say to you, I leave you with the thoughts of this evening, with my love, with my upliftment and with the support of all in spirit who draw close to you. I will let your evening continue.

(General thanks—it is remarkable to observe that there was not one single cough throughout the proceedings!)

George's notes:

Clearly, this was one of those wonderful deeply philosophical teachings for which a few, more extensive than usual, scientific notes will hopefully help to clarify. As the scientist present on this occasion, I will do my best:

Space: We have come a long, long way since that period in the mid-20th century when the majority who taught physics strongly asserted that space was nothing and I recall, as a young student, being 'put down' for daring to think otherwise. There were just a few who thought that if we have to assign any properties at all to space then it cannot be written off as 'nothing'.

VOID: In astronomy, void is a term used to denote areas in the sky of 'cosmic nothingness', defined as 'empty space containing no normal and no dark matter'. Normal matter includes planets, stars and galaxies. Dark matter is matter that does not interact with electromagnetic force but its existence can be inferred from gravitational data. The largest void (recently) found is nearly one billion light-years across. Recent articles declare its reason for existence to be unknown. This, in astronomy, is a hot topic.

In classical physics the void is nothing (no matter or energy) and it remains a mystery.

[Quantum theory/physics: That tremendously significant and successful branch of theoretical physics based on the assumption that energy is comprised of quanta or tiny discrete units.]

VOID deduced from Quantum Physics: This is the exciting concept that connects strongly with the Salumet teaching. Quantum theory sees the void as a virtual mass of virtual particles that forever appear and disappear. This theoretical phenomenon is called 'quantum fluctuations'. It follows that there is an intrinsic energy within the void, and this is known as zero-point energy. This energy would be infinite if it takes the form of a continuum, and each cubic millimetre would contain enough zero-point energy to create a new universe! This derives from the theory. And a general statement of quantum theory is that every particle (of our universe) is a (waved) excitation of an underlying field. This is of course adequate description of how all solid matter of our familiar universe derives from the underlying energy. In 1948, Henrik Casimir had predicted from theory that two facing mirrors in 'empty space' placed one micrometre apart (1/1,000,000 metre = 1/1,000 millimetre) will produce a disturbance in the quantum fluctuations that will pull the mirrors together. Only in this last decade has nanotechnology advanced sufficiently to be able to use the 'atomic force microscope' to test Casimir's prediction. He is now seen to have been perfectly correct and zero-point energy is now a scientifically proven property of the void.

Therefore, the enormous energy of the void that has the capability of converting to matter, to which Salumet refers, has recently become a part of our scientific reasoning process.

27th May 2002: When we first got to hear of the term 'zero-point energy' or 'zero-point field', we checked with Salumet if this was one of the newly discovered energies that he had mentioned as a significant advance for humankind sometime earlier. His reply then: I have held back my words to you ... because did I not tell you that there would be many discoveries on this planet that were unknown to you at the time? And now, 6-years on, he evidently considers it the time to speak in some detail on this subject. Timing has always been important.

[Universes: Salumet has from time to time referred to a plurality of universes. This plurality agrees with 'string theory' requirement and while our universe is based on space-time, others will have different dimensional arrangements.]
CERN: Conseil Européen pour la Recherche (European Organisation for Particle Physics Research), outside Geneva is funded by 20 European member states including UK. The project began in 1952 with the construction of a small synchrocyclotron (1954) to accelerate and study colliding atomic particles, under the direction of Prof C Bakker. The current enormous accelerator is 27Km circumference, built into the countryside. A very special camera to record collision data of particles travelling near light velocity weighs 20 tons and has taken 10 years to build. It is the total assembly of a giant synchrocyclotron that has taken so many years to construct and it is about to come on stream. It is clear from Salumet's words that the void that envelops all contains more subtle qualities than will be found in the CERN project, and it relates quite closely to Creative Force = universal consciousness = God ... and the creation ----------

~25th August 2008~ SALUMET

Good evening.
All: Good evening.
As I came close this time, I listened to you speak about the *good feeling* around your earth, because of the joining together of many nations. *(Olympic Games in Beijing)* **It gladdens the heart to know that peoples can live in harmony, be happy for another human being's success. If this can happen at such times, why not in everyday living?**
(Affirmed)
But it is a very good example of unity—of energy together.
George: Yes, it is hoped the effect of this will have a lasting influence and will be remembered well by the many nations who came together.
Yes. Unfortunately with humankind, these things do not always happen, but it is good to see when it does happen—much to think about by all people—yes.
Sarah: And if we could get all the religions to be thinking along the same lines instead of having too many discrepancies or too many arguments about what should be and shouldn't be, that would be even better.
Yes. It is of course step-by-step. There are changes within your world, but of course always they are slowly taking place. I hope and I know that my words to you last time gave you much to think about.
(Affirmed)
My purpose was not to confuse but rather to stretch your thinking.
George: Yes and of course our own terms that we use sometimes confuse and I was going to ask you: we have the term *'zero point field'* and *'akashic field'* and *'source'* and I suspect these refer to much the same thing; certainly these three things are beyond space-time and they all involve communication. Would you care to clarify?
Yes. Of course, as always, words are limited for descriptions such as these, but, yes, because of the expansion of knowledge within many scientific communities, these things are given human terms. I would say to you, they are related, but *the source* will never fully be defined—that cannot be because consciousness is still expanding to that point—is always seeking, always growing. But, yes, I would go along with names that you have used for the understanding of something that is not yet quite understandable to the human brain. Does that help you?
George: Yes, and we appreciate that additional factor concerning source.
Sarah: It is the void that I was … I think of a void as being a certain *space*, empty space—well of course the void you're talking about is certainly not empty. Is this void an infinite void or is there something … again you're probably going to tell me I'm thinking with a human mind—but it's difficult to imagine. The only way I can imagine it is as an infinite void and there are no beginnings or endings to it. Am I right in thinking like that?

I would suggest, if that is the way you feel comfortable with the explanation, then hold on to that for now. The void I speak of is of course, ever-growing, ever-expanding knowledge, because it contains all knowledge and is partly a mirror-image of Source; which again is something we have not broached.

Lilian: If we start to say why and wherefore and everything ... that started us searching—does that mean that the void expands a little bit to accept our 'whys'?

Your own consciousness will become part of a wider consciousness, which then belongs to a wider consciousness and, yes, so it continues. You cannot use the *mind*, which is after all spirit, without some effect.

Paul: Is the Source the same as the Great Creative Force?

I would say as far as my knowledge goes, that is what we call the Source, the Great Creative Force, but that is for our own purposes; all is striving towards the Source.

Paul: I was thinking of the void then as … it sort of comes out of … as you say, it's like the mirror of the Great Creative Force or Source … so it's like a manifestation of it.

Yes, it is an expression of the source, yes.

Paul: Just as we are made, some people say in 'God's image'—we are one kind of expression of the Creative Force.

Yes, you are creative energy. You need to think of yourselves as particles of energy to begin to understand. Is that helpful to you?

(Affirmed)

Lilian: That makes it more simple, for me anyway, if you think of everything as spiritual energy—each person and so on—and blending together, that makes it much more simple for me, this energy blending.

If you take each individual human within this room and you take the energy which is in the *void* of this room but you cannot see, all is expanding and growing—nothing remains static. But that is a very primitive explanation. I feel that this explanation gives you something to think about for some time to come.

George: Yes, and the synchronicities continue!

Yes.

George: And I was reading a book that had been passed to me and within a few days of your teaching I was reading about the ancient Indian 'Rishis' and what is termed 'Vedanta' and it seemed to be a version using other words of your teaching to us.

Yes. Always this is a problem to use human words for your understanding. So many times I have told you of these difficulties; that is why you must keep these explanations simple in order for you to find a little understanding.

George: It's very nice that, as you have told us, there will be confirmation from other sources of what you tell us and this has happened already!

Yes. There would be no point if the information does not also come from elsewhere, because then it shows you the truth of my words. And remember, dear friends, the simple truth is that *all truth* has always been, nothing is new. Do not forget those words: *nothing is new.*

Paul: Talking of synchronicities, there was quite a good one a few weeks ago: it's quite rare for lions to give birth to albino cubs, but there was a zoo in Germany where actually *two* females both had albino litters on the same day. People thought that was incredibly lucky—but nothing is luck ... so some say white lions represent part of the change—the new world that's taking shape, because the energies are changing. So somehow that can affect these things? I don't know if there's any truth in that.

Always mankind looks for explanations, does he not? But if you think about the colours and the representation of colour, white is at the end of the spectrum of pure energy. So think upon this and perhaps you will find your answer.

George: I suspect there is a greater incidence of albino animals being born today. I know there are several lots of albino squirrels—and it's very unusual. I just get the impression there are more albino forms being born today than in the past.

As there are more who join your human race as teachers. So we are speaking of the animal kingdoms; there is a comparison. You understand?
Paul: So these albinos are …
Have a purpose within the animal kingdom.
Paul: Ah, right.
Sarah: Salumet, can I change the subject? Have you finished with the albinos?
Paul: Yes.
Sarah: You said that nothing is new and you said that this void and all that's in it is a mirror of the Source. We are seeking to be perfect, so …
You are seeking to return to the Source.
Sarah: Return to the source, but in order to return to the Source, we've got to get ourselves '*right'!*
Yes. You will encounter many obstacles in your way, such as human life. That is part of one of the obstacle of expanding and growing.
Sarah: So at one time, the mirror of the Source was perfect—was the exact mirror image and as things have gone on it has expanded and we've had the difficulties along the way. So is that right? And will it at some point—in fact I don't think it ever will, because you said we will never reach the Source—but will it ever be a perfect mirror image?
No.
Sarah: And was it ever?
No.
Sarah: Ah, right.
The mirror image of the Source is ever-growing, ever-expanding; trying to reach the Source of all life—the Creative Force, whatever words you wish to use. But that is why there are many universes, many different people, many sources of learning, because *all* is trying to reach the Source of all things. You really now are beginning to touch upon deep matters.
Lilian: Yes, like where did the Source come from? When did it start?
Sarah: It always has been.
Lilian: Pardon?
Sarah: It always was, it always has been, I would think. Isn't that right, Salumet?
Yes. So now my dear friends we will leave those words with you once again to ponder. It matters not if your understanding is not great at this moment in time, but gradually, if you are willing to open up, to transmute energy that is needed, then your understanding will become much greater. And so, we will leave it there for now.
(General thanks)
George: Can you take other questions this time?
I will take just one more.
George: Thank you—there is one. The one we know as William who asked about claustrophobia, he was very pleased with the answer given and he is most appreciative. He has asked the question again about the year 2012. There have been some crop circles recently and William has some knowledge of astrology and there seems to be an astrological reading from one that indicates a shift or a spread from that year to the year 2019. I think you will say that *'I told you so—it's not all going to happen in one year'.* Can you say if there is any significance in this reading?
You are correct in your assumption. I said to you that it is the expectation of that year that people are clamouring to make as special. As you know, energy can be changed in an instant as can any predictions given by those on your planet who have the knowledge of what lies ahead. It can be given but it can also change in the natural expansion of consciousness and how things are created and done within that space of time. So I would say to our dear friend, not to become too absorbed in particular dates and years, but to take them only as guidelines of what is happening within *many* worlds, not only this one. And that would be my answer to him. I hope that will help.
George: Yes, thank you and it occurs to me that the year 2012—that's the next …
Olympics that you speak of...
George: Yes, our next big Olympic Games event, in that year!

Now my dear friends, I will take my leave of you and allow the rest of your evening to continue.
(General thanks)

~8th September 2008~ SALUMET

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
It brings great joy to join with you once more. I am pleased to see so many of you join with us this time. I hope my dear friends that you found the last meeting of interest for each individual—there was something just a little different.
Lilian: Do you mean the last one that we had?
Yes.
Lilian: Yes it was, it was different—interesting.
(This had been an individual development evening each trying to sense something—and that which was sensed equated to each one's individual needs.)
There is much more for you this time, therefore, I will stay only a short time. Therefore if you have any questions, I will be happy to answer them for you.
Lilian: Thank you. Okay ... George?
George: Yes, I have one that relates to the last time you were with us. There is the Greek legend of the Cornucopia and it is said that the father god, Zeus, was raised by a goat. He accidentally broke a horn from the animal and he returned it, and the horn would produce any wish that the person having it would have. It was normally depicted being held by the goddess 'Fortuna'. I felt the horn was rather like the 'void', beginning from the father god and expressing everything—in the Greek legend it was frequently depicted with bearing fruit and flowers ... and clearly the father god was able to see the fruits that were produced and we were able to experience our fortunes. I felt it was rather like the Creator and the Void except that that is rather more complicated with the expressions going on forever to infinity.
Yes, I accept your analogy. Let me just say to you my dear friends, that within Greek mythology there are many elements of truth, as there is in many of your ancient civilizations, *many* elements of truth, because in those times many people were closer to what today you call 'the Creator'. Therefore to make these truths palatable to others, they were given in the form of stories of gods and ... dare I say 'magic'. But, yes, I understand how you see the relation between what you have spoken of and the void. There are many examples that could be given, but I feel, partly for simplicity and for your understanding, that we could perhaps make an analogy more simple for you in everyday terms: You, as human beings, are the houses of the mind. Within the human form, the mind is restricted, but in actual fact the mind contains all knowledge. So, you could say that the mind was the analogy of the void. Do you understand?
George: Yes, the mind…
The mind knows all things, but is only a shadow of what it truly knows, whilst within the void of the body. Does that make sense to you?
George: So the human mind would connect…
The mind is the spirit.
George: …would connect with the universal mind and…
Yes, and therefore expand in that way.
George: And thereby have all knowledge.
The mind holds the knowledge of all things and it is only in the process of expansion that that knowledge is made available, whether it be housed within this body, whether it is taken home to our world, then the mind is freed to continue with that expansion of consciousness. You understand?
George: Yes. Thank you for that!

Sarah: On the subject of mind, Lilian and I were talking about the mind projection that Bonniol and Paul have together, and we were wondering: when Bonniol projects his mind into Paul's mind, he uses Paul's mind, but does his mind … I sort of felt that maybe his mind took over Paul's mind, and maybe Paul's mind … I wasn't quite sure how it works. Can you explain a little more how it does work?

You cannot take over another mind—it is a blending.

Sarah: Just a blending—yes.

It is blending and making use of the knowledge that is already within the person you call Paul. You understand?

Sarah: Yes.

It is not a matter of taking over the mind.

Sarah: No.

Lilian: Yes, that makes sense to me now.

Sarah: I suppose it's like you have said to us before: it's a blending of energies, really.

Yes. Yes.

George: Going back to the Creator, one could almost think of the Creator as being a summation of all the initial expressions from zero to infinity.

Yes. That *is* Creation.

George: A mathematician might wish to express it in that way.

Yes. And whatever way is acceptable or understandable, that is good for you. It helps in expanding your own knowledge in the same way as your scientists are trying to understand all that exists. Even if you have a blueprint of something, it is not totally the full picture. You understand?

George: Yes. And it's interesting that you use those words at this time when the CERN particle experiment is coming to fruition.

Yes, yes. But I feel you have to try to understand that existence will never be static: it is ever-changing, ever-growing. That is why with what you call 'prediction', so often there is variation of the happenings.

George: Yes. Perhaps one can think of prediction as a very useful 'guide'.

Yes, of course. Anything that helps to expand the mind can only be good and, after all, is that not what each one of you is striving for: growth and knowledge, and of course, I have told you that you already have all-knowledge. It is almost like the children in your schools, that to be successful in their learning, they need to *revise* the facts. Would you not agree?

George: Yes indeed. We are endeavouring to get into that process of revision.

Yes, that is what is needed. Now, I think for this time I will take my leave. I know you still ponder my words and that is what I wished for you that you would think just a little more deeply and remember it is an ongoing process.

George: Yes, a wonderful process **(yes)**. Thank you for helping us.

So, with those words, I will, my dear friends, bathe you all in the love of spirit. Know that many stand close to you. Know always that you grow more and more each time in the body of full and everlasting spiritual love.

(General thanks)

George's notes:

There are pearls of wisdom in this brief narrative that are truly profound:

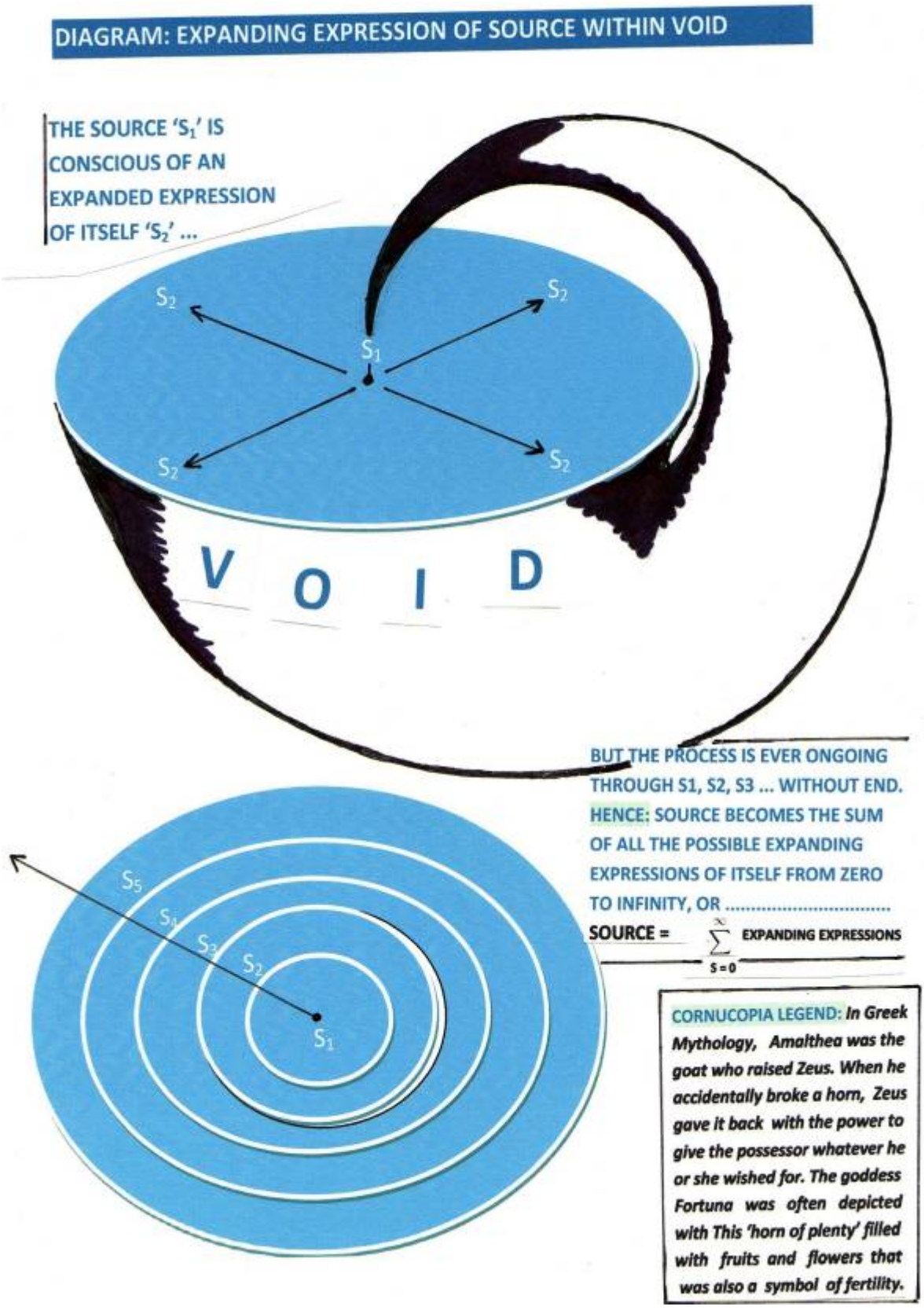
Mind is likened to void but it is a mere shadow whilst housed in the human body.

EXPANSION is a vital key factor in achieving the all-knowledge enlightenment.

But we are reminded that existence is never static ... and this may well mean that those scientists who grapple with the incredible apparatus at Geneva may well be evaluating a moving target ... in more ways than one! Tomorrow's world in bound to be different from yesterday's world or today's world, because that is the ever progressing way of the creation.

As a part of the CERN experiment, an item called the Higgs boson is sought. It may or may not exist. It arises from purely theoretical consideration to help provide an explanation for 'gravity'. But we know

from several other communications that mass and gravity change as planet spirituality changes, so it might be interesting to see how the hunt for the Higgs boson develops.
The diagram over page is an attempt to illustrate how the 'void' might be compared to the legend of the Cornucopia. And by making this comparison it might just give us a better picture of the void and how the expression of Source is ongoing.



~22nd September 2008~ SALUMET

Lilian: Good evening to you Salumet.
Good evening.

All: Good evening.
As I come close to you this time it gives me great joy to see how well you blend together on this evening. That is not to say you do not always blend together well, but only on certain occasions the light that emanates from each one of you is even brighter, and this is so this time.
Lilian: So if we've had a laugh and a joke before we come together, does that help?
Laughter helps to raise the vibrations within the room, but it is not only that, because when I come to you, many preparations have already taken place. But what does help is that each one of you, even with earthly troubles, has entered this room in a positive frame of mind. This is what helps—helps you to blend together as one.
George: That's nice to know. Thank you.
I do not intend to stay with you too long on this occasion, because I would wish to work quietly with this instrument this time. I know sometimes there is puzzlement about what happens when I work with this instrument. I can tell you only that the unity and the blending become more powerful each time this exercise takes place. It is a refinement each time, of those very subtle energies which are necessary for communication. The instrument is perfectly safe and it is our endeavour that we work even more closely together whilst I take part in these meetings. If you have any questions this time I will be happy to take just one or maybe two questions.
Lilian: Thank you. If I could just ask what maybe a very simple one: sometimes if you are listening to a singer or a piece of music and it somehow touches you, not to make you feel sad, but there has been a young boy just lately who has appeared on our TV screen and his voice is really beautiful, and I wondered why sometimes it seems to touch something in us—not to make us feel sad, but I can't describe the feeling...
It is only recognition of those spiritual gifts, whether it be from music, whether it be from the laughter of another or whether it be just appreciation of all nature. It is a certainty that it is you blending more closely with all that is spiritual.
Lilian: Ah, thank you.
All of you at some point have felt this I am sure.
(Several agreed)
Rod: There's a record called 'Angels' with young singing on it. There's one or two tunes in that—you can't help but cry, they put it over so beautifully—it overwhelms you.
Lilian: But it's not a sadness, is it?
Rod: Oh no.
Lilian: It's difficult to describe.
It is a recognition and a blending with the sound that they give forth.
Lilian: Does anyone else have a question?
George: I wonder if I could tell a story. It's a story that begins 2,000 years ago with Paul of Tarsus, who was I feel, very much the servant of mankind. He carried the then pure teachings of Jesus to Ephesus and on into Europe. Paul also spent time with the Essenes and during that time experienced a vision which he wrote about. It was a vision about description of 10-spirit realms with subdivisions, and what happens in them. That document was sealed in a jar and did not come to light until the year 1945 at Nag Hamadi in Northern Egypt, and a translation was not made known to the world for another 32-years after that. In the meantime, Paul trained as a doctor *(in spirit)* developing wonderful medical skills and assembling a team of doctors. Now, at the present time, he works as a spirit surgeon through the medium Ray Brown, and his wife Gillian organises the clinics. Now, Ray Brown and Gillian and Paul have between them written a book. I should say that this is an unusual spirit surgeon arrangement, involving Paul being able to work for up to 7-hours at a time. And Ray Brown is looked after by an Indian gentleman named Waters Running who 'unhooks' him and takes him to spirit where he spends some time in the Halls of Learning. So that Paul is able to work for 7-hours in his medium host. They have written this book and Paul has written a quarter of it himself, and I note that he lists 10-spirit realms in much the same way as he did 2000-years earlier. While on this topic I would also say that the book we published in year-2000 had mention of Ray Brown and Paul working through him, and 3-pages were devoted to Paul's work 2,000-years ago and included a listing of the

spirit realms of his vision with the Essene. Well, it's quite a complicated story that stretches across 2,000 years, but there are wonderful connections. And as to the book published in 2000, I was aware that there was much help from spirit in writing that, and it was my aim to include all the *important* happenings on the Earth and it's noteworthy that Paul got such mention in it. Well, that's the story, and I just wanted to say if you have any comments on that or any elaboration, we would be delighted to hear it, Salumet.

I thank you for your time in telling what you call 'a story', which is in fact the events in the life of one gentleman connected strongly to spirit. I wish to say to you, my dear friends, there are many in your world who have the same connection to lives of the past, who are what today you term 'psychic surgeons', but I will agree in part that this particular gentleman has cultivated the use of spirit for longer periods of time than most people. There have been others, perhaps not so well known, but let me assure you there are many in your world today who do the same kind of work. Yes of course, when the gentleman leaves his physical body, it is an agreement with spirit that he is well cared for, in the same way that this instrument is placed to one side whilst I speak to you, albeit for a shorter length of time. Two thousand years you say—it is but a *small amount of time*, when we speak of that eternal part of spirit. Two thousand years may seem to each of you to be a *very* long time, but as you know, time means little to us in spirit. So do not be surprised that these happenings take place.

George: Another factor is that several of us have in recent months paid visits to Paul/Ray Brown, and it has been quite a joy and a privilege to have actually spoken with Paul of Tarsus! I have consulted him with a view to possibly improving my hearing, which he is endeavouring to do through reconnecting neurons. And he seems to have a particular skill in doing that sort of neurosurgery. Anyway, it's been wonderful to have met and spoken with this gentleman.

You have to remember my dear friends that nothing happens by accident! There is always good reason for these happenings.

George: I felt this web of connection seemed rather significant.

Yes ... yes. I welcome your story, but of course, for me I see many, many in your world who do equally good work—maybe different, but nevertheless, excellent work for spirit. Is there anything more you wish me to say?

Rod: I would just like to add that Gillian, the one that George mentioned, would love to hear your voice, would love to hear you in this room; I thought that was rather nice.

It was stated that Gillian has indeed received a book, CD and this transcript will of course be forwarded to her

Now, my dear friends, I will take my leave, I will allow your evening to continue and I will endeavour to work quietly with this one.

(General thanks)

George's Notes:

Books mentioned:

'A Mere Grain of Sand', Ray & Gillian Brown, Tagman Worldwide Ltd, 2004.
'The Apocalypse of Paul', Paul of Tarsus, Nag Hamadi Library, 1st century AD. (Details on Internet)
'A Smudge in Time', George E Moss, Gemma Books, Wittering, 2000. (Available on Amazon as eBook £1.18—hard copies also available at £5.00 + postage)
Clinics with Ray Brown are held regularly around the country and abroad. Email your enquiry to: raybrownenquiries@hotmail.com Website: www.raybrownhealing.com

~20th October 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As always I am happy to join with you this time. There is with you this time a feeling of tranquillity and peace which is not always with you.
Sarah: That's nice to know, thank you.
Lilian: We don't always seem to notice these things that *you* do.
Yes. It takes a little more sensitivity to use the spiritual aspects of yourselves to recognize within this room the energy which is being given off by each one of you; but that brings us nicely to what I wish you to do this evening. I will answer any questions you may have, but for this time I would like you to take part in an exercise whereby the spiritual sensitivity comes to the fore with each one of you. To do that my dear friends I wish that each one of you goes around this room, looks deeply at each person and to find one thing that is positive, one thing that is *not* so positive, and perhaps give us your thoughts as to how the less than positive aspect can be transmuted into more sensitive areas of being. Do you understand what I am saying to you?
Sarah: Do we physically have to get up and look at the person or can we do it from our seats?
From your seats, yes.
Lilian: Just one person or everyone in the room?
Each one in the room—yes. You will find it interesting, I hope, but it is an exercise for growth. You understand?
Lilian: It is the spiritual aspect …
That you will be using, yes. It is all too common that you use only those physical senses, rather than try to see the true aspect of the being. So, I hope you will take part my dear friends and whilst this is happening, I hope to work a little more deeply with this instrument. Therefore, I ask that any conversation may not be too loud.
Sarah: Will you be coming back to comment on what we say?
No, but I will be aware and perhaps next time.
Sarah: Yes, thank you. I always find it interesting to know how far off course we are!
Yes, I understand. Now before we begin, do you have any questions for me?
Lilian: Any questions anyone? I'm sure George has...
George: Yes. I'd like to refer to the TV news this morning and the stocks and shares market worldwide seems to have settled somewhat at about 2/3rds the value it had earlier this year; and secondly we seem to be heading into an industry and trade recession; and thirdly there was a very honest reference to a UFO encounter that happened in 1991 over Heathrow Airport—nice to have a really honest reference on the news media. And with those three things, it left me feeling that these are all things that the world *needs* and it seems to be in line with the teaching, and I just wondered if you would agree with that.
I, of course, cannot dispute the teaching, but, yes, when honesty and truth surface, this can only be for the betterment of mankind. Only when mankind realizes that honesty is part of the spiritual being, only then will mankind realize the true aspect of living. No matter what time in your earthly history, there has always been highs and lows of earthly living, whether it entails the many wars, the ravaging of land, or as you speak of now, the deep depression as regards trade and monies. All of these things are part of the evolution of your world. Remember, I have always said, there is positive and negative and if you wish to simplify your lives then remember those two words: positive/negative, good/bad, dark/light. Each needs the other to survive and this crisis that you are all feeling at this time, of course will pass, but it will leave behind the recognition for change and that is the true purpose of these things: the realization and change which must take place.
George: Yes. I was wondering if it was part of a process **(yes)** of simplification of life.
Yes. It is to *help* mankind recognize what is important in your lives; that importance is not 'gain through wealth and materialistic things', but by going inwards and recognizing, how you say, the brotherhood of all mankind in the goodness and the love which should be extended to all peoples in your world. That, *that* is what mankind must strive for. You understand?
George: Yes, yes, thank you. That is a nice clarification for us. I know a number of people are finding it quite difficult to understand what is happening, because there's a tendency to think of it entirely in physical terms.

It is only a physical thing—that is what you need to remember. And of course it is important that you survive and live well. We do not mean that you should live your lives on this planet in poverty and deprivation; that is not our meaning. I have spoken in the past: you can have much wealth and still be the most spiritual of people, so do not assume that wealth is wrong—that is not so. It is the craving and greed which goes with it that is so wrong.

George: Yes, I think *'how it is regarded'* were your **(yes)** words before.

To many of men in your world, it has become their god, to the neglect of all things spiritual; and I will leave you with one word again which conquers all things, and that word is 'love'. It is small in number, in letters, but it is *huge* for your existence. And now, with those closing words, my dear friends, I will withdraw and work with this instrument and allow each one of you to go around this room and let us see what happens.

Lilian: Thank you. It's been lovely to be with you and thank you for being with us again.

George: And might I just ask if your instrument *(Eileen)* is included in this?

No, I will be working with her. She will not take part this time.

In the exercise that followed, I think we all sensed 'love' as the major positive attribute and as to the 'less positive' attributes noted, these seemed to reflect back to self. Perhaps we were being polite!

George's Notes:

Positive / negative: Concerning the above, it is probably correct to say that both extremes of the physical condition are needed to create the REALISATION that links to spiritual pathway. So the financial 'crunch' can be seen as a learning process that results in a realisation.

Ray Brown / Paul and further details following on from our 22nd September report: There was a further visit by three of us on 18th October. We arrived early and it was 'break time' with Paul not in residence and there was a wonderful opportunity to chat with Ray about the healing work and the travels of Ray, Gillian and Paul. It seems that there is a forthcoming book, by Paul on the spiritual teachings. That should be interesting! Statements by Paul of Tarsus, I would expect to relate very well to the original teaching of 2000-years ago and the Nag Hamadi scriptures dating from Paul's sojourn with the Essene. The three have travelled to Paphos, Cyprus, and it seems the famous 'whipping post' is genuine but it has been moved for some reason from its original location!

Healing results: I am able to say of friends and family that one who had a painful wrist due to carpal tunnel syndrome is now free of that pain, one whose walking was restricted due to a foot condition is now walking further and faster, and one with an ankle that ached during work sessions (due to an injury years earlier) is now free of the ache; we think proper tendon condition has been restored. And as to my poor hearing, I still wear the aids but sound quality is improved and I now listen to TV news at 13-volume setting instead of 17 ... a distinct improvement for which I am grateful.

There is a thick folder of testimonials and letters of thanks in the clinic waiting room, from: Sir John Mills, professional footballers, surgeons and many who have endured pain from trapped nerves, and various conditions for months and sometimes years ... and who are now suddenly free with full life enjoyment restored.

~27th October 2008~ SALUMET

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
As I join with you this time I take just a moment or two to assess what is happening with each one of you. I know my dear friends that last time you found the exercise I gave to you to be a little frustrating, to say the least. Therefore, this time I would like you to further consider what I have asked of you and to continue what you have started; and as you think more deeply, then when we come together next time we will discuss it more fully.
Lilian: Well, I found it easy on the positive side, realizing how each and every one of us has grown spiritually, but on the negative side it was a blank.
I will say only this to you: do not think so much about *negativity*, but rather *traits* that each of you have, but those traits can be transmuted into better ways of living. For example, and I hope this may help each one of you: if someone focuses and worries about money, to us it is a negative, but to you, you may just find it part of life's habits. So you see, it is not negative in the way that each of you are conceiving it to be. Is that more helpful for you?
Lilian: Yes.
Sarah: We were a little confused last week, well I was anyway, as to whether we should be looking at the spiritual aspects or the physical—how the person is actually living or trying to get the answer from spirit?
You are looking with spiritual eyes at physical conditions.
Sarah: Ah right, okay, thanks.
And then you should be able to assess each individual in a most valuable way, because sometimes as human beings, you need to be guided by the thoughts of others before you recognize any of these negative traits. You understand?
Sarah: Yes.
You are all being very kind to one another, but you must look with spiritual eyes if you are to discover and work through this form of exercise. So my dear friends you have another chance this evening to see what you can achieve.
Rod: Salumet, I might be a bit dim on this, but to say that I could look at … just take an individual … look at Paul now right across, to know Paul and for me to discover … I know what makes him buzz … but to go in deeper than that, I don't know him that much. I have a difficult thing even with my dear wife here, she's difficult to understand. So, perhaps I'm looking at it at the wrong angle, am I?
You need to go inwards before you look at another person. You cannot do it with the physical eyes only.
Rod: Ah, so you have to meditate.
Yes. You go inwards and it is a knowing.
Jan: I find it's absorbing that person's energy that you are able to…
Yes, that is correct, but to enable you to do this, you must use spiritual eyes. Of course you cannot find negatives, because you do not know each other so well in physical lives; therefore to understand another being, you have to use spiritual eyes. You understand?
(Agreed)
I do not say that you will achieve too much this time, but it is the beginning of understanding yourselves. Does that make sense to you?
Sarah: Yes, it does, thank you. It's clearer than last week.
Rod: But if I'm looking at another person, does that help me look at myself?
You do not *look*, you *feel* and of course that will help you in your own self-understanding as to what may be achieved by going inwards. You understand?
Rod: Right.
Do not be too concerned, but it is an exercise which will be most beneficial to you, not only within the confines of this room, but in your everyday living. Now, I will give you the time to work with yourselves

and to try to discover your fellow 'men' within the room. But if you do have any questions this time, then now is the time to ask me.

Sarah: I just wondered, Salumet, when you're working with Eileen, can you tell us a little bit about where she actually goes when you're working with her?

Yes. I believe I have said before to you that her mind is placed to one side whilst I take control of the voice. I use her voice to speak to you. She is perfectly safe and is of course taken care of by her own guardian spirits. She is not aware of the place where she is, because we do not have sufficient time for her to have that spiritual understanding—but it is not important. What *is* important is that she remains safe and I am allowed to use her voice in order to communicate with you.

Sarah: Once or twice Eileen has said she's had some sort of feeling about being in a place, when she's coming back, not when she's going, when she's coming back.

Yes, because her own spirituality is growing the more I work with her. That is why at times I need time to work with her quietly in these conditions.

Sarah: So really you're just working on her voice, are you?

I use her voice, I am using the body to some degree. As you can see, I am able to move the arms; I could use the whole of her body but it is not necessary; it is her voice box that I need to use.

Sarah: So when you say you are working with her, you're just really working on her voice box...

No. No, I use only the voice box to speak to *you*, she is being cared for by her own guardian spirits.

Sarah: So what exactly are you doing when you say *'I'd like to work with Eileen'?*

We are giving her time in the realm of spirit to grow and to enlarge as a spiritual being, so *her* understanding grows greater.

Sarah: Ah! Right!

You understand?

Sarah: Yes. So you're doing it for Eileen and not for you?

Yes.

Sarah: Ah! Right! Because I always thought it was for *your* benefit.

It is in part that the more we work with her spiritually, the easier it becomes for *me*. It is not easy to explain something that you do not experience for yourself. She is apart from her body just for a very, very short time. It is no different from what happens to you all in sleep state. You are not aware of anything in sleep state, are you?

(Agreed)

No. It is similar. But no harm comes to you whilst you sleep; in fact in sleep state the spirit is rejuvenated. You understand?

Lilian: Yes. That is an easy way for us to understand.

Sarah: So this is also part of the reason why we need a certain amount of sleep, so that spirit has time to rejuvenate.

Yes, yes. It is as any form of machinery; you cannot work it continuously without it breaking down. And so the spirit needs to be free whilst the body rests and recuperates from the stresses and the strains of your earthly world.

Sarah: So if people have … you said 'break down' and I was just thinking of a 'nervous break-down' ... has that got anything to do with the amount of time that the spirit has over the other side?

It has to do with the responsibility that each of you has in taking care of the housing of the spirit.

Jan: On a dream theme, I have a house in a different part of the world to here, and I know that I'm much more relaxed and open when I'm there and I dream such a great deal more, and I believe it's because my spirit feels freer from the stresses that I feel here and I actually look forward to going because I have such strong spiritual dreams—that is a good description of them really. So our physical, in our dream state, does affect to a huge degree our spiritual side in sleep, I believe.

Yes, yes. The two cannot be separated. Whilst you are in human form, the spirit is housed within the *flesh* of the body, but as you all know and understand, you cannot ignore the needs of the human flesh,

of the human situation; and that human part of you has to eat, has to sleep, has to rest for it to function fully. But to be a good vessel for spirit, that part is most important for the well-being of both flesh and spirit—you cannot separate them, because one will always affect the other. You understand?
Jan: Yes.
Sarah: So, the only time they are separated is when the spirit returns to its home again, back over the other side.
Not only in sleep-state, but in meditative state. When you meditate, the spirit is raised from the body, the mind is separate. In true meditation, you are joining more to the spiritual aspect of yourselves and in so doing you improve the human flesh side of the being. Does that make sense to you?
(Affirmed)
I feel sometimes, as human beings you cannot *see* or *feel* that close connection. Sometimes the body is viewed as the all-important thing and the spirit is some distant form which is spoken about.
Jan: I think everybody in this room wishes immensely that it could be the other way around. As we've spoken on numerous occasions, our physical lives do encumber that spiritual side **(yes)** but for many people on this planet—and they're so easily recognizable—the ones that are spirit first, physical personality second, I think we can all admire from afar and the more you're involved in this work, the easier it is to recognize them.
Yes, and you recognize other human beings either by form or spirit, by expanding your own spiritual self. The more you expand spiritually, the more aware and sensitive to your fellow man you become.
Jan: It's a sensitivity that grows much more with maturity. It's a sensitivity I've found that's more empathy than sympathy and with your teachings, I've found it much easier to separate the emotion from that, apart from in my everyday life with my own children and that's my hardest part of all—to separate that.
We have never said it will be easy for you and I am sure many people who you would speak with will have some area within their lives that they find difficult, even with spiritual knowledge, but that is also part of your spiritual growth, because the struggles of life make you stop and view life differently. Would you not agree?
Jan: I would.
That is why I would say to you my dear friends: that is why people struggle when there is illness, when age comes to the human form. Why must there be pain/suffering? Because within those limits of pain and suffering, the spirit grows. The spirit recognizes itself, but the human side of you finds this most difficult to understand. How many times have you seen someone who has suffered much, shine through that pain ... that suffering, and they almost glow with that spirituality that they find. *They* are the inspiration for spirit. They are people who have found themselves and know that the pain and the suffering are but temporary.
Rod: Yes, amongst ourselves in the past we've always said that these people have got something special—they have something that we haven't got and that is right. I see where you're coming from.
That is wrong! That is not right, that is wrong, because you *all* have that ability.
Rod: Well they seem to outshine the likes of me.
Jan: That's because, Rod, their where they are at the moment on their growth and they've chosen to come with disabilities this time or ... and that's why they shine.
And you are being much too harsh on yourself my dear friend.
Lilian: That's nice to know.
You have many, many, many spiritual qualities my dear friend.
Rod: What, me?
Lilian: Yes.
So do not place yourself in another's shoes, because you are unique, you are individual and you have those spiritual qualities which are needed to see you through this lifetime. So do not be so harsh.
Rod: Well I will just say something that's a bit funny really, but this morning I went and spoke to a chap digging a hole and he got down to some concrete and he must have been in a temper. I was trying to make

polite conversation and he was an angry man and it didn't matter what I said, he barked back. And I thought: *'I am getting nowhere here boy',* so inwardly I said: *'and a happy Christmas to you boy'* and I went. I felt rather miserable with that chap. I didn't give him anything, no happiness at all.
You gave him everything: you gave him your time, you gave him your thoughts and your consideration. Those, my dear friend, are spiritual *qualities*; it is just that you do not *recognize* them as such. Still you doubt even though I have told you otherwise.
Rod: Yes.
Yes, but do not be concerned. Your heart is good.
Rod: Thank you for those kind words.
Daphne: Salumet, if I may interrupt and speak to you. I'm a new-comer to the group and I'm very happy within it. But I was shopping one day and I went into a shop and a lady came up to me and she said, *'You're spiritual'*. And I said, *'Yes'* and she said, *'I could see it as soon as soon as you came through the door. Would you say a prayer for me, please? I have epilepsy.'* And I said, *'But how did you know?'* She said, *'I just knew as you walked through the door that you would help me.'* And that made me feel very humble to think of that.
Yes, but she had that spiritual knowing. She could see what you humans term 'the aura' of a person.
Daphne: I see.
When you are attracted to another or you feel comfortable with another, it is because the spiritual lights that you all exude blend well together; in the same way as you feel uncomfortable with another. But you never should wish any harm to another human being, but what you do is you step backwards and you send a thought of love to that person.
Daphne: I understand, thank you.
This is what I am speaking about when I speak of spiritual eyes and spiritual knowing. You have to work on it, you have to expand your own consciousness and that realization becomes easier for you.
Sarah: I think probably all of us have noticed that ... you saying about some people just see the physical beauty. But you can meet a very, very pretty person, or beautiful or handsome person and you don't really like what you see and yet you can see another person who really isn't very attractive, but you just think what a wonderful, lovely person they are! And that obviously is the spirit coming through.
Yes, that is true. Do not be fooled by the outward vehicle, because, imagine a very old, rusted car, for example, and if you are clever with your paint brush or whatever you use, you can make an old, worn down, useless vehicle look very good. So, you see, it is easy for the human eye to be fooled, but not so those spiritual eyes. That is what I am trying, my dear friends, to get you to understand. It is important for your own soul growth.
Lilian: Yes, well I think what you've said tonight will really help us.
And with those words, I will take my leave. As always, I leave you with many things to think about, but to know that so many of us stand close to you, each and every one of you and even those you love; because those you love affect the way you think and feel. So, my dear friends, I will let you focus and have your discussion and hopefully next time we will see how much better you have done.
(General thanks)

~3rd November 2008~ SALUMET

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
As I come close to you this time, I have to say my dear friends how many have been listening to you and your conversation.
On this occasion, following our healing prayers, there was talk of World Change. That the US electorate have voted for a non-white president offering new ideology, signals widespread change and follows the earlier rationalisation of racial unity in South Africa. Equally, the world's deteriorating financial systems

with large industrial blocs heading into recession, signals a turning point and our planet's move away from excessive materialism. The changes are welcomed and understood by many and our group recognises that all is very much in accord with communications received from both Salumet and others.

George: I think I felt their energy; there seems to be very good energy here tonight.

Yes. I withheld speaking to you in order for others to listen. It is interesting for those in our world to listen to discussions and debates about your world, how you view the people within your world and how those of us in the world of spirit view the same things in a slightly different way. Nevertheless, what comes from your conversation is that one word 'love'. This, my dear friends, shows how you have grown, that each one of you may have differing opinions, but at the end all agree on one thing and that is the distribution of love in your world. There are those, my dear friends, who stand by each one of you, who are attracted by your words, who also, I hasten to add, will try to influence you in the way you look and feel about your planet Earth. All of those here this evening are most interested in the development of your world and have decided this evening that they will come close to you and help to focus on your opinions; and it would indeed be most interesting to see how your opinions form as you grow older and your world becomes wiser. I hope each one of you will accept the help of those who stand with you this time.

George: Yes, I'm sure we would very much appreciate that and I'm sure we all feel that it's a very interesting world at the present time and there are many signs of change, and we are optimistic that these changes will lead to a better Earth.

Yes. Optimism is important: from optimism grows love. It is most important that each one of you, not only in thinking about your Earth but also in your daily lives, in your home life, in your work life, that love in some form is cultivated well. I hope that I do not overwhelm you at times by stressing how important love is, not only for each other, not only for this planet, not only for this universe, but for all of creation, because without it there would be no planet, no universes, no peoples; and for a word that you use so seldomly in everyday living it is important that you learn to express love in many ways. People on Earth do not always recognize what we mean by love. It is not the romantic notion that Earth people have of love, but of that innate knowing that comes from spirit, because, you see, initially you come from all-encompassing love. I will leave you to consider what love means to you as individuals and for this time, my dear friends, I would ask you to continue with your discussions, but also to become more aware of those who stand by you this evening and to *feel* their considerable love for each one of you.

George: Yes, it feels rather like a 'cosy mist' encompassing all. That's just the mental picture that I have.

Rod: I find there are days, Salumet, when you meet a load of 'doom and gloom' guys and women and they take some getting used you—you walk away and think that you've lost that one and there seem to be so many of them. But if I'm wrong—I hope I'm wrong, because it would be nice to get someone bright who you can bounce off easily. But there are a number around, quite a number around who see everything as black and they can't see any good. Am I mixing with the wrong people, or what?

You my dear friend are *seeking.* You cannot *change* others, but what you can achieve is to shine your own spiritual light more brightly so that when you leave these people that you speak of, *they* are the ones who go and say *'I feel much better for having spoken to that gentleman'*. So you *give* rather than take their energy. You will always have negative people and I am sure you can all speak of peoples who make you feel that way, but you have to become stronger spiritually to lighten that darkness in other's lives. That is all you can do. But do not dwell on anyone else's negative aspects; you leave it behind and send love to them.

George: The mental picture that I have relates to the Peter Pan story and there's this fairy that sprinkles a little stardust everywhere. It doesn't matter that she's moved on—and the people that she's been with, they're just left with that little bit of stardust, which will have some effect eventually.

Rod: I can see that, yes.

Yes. I always feel amused by your analogies my dear friend.

(Chuckles)
Rod: I think he thinks I'm going to be a fairy, Salumet, waving a wand.
It could be arranged!
(Laughter)
Of course. I am having what you call 'fun' with you, but you understand what I am saying to you.
Rod: Yes, you have to have laughter.
Laughter is part of the spiritual aspect of your beings—yes. But, as always, you need to recognize dark times, to recognize the light, so it is not always a negative thing to experience some negativity, because in *recognizing* you can then make change. Yes.
Rod: I see.
If all was goodness and light, there would be no reason for us to come to this planet, because this planet would have no use, if all was love and brightness. You understand?
Rod: Yes.
Thank you.
Rod: I did look at a baby ... we had a little baby with us yesterday, well what was the baby—six months old—and I thought nine and six—fifteen months ago, that little spirit was up with you. And you can see in that child, it is so beautifully new, the spirit is so new, it's lovely. And I thought of the sadness of the persons who knew that spirit and is left up with you. It was very nice of them to let us have that spirit.
The spirit is not new, only the earth being is new; it may be that the spirit is much older than you would imagine. But all who come to have this earthly cloak have chosen to do so, so do not be too sad for the spirit or spirits in our world 'left behind' as you say—they will be glad that the spirit has decided to come to this earth for whatever reason; but they will be even happier when that spirit returns *home.*
Jan: I'm looking forward to meeting the spirit that's returning to us via Richard and Anna **(yes)**—we're really excited about that.
Yes. Remember, any spirit who decides to return for whatever reason, will be known to all of you within that family group and even further afield of the family group.
Jan: Yes, I had an innate feeling that that would be so, and so has Richard.
Yes. It is impossible almost to *not* know and recognize the spirit that comes to a family, because you have been united in many ways, through many lives, although it may be in different formats such as mothers, brothers, sisters—no matter what, the spirit itself is recognizable. You understand?
Jan: I very much do. I'd like to share with the group—as the group knows, Richard and I were with each other in some format as Salumet has described before...
Yes.
Jan: ...what we were is of no importance to us. But when Richard was born, I looked into his eyes and I said outwardly, 'I know you!' and the family around me thought I'd gone a little bit 'cuckoo'. But I just knew that I knew this spirit. I have no idea why I knew, but I knew I knew him.
Yes. And you all have that knowledge, but it is just that as you come to the earth plane in human garb, most memory is erased—but some do remember, yes.
Jan: Thank you for letting me share that.
Rod: I'm going to be a bit rude here, Salumet, so please forgive me. We've got a good sense of humour here on earth in the main, haven't we? Where you are in spirit, you are way, way up there, I guess, have they got a good sense of humour as well, all your friends up there, your peers?
Because you pass to spirit, does not immediately make you change. As you are here, so you become in our world, but if you are speaking of conditions from which I come …
Rod: I am.
…you are speaking of something entirely different and humour as you would know it is not necessarily present at that stage of development, if you like.
Rod: Thank you.

[Salumet's domain is deeper spirit, beyond Astral Planes, beyond form. Unless otherwise made clear, Salumet's references to spirit concern that deeper purer spirit. Humour is a quality that relates in the main to Earth and Earth's Astral Planes and perhaps the lower spirit realms.]
Lilian: In fact the emotions that we have now, whatever they be, are lost along the way through other things, I take it?
Gradually they are not needed. It is difficult to explain because you have nothing on this earth planet to compare it with. Therefore, to try to describe it for you is difficult. It is a state of being where there is complete love, harmony, unity, call it what you will, it is a state of being. It is not something you will understand.
Rod: But a great deal of happiness...
But for much of your time in spirit, there is humour—of course there is, you do not change so much—and, after all, if you are to pass through the realms of spirit to go beyond humour and love and laughter, you have to develop to a very great degree. I hope that has helped you.
Rod: Yes.
George: Yes. I think that may be understood slightly better in the ancient Indian way of thinking—rather more understanding than here in the West. I think they have a number of words for these much higher states...
Yes. All ancient civilizations, as I have previously told you, were much more *aware* of their own spirit and I have told you much of it has been lost, but I would agree that those people who you say live in the Eastern part of your world—although to me your world is one unit—they do seem to have survived the use of deep meditative practises, which enables them to be more spiritually aware.
Rod: These are people like in Tibet—that kind of person.
More so, but it is available to you all.
George: Yes, and we have spoken in the past of scientific remote viewing and I noticed only today that there is a report on that subject that comes to us from India and within that report there is reference to Indian spiritual tradition being in keeping with the ability to scientifically remote view in that way, which is really a form of mind projection, I believe.
Yes. Again, as I have said to you previously, all of these things are available to anyone who wishes to develop their own spiritual senses, but in the past, these what you call 'remote viewing', have been misused, but mankind, as always, recognizes when these things should be used more wisely and that is being recognized.
George: Yes and the report from India … their usage concerns anti-terrorist work, which I think is reasonably understandable.
All what you call 'gifts of the spirit' are meant to be used for the benefit of mankind—not to hurt one another. And it has been used in this way in past times, but that is part of our coming to you at this time, to influence all of man for good, for love; again that word 'love' is so important—and if it is being used as you say, it is to protect mankind (yes) **from actions and deeds of another who think that *they* are right, but that the majority of your world would call 'evil'. But again, you have to know the wider picture.**
Jan: Salumet, I feel that I'm being impressed from spirit to write in some form.
Yes.
Jan: But I'm concerned that I don't want any ego to be present in that writing. So, obviously if I just keep going inward I'll receive the right information as to how to format that, won't I?
Well, I would suggest to you that you give out thoughts before beginning any form of spiritual act that you ask that only *truth* and *love* be formed in those words.
Jan: Right, okay.
That whoever may wish to use you in that way comes only for *good.*
Jan: Right.

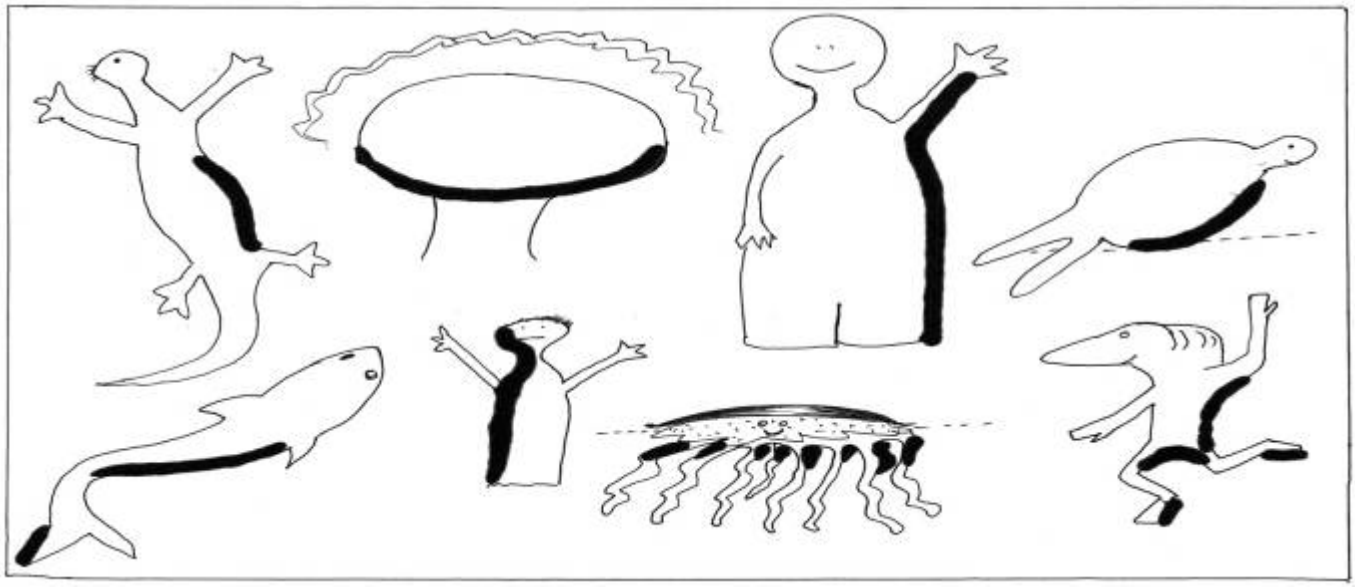
You must always begin that way for your own sake and protection and also I would say to you my dear friend to give thanks to those who wish to use you in that way.
Jan: So you're confirming that those feelings that I'm having, the impressions, are correct—I am picking up the right messages.
That you must ask for protection, that the messages you receive are for…
Jan: For good.
…For good, yes.
Jan: Right.
There are always opportunists. That is why you must be sure that whoever uses your hand is using it for love and truth.
Jan: The opportunists seem to follow me around and that's, I think … well, I don't want to use the word 'fear', because it's not a fear, it's just a concern. Yes, I will practise more on the asking.
You must take control; you cannot allow it just to happen. It would be much better if it was done in a controlled way with *you* taking control.
Jan: Right.
You understand what I am saying to you?
Jan: Yes, I do.
Yes, *you* must be in control. Yes.
Jan: Right. I must be my own gatekeeper.
Yes.
Jan: I'm the source…
But you must not be too open.
Jan: No. I control what happens. If I feel uncomfortable, I should say so.
If you are uncomfortable, then you ask them to leave you. Any discomfort is not acceptable.
Jan: No. But there will be those that stand beside me that are for my protection as well …
Yes.
Jan: …but they need my…
They need you…
Jan: They need me to say.
Yes. You must ask.
Jan: Okay. Thank you.
It is quite true, those words that are used in your world: *'Ask and you shall receive'.* Yes.
Now my dear friends I feel I have spoken to you enough this time. The instrument's voice is dry and I do not wish to cause discomfort. Therefore, I will take my leave this time, but as always, I leave you my dear friends with love, with upliftment, with the wish for joy in your lives and that your understanding might grow daily.
(General thanks)
George: A wonderful evening again, thank you Salumet.
Paul: And we will continue with the exercise.
George's Notes:
Our debate continued and doubtless there were influences within that debate from those others who came close. It is probably true to say that there was thinking in different directions with a striving to see how others might think or feel.
There was reference to Northern Ireland and how things resolved once NEGOTIATIONS began. 'There is hint of negotiation with Taliban ... that could be good! And there is the Winston Churchill quote: jaw-jaw, not war-war!
Terrorists don't do what they do just for fun ... have they been treated badly? How are they thinking?
The most honourable soldier is perhaps the United Nations soldier involved in policing.
Mercenaries: must do it for reward and macho image ... occasionally idealism.

S.A.S./Intelligence officers: so often give the impression of elitists on an ego trip.
Through history it has been the male that has principally fought wars. Why should gender make such a difference? Is the male blocked in some way?
It has been part of the military system to conscript youth, to put guns into the hands of youth with license to kill. They become part of a team so that personal thinking gets lost. Not always. There is the story of a conscientious objector who in trench warfare went over the top three times and did not fire a shot throughout the war. Another conscript argued that he would not shoot to kill ... better to wound, and take two out of the battle (one combatant and one medic)!
Motivations in general: orders, politics, survival, fear of disgrace, threat of firing squad ... and love of all life. 'Love of all life' brings to mind that Cecil B De Milles' film 'All Quiet on the Western Front'. A soldier seemed mesmerised by the beauty of a butterfly that settled on the trench parapet, but in the moment of reaching out towards it, he was shot by a sniper.
Middle East reprisal killings often involve totally uninvolved kids and mums ... what must they be thinking? Can it be in the name of their religion? Never!
There is now the full and obvious realisation that in 'blanket bombing', whole families are wiped out; in 'rocket attacks' targets are approximate; landmines get anyone, and all leaves mess and chaos in its wake. The more all concerned can talk, the better for everyone ... and for nature!'
This week, there followed Remembrance Sunday, when the fallen are remembered. It is well that such events are not forgotten or dismissed lightly from consciousness. But what of the millions slaughtered who did not fight, who were not involved other than to be killed by those who did. They were not represented in any parade or did not receive posthumous medals. Theirs was a silent passive role. Perhaps their deaths somehow highlight the dogged self-indulgence of those determined to perpetuate warfare. Perhaps their deaths will help others to become more aware ... more spiritually aware.

~10th November 2008~

Salumet did not come through this time. One through Sarah gave instructions that we were all to be 'overshadowed' by beings from different planets. We attempted to describe the individual being overshadowing each sitter, and afterwards feedback was provided as to the accuracy of our descriptions. We were pleased with our attempts and it was explained that this was an exercise in mind projection and learning to become aware of what was being projected. We all got impressions of certain details:
Paul described his as having a prickly face/rough skin with small red eyes—a greenish cactus colour. (The one through Sarah explained that he was shadowed by one resembling a lizard and Paul agreed that this had crossed his mind.)
Emily described her hands and arms as straight...almost like a 'Lego man'. She felt like a tree, with legs as one, but felt movement from arms. (It was explained that she was being overshadowed by one who was from the planet where the beings were like mushrooms, as described during a previous Bonniol session: 22/08/2005—these beings also had very well developed mind projection, like the one with Rod)
George felt a solid feeling in the fingers—all except the little finger and a tough skin. (He was told by the one through Sarah that he had one digit free, while the others were webbed together. The tough exterior was due to the hostile conditions in which it lived. There was a long nose—not quite a trunk, but projecting well forward and ears like long fish gills.)
The one shadowing Rod, it was explained was thicker and quite rigid and it was explained that on their planet, they had no need for mobility. They were most proficient at mind projection, which was the reason why they did not need to move.
Lilian had the feeling of a small mouth and thinner than we are. (It was explained that she was in fact being overshadowed by one like a fish and indeed more elongated. Although they don't live entirely in liquid, they do spend considerable time in liquid—not like our water).
Sue had the impression of a sphere, like a bubble with no arms or legs—translucent and a pulsating movement to get around. (It was explained to her that the lower part of her body is not unlike an octopus,

but the top half is quite different. They lived in a liquid, though not as thin as water and they were able to float on top, but the top part of the body is subjected to much heat and there is a skirt that flows over the top of the 'octopus', which protects it from the heat—the bottom part being in the liquid and the top part in the heat. The top part also has a shell-like formation protecting the body.)
Ann felt her middle part to be quite bulging. She sensed a small head and a sense of heat and a reddish colour. (It was explained that the red was not actually the colour of you, but is a reflection from the red sand. Her body was like a type of glass and it absorbs the colours around it. The life has several aspects, including life upon the red sand—the round part that Ann sensed in the middle was due to the fact that they roll in the sand and the glass-like structure reflects this. At other times you are another colour. One part of the life involves rolling around the sand, but like the butterfly, you then develop into a much lighter being and you rise off the sand into the atmosphere and you again absorb the colour of the skies, which are a deep purple colour. So this being is a 2-part being.)
Daphne felt a tightness around the middle and shoulders—quite stiff. (It was explained that they were a form of—not human and not tree, but something in between. The head is able to move quite freely though. Sarah explained that we had been helped in this exercise by many and we were encouraged to try to use our Mind Projection as much as possible in order to make exercises such as this easier in the future, and allowing more to be brought to us.
George's sketch:
Representing in a simple way, each of our cosmic friends, illustrating the wonderful variety of forms—a grand Cosmic union of wonderful beings—it was stressed that these were a tiny fraction of the variety available:



~17TH November 2008~ SALUMET

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
As I join with you this time I say to you my dear friends, it is of much interest to those of us in spirit to see such excitement as you have had this past week.
Lilian: Yes!
George: Yes. It was a wonderful evening last week when we were all overshadowed by ones from different planets and I suspect you would have had something to do with that, Salumet?
I, of course, am involved in all that this group undertakes but I, of course, was not with you last time, but am aware of course with what is happening here. I am aware of you at all times. Let me say this to you my dear friends: although your excitement lies in the fact of experiencing these other beings, the

purpose was that each one of you has now experienced an overshadowing of spirit; in order to catch your attention, because after all, I have been trying to encourage you to take note of who comes close to you. Until now some of you have found this just a little difficult, but because of the nature of the overshadowing, might I say, it has got your attention! You understand?
(Agreed)
Now, I say to you dear friends, you have felt that overshadowing, you know there is nothing to fear, that all of you, if I might put it this way, returned to normal and found the experience to be one that gave you great joy.
George: Yes. I can say for myself that it was certainly a very positive experience and I think that goes for us all.
Yes. That is what we meant to achieve. Now my dear friends there is no reason for any of you not to be used by those of us in spirit who wish to use you. You understand? That was the true purpose of that exercise. After all, I told you earlier in this one of your years that your own self-development was to the fore and that has been the reason why I have not come to you so often, in order for this development to take place. Is there anything you wish to say on this subject?
Sarah: I was just wondering if you were the instigator of Eileen not feeling well last week so that we could have that meeting.
Salumet responded with humorous nuance:
I would not deem to take responsibility for that happening! But of course if the instrument had been with you, the format may have been slightly different, yes, yes. But I do not inflict instruments with earthly problems!
Sarah: I did not *really* think you had!
No ... thank you.
George: It was certainly a very positive experience and the overshadowing was felt and as our organizer departed and there were farewells, the overshadowing just totally went at that point. It was a wonderful experience—very positive.
Yes, with not fear left behind.
Paul: No, I think it was something—we relished it like we so much enjoy looking at nature and all the diversity of life; it felt a bit like a celebration of so much diversity of life.
It is a celebration of opening up to spirit. It should not be celebration, it should be a natural happening for you all, because you have reached a stage where each one of you as individuals should be able to blend more closely with spirit without fear or any worry of any kind that you are not safe or you feel fearful, because as you know my dear friends, it will never happen whilst you have fear. That is why we chose this diversity of feeling, because we know you could not deny what you were feeling. I hope that you will agree with those words.
Sarah: It did seem that everybody felt that what the control *(sent/overshadowed)* was agreed with.
Yes, yes. I am most happy that you have achieved that state, that state of feeling spirit more closely to you. Now my dear friends it is time for you to focus more on what spirit wants you to achieve, that you listen, that you feel more closely those who come and stand by you, who wish you to undertake the work of spirit for whatever reason. You now know my dear friends that it is possible, and that is most important for your own development.
Sarah: Jan was just saying that when she had a bad leg last time, you told her it was because she wasn't on the right pathway. There are several of us in this group at the moment who have got trouble with our legs and …
I did not say 'the wrong pathway'.
Sarah: No?
May I correct you and say that it means probably that at this present moment of your Earth lives, you do not wish to move forward.
Sarah: Ah, right!

Lilian: Ah, yes, I remember that now.
…Not that you are on the wrong pathway.
Sarah: Ah, I do beg your pardon. Yes, so maybe there are a few of us who are…
…who need to go forward…
Sarah: Yes.
…**and that carries on from what we have been discussing this evening.**
Sarah: Yes, exactly—that's what I was just thinking.
You understand?
Sarah: Yes, I do.
You see how all things come together.
Sarah: Yes, yes.
Yes. Has the lady a question for me—the one called Jan?
Jan: I'm sorry if I was wrong…
Do not judge yourself; it was a misuse of words.
Jan: Right, okay. My question I think I've been having all day is on the subject of organ donorship. *(Transplants)* I think that's the question I've been having all day—it's certainly been raised in the media and I've sat and thought at length for some time on my own about it and I'm not sure which side of the fence I actually sit on—whether or not it's something we should choose to do or whether our governments are going to try to make us all donors, unless we choose to opt out of that situation. But on a spiritual level, if another person gratefully receives, which we know they do, somebody else's heart **(yes)**, for both sides spiritually it must be an enriching experience. Obviously the recipient carries on hopefully in good health for some years, but for that spirit that has gone on knowing that part of that physical being remains and is keeping somebody else alive, must be an extremely enriching experience. Am I right or could you elaborate on the spiritual?
Yes, I understand, I have been waiting for you to ask, but that is why I have come to you. Of course, if we are speaking spiritually, if we are speaking of disease, *dis*-ease of man; the answer to that question would be that these donations would not be necessary, because mankind spiritually would learn to heal that body—but that is an *ideal* earthly world. What is important is the reason *behind* what is happening, and of course, someone who gives is doing so for good—that would never be judged as a wrongdoing—how could it when the act is done in love? So, yes, I would say anything done in the name of love would not be frowned upon in spirit, but what we, as spirit, would like you to do as human beings, is to focus on that disease of man and change things *that* way; but that is not likely to happen just yet. So I say to you my dear friend, be guided by your conscience and what you feel to be right for *you*, because no-one walks *your* pathway in life. Does that help you?
Jan: It does, thank you very much. The other question I have is: I try my very hardest to go within spiritually, but when I get ... *(At this point Jan became emotional and Salumet asked others in group to give help.)*
It is good that you allow these emotions to come. That is why my dear friend, I have singled you out this evening. Please give her some healing and I will help.
Jan: I don't know where to take the feelings that I have—I don't know where to go—what to do basically.
You, my dear friend, are so harsh about your own feelings. Your emotions are harsh at this time. I would say to you, as you go to meditation, all you can do is to offer yourself to us in spirit, who will come to you and help you, but you have to allow us to help you. Can you understand?
Jan: I think so.
Yes. Do not be too concerned, do not be concerned.
Jan: Most of the time I know the basic problem is that I'm a 'people's person', and then when I have reclusive times, I just feel so alone.
Do not worry. When you go inwards in meditation, you are *never* alone—none of you is ever alone; there is always someone with you who is willing to help. Sometimes as human beings, everyday life

seems harsh to you, everyday life brings new problems or troubles. That is why my dear friends I say to you so often, it is important to go inwards and to find that unity with us in spirit in order that we can help you to grow. But you are hard on yourself my dear friend. I will try to help you, or make sure that the help comes to you, but all we need you to do, is to put to one side the fear of thinking. Do you understand?

Jan: Yes I do.

Yes. Let yourself just be—that is all we ask—just let yourself be.

Jan: Thank you.

Hopefully you are now feeling a calmness come to you.

Jan: I am.

Yes. Allow it to engulf you.

(Jan apologised to group at this point for the emotions—everybody responded supportively.)

It is what was needed.

(Lilian made further comments about the hardness of living in general.)

She focuses on herself and is harsh with herself. She must just allow herself to be, to allow us in spirit to uplift and take her on her spiritual journeys; that is what she must do.

Jan: Thank you Salumet. I feel as if I've got a big...

Yes, it has been lifted this time from you. We hope my dear friend, that it has enabled you to look forward, in order that we can help you more. You understand?

Jan: Yes I do, thank you.

Now just allow those around you to swamp you in love, in peace. And you will feel before you live this time, a great joy of love.

Now my dear friends, with those words I will withdraw this time. I am happy for each one of you that you have experienced just a level from spirit that has enabled you to let go of a little of your fears. And with that, I will allow you to continue with your evening.

(General thanks)

We chatted amongst ourselves for a few minutes; then noticed that one was coming through, and to our surprise, the one through Sarah who was with us last week came through again:

Thank you, I was just waiting for others to finish. I wished to come, because the energy was beginning to deplete again a little and I wished to come to bring you a little good news.

George: How very nice. Thank you.

Last time, we were so happy that you were all able to pick up on these visitors to you and they were most happy to be with you. So happy were they that they have come back to just visit you to see what the impression they gave last week has done for you. They have been listening to your teacher and have been so happy that they have been able to help you on your spiritual journey and this is what I wished to say to you; so I do not have any other information for you, but I hope that I have now restored a little of the 'excited' energy with you once more.

(General thanks)

George: And could I just say also that amongst those was one we refer to as 'the mushroom people', because we do not have another name. But bearing in mind that one came to us with Bonniol on a prior occasion and amongst your party there was one who helped to organise that, could I just single him out for a very big 'thank you', and I do apologise for not having a proper name.

I would like you to know that that one was more than happy to return to you to help in any way that was possible, but I am sure that your thanks will be gratefully received.

George: And thank you everyone. It was a lovely evening for us.

I am happy that all has gone to plan.

Rod: Did you happen to see the drawings that George made at the bottom of the paperwork?

Pause as energy faded

I have been ... much ... amused ... by ... the ... drawings...

George's Notes:
Jan's question: It is interesting to note that Jan had been wrestling with the question during the day and Salumet was well aware of that fact; and we have noticed this on previous occasions. As to the question, there has been very recent media attention to the idea that organs should be automatically recycled, unless an 'opt out' card is carried.

~24th November 2008~ SALUMET

This was an evening devoted to exercises/spiritual development. It began with one through Sarah indicating that she had others with her who would be joining with us in due course. There was further communication via Sue, who was aware of a lady with a little boy named George. It then became apparent that someone was with Eileen. It was felt that this perhaps connected with the one through Sue and Sue suggested to Lilian that she ask if her name was Martha, but it fact it was Salumet:
Lilian: Would I be right in saying your name is Martha?
Good evening.
Lilian: *(Chuckles)* We've made a big mistake—welcome!
My intention this time, my dear friends, was to allow you an exercise of discovery of knowledge and to see how you would cope. Our dear lady friend with the children *(Sue)* **is able to converse quietly and to expand her connections with spirit. That is the purpose this evening for her. Did you notice, my dear friends, that both our dear ladies this time were just a little unsure of why the others were speaking, and they came to the conclusion that because this instrument did not use words, that there had to be some connection there.**
Lilian: Yes*, I* certainly did.
I tried to stay quietly but I feel you need an explanation. Our dear lady in the corner *(Sarah)* **of course brought the correct message that there was another to speak, but on returning to her, she became a little unsure of what to do with the words coming. What I would now like you to do, my dear friends, is to focus just a little more so that your gifts of spirit can open more fully. But in saying these words, I do not want you to think that I lay any criticism to you. I only wish to help you in your spiritual unfoldment.**
Lilian: Yes, we do understand.
Yes. I am not only speaking of our two ladies, but in fact to each one of you—that whilst in meditation, whilst in connection with our world, you must question, you must seek answers, and in so doing you will become more closely connected, and you will know and understand quite quickly what you have to do. I hope these few words have helped you, my dear friends.
(Affirmed)
George: Yes, I felt there was a need to become more connected, and I was prompted to switch on the recorders so that that action would not interrupt anything that might happen **(yes)**, and I felt a little something about my face, but nothing more transpired so far as I was concerned.
You are all here for a purpose. You are here as a group to work together, but you are also here for your own individual development and that must go forward also. So my dear lady, I will make apologies to you, because your work is always so good, but it was an exercise I felt was needed.
Lilian: It's kind of you to say that.
George: Thank you for your explanation Salumet.
But you can see that when you become a little unsure, that the connections go more quickly—you find that I am sure.
Lilian: Yes.
Now, let us continue and be more focussed in why those in our world come to you, and the main purpose of their visit. It does not matter too much if you get something wrong or you do not connect too well with another one, but you must continue to grow, you must continue to focus and become a stronger unit together. And with those words I will leave you, and I will sit and work quietly with this

instrument, but at the same time I will be most interested to see what our two lady friends bring forward for you.
Lilian: Thank you very much Salumet.
(General thanks)
The one at the beginning then spoke through Sarah again:
I wonder if I would be permitted to speak again.
Lilian: Yes please do.
I am afraid I did not bring to this lady the correct message for her to continue, but I now am able to bring those to you who I talked of earlier. They are most close to you all and each one of you should FEEL the hand of one if you are able to open your hands out to them. I have two names for you and I believe the other lady has two more as well. They are all joined together and are also holding hands. The idea is for their hands to link up with yours, to make one big circle. This circle will take round the bond that we all share. We all know each other and when we take a hand of one from spirit, we hope that some recognition can be made, from spirit to spirit, of a dear one that has been known previously to you. So I ask that you make yourselves available for these to come to you. And I give to you the names of John and Andrew.
Lilian: Will you be speaking to us again?
I will stay with you and I will be interested to hear what the others have to say before I leave you.
As the lady continued with some commentary, all experienced a very positive 'pressure' feeling about the hands and apparently those in spirit were very pleased with the results. When she departed there was discussion amongst ourselves regarding names sensed. The evening concluded with another through Eileen who guided us on a meditative journey, available on our website: www.salumetandfriends.org

~1st December 2008~ SALUMET

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As we come together once more I say to you not only should you ask for healing help, but you have come to the stage of asking for help with your own spiritual unfoldment. We welcome again tonight, our dear friend known to us as Richard.
Richard: Thank you Salumet.
You are making many strides in your life and this is part of your own development. When people speak of 'spiritual development' they always assume that it must mean some kind of extra phenomenon. I say to you all: *not so*. Just being alive in human form and living life, whether it be *merely* living in this lifetime, is part of your spiritual unfoldment. After all, when each one of you met someone with whom you could share your lives, or whenever you had your children, each of these things are part of your spiritual growth. So, I would like you, my dear friends, to understand what spiritual growth really means. I know how much you have grown, but do *you* realise how much you have grown? I hear you speak often of the way you recognise what you feel to be 'right' or 'wrong', and that awareness is also part of spiritual growth. But there comes a point, my dear friends, when everyday-living becomes not enough satisfaction for you, and you crave for the phenomenon that you read of and experience for yourselves to continually happen. I would say to you: be humble in all that you have, be humble with all that you have achieved, and be humble in what you wish for. Do you understand what I am saying to you?
(Affirmed)
George: Yes, It's easy to get carried away by the joy of progression...
Exactly!
George: ...And I must say I experienced joy in seeing the website that Richard has recently set up.
Yes.
George: Perhaps I should exercise more humility and temper that joy a little...

Joy ... joy is good, it is a good thing. But I do not want you to temper joy, I want you just to have the realisation that there is more to you as spirit than what happens to you in this lifetime. That is where the humility comes into play.
George: I understand.
I hope that each one of you this evening feels the great love which overshadows each one of you here. I hope that your recognition of the energy within this room is available to you at all times; that all you need to do is to call upon us for any help and unfoldment that you need.
(The energy referred to could be felt this evening—the room had a 'charged' feel to it.)
And again I will say to you, each one of you is developing at a different rate, in a different way, but also, as you come together on these evenings, you become united in spiritual force. If you wish this time to have questions answered, I will endeavour to answer them for you.
Lilian: Thank you—anyone?
Richard: Salumet... **(Yes)** I think more recently I've felt slightly detached when it comes to spiritual matters. I think it's probably attributed to the fact that there's a lot going on. But there have been occasions when I've felt like I needed help, or assistance, or been looking for guidance, but felt more distant from it than I have in the past.
My talk this evening, my dear friend, has been partly for your understanding; that life *itself* is part of spiritual unfoldment. I know you have had questions and sometimes you feel that more time should be devoted to what you term 'spiritual matters'. But what is 'spiritual matters' if it is not to be with people that you love, to see love grow and to see life encompass you? That is what I have been saying. Do not expect spiritual growth to be just phenomenon—that is not so. My dear friend you are still growing, you have made the connection with us, and when the time is right, there will always be something for you. Do you understand?
Richard: I do, I do, and I don't. It's always been said that there'll be something for me—I just...
You must be patient.
Richard: I know.
Time weighs heavily upon you, but what is time? Think of the word, be patient, my dear friend. You can and will be used, but only when *all* aspects of your life are correct (okay)**. Do you understand?**
Richard: Yes.
Yes—we know and we feel your puzzlement, but I am sure if you speak to the others within this room, they will tell you that they have spent many years developing and growing and accepting—and you are still young in human terms.
Richard: Um ... the little one that we have on the way—myself and my wife Anna—it was said when I wasn't here, or it had been mentioned that perhaps it was someone coming back to us. Do you have anything you can add to this?
You want to know details? Yes—that is so like you—I feel that you are not happy unless you have detail. All I will say to you, my dear friend, is that those who come to us in the form of new souls—babies—are already known to you. You may well have an affinity with the child and recognise that spiritual connection, because you realise that we always incarnate and reincarnate with the same group-soul. So the child knows who it comes to, and sometimes when that knowledge is available, so too the parents will find the connection. You will have the stronger bond with the coming child.
Richard: The stronger connection?
With any children that you have, you will be the one with the stronger connection—not in everyday matters of looking after child or children.
Richard: No, I wouldn't have thought so. *(Chuckles)*
No, but in a spiritual manner, I am speaking of.
Richard: Yes. Well I hope that Anna will be persuaded to allow it or them to develop...
It will happen anyway, whether one person wishes it or not, if that child is meant to *explore* their own spirituality, then no other human being can stop it, you understand?

Richard: I understand that for sure.
Although, parents I have to say, in this Earthly world *feel* that they 'own' children—they do not. Your children are part of your own soul-group, and they may well have been something else in past times, like mothers, sons, daughters—you already have made agreement to what your connection will be in human lifetimes. So again, I will say to each one of you here, that you truly are only responsible for your own selves—your own spiritual self. So often, we have parents who blame themselves, for the way children behave, and of course, there have to be life's rules, I do not say otherwise, but what I say to you is that ultimately that child will grow and become their own being. So much grief and hardship is experienced by being parents in human form, because of the lack of understanding that that baby, that child, is a spiritual-being also.
Richard: I don't think it makes it any easier for us though.
Jan: I think that that knowledge, as mum and I have spoken on occasions, is just having that knowledge does make things so much easier. **(Yes)** If you just step back and think about it when you are a little anxious or cross—they are who they are **(yes)** and that certainly makes disappointments and things like that, just disappear.
Yes, and that comes with your own growth of spiritual awareness, and as you all know within the room, spiritual awareness changes the way you behave and the way that you think. You would agree?
(Affirmed)
Yes. That is spiritual awareness—spiritual awareness within the confines of human existence. I do not say because you have awareness, that life is easier.
Jan: I think it's actually *more difficult* because you have awareness.
It is more *responsibility* and sometimes a little harder *because* you have the knowledge.
Jan: With lots of situations, I'm sure we all find ourselves internalising and having conversations with yourself a lot more, than before I was aware **(yes)**. That obviously is awareness—it's tough sometimes—you analyse a lot more.
Richard: Ignorance is bliss!
(Chuckles)
Well, I would not agree with you on that one. Ignorance is not bliss, ignorance leaves you isolated, and you become static in your thoughts and feelings. Only when the spirit is free can it understand fully that all knowledge is available to it.
Richard: There are some people that I've spoken to recently that I work with—I've not come across it before—where they're not even slightly interested—it's almost like opposing magnets and something tells me not to pursue it. It's interesting that you can get such different people, and even different religions and different walks of life, where you'd think were one person would be spiritually minded, actually isn't at all.
But you see my dear friend, you are passing judgement. Because someone does not agree with your knowledge, does not mean they are not a spiritual being. They may well be the most spiritual being that you would ever know; because of their actions, their deeds, the way they embrace *life.* So just be a little careful before saying people are not spiritual. They do not always have need for what is termed 'religion', but they may have indeed a very good heart. They may devote their lives to giving and helping others, without accepting any form of dogma.
George: Another one of our expressions is: *'actions speak louder than words'*, which seems to apply here.
Yes, and you do not always recognise the reason for a human being's purpose in this world. You do not have the wider picture. So, again I am repeating myself when I say my dear friends: do not judge another. Accept that they may be different from you, but they may just be on a different spiritual pathway. You understand?
(Affirmed)
Sarah: Yes, I'm glad you said that, because I think my brother is one of those examples. He doesn't take in what I say that you've taught us, but he is a very kind and generous person.

Yes, always the problem is when you come to what we call 'development'. You have to be a little careful that you do not feel superior to others who have less knowledge. Be aware of those feelings and those thoughts.

Sarah: The thing is, the teachings you've given us—we're so enthusiastic them, we'd like everybody to know, but not everybody wants to...

But as our dear friend Richard has said, he felt he could not say too much and that is the feeling that he should have been aware of, because that is his own spirit telling him that those around are not ready for what *he* knows. It isn't that they are not as spiritual in any way, but they are perhaps just not ready for the information.

Richard: It is a very strange feeling to be compelled to shut up!

Yes, it is difficult to have, as our dear lady friend has said, when you have enthusiasm for something and others do not share it with you. But be aware of those feelings of stepping backwards from them and try not to be too critical of them.

Jan: I think I liken that to: we don't all have the same musical taste or dress sense or likes in colours etc.—but that's fine, we're all individuals.

Yes, you are correct; yes, that is a good comparison, and you all have come for different reasons. To grow—to grow spiritually, that is the purpose of life, that is your aim; to find the 'I AM', as we have spoken of in the past—to find *who* you *are.*

Sarah: I suppose people like my brother, they're still growing, because of the good things they're doing.

Of course, of course. But you see, in criticising, you are doubting your own knowledge, in a way. That seems a strange way to say it to you, but you have to allow love to encompass *all* peoples in all walks of life, in whatever area they have chosen to tread. I know, my friends, it is not always easy, but that is part of your growth also. Who within this room would say that their whole life has been easy? Is there anyone?

(Several responded 'no')

No—then you should think: why is this? And I am sure my dear friends, that there are many, many, many less fortunate than yourselves...

(Affirmed)

And to overcome adversity in life is a great stepping stone.

Ann: And I think we grow from our challenges, don't we?

That should be. Not all human beings are able to, but if they learn something from it, that can only be for their good.

Sarah: Also I think life can be easier, especially with all the knowledge we've got from you—life *is* easier, because you realise there's a purpose in what's happening, so you tend to relax a little bit more about it, because you think, well this is what is supposed to be and you just get on with it. So I think with your knowledge, life is a lot easier.

Yes.

Richard: I think there are obviously some occasions where you just can't accept things. I've certainly come across occasions where you think everything happens for a reason, but to just accept something, you can't do. It's a human trait that you're going to question everything.

Yes, but that is your acceptance of life and that also indicates where you are on your own spiritual development. As you travel through life just a little longer you might find that that statement you have made alters. But yes, you only deal with life as it comes along, but I say to you all once again: do not judge; do not judge another fellow human being.

George: Yes, I may come close to that in that I'm aware that there are many, many people who are within the Christian Church and very happy with where they are. I suspect there will at some stage be a happening which will just moderate their belief system in some way. I've recently been in touch with a group who call themselves 'Christian Parapsychologists', and I did wonder if this sort of group within the body of the church might possibly grow to be a bigger influence. Then again there is 'Paul' who is the

psychic surgeon working through Ray Brown, and I understand that 'he' is going to write a book about spiritual principles. And it occurred to me that any Christian principles that come into that, might well be from the time when he was on the Earth, 2000-years ago, before the Christian Church of today was set up. So his book could be a very serious influence to move belief-within-the-church a little bit. Would you have any comments on that?

Yes of course, the one you speak of *will of course* be influenced by what he knows and recognises, in the same way as *(if)* any of you within this room were to write a book now, of your life and times, it would have to reflect what you each know. You cannot write of other times, of other knowledge, of other spiritual principles unless you have experienced those for yourselves. Therefore I would say to you that each individual has—and let's say this to you: you have lived other lives, you have experienced other things. So whatever would come to you in spiritual ways would only reflect that knowledge. You cannot speak about subjects that you have no knowledge of. And going back to your friend who is about to write this book, there may well be inaccuracies in what has already been written; it may be that he can replace those words with those of truth and with the understanding of what he experienced. That of course would bring many books into disarray. But that will be for each individual to gauge for himself. You understand what I am telling you?

George: Yes, I think you're saying it's more of an *individual* influence than *en bloc* influence, pertaining to the church.

Yes.

Sarah: So, any knowledge that he has would obviously be spiritual knowledge, because you did say that once you die—physical death—your physical memory is erased, so it will be what the spirit brings forth; so it wouldn't be anything to do with the physical brain, it would be his spiritual mind that would be writing the book. Is that correct?

Because of the time that he lived and the memory is still strong of that time, that is his work today—he can only bring forward what he knows and understands. If he belonged to another religion and wrote a book of the tenets of that religion, then it would only be of what he understood. You cannot speak of events of which you have no knowledge.

Sarah: So when he writes this book, would he be writing it as St Paul or would he be writing it as Ray Brown?

I would think he would have to write his book as Paul. He cannot write as Ray Brown, because he has no knowledge of the time.

George: Yes, he is Paul, he merely 'borrows' the body of Ray Brown, for working on the Earth.

Now, my dear friends, I will take my leave this time and allow the rest of your evening to continue. I will give you over to our dear lady friend and we will see what comes next.

(General thanks)

During the period that followed, Jan had the strong impression that Paul (who normally sits with us but is currently in Thailand and not expected back until the New Year) was in fact sitting with us.

George's Notes:

The Christian Parapsychologist: A magazine published by The Churches' Fellowship for Psychical and Spiritual Studies, twice yearly.

Paul's Forthcoming Book: It will be most interesting to see how Paul, with memory of the teachings of Jesus as they were in the 1st-century and with the added benefit of sojourn in spirit accounts the details; such topics as connection to spirit, reincarnation and the happening on the road to Damascus.

~8th December 2008~ SALUMET

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

As I join with you this time I bring to each one of you much peace, upliftment and great love from our side of life.
(General thanks)
I have listened closely to your thoughts again for others. Again my dear friends we give many thanks for all the good that you do, and as we come closer to your holiday time, I would ask that you continue to think of those in need, not only those in your world but those also a little lost in ours; although in our world, no one is ever truly alone—nor so on the Earth plane, but it is not always recognised that we stand close to those who are in solitary spaces. But of course you would understand that from our world we try to influence all people, and yet so many do not feel our presence. So, my dear friends, I take this opportunity to ask once more for your loving thoughts throughout your holiday time.
Lilian: Yes, we'll remember that.
George: Yes, that is a timely thought and a timely recommendation. Thank you.
I know you will be expecting me to tell you that as we approach the end of another Earthly year, which is but one blink of an eye, I will be taking my leave of you for a short time to return to that place of all-knowledge and love, and to hopefully return to you in what you term 'New Year'—New Year on Earth.
George: We do understand of course and we all, I know, wish you 'extremely well' in that period when you are I think at 'home'—it is the only expression we can put to it.
I like that, because to you human beings, *home* means so much, and we have come to recognise how important home-and-love-and-family are in your daily lives. And so it should be, after all, it has been part of your spiritual pathways. No matter what your lifetime has produced, no matter how good or bad times have been, *home* to each one of you brings a great warmth to your hearts.
(General understanding)
So I too hope to feel that love when I too return *home*, but it is not quite as you would expect. My journey home is also *in the blink of an eye.* But nevertheless, my dear friends, I have to tell you how much you have grown in this past year. I know I say this to you often, but it is true.
Lilian: Well it does encourage us, so thank you.
George: Yes, I think we're all beginning to feel an inner strength which arises from that growth.
Yes, that is as it should be, that that knowledge enables you to live this Earthly life to the fullest, and also to the fullest of your capabilities and understanding; no matter what life brings to you, you will have that innate strength to cope and to understand each and every situation.
(General thanks)
George: I think we well understand love and family all coming together and I think we've come to feel that you Salumet are part of that family.
I thank you my dear friend for your words. I know we have become closer as time has moved forward; but there will always be a connection with each one of you as long as I continue to visit your Earthly plane. I have said previously that anyone who has entered this room has made that connection, and that connection of *love* and *knowledge* cannot be broken. So, although those who are absent are not within this room, does not mean they are not spiritually connected to you. Spirit is in each and every one of you, in each and every being on this planet and many other planets, in all places where life exists. And life, as you know my dear friends, is not always of humankind—it is much wider, much greater, so powerful ... and before I leave you this time, my dear friends, let me say: do not forget to go inward, do not forget who you *are*, and do not ever forget ... I AM. You understand?
(Affirmed)
Yes. Now, my dear friends, I will take *my leave* this time. Know always I hear your thoughts, your desires, and although you *may* not feel that I have listened, let me assure you here and now, that no thought that is pure of love can ever be destroyed or neglected. And with those words I leave you in my love and in the light of spirit.
(General thanks)
George: Wonderful ... love and confirmation of love, thank you Salumet.

(Thanks / farewells from all)
Lilian: And we look forward to being with you in our New Year.
Salumet's words this time were delivered with a slow heartfelt deliberation. As always at the year's end, he has now withdrawn to his place in deeper spirit.

~26th January 2009~ SALUMET

Good evening.
All: Good evening.
George: And how nice it is to hear your voice again.
Thank you. You, my dear friends, place much store in the sound of human voice: if only you could find within yourselves the knowledge that you *have* and to learn to *feel* more rather than rely upon the human word. This is something to be developed by you all, but of course, my dear friends I am full of joy that once more we come together, and of course to welcome back those dearest ones who have been absent for a little time. *(Sara and Graham)*
Graham + Sara: Thank you.
No matter how far any of you wander or travel, you are now my dear friends firmly attached to the love of spirit. As I join you, I hope that you feel refreshed since last we met, although I do know and understand, that so many in your world live beneath the umbrella of fear. I would say to you that of course you feel that these fears are founded—and of course I respect those feelings because they are human. But I feel you know my dear friends what I am about to say: do not allow these fears to completely envelop you. Be positive in all that you do no matter what your circumstances may be. Those of us in our world stand close to uplift you in times of trouble and sorrow. Recognize these aspects of spirit and no matter what life brings, you will always feel that you are supported. Now, that is enough of my speechmaking to you. I would like my dear friends at this time to just surround each one of you in that deep spiritual love which you are all entitled to—and of course you *are* pure love when you allow it to be. I do not intend to speak too long this time, but because there are many, just for this time I will take a question or two, but I feel this, that it would be good for each one of you to travel upon a journey which I will ask our lady friend who has been absent for some time to conduct if she will.
Sara: Yes, of course.
And in so doing I am sure each one of you will leave this room uplifted. We have much to discuss in the coming weeks, and I will endeavour to bring to you some more thought-provoking subjects, but for now I am just happy my dear friends to join with you.
George: Yes, I am sure we all feel the happiness and it is so good to hear those words. Thank you.
Paul: Funnily enough, I have been thinking about the human voice today and how it's a remarkable thing, but it is just sort of a wind-pipe at the end of the day; it's the feelings, the thoughts behind it that are the important thing.
Yes, and some in your world would say: 'too much *wind* from some people'…
(Laughter)
…and I would in part agree with that, because so many superfluous words are used in your world. It is something for you all to think about. Try to convey your thoughts with your mind rather than words—not an easy task to begin with, but a most fulfilling one when achieved.
Paul: Sometimes when you feel you know people very, very well, you sometimes hardly need to say much to them.
Yes, because you feel comfortable with their energy, and a knowingness grows where words indeed are not necessary. You so often find within your world this can happen between two people who have been joined together in their lives, that they know almost what the other is thinking. But they do not recognize it as spirit; they feel it has something to do with *time.* Not so! It is available to you all. You understand?
Paul: Yes.

Sara: I wrote a letter today to try to raise awareness about computers and technology for children, and I thought at the time I felt I had a good motive for doing this. Do you think it's a good thing to do, using words in that way—the written word?

When you talk of technology, you are speaking of something that has been part of the progress—I use that word loosely, 'progress', of your world. I would say that progress will never go backwards—it must move forward—but what I would say is that each individual is responsible for how they feel and act in any given situation. Therefore as a parent I would suggest that if your views are strong, then you must follow that instinctive pathway.

Sara: Yes, I felt compelled to do it, because I feel it's not that the technology itself is wrong, but it's the degree to which I think many children are exposed to it.

Yes. It is the *love* of something which is not good—yes, I fully agree with you. All things have a purpose, but any abuse of that technology can only be damaging, but again I say, responsibility, especially when you speak of youngsters, must lie with parents and your societies.

Sara: Yes, because I feel that many parents are using technology as a form of free baby-sitting **(yes)**. It's not that the parents are necessarily aware of what they are doing and the effect it is having. So, in a sense, many have become a victim, I feel, of this way of life. So really what I wanted to do was to try to raise awareness about the danger of the addiction to these things.

Yes, there is never any harm in sowing seeds that would allow any person to stop and consider actions, especially when there is great responsibility for the children in your world. So, I would say: continue if you feel strongly enough, but I cannot say that it is all negative, because that would be an irresponsible statement.

Sara: No, I agree and I'm not saying it is wrong but …

Yes, I understand, yes. If parents cannot protect young children then your world would indeed be a place to feel concerned about. Now, I will take my leave this time and allow the rest of your evening to continue and when we join together again my dear friends, it will be with love and joy.

(Thanks from all)

George: We look forward to that.

Sara's Guided Meditation:

Audio link: ***http://www.salumetandfriends.org/resources/2009_01_25+Sara+journey.mp3***

We're going to travel on a magic rainbow ... so if you could imagine a very, very big rainbow, stretching across the sky as far as you can see, and you're standing at the beginning of one part of the rainbow, and it's a magic rainbow, so when you sit on one of the colour bands, you slide all the way, automatically, over this rainbow. We're going to start with the red band, so imagine a beautiful, vibrant, red, in a shade that you particularly love; a bright, strong, healthy-looking red colour. And you step onto this arc and you sit down and you slide ... all the way, but it takes a long time; and, as you slide on this beautiful red ray, you absorb the colour into your whole being and it gives you strength, a feeling of strength and courage – the feeling that you can cope with anything that comes your way, any challenge, any opportunity for growth. You take it with both hands. And you say YES! ... Because you can see the purpose ... you see the BIGGER PICTURE. So you absorb this wonderful strength into your body as you slide up over the arc and down again until you land softly and safely on the other side.

And then you can prepare to enter the orange band, and this is a beautiful shade again, a vibrant ... you couldn't see a more vibrant and bright shade of orange, perhaps on the fruit itself. So jump onto this orange band, sit down and prepare to be taken on a beautiful ride on this beautiful band of orange light, which is a joyful colour which gives you a feeling of joy, pure joy, fun, upliftment – a feeling that life is full of fun and funny little moments, enjoyable moments, sociable moments with people, times when you can share. So absorb this feeling of pure joy and laughter as you slide up, up and down again ... whee! ... down the other side, and then you get off and you step onto the yellow band ... beautiful, bright, golden-yellow, like the sun's rays. And this is your feeling of light, cheerfulness, laughter, openness ... the feeling that you can be as light and open as you really do feel inside. You can actually communicate that to other people too

... like the sun; the sun gives out its light all the time, and you too can be the same, giving out your light and your sunny personality; sharing it with others. So slide on this beautiful band of light, and like a child, express and feel the glee as you slide down the other side.
And now prepare to step onto the green band, and choose again a beautiful shade that feels beautiful to you, preferably something bright and light, with a real radiance. And prepare to slide up ... and feel the blessings of nature and new growth as you slide on this beautiful green. Feel the energy of the trees and the plants and the grass, and feel the essence of new growth within you, just as the buds will be coming in 'spring'. Think about the new growth in you, and what's going to be new for you this spring. What will you be reaping and harvesting this year? So, slide in this beautiful green all the way down again.
And now prepare for a lovely pink, as you start to sit on the pink band. Think of a beautiful rose-pink colour, beautiful love energy. Think of: love and kindness, care and compassion; unconditional love. Think of those qualities. Allow the pink to be absorbed into you. Feel the softness, the gentleness of the colour ... as you slide. Continue to slide up, up and then down this beautiful pink.
Now sit on the blue band, and it's a beautiful, bright, vibrant blue. Feel the confidence of this colour, the expressive confidence from the communicative quality of the blue. As you slide, feel this vibrancy and the quality that it gives you, a feeling that you can communicate and connect with others, and express your feelings to others. Feel the excitement of the blue, the bright blue. Think of the sky, think of your goals, and how far you can go, and what you can achieve. And slide up, up and slide down, and enjoy that beautiful bright blue feeling.
And now, step onto the indigo ray. It's a deep, deep indigo, and feel the inner knowing of the indigo colour. Think of your intuition, and how you sense truth, in this colour. Think of the mysterious quality that it has. Think of the dignified quality that it has, and the coolness of it and the quietness of it. Try to absorb this colour as you slide. Feel it envelop you protectively ... up, up and over, and down.
Now prepare for the violet band. So you sit on the violet band and it takes you on a magical journey. Feel the magic of the violet and the dignity of it ... the royal quality of it, and the creative quality of it. Absorb the feeling of a beautiful violet shade, as you travel up, up, up and over, and down ... and feel the coolness of it.
And now we have one more colour. It might not be the normal range of that you see in a rainbow, but I want you to sit on a beautiful bright turquoise band. You sit on it and let it take you on a beautiful, refreshing journey. Feel the refreshing quality of the turquoise, like spring-water. Feel it revive you. Absorb it into your being. Feel its protective qualities. Feel it lighten you up, like a shower on a hot day. Feel it lighten you when you've had a heavy burden to carry or a difficult experience. Feel the healing quality of this beautiful, bright turquoise as you travel up, up, up ... and feel your final slide down with a very, very happy whee! ... Like a child. Then sit peacefully for a moment and feel refreshed, rejuvenated by all those colours.

~16th February 2009~ SALUMET

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As I come to you this time, I have been most interested to listen to you all. I am happy my dear friends that you can discuss with each other on many topics and feed on the feelings that you have about these subjects. Always I have said to you: accept only what feels right for you. You will take on board all conditions of life. You will listen to many peoples, but ultimately you will accept only that which your heart can feel is truth—and we would have it no other way. We speak ... or rather you have spoken, of what is right and what is wrong. I will use an expression of your world; that is 'right' and 'wrong' are opposite sides of the same coin. Therefore all is not as clear cut as you well might like it to be. But nevertheless I wish for you all to continue to think freely for yourselves, to know within your hearts that truth that sits comfortably with you. I hope, my dear friends that you are in agreement.

George: Yes indeed, and I think that 'right' has certain associations such as 'love' and 'responsibility', whereas 'wrong' has other associations, and those associations perhaps vary with the society, and on this planet we have a number of very different societies.

Yes ... of course, what feels right for one person may not be right for another, but it is up to each individual to learn for themselves that inner truth, which you all have, but which is not always apparent to others. You all have that inner truth, but so often it is ignored; ignored because you will not fully accept the situations of the moment. You understand what I say?

(Silent pause)

No.

George: The situations at the moment, which *do* relate to teaching ... of all those connected to a situation...

Yes, yes. I am sure, within this room, on any one topic, there will be differences of opinion—of what one might term 'right', another might feel is 'wrong', but who is right or wrong? It is not up to you, dear friends, to make those decisions. Therefore, again I say to you: try not to judge another fellow human being, because no matter how much knowledge has been gained, you do not know or see the full picture of that life. Be careful not to be too judgemental; but that is not to say you should ignore all things. After all, my dear friends, you are living your lives here and now on this Earth planet with all of its conditions of today. You may well wish for different society, but it is up to every single individual to change; firstly from within, to change that *circumstance of life,* which does not sit comfortably with you. You understand?

George: Yes, and I'd like to give a classic example of that, later when the time is ready.

Yes. Change, my dear friends, starts from within.

Graham: We are changing as a society very rapidly, because what we perceive as 'right' now may not have been in the past, and the other way round. We as a whole of society, our attitudes are changing and I think we're much gentler with our children now than we used to be. Many things that we do differently now than we did in the past—people would throw their hands up in horror if there was a return to the old ways. So we are moving forward in our collective thinking.

Yes, and remember: one beacon of light in the darkness attracts many others, many others who will see and search for that one beacon of light. So, do not fear for the darkness of ill-knowledge. I say to you: shine brightly, as the beacon! Accept your fellow human being, with *all* of what you may term 'faults' and embrace that individual within the circle of love and light, which you are able to express; that way, you can *change* your world. But I do not say it is easy; all that can be achieved is never easy, but is attainable. Would anyone wish to speak?

George: Yes, I could bring up the subject of the recent Israeli war. It was just a 3-week punitive war against neighbouring Gaza. And the feeling I have about that is that in the Biblical tradition, it was Jacob who was named 'Israel', and the tradition is that a great nation would be made of Israel, and the 'children of Israel' were led out of Egypt. And so they have a strong Biblical connection and it seemed to me that in this punitive war against Gaza, they were throwing away spiritual values, and I felt this must be part of the decline of traditional religion with this connection. Perhaps I'm getting towards being judgemental in this, but it left me with a most uneasy feeling.

All 'disputes', we shall call them, within your world, are based on many things. The peoples that you speak of are still *imprisoned* by the values of religion—values of wanting to retain lands, or take land, which belong to *all* people; all land belongs to the Earth planet, not to individuals. Of course, much spirituality has been lost. I feel I can tell you that in the coming time, the problems in the country that you speak of will begin to decrease so that understanding will come.

George: That's good news.

But there has been a great loss of true love, true understanding of their fellow man, and in this situation it becomes an *uncertainty of spirit*—perhaps that is the best way I can put it to you. All men are uncertain of what to do, and that brings to mankind 'fear', which you know, my dear friends is what I tell

you so often is happening in your world. But understanding is slowly beginning to take hold in these lands.

Sara: Salumet, we were talking about the 13-year old boy who's become a father recently. I presume that much good can come from this happening, and we were debating about the fact that this was meant to happen—meant to be. Would you care to comment?

Mankind must live in the world as it is now. There is no doubt of that; of course, any given situation can create good or bad. But that is why I have said to you: 'good', 'bad, 'right', 'wrong', are all but one whole. So yes, there is good, in as much as the outpouring of love for that new-born child will bring together many people, but also it might bring hardship to many people. So again, you have that division of what is good and what is bad.

Sara: And I can also see that it would perhaps make parents think a little more about protecting their children from having this happen at such a young age, which could be seen as a good result—a good effect.

Every parent in this world has taken the responsibility for the child within its care. But remember: you do not own any child—they are on loan to you. But of course, on Earth, there are responsibilities which people follow. All I will say to you is that you must follow what is within your heart; be guided by that light, by the knowledge you have gained, and no matter what problems come to you in life, you will learn to deal with them. There is no clear cut answer for Earth's problems, but that is why, or *partly* why you have come here, to experience many difficulties and problems. But remember what I have said to you in past times: it is not the importance of the problem, but the way that you deal with it—with love, with foresight, with understanding and with the help of us here, in spirit. I hope that has helped you.

Sara: Yes, thank you, yes.

George: Thank you also for clarifying the Israeli situation, that does help and I think we *all* felt a great compassion for the families who were being hurt in that.

Yes—yes, always there has to be love—compassion, not only for those who have suffered, but for the perpetrators also...

George: Yes indeed.

Do not forget them, because they also need your love and your prayers for understanding. But, I can assure you, there is understanding growing in that area of your world.

George: That's very good news.

Now, for this time, I will leave you. Continue, my dear friends, to discuss, to understand each other, to heed from other's emotions and feelings—to become a whole person in understanding; that you might in giving of an opinion, give it with that love from within. And with that, my dear friends, I leave you with the knowledge that I am close by, close by in love and understanding of you.

(General thanks)

George's Notes:

Israel-Gaza war facts: The ongoing hostility between Israel and Palestine came to a head as Israeli prime minister Ehud Olmert issued a warning on Christmas day, followed by air attack on 27th December involving 50+ F-16 fighter jets and Apache helicopter gunships. There followed artillery and naval bombardments and tank incursion, causing ultimately 1,380 dead and 5,380 wounded, including hundreds of children; also much infrastructure of the densely populated Gaza strip (1.5 millions) was reduced to rubble. Israeli casualties: 13 dead and 523 wounded. The one-sided nature of the conflict was due to (1) surprise, (2) Gaza population density, (3) devastating effect of American-supplied high-tech weaponry.

(February meetings: Two cancelled due to ice and snow on roads)

~9th March 2009~ SALUMET

Prior to starting we learned that two of us were held up on their journey by an accident and would arrive a little late. During our requests for help for those in need, the recent Northern Ireland murders were mentioned and one had wondered if 'fear' might have played some part in these events.

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
Sarah: Nice to have you back.
I am happy to be with you once more. As we came together this time I listened to your words and your talk of 'fear'. We have spoken much about fear—about negative energy/positive energy. What is this fear? Positive energy presents itself as 'love', as understanding, as acceptance of self. Fear ... fear creates energy which has been transmuted from positive energy, and which is a non-acceptance of self. Fear creates reality which then shows itself in your life and in your lifestyles. Fear is being afraid to understand and to accept your true selves—who will not accept that they are spirit, with all the attributes that spirit brings to your lives. That is what fear does, and I am sure my dear friends, you know and understand that you all have the capability of transmuting the energy—negative energy back into positive energy. And always we, in my side of life, wonder why, my dear friends you torture yourselves so much and although it is the nature of the earthly being to worry, to fret about many things, you have to learn to transcend all of these worries and allow them to dissipate; in order that you may walk freely in the understanding that you know who and what you are about. Would you like to answer of ask any questions about fear?
George: I think we have this feeling that fear attracts bad happenings—unfortunate circumstances; and I think you've just given us the mechanism for that.
Yes, all too often, the human being feels he has no control over many situations in life. That *cannot* be true. In fact, I tell you that is not true, because you can transcend any condition in your lives that have negative qualities. You have that power, if that is what you wish to call it. It is a natural gift that belongs to spirit that you should use in daily life, so that that gift of positive energy which you are—and I know you understand you are—but Earthly life contributes to the feeling of dread and fear, and you do not allow yourselves to be free of these negative feelings. Therefore, my dear friends, I ask that you think a little more deeply about fear.
George: Yes, it may sound flippant; but this has been a wonderful *pep-talk*, and I think you are saying that any of us can overcome *anything* in relation to fear.
Yes, yes and it is now time, my dear friends that you take up this challenge in your daily lives, that you put that knowledge to good use. I can only guide you, I can only explain all to you, but I cannot do it for you. Do you understand?
Lilian: so, if we're worried about, say, a family member, or a friend, if we can be positive around that person—that helps?
Yes. You are giving off that energy if you approach someone with fear and negativity; then that energy becomes stronger and stronger and it will affect the one that you worry about. So think about that, if you can.
Lilian: I think we do find that quite difficult on this planet.
Do you have any more questions about fear?
(Sara and Graham just arrived at this point, having been delayed)
George: I think you're saying there are two things here: We can overcome our own fears and we can be quite a beacon of influence in relation to other people's fears.
Of course. As beacons of Light, that's what you should be attempting to do. I know that the thoughts come—that it is easier said than done. That is not true.
Lilian: Yes, thank you for that. Any questions Sara?
Graham: I've certainly found that as I have grown older, when I have been afraid of things and you face your fears, you then look back and wonder what on earth you were frightened about.
Lilian: That's so true!
Graham: And then you recognise that you've grown and that is a wonderful feeling.
Yes, you use your positive energies to dispel that fear.

(Agreed)
And that applies to all fear, no matter on what level it is.
George: At a parachute training school, there is the motto, *'Knowledge Dispels Fear'*...
Yes.
... and I think that would be true and in your teaching, to provide knowledge of this general situation—that knowledge, I would say, certainly helps dispel fear.
Yes, I can give you the knowledge, but I cannot utilise it for you—that belongs to every individual; they must make the conscious effort to change. It is so easy, my dear friends, to give way to worry, to fear, when , so often, as the gentleman has said, it is unnecessary.
(Agreed)
Sarah: Yes, without your teaching, we wouldn't have realised that and, as with many things, once you're told, it's easier then to put it into practice and to know what you are doing ... so I think there must be a lot of people out there who probably wouldn't be afraid if they had your teaching.
Sara: That's true, because I often remember, Salumet, your words to me: 'do not doubt yourself'.
Yes.
When I'm about to perform, perhaps it's a new performance in a new place, I sometimes maybe feel a little afraid and I often think of your words and they help me to dispel the fear. Often when I'm singing, I realise that a lot of it is to do with trying not to doubt myself that I will reach the high notes for example. If I'm singing a piece that has very high notes, it is all to do with the self-confidence **(Yes)** and if I doubt myself for a moment, then the notes will not be so good and I may not even reach them. *Laughs*
That is because you are *acknowledging* the true self, the belief and the knowledge of who and what you truly are. That brings to you the positive energy which is needed to dispel all doubt, and it is not my words that have helped you, but the *execution* of the knowledge of those words. That is what helps you.
Sara: Ah, thank you.
***You* are responsible for what happens in life. As I said, I can provide the tools, but you must use them.**
Sara: But still it helps, because without that knowledge, I would not be so confident or able, I think.
Yes, which, then, of course, when you recognise and fulfil your life's path, you radiate outwards that positive energy which has an effect on so many others who may not have the understanding or the knowledge that you may have, but still they feel and benefit from your energies. You understand?
Sara: Yes, I do.
You are like rays of the sun that stretch outwards, reach outwards, as far as you may go; and sometimes just a simple look to another person is enough if you are positive, to help others ... yes.
Sara: I also find that the sun itself seems to help. When the sun shines, I think everything seems more achievable, somehow.
That is because you are human. Whether your weather be sunny or dull or grey, whatever expression you may use, it should make no difference to that inner sun; that is what we are speaking of—the inner sun—that is quite an apt expression I feel ... yes.
Sara: I think we're learning to strengthen our inner light and always to be able to access it. But I think sometimes, when the sun shines, it just seems to give a little extra help and makes it easier perhaps.
Sarah: People are more relaxed I think when the sun is out, so they're probably more...
Graham: More ... smiley.
Sara: Everyone seems happier.
Sarah: Yes, and probably more accepting of what you might say to them too.
Yes, but also—I understand those feelings, of course, because you *are* human, you are learning. But would it not be most satisfying to cultivate that positive energy when things are going wrong, when that sun is not so bright, when things are dull and life feels grey. Would that not bring you more satisfaction?
(Agreed)
Yes.

Sara: I always try to remain colourful in the winter. In spite of the change in the seasons, I always try to surround myself with colour in the winter so that I don't feel drab and dull.
Yes, as we have spoken in past times, if you allow your earthly body to speak to you, to be spirit, you will always choose the colour which is suitable for that moment in time ... yes. That is why, so often, and I am sure you have become aware of it, that you may be with a group who are wearing similar shades of the same colour. It might be a condition of the time, or it may be that you are all blending in the same way.
(Agreed)
My intention, my dear friends, this time, was not to speak about fear, but when I listened to you, I felt it was an appropriate time, just to remind you of what your capabilities are.
Lilian: Yes, I'm glad you did.
And as always, I feel I repeat my words, but, at times, I feel for you, it is good to be reminded.
(Agreed)
Yes.
Graham: We quite enjoy being reminded.
Sarah: And quite often when you do remind us about things, quite often it brings up something new anyway, so it's always good.
Yes, of course.
Graham: I think your words once about the fact that we're never alone, I find very comforting.
Ann: Yes
Graham: A dark moment, or what we perceive as a dark moment, is actually an opportunity. All of these things do resonate **(Yes)** and as we go through life, it's wonderful that these words come back to your mind.
Yes.
George: Yes, something occurred to me quite recently that the Internet is a very useful form of communication, which has been developing over a period of about forty years, but another development that followed that is print-on-demand publishing. And it just so happens that the first company to make the publishing of books so much more straightforward , so much easier—especially books, shall we say, of a spiritual nature, which present day publishing houses are, in general, not too happy to take on board, because they don't make as much money as other subjects. But, it just so happens that the first 'print-on-demand' publisher started in the year 1994, which was the same year that you began your teaching with us, and you've reminded us several times that there are no accidents and that particular publishing company, we've already used for one book and I think we shall be using it for the next book; so perhaps your timing, in relation to passing the word on to many, many people, has been no accident. Would you have any comment on that?
If, my dear friend, I were a human being, I would be feeling my head swelling...
(Much laughter)
But I will go along with you, and confirm that there are no accidents, and that is all I need to say. I told you when first I came there would be many, many other areas that would confirm what I tell you, and of course, it is not only words that have to be used, but, as you say, books and what today you call: Internet, and may I say to you, my dear friends, forty years is the wrong time. It has been available in *our* world for much longer!
George: Yes.
So we knew it was coming to you for use in many aspects of your life, but to be used for good. But, as always, and as we have spoken of recently with the lady who feels concern for that kind of communication, all things must be used wisely and well. But yes, I, of course, am not completely and fully responsible for the time set.
George: It's certainly a great advantage in spreading the word to have the Internet **(Yes)** and websites and print-on-demand publishing. You've come at a good time!

I thank you for your kind words. Yes, I have to say the timing was planned very well...
(Laughter)
...But only because mankind is now ready to *hear* what he already knows spiritually—but again, as human beings, just needs to be gently reminded.
George: Yes, that is a profound thought.
Yes.
George: Thank you.
Now, before I leave you this time, I am not going to say what I will be bringing to you, but if there is any topic that you wish me to discuss with you next time, then do please say so.
(Short pause)
I have discussed everything have I?
(Laughter)
George: No, no, no ... In fact I was just thinking that ... it was in the very early days that we brought up the subject, and you spoke on, 'stone circles' **(Yes)** and I think there was the implication that more might be added in that direction at some stage?
Yes.
Lilian: Yes, that was on my mind George.
So you would like me to bring you a little more?
George: Yes, I think that would be of general interest ... am I right?
(Agreed)
George: Yes, please.
Sarah: Yes and there was something ... I've forgotten ... but there was something you were going to come back to us on it ... but it was quite a long time ago now.
But do not forget the time factor means very little and what seems a long time to you is in fact, a second.
Sarah: It's just that my physical brain has forgotten what it was, but there was something else you were going to come back on.
Yes, but I will be happy to discuss your stone circles with you.
Now, my dear friends, I hope I have left you, once again with some thinking to do, and we will now allow others to come this evening, and I will work quietly, for a short time, with this instrument.
(General thanks)
Following Salumet, there was one via Sarah, of powerful voice whom we recognised. He had spoken with us before on the subject of our past lives in South America in the days of the Inca Empire. This time he spoke of his awareness of the present day population; in particular of a group in a South American mountain forest area. They meet regularly, as we do, and offer thanks to spirit for their daily existence. He seemed delighted to have found these people and has spent much time in their presence. He declares them to have similar mind-development to our own group-mind. He has requested that we allow 'togetherness evenings' during which group-mind energies are blended. We agreed and so, the next time we meet should be interesting! We were given the name of the people as: 'BLEAK OUTCOME'. Our visitor explained that this name sounds a little depressing ... and we had to laugh ... but we were assured that on translating to their language, its meaning is very different! In fact, we understand their language, is one containing a number of words that convey opposite sense.
Finally, via Eileen, a very nice lady who addressed Lilian and each as 'Ducks', conveyed messages from ones in spirit to individuals present.

~23rd March 2009~ SALUMET

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.

It is good that we are joined this time with our young people. *(Emily and Natalie)* **Please forgive the slowness of my words I am making a few adjustments. I hope that my words are clear.**
Sarah: Yes, they are very clear.
Lilian: Yes—fine.
I sense within this room, a feeling of seeking, of knowledge, of sharing that knowledge with others. When last I came to you I said to you that we would discuss whatever you wish to and I know that you are anticipating that conversation this time. I believe our gentleman friend wished to discuss a subject and, that being so I will begin this time by allowing him to open with a question.
George: Thank you! Yes, well I'm pleased you refrained from joining us last week, because during the course of this last week, we have learned of the stone circle in Turkey, known as Gobekli Tepe, and I suspect that is rather an important one. It was re-discovered for this civilisation in the year 1994; that date comes up again! It's an extensive set of circles that may have contributed to religion and myth, if I could describe it like that. So, if you are able to tell us anything further about Gobekli Tepe, I'm sure we would be most interested—or anything indeed, on the stone circles and their purpose and use.
I, my dear friend, am always amazed by you human beings; I am always amazed—I use that word lightly—at what you find so interesting in time gone by. But firstly, let me say this to you: mankind has always been inquisitive about the planet upon which he lives. We have discussed on many occasions, different topics that have interested you and I have always been pleased to answer any questions that you may have had. Firstly let me gently remind you my dear friends, of my words, that much is still to be discovered—and those words came to you early in our acquaintance and I am sure that as time has continued, you have found those words to be true.
George: We have indeed.
Yes—when you speak of these 'great stones', as they are referred to by you good people, let me just remind you that the appearance of these many stones happened at a time before your known Christianity.
George: Yes.
Again, I will remind you how young that religion is in the table of time. Those people who were surviving at the time before Christianity were—how do I say without offence—many illiterate people, poor people, people who were easily swayed; people who were taken, in a great degree, into slavery—and I know you know that many souls were used in the creation of these stones. I will tell you, my dear friends, that there are many more which will be unearthed and will become part of your history. I do not know if you remember my words that these stones throughout your world were helped *(re their construction)* **by others, not only builders and slaves, but by those people who came to visit your planet, whose knowledge was much greater.**
George: Yes, who were versed in spiritual methods, I believe.
Yes ... that of course is something which would be frowned upon, even in today's society, because that knowledge which is not understood by many, would just seem to be impossible. Of course, there are structures which were only man-built, but the larger, greater structures were done with help. Why all around your world are these stones appearing? Because, within many thousands of years of Earth history, mankind's religion was much more simplified. Many, many of these structures were offerings and used by the people in the hope that they would be blessed by the gods of their time. We have discussed how time was used with these stones in your own country, have we not?
George: Yes.
Because, remember many people worshipped the elements; they worshipped the sun, the moon, the wind, the earth—all natural substances of your planet. *They* were the gods and religions of the time. Do you understand? (Yes) **... because without that understanding, there would appear to be no purpose for these stones.**
George: I believe there was an energy connection as well. Avebury, for example was built at the centre of the major ley-line that runs through the country.

Yes, Yes, but what you call 'ley-lines' to the people of that time, was just a natural energy. It had no name, but the people, mainly the people who were involved in the construction, realised and utilised these energies. All of this energy would have been worshipped by those creators, because they were helped and given the knowledge that was necessary for the creation of these areas of stone.

Sarah: Those visitors you said that came and helped with the stones; why would they have wanted to build them? Did they also worship the elements?

They would have used these as ... if you take today, if you have one of your aeroplanes, you look for what you call a 'runway'. These stones were used for a purpose: they were used for the time of the sun and the moon in order that these people could come to you, to your earth and teach.

George: Yes, so the energy associated would have helped in, shall I say: the arrival of spaceships.

Yes, of course. Yes, it is *(was)* **much more widely known in those days long gone that other creatures existed from other planets, from other times, and their superior knowledge would have been used to help mankind in his 'religion' as you call it, in the worship of the sun, the moon, the earth, and of course, what is the earth if not the stone upon the earth.**

Sarah: So they used the stone circles, so that they could come to visit us, but what was their purpose in visiting us? Just simply to make contact?

Of course, their knowledge was greater and always has been. Your Earth planet is very young, as far as creation and *time* goes...

(Agreed)

...in the same way as your Christian religion is young in the table of religions.

George: Yes ... with the Gobekli stone circle complex, there is a radio carbon dating for that one. I think it is 12,000 BC.

I tell you no, it is slightly younger, yes ... or *older*, how would you say? ... *Longer* in time.

George: Oh ... it goes back a little further in time?

Yes, yes.

Lilian: I was wondering if the people on Earth would have looked on the visitors as um...

...Would quite happily accept those of superior knowledge—yes, and at that time they would have come to them in the same physical form.

Lilian: Yes, because they wouldn't have been frightened—the earth people...

Of course not, no, because it was much more natural then; it is only as time has progressed, and man has allowed his thinking to become blurred and altered, that *the fear* has crept in and allowed mankind to be *fearful of life*...

(Agreed)

...**fearful of natural energy, fearful of so many things.**

George: Perhaps, this is why some of the circles seem to have been deliberately earthed over.

Yes—there I have to explain this a little to you. There comes a time in man's evolving, when mankind becomes neglectful of the true purpose of his life. There comes fear, there becomes envious feelings for his brother in life, and those who help to create, felt that the time was not right for true explanations. And that is why, as you have mentioned now, the discovery of another circle of stones. The time *now*, the time since I came to you, is the time for re-opening knowledge, for allowing mankind in all his education, in all his understanding, in all his creativity with *modern* science, to re-discover the truth and why these things existed. Mankind is becoming more open-minded, more accepting of what was and what is to come.

George: Yes, that is much appreciated that there is the move in that direction.

And do not forget that in this day and age of your existence, you have been given the knowledge to *look into* any parts of your world history, to find these things, to understand for yourselves; and do not forget you have free will to either accept or decline the facts that are placed before you. That is my wish for you; it is better, my dear friends, that each one of you takes the information placed before you, that you dissect that information and then you come to the conclusion that sits most comfortably with you. In

that way you can then move forward to new areas of discovery. But what I would say to you, my dear friends: what is more important to you? Although your history is rich and you try to understand your world in past times, I would say to you that those times are passed. I would say to you: look forward, look to what you can achieve, be as those visitors those many years ago, be the ones of knowledge and understanding, be the emissaries of spirit that you have already become, and take forward that knowledge.

George: Yes, I think that almost gives us an impetus to *go* forward **(Yes)**, to know of these matters in the past **(Yes)** and then to know that Earth has received the visitors—and these stone circles in some measure are evidence that this has happened, and this I'm sure can help us all to move forward, with that knowledge.

Yes, take it as your evidence of existence, as you would *any* structure of the past that remains. It is part of time gone by, although it always will be. But you have been given from our world the knowledge and the detail, if you so desire. But do not allow yourselves to become trapped by what has gone before. History is part of your world, but it is only a very small part. You should be looking forward, but as I have said to you: it is up to each and every one of you because of your free will.

George: Yes, a number of scientists have looked at the circles and have worked out that there is the calendar **(Yes)** and bodies-in-the-universe connection, but they've been most reluctant on the whole to make the other connection, with visitors from elsewhere.

Yes, and that will take some time to change. But for those of you with open minds and hearts, then you have to accept that it is proof of their part in your world.

George: Yes.

Sarah: Going back to those visitors, you've said that they came back in human form. Did they change into human form when they arrived, or are they similar to ourselves anyway?

Because of their knowledge, they are able or were able, to transmute their appearances; in the same way as the angelic beings in our world can also do that. Their ... it is a race that was able to do this in order to do the work that was necessary.

Sarah: So, are they no longer in existence, that particular race?

That particular type of person would not be inhabiting human form in this time of your existence, no.

Sarah: So if we were to have visitors ... well, we *do* have visitors I know now ... but if they were to show themselves...

...As they are...

...They wouldn't change anymore?

No, they could not change.

Sarah: Ah right, thank you.

You are speaking of quite a progressive part of your history. At that time, many things were happening. But of course, the people in your world, so long ago, before your Christianity, did not have the intellect to do much thinking for themselves. As you know, in times gone by, many races have drawn pictures in rock. So you see the importance of the stone and the rocks of your world; it has *many* uses and that is partly why, because it could be seen from so far, by so many, not only for the visitors, but for their worship; but they were people of poor intellect—you must remember that.

Sarah: Poor intellect, but unafraid.

They were unafraid, because it was *natural* to them. There was no one to say 'that cannot be happening', because they could sense and feel for themselves.

George: Yes, they would have sensed and felt more strongly than many today perhaps.

Yes, although I say they were not of great intelligence, in fact they were much closer to their own spiritual selves—yes, of course.

Sarah: And because we have moved away a little bit from knowing our spiritual selves, have some of the visitors that we might otherwise have had, been put off from coming here?

There will always be those who are interested in your planet, only in as much as they feel they need to *help you*.
Sarah: Ah, right.
Yes, Yes. You know very little, actually...
(Said with amusement and followed by our laughter)
Sarah: And these people, if they do come, they would be able to help us would they? They'd like to help us, but *can* they help us?
They could inspire and help you, yes. That would be their purpose.
George: But today, they would not be relying on stone circles to assist their travel?
No, because they have progressed onwards from that.
George: They have progressed, yes.
Yes, their entry into your world has changed. As all things, it has to evolve in the same way as you have evolved over many thousands of years.
George: Yes, so it's almost as if the stone circles are a piece of obsolete machinery.
Only inasmuch as they are a part of your planet's history.
George: Yes.
Sarah: As are the pyramids, because they were used for space travel **(yes)** and that probably wouldn't be any use anymore either.
Yes ... they are younger in age, but that explains why there are so many stones all over your world, not just in one country or one place.
George: Yes, they're not always in circles, either.
No, that would depend so often on the sun, the moon and the elements.
George: Yes.
Remember too, they all were places of worship, so you would have that diversity of shape.
Lilian: Some people believe that the stones give healing. Would that be the energy from the stones?
All things have energy. It is a myth to say things do not have energy. Everything on your earth is energy; some more dense than others, of course and your stones and rocks are *dense* energy.
Sarah: Referring to Stonehenge, they say the rocks actually came from Wales, which is quite some distance...
Yes.
...So that was probably helped by the space visitors?
Yes, they would have chosen where to excavate for all of these things. They would have been inspired also, and there would have been many, many men who would have been used for this purpose, and all the technology of that age would be used.
Sarah: Would they have used de-materialisation?
That is the purpose of the visitors to help, yes. That, as I have said at the beginning, would be the part that your historians or scientists today ... that would be the part of the construction that they would find difficult to believe.
Lilian: I'm sure they would!
But I assure you it took place. It was *easy* for those people who had that knowledge to help in that way.
Sarah: It seems an enormously long way to bring those huge stones overland.
Yes.
Lilian: When you think what we've lost!
(Agreed)
George: I think I'd be right in saying that the Avebury Circle at the centre of the energy line **(yes)** ... the earth energy would have been greater at certain times of the year, and many people would have congregated there, and utilised that energy, probably for their well-being.

Yes, yes ... that is why these places were used, not only as places of what today you call religion, but also places of sacrifice to their own gods. Yes, they would use all these energies and within a circle, or as near as possible to a circle, anything that connects, is indeed a circle, whether it is of a circular shape, would create stronger energies. And you do have to try to understand that the forces within these stones do indeed create much stronger energy and that is what the people could feel. People in your world today can also feel these energies, can touch these stones and feel the energies, but the people of those earlier times were much more in tune to what was around them—yes.

George: So the stones would be like a point of focus for the energy, bringing it together and concentrating...

Yes, in the same way, as people today in your Christian religion, would use their crucifix to feel some energy from it, or that they, in their churches today, feel the energy of their priests, or vicars, or rabbis—it is in an enclosed space. Can you not see the correlation between your churches and temples today, where people are gathered together in a small space, and how that energy rises, especially when they sing? This is the energy the people could feel within the stone circles when they worshipped. When it was used for their worship, they could feel the energy from the rocks and the stones and the ground upon which they walked.

Lilian: They would feel uplifted, probably.

Yes, I am sure each one of you within this room has walked upon the grass or the earth of your planet and felt great upliftment, have you not?

All: Yes.

That is why you find your young children like to run and feel the energy from the bottom of their feet, although they do not understand it as such, that is what is happening—they are absorbing the energy of the earth.

George: Yes, that's an interesting analogy between the church and the stone circle.

Yes, it is just a different time. Has that helped you in your understanding a little?

George: Yes, that's most interesting, and I'm sure there'll be many who will read this on the website and find it of great interest.

But as I have said to you: there is more to be uncovered and it will. And I have to say that in this time of your evolution there is no greater time than now for mankind to at last understand himself.

George: But as you say, we should see this as a device for helping us to look forward.

Look forward, yes, it is the proof of time gone by, of course, and you will be interested. But, my dear friends, please do look forward, look to what you can achieve today, and who knows, perhaps, in another 10,000 of your Earthly years, people of the earth will look back to this time, and say 'it was an era of new beginnings!'

George: Yes and as you very heavily imply, there's a huge gulf between the consciousness of then and the consciousness of now.

Yes, there should be no reason for them all to be filled in and kept to be discovered, because you *do* have that free will *now*. And you have the ability, you have the knowledge, to take it to others, to spread what you know and feel to be true. We can ask no more of you, my dear friends, other than you be true to yourself—and that is spirit. You *are* spirit and you must always remember this.

And now, I feel, for this time, I will take my leave of you. I hope you take something from these words this time.

George: I was going to say: as ever we have much to think on **(Yes)** and much to present to others, and we are most grateful.

Now, I wanted to say to you all that it brings great joy to us when we know and listen and see how much good work that each one of you does in the name of spirit.

Sarah: We thank you for all the words you have given to us, so that we *can* do this.

(General thanks)

George's Notes:

Some of the points made:
Christianity is such a young religion
Church energy compares with stone circle energy
Stone circles are evidence of UFOs and of spirit
Gobekli Tepe was earthed over through fear
There is no greater time than now for humanity to understand itself
Consciousness of then and now are poles apart
Spiritual methods of stone working are not accepted or understood by the majority today
And it follows that the published work of Erich von Däniken describing artefacts of likely extra-terrestrial origin should be taken seriously.

~30th March 2009~ SALUMET

Prior to Salumet joining us we had spoken amongst ourselves of the seemingly untimely deaths on the planet from various causes ... shootings, wars, floods etc. Then there had been more lengthy discussion of difficult children and how they may be simply non-receptive to efforts to teach them.
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As I join with you again this time I bring to you much love, much light, much understanding.
(General thanks)
We have noted your words this time, and perhaps I can say just a few words to you my dear friends.
Lilian: Yes, that would be nice.
Always on this planet there have been people who have been called 'evil'; all throughout your history men have fought against one another, and still to this day man fights his fellow-man. And, my dear friends, as you have been speaking about the children of your world that is where I will begin. Even to the smallest child there are frustrations and emotions that surely surprise you. You see it in toddler children, where their frustration overtakes their good and sweet natures (yes)**. So that is where we begin. The answer at that stage is to help them, not by scolding, but by helping them to understand and to overcome those emotions, so that they then become children who become fully involved in their own emotional states. This is not impossible, and I feel there some doubt within this room; but children of very young age know right from wrong, because they are so much closer to our world** (yes)**. Therefore, ultimately, their natures should be good and should be supported by the adults in their lives. People are not fully evil; we have spoken of this in the past. There is always good in even the most disruptive person. I would say to you, my dear friends, these people, these children, deserve your love, your understanding and your prayers.**
(Agreed)
George: Perhaps, part of the problem is that we've created too many diversions within our society, so that the adults are so often diverted from that attention which the young require.
Yes, you know that every person who is a parent to a child, has come with that contract in mind, and surely, what better way of expressing life is there, than to help and understand those young ones who are part of your own development? And of course, we know and understand that not all people have this understanding. But what I will say to you, my dear friends, is that they *do have* that innate understanding, whether they wish to honour it or not. Whether they use that understanding is entirely up to each individual, but what I would say is that, at the end of each Earthly life, *then* you will be responsible for your actions. There can be no better way of evolving spiritually than to help those souls who are in need.
Graham: One of the rewards of the job that I'm involved with (*special needs teacher*) is that some of the most disruptive children, particularly the older ones, and they can be really difficult, **(Yes)**; they're so kind to the little ones and they can be so sweet and so patient. In their own form, their own group **(Yes)**, they

can be *very* difficult, but when they deal with the little ones, you see a totally different character, and I think what you said about the innate knowledge ... that's when it comes, when they look at the younger children, it seems to bring something out of them.

They are attracted by that purer spiritual light.

All: Yes!

Do not forget this. This also applies to the adults of your world. I am sure there have been many instances that you would recall of what you call 'special people', who have great influence on the masses. What is it about those particular people? It is their spiritual light which is brighter and is attracting those many people to them. So, when you discuss, my dear friends, the way to teach and to discipline, I say: balance those things with much love, and then results will be produced. But always there will be difficult individuals, who spiritually, become lost, and that is when your prayers are truly needed for those people. It is a great responsibility, those people who are involved with young people. It is a burden upon their shoulders, but you are never given anything that you cannot deal with.

Lilian: That's interesting to know.

Graham: I find those words very comforting.

(Agreed)

That does not mean that the road will be smooth.

Lilian: Yes, I get that.

But, you will never be given anything that you truly cannot work out.

George: Yes, it's a good feeling that there's always prayer, if direct approaches seem to be failing.

Yes, and we know, do we not, my dear friends, the power of prayer and the results that it can bring.

(Agreed)

Lilian: I can pass those particular words on to my daughter and, one thing I'd like to ask you, if I can: she's having a problem with her son in school, he seems to be off school at the moment—he's nearly 14. We've asked for help and prayed for him, and she was talking to him the other day, and she could see lights round his head. I said that must be help that he was getting. Am I right?

Yes of course ... spiritual lights you were seeing. Of course, we try to help all who are in need, but, for those people who do not see clearly, sometimes the power of the spiritual light becomes available to their sight (Yes)**. Yes, it is help, it is upliftment, not only for that child, but those who are trying to help him.**

Lilian: Those words will be very helpful for me to pass on. Thank you.

Now I know that as you leave this time, you will ponder the words; again, words that have been given to you in the past, but words that needed to be *reminded* to you. And, as I leave you this time, I would say that perhaps our dear lady friend will take you on a journey of peace, contentment and knowledge.

(General thanks from all)

Sara's guided meditation:

Audio link: http://www.salumetandfriends.org/resources/2009_03_30.mp3-SARA-11+mins.mp3

*I want you to imagine that you are sitting in a beautiful garden, surrounded by lovely flowers, perhaps spring flowers: daffodils, snowdrops, maybe some bluebells ... lovely colours ... and tulips and all different colours. And you're looking up and the sky is a beautiful blue colour, and you are absorbing the sun's rays and the lovely blue of the sky into your whole being, and feeling really refreshed by it. The blue gives you a feeling of peace and tranquillity. And the green all around you, the grass, the trees, the hedges, the bushes give you a lovely soothing feeling for your soul. And as you sit in this lovely garden, you hear the birds singing and you realise how happy and contented nature is, and how much you are a part of that peace and contentment. And now that you are away from all the hustle and bustle of the everyday world, you realise that your **real nature** is contented and peaceful. You sit and absorb the lovely colours and the lovely sounds of nature into your being. Any worries, any burden, any stress you have carried is just being lifted away ... it's just melting into the nature around you. The energy of the sun seems to dispel any fear or negativity that you might have been feeling and you realise that all things are possible. All of the things*

that you want to achieve can in fact be done, and that any little problems or obstacles you may have felt were there have gone. Perhaps, they never really were there. They are just melting away. The garden is really delightful, it's beautiful, it is uplifting. It's really cheerful; it has lovely colours that uplift you and you feel a sense of your own happiness, which is not dependant on any person at all. It belongs to you. Just because you are ... just because you exist ... and you realise that nobody really does have the power to upset you if you don't allow it. You realise that you just want to retain this wonderful peaceful feeling throughout your days, whatever the challenges. After a while, you decide to get up from where you're sitting, perhaps on the grass or on a bench ... and you walk towards the gate which is ahead of you in that garden. You decide to go for a little walk, so you open the gate and you walk through. It seems to be an archway of trees bending towards each other. You are walking through this little avenue of trees, and then you come out into the open and you realise you are in a beautiful open space with fields on either side. And so you continue to walk through these wonderful green fields, and the freshness of spring is truly upon you and you walk with a spring in your step, feeling at one with nature. You feel glad to be alive; you feel glad to be able to walk easily with your legs and you know how fortunate you are, just to be able to experience this feeling with awareness. Eventually, you come to a beautiful tree and you decide to sit beneath the tree. And you feel the calming energies of the tree and the strength that it gives you. You sit in silence and listen for any guidance that you feel ready to receive from your guides. Listen to any words or feelings they may give you: perhaps some inspiration for something that you would like to do. Perhaps a new goal, a new project now that spring is here. Perhaps there is something you have always wanted to do, but never quite got around to doing, or perhaps even been a little fearful of trying. When you feel that you have received a message, walk back along the path by which you came. Perhaps go back through that gate into that beautiful garden one more time and enjoy, once more, the beautiful, refreshing colours ... and that lovely feeling of blissful peace and happiness that belongs to you at all times, if you can try to remember it and remember your true nature.

George's notes:

Spiritual Light: Salumet has of course spoken before on the matter of 'spiritual light' ... that quality, seen as brightness or felt as attraction, perhaps more so by some that others. It may rest with 'enlightened' political leaders (Mahatma Ghandi and Nelson Mandela come to mind), spiritual teachers, citizens of integrity and young children. The children, not yet conditioned by cares of the world, remain closer to spirit whence they have recently come. Many are attracted to their purity of spirit, including those few who harm children and then face prosecution in the law courts. Sadly, spiritual light is not always recognised for what it is. But it is evidence of our spirit identity and artists have on occasions been inspired to portray it in their work.

~20th April 2009~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As we come together this time there is a great sense of peace. I am sure that each one of you feels this to be so.

Lilian: Yes, thank you.

As I speak with you this time it will be quite short so I will invite you, my dear friends, to ask me any question that you would like me to answer and for the rest of your time each one will be worked with by ones from our side of life who will try to inspire and to help you in whatever way is needed for you.

(General expressions of appreciation—in fact our second question was answered at considerable length such that Salumet remained with us 40+ minutes)

So, if you would like to begin, I am happy to be with you.

George: Thank you. Well, I think there is one question that I think we are all thinking about. At our last meeting *(6th April)* there was no speech, but one of us, Sue, was impressed with the information that

energy was being drawn from each of us and it was described as like the aurora borealis, with streams of energy. And it was also being drawn from other groups around the world and was being blended for redistribution. I was wondering if you would have any comment on that.

Yes—as you fully understand, each one of you is a light-being; of course, as spirit, that has to be so. As energy is used, sometimes it is displayed or recognised in the form of colour, which would explain why the instrument explained it in this way. The closer you come to us in spirit the brighter the colours become and the light has a 'sharpness' which you would not be aware of in everyday life. These lights are indeed spiritual lights, but it should not surprise you, because until you truly recognise yourselves as spirit first and foremost you will always have this surprise. I would have to say this to you: that as far as other groups and energies are used throughout your world, they are normally used as individual groups. I cannot say this time, but I will look to see why the instrument would feel that there would be some blending here as well. Many groups throughout your world are aware of the light energies—of course, you cannot work with spirit without it, you cannot exist without it. You understand?

George: Yes, yes, I am sure we all accept that.

I will confirm for you next time what indeed was happening.

George: Thank you! From the way that it was described, it seemed like a 'grand event' but perhaps it is something fairly normal.

Yes, that is why I say: you need to become more fully aware of the beings that you are and the energy that you are, because, my dear friends, even as you sit here this time your energies are blended for the purpose of helping us to come to you, and that energy is utilised to the best of *our* abilities, in order that we can make use of it at these times. You understand?

George: Yes, thank you Salumet. That does open our eyes a little further in relation to energy considerations.

Lilian: I think your instrument *(Eileen)* described how she felt—it was as though her mind was travelling through space and on coming back she did have quite a job to connect back with the body.

Which happens sometimes; that is why I request that there be no sudden noise. Her mind is always placed to one side whilst I use the physical body for speech, but the difference last time was that she had some memory of it, that is all. It is not anything that is different.

Sarah: Was it just a coincidence that she had some memory of it this time or was it because she is becoming...

...More attuned, yes, more attuned to what is happening, more demanding in what she expects. She has been asking questions.

Sarah: Ah right, and now she is getting some answers.

Yes.

Sarah: That's very good. Thank you.

Has that been helpful to you?

(Affirmed)

George: I have received a request from one of our newer readers, who is very interested in our meetings, and he has asked if he can place a question with you. It is from one we know as Tony and it is about spiritual pathway and the ability to be healed. I will read the paragraph from his letter that is the crux of the matter. He says: our Earth life-plan is predetermined before we arrive, having been discussed with our guides, spirit helpers and family in spirit. This is something which I have felt for many years to be the case. On the basis that our life here will follow predetermined lines of development and experiences, I cannot understand how spiritual healing can help somebody who is not well, if that illness is something which that individual must experience during his life on Earth. Could it not be argued that if the spiritual healing has an effect to remove or reduce the illness being suffered, then the healer, if he or she is able to grant relief, is in fact altering the operation of the normal, natural laws. I'm sure he would be grateful to you for any words you may have on this.

Yes, firstly, let me say to our dear friend, that no healer on this Earth heals. They are used as an instrument *from* spirit, *through* spirit, *to* spirit. This we have discussed before; but a healer, no matter in which way he is used for healing, whether it be within your medical profession, or what you term spiritual healers, no matter what form of healing, no healer can *interfere* in that life. Therefore, if an illness is what has been 'accepted for this lifetime' then no healer can heal that. I agree with his words. So, firstly, he must accept that no one upon this Earth, whether they be an instrument for spirit or not, can interfere in another's life. But what *does* happen and *is happening* is that people who—and remember my first words—who create their own illnesses whilst in this lifetime, can, with the help of spirit forego all of these conditions. Can you see the difference? Can you understand what I am saying to you? If not, please say now.

Lilian: So, if they're really spiritually aware, they would be able to accept the help?

It is nothing to do with being aware, but if *they have created* medical conditions within the physical body, then what is needed is for the spirit to be touched, so that a healing can take place. That is the difference.

George: And such a condition would arise from wayward freewill?

Yes, but you cannot interfere with someone who has come with a condition of illness, because that is the life they have chosen. There is a difference; you need to see that difference to understand why these things happen.

Sarah: There could be people who have come with an illness that could be cured and perhaps that is to give them some sort of belief or understanding. Could that be the case as well?

If they have chosen to come with an illness and that is their life-plan, then no healer upon this Earth can change that, but there are those who are willing to be changed sometimes. As long as the healer does not encroach upon that life-plan, then healing, of course, can and does take place—but it is the spirit that is touched, not the physical being. You have to remember the difference: you are *spirit* with a *physical* body.

Lilian: It may just be that the healing will help them cope with whatever ails them.

Yes, it can help, but it cannot erase the condition—sometimes. That is why some people respond, others do not. It is because the spirit has not been touched.

George: And I get the impression there's more illness on our planet from misapplied freewill **(yes)**, than from pre-determined life-path.

Yes, human beings have to take responsibility and I am sad to say this is not happening too quickly, because the human being always finds another reason why there should be these conditions in their lives. If only each one of you would go inwards to find that spirit within, there would be so much less illness in your world. You understand?

George: So, in effect we could self-cure so much more.

Of course, I have stressed this to you in the past that you create, therefore you can change. If you have created something with your mind, you can undo it with your mind.

Sarah: But not if you've come with a...

No—with a life-plan, yes, it can be helped, but it cannot be erased, otherwise you are interfering, and with natural laws that cannot take place—that would not be allowed. So you see, it explains why even with people who seek healing, they do not find it, because it is not meant to change. You understand? But I have to tell you, my dear friends, most conditions that people suffer on your Earthly plane are self-inflicted. You understand?

(Affirmed)

Sarah: Sometimes the self-inflictions actually can help people—if they get something the matter with them, that in turn, once they realise what it is, that can put them on the right pathway, perhaps a better pathway. I was just thinking of Emily, for example, who thinks that she has had depression for a long time, from a very young age, but now she's got over it, she seems to be going forward much better.

Because the spirit has been touched, because illness you see, is a selfish act; illness creates attention, illness deflects from the true spirit and nature of life. But yes, once the spirit is touched, spirit can then help, and move forward. You have to look at it from a spiritual aspect, not from a human viewpoint, otherwise you will be discouraged, you will not accept our teachings of illness, but there will be an outcry of: 'how can that help?' 'Why do we have this?' 'Why do we have that condition?' You cannot allow it to take hold of your life.

Lilian: Well, I was thinking about my granddaughter. Now It must be about a couple of years ago, I had a message from my husband, who is in spirit, saying that, by the time she is eighteen, we would see a difference in her **(Yes).** So, she's on the right pathway and it's something she has to put up with, because at that time she had about three years to go to eighteen. So, he *(my husband)* could see in spirit the wider picture again.

There is a wider picture. But remember also, that you human beings have the capability of changing your lives. Each step along the pathway belongs to your freewill. That is why sometimes people say: *'but I have been told this, I have been told that, why has it not happened?'*—Because somewhere along their pathway, *the will* of that person has altered.

Lilian: Ah! I'm glad I asked you, because we were rather banking on this '18' thing. That's lovely. Thank you.

Emily: Going back to the fact that illness is self-inflicted: for children, that are very young, how could that be self-inflicted, unless they have been born with the illness if they were particularly young.

That is a case of spirit coming back for a reason—a strong reason. If a baby is born with a condition, it has been born in that way in order to lead a life of spiritual growth. That is the difference.

George: Thank you for that clarification, Salumet, and I think your words explain why spiritual healers are, broadly, so successful!

Yes, they cannot interfere in anyone's life and if the spirit is not touched, there will be no healing, and there is nothing any healer upon this Earth can do to change that. But, it is most important, my dear friends, to begin and always understand ... recognise, that you are spirit first and foremost, then all other parts of living will become less important. You must know of people who have overcome great obstacles in their lives, whether it be health, whether it be living life in terrible conditions with tragedies abounding, and yet these spirits shine brightly.

(Agreed)

That is a case of spirit taking responsibility for what is happening in their lives.

Sarah: So if you've got an ongoing illness, the belief that you will get better and the 'going within' and listening and telling yourself you are not ill...

It is not a belief, it should be a 'knowing', a certainty that spirit can overcome many things. You cannot have one answer to so many different conditions. That is why, in *our* world, there is much discussion before people are born into *your* world. These decisions are not taken lightly, but those who choose to live a life of hardship or illness and at the end of that lifetime have created a wealth of spirit. Do you understand?

Sarah: So you could ... if before you come over, you decide that you are going to have a life of illness, so whatever you do, you're going to keep being ill...

You will have that illness—I would not say *many* illnesses. Most illnesses are created within the lifetime they have chosen, because of the way they think, or the way they eat—so many conditions can change, and remember, my dear friends, the stress of your daily lives and the inability to allow spirit to heal you each day of your lives. And I would also say to you that illness does not always show itself at the time of worry or confusion or wrong thinking, but can sometimes make an appearance years afterwards. So again we have time factors coming, and that has to be a consideration.

Sarah: So if an illness comes many years later, that would be a planned thing, would it?

Not at all, it depends on why that illness has shown itself within the body. The *physical body* has the power to heal itself, but the *opportunity* has to *be* there. THE HUMAN BEING MUST ALLOW QUIET TIMES TO ALLOW SPIRIT TO COME FORWARD. That is why so often, my dear friends, I tell you that you must

take time in your daily lives for meditation. What is meditation? It is a union of your spirit with those in our world where after all, that is where you belong. But you are clothed in these physical bodies which can go wrong, unless you keep spirit strong. Do you understand?
(General agreement + thanks)
Sarah: Do you understand Emily?
Emily: Yes.
And she is making good progress, because now her mind is working and looking forward. Her spirit is becoming stronger, which then encourages the body to help to heal itself. You understand?
Sarah: Yes, thank you for that.
Now has that helped you with your questions?
George: Yes, I think that's wonderful. It's clarified much for me and I'm sure it will for Tony when he receives this transcript. You mentioned time factor in illness or disease to show itself.
Yes, not always, but sometimes.
George: While there may be a time factor involved in a disease showing in the physical body, might there also be a time factor, in the healing of that disease? Would time be of a variable nature so perhaps one condition takes years to heal, or would it generally be faster in the healing process?
Dependent upon the cause of the condition, depends the time factor. Some healing is instantaneous, other healing, of course, takes some time and can be attained over quite a long period of time. It's variable, yes, as you say.
George: Yes. Perhaps the state of the physical body is a factor.
Yes, of course. It has to remain a factor. After all, healers in this world are physical beings themselves, so as we use them from spirit, we encounter their *own* conditions, if you understand, and that sometimes can make a difference.
George: Ah! Yes.
You understand? Is that clear for you?
George: Yes I see, so the physical body of the healer also comes into the picture.
Of course, because we have to use their bodies, their hands, their minds—it is coming from our world through the healer's spirit to the spirit of the person who seeks healing. It is not a one-to-one set of conditions. It is not that simple. I wish it were, I wish I could say to you this, this and this, and all falls into place! It is all much more complex than that.
George: Yes.
That is why you should not judge one against another, because, not only are two people physically different, but probably spiritually different. You understand?
George: Yes, I can see it's not a simple matter at all.
Not at all!
Lilian: No, it's quite complicated
Now, if you are happy with that question and answer... are you?
George: Very happy! Thank you. I think that's clarified it for all of us. *(Agreed)*
Emily: Could I just ask. I know we are spirit and we have the overcoat as the body, but if we look after the body, is that a way of looking after the spirit too?
Of course!
Emily: So eating well and looking after yourself, that's a way of looking after the spirit?
Yes, of course, yes.
Emily: Thank you.
If you had a car or an animal, would you not look after its outer well-being, in order for that to function properly? (Yes). **Yes of course.**
Emily: Thank you.
Remember that your physical body houses your spirit, and that is the important ingredient in any lifetime.

Now, my dear friends, I have been happy to join with you, once again.
George: We are most happy to receive you Salumet.
But, it is now time that I take my leave of you and allow those who are waiting close by to come nearer and to impress each one of you with something that hopefully, you may recognise, or feel or see. I will now leave you, bathed as always, in that great love of spirit, and until we come together next time, I leave you.
(General thanks)
George's Notes:
Whilst there are clearly many facets to the subject of illness and healing, it might nevertheless be appropriate to attempt to briefly summarise:
Ordained life-path Condition: Remains in place without being erased, for purpose of spiritual advancement.
Ordinary free-will inflicted condition: These represent the majority of illnesses. They may arise from stress, wrong or excessive eating and drinking, careless living, smoking, too much sun or generally lowering the body's natural resistance to disease in some way.
Spiritual healer: Is a channel through whom healing may reach those in need.
Healing proceeds: Once the spirit has been touched. Healing acts from spirit, through spirit, to spirit (and it is the energy body that underpins the physical body that is first corrected).
Mind stress: Can cause illness that mind can also cure.

~11th May 2009~ SALUMET

Our last reported meeting was 20th April. There was no meeting on the bank holiday, and Eileen was in Spain for one week with the Ray Brown healing group. This healing group travels to Spain twice yearly doing wonderful work. On this occasion, Salumet came through, spoke to those present and answered questions. During the healing sessions, there was amazing psychic surgery to straighten a spine, suddenly putting an end to years of pain. Also, Paul has returned from several months travelling in Thailand, where he experienced an organic gardening and seed-collection project, and earthen building project:
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
George: And can I just say that all present are very, very happy to hear that Salumet has spoken in Spain to the healing group...
Thank you, my dear friend, but I am happy to be back here with you all.
Lilian: We're happy to have you *(back)* and Eileen.
Sarah: Very happy!
Firstly, this time, let us welcome back the one known to you known as Paul and also our dear lady friend *(Jean)* **we have not seen for some time.**
Paul /Jean: Thank you!
I feel that the gentleman has come back to us, rejuvenated spiritually.
Paul: Yes, it was a good period for spiritual thinking **(yes)** and rejuvenation. Thank you.
Yes, it is good for each one of you to have some spiritual time. **Is the lady ok?** *(Sara had left the room coughing)* **I will see what we can do for her.** *(Thanks expressed)* **It would not be we feel inappropriate, my dear friend, if you were to place your hands on our dear guest** *(Jean)* **this evening.**
Lilian: Yes.
It would help her head if you would do so.
I feel as we have come together once more, that I will take any questions this time.
Sarah: Could I just say—this isn't a question, it's just of interest really: You told us that we should look to the seas and we would get some more information and knowledge **(yes)** and I was reading in the paper that they have found that a fish called a zeta fish has neurones in it that they think they may be able to use

to help people with motor neurone disease **(yes)**. So that's one of the examples, I'm sure, of what you said to us...

Yes. Just be vigilant as time goes on. There is much to come.

Sarah: Yes.

Mankind is looking now, for all new ... searching for helping their fellow-man and that spirit alone is very good; but thank you for bringing it to the attention of others.

Sarah: Not at all, I found it of great interest, especially after what you'd said, so thank you for telling us.

Yes.

George: Yes, it occurred to me recently that there is a great 'order' in natural things looked at scientifically: The chemical elements—hydrogen, helium, lithium, beryllium and so forth. Each element increases by one, in terms of charge on particles in the nucleus. Similarly, in physics, the frequencies are very orderly in their increasing through the bands of frequencies. Eventually, scientists will get more into an understanding of spirit, and, I just wondered if they are likely to encounter a similar degree of 'orderliness' within the spirit domain and what makes it up. Does that question make sense?

Yes, of course, my dear friend. Let me first say to you that all of creation is orderly, as you say. Without it there would be chaos—I believe that is one of your words that you use (indeed)**, yes. Your scientists ... physicists ... all of your *'ists'* in your world** *(Chuckles)* **are looking and searching for more knowledge. That is the nature of humankind, that is part of being human, and yes, there has to be order within spirit, as I have said. Your scientists will continue to discover more and more, but infinite knowledge will never be made known to them, because of the very fact of being human. But there is still much that they can discover about spirit and the continuance of the life force.**

George: And I suspect in passing over to spirit, they may well continue to discover more.

Yes, that desire will most likely stay with them, in order for them to discover more; of course, that would be a natural progression for them.

George: Thank you.

But, whilst they are absorbed with seeking and finding, they really are losing what spirit is there to teach them about; but the time will come when they will find satisfaction to their questions, and only then will they be able to let go of that seeking. **I hope that has helped you, my dear friend.**

George: Very much. Yes thank you. I feel more and more these days that 'Spirituality', 'Religion' and 'Science' are all three coming together rather nicely.

Yes, there has to be progression—there has to be. We cannot stand still and neither can your scientists stand still, because they have inquiring minds and remember that those people have, in part, been responsible for much good knowledge—yes you cannot forget that.

George: No, that is very true. We seem to have gone through a period of having, shall I say, three separate camps **(yes)**, but I think there will ultimately be a great advantage when all three come together.

Yes, that recognition of going forward, my dear friend, is slowly, I say *slowly* beginning to take place, yes.

George: Yes, it's good to have your confirming words on that.

Yes, but remember that time is not the same in our world. I hope that helps you.

George: It does indeed. Thank you very much.

Do we have any more questions this time?

Lilian: Paul?

Paul: Yes, I did write one down, but I think I can remember it. You've talked a lot over the years about 'the power of thought' **(yes)**; it's a central part of your teaching **(yes)**. I have been reading about how thinking attracts other thoughts. Some people use the analogy of a magnet; your thinking attracts other similar thoughts to you. It has been described as the 'Law of Attraction', whereby what you think begins to affect your reality around you.

Your thought my dear friend, creates your reality, it is so powerful, yes.

Paul: Yes, and you've always stressed the importance of monitoring your thoughts **(yes)**, keeping a check on them and changing them where necessary. One other idea that I read about connected to this is using

your feelings to help monitor your thinking. So if you are feeling negative /unhappy, then that should tell you that you are not thinking the right way. So whenever you're feeling unhappy or negative, you should always go straight to your thinking and try to change it to being positive.

Yes, do you not feel my dear friend that negativity of your thought creates the feelings?

Paul: Yes.

Yes, it is a two-way mirror, where one affects the others. All negativity of thought should be dispersed as soon as possible, because of the power that lies behind them. So it is one or the other.

Paul: And if we then try to start focussing on the more positive thoughts ... and one idea is that we try and think about things that we want, because in focussing on what we want—not focussing selfishly on things that are material necessarily, but if we can connect with what we really want to be doing in life, then that would put you in touch with your guides, wouldn't it?

Of course, one thought my dear friend, can place you before your guides and helpers. The power of the thought is all-essential in creating your reality.

Paul: Yes, so I think sometimes we feel that we are being selfish if we focus on things that we feel we WANT in life, but...

If your desire is spiritually-based, if it is to help you to attain greater spirituality, growth, understanding, love … then that cannot be selfish. Yes, so of course, I have always told you that the power of your thought is the most powerful force that you possess.

Paul: Yes, and it seems to be a useful tool to think about, so when you're feeling bad or unhappy, that's the time to change your thinking.

You can only feel bad, my dear friend, if the negative thought is already in existence. So, I would suggest the negative thought comes first, then the negative feelings. You understand? (Yes) **But, if you are not aware of the negative thought, then of course your feelings will then help you to understand and to change that thought pattern.**

Paul: Right **(yes)**. And are these feelings sometimes coming from our guides who are nudging us with our feelings, to change our thinking?

Of course! They would be there to help, to uplift you in any way that they can. You, my dear friends, are never alone. There is always someone who is there to help to pick you up, to help you to recognise all this negativity in everyday living. And of course, the more you are in tune with those guides and helpers, the better and the easier your life can be. You understand? (Yes)

Sara: I think it's possible to feel happy in any situation, if your mind is very, very positive **(yes)**. But, I still feel, speaking for myself, to find the work that perhaps maybe you agreed to do or were destined to do, then I'm sure the happiness is greater still. Would I be right in saying that?

Of course, if you are happy in your everyday world, you will attract those people to you that will bring greater happiness; like does attract like, in the same way that negative forces will always attract that negativity.

Sarah: So those people who are a bit depressed, and I am thinking of one particular person—*a young person*—how could...

Because, spiritually, my dear friends, it is a selfish emotion that creates these feelings of darkness and doubt.

Sarah: Ah right! Yes, I think you have told us that before.

You understand?

Sarah: Yes, so if that young man could start thinking about somebody else, it would probably lift him out of it.

Yes, of course.

Sarah: And what about stress—maybe not a selfish stress—you may just be stressed and worried about somebody else or whatever **(yes)**, ... is that also a bit negative?

Of course, you all have freewill. You all know and understand that stress can be relieved. And you know my words that the best way to relieve any stress is to go within, to join with those who stand close to you—listen to that inner voice which is always ready to help you.
Sarah: If there are people who are stressed who don't believe in spirit **(yes)**, can they help themselves at all, or do they just need to change their thinking?
They sometimes need help and of course, as I have said earlier, no one is ever completely alone. So there sometimes happens that they receive a feeling of determination to help themselves, and that comes from spirit. You understand?
Sarah: Yes, so probably if we asked for help and healing for them…
Yes, it will be received, of course and help *(made)* **available to them.**
Sarah: Yes, thank you very much.
Yes, but each one of you, my dear friends, are responsible for your lives, for those thoughts that you send forth and of course, people such as yourselves are good for sitting quietly and listening to the help available to you. Others are not so fortunate and may struggle just that little bit more. It is therefore good, my dear friends, that you sit quietly and send those good thoughts out to them and to our world that we may come closer to them. It is a great responsibility for those of you who have knowledge, because unless you utilise that knowledge, you will not go forward.
Sarah: Yes, thank you for all the reminders that you keep giving us.
Yes, I begin to sound sometimes, *(like)* **what you call an echo.**
Sarah: Well we like your echo.
(Laughs)
Lilian: We need it!
Sara: Salumet, could I ask you a question?
Yes.
Sara: A friend of ours, called Gary Samdaliri asked if you could give him some advice regarding getting back to good health, because he's been suffering from ME for a few years. I think he wonders if it's past-life-related. I don't know whether you would be able to give him any advice?
Please repeat his name.
Sara: It's Gary Samdaliri. He likes to channel.
Yes *(Pause)* **I do not find a past life connection with this one. I feel my dear friend that at some point in *this* life, there has been some trauma, I feel at an early age, which is now resulting in this condition**
Sara: Yes, I wondered that too, actually.
Yes, we will send out thoughts to him to help him. It is debilitating for many people in your world, but again I will stress—and it is part of what we have been speaking about—it is about *'right thinking'.*
Sarah: Right Thinking?
Yes. I hope that will help.
Sara: Thank you, I will pass it on to him.
He must ask for help.
Sara: Yes, I think he has gifts actually, for spiritual work, which he would probably like to develop more.
Yes, he needs to have more contact with those guides and helpers, who will then help to strengthen the physical body, in order that the work can take place.
Sara: Thank you for that.
But he has a responsibility to do so—to adjust the thinking to that physical body.
Sara: Yes, thank you. I'm sure that will help him a lot.
Sarah: My daughter, Emily also had ME. She's been a few times here **(yes)**. She had physical help, but that actually has changed her thinking **(yes)**. I don't know which came first; whether her thinking started to change or once she had had the physical help, *then* her thinking changed?

Her thinking had to change before there was any change within the physical being. Until that spark of inclination to be well is there, then the body will not recover, but of course, that is why you have physicians on your Earth, to help those in need, but initially, that spark comes from within.
Sarah: I also feel with her that maybe she needed that help for that spark to come **(yes)**, because she's certainly grown enormously since.
And she will continue to do so, provided her thinking remains the same.
Sarah: Good, thank you, that's nice to know.
Sara: Salumet, could I just ask about the lady I sing with, who dances—Kate. I feel such a strong connection to her. Have we been together before? Kate Kulahan.
Any strong bond of spirit is a sign of recognition. I cannot at this time tell you what, but it normally indicates recognition, yes.
Sara: Thank you.
And now, I feel for this time, my dear friends, that we will close this evening and ask our dear lady who has just spoken, to take us on a little journey to close our meeting this time, if she is happy to do so.
Sara: Yes, I am happy to do that.
As always, dear friends, I leave you and know that until we come together once more, I encompass you in great love and light.
(Thanks from all)
Sara's Meditative journey:
Audio link: http://www.salumetandfriends.org/resources/2009_05_11+SARA++7+mins.mp3
I want you to imagine that you are walking down a country lane. It's the middle of the day ... about 11 or 12 0'clock. All around you it's beautifully green and lush. Spring and signs of summer are emerging. It's very peaceful and you are alone, except of course you are not alone. There are those around you in spirit. And as you walk down the lane, you come upon a little clearing that takes you into a wood. It's a very enchanted wood and as soon as you walk into the leafy glade ahead, you see big, big clumps of bluebells of the most beautiful shade. You decide to sit on a tuft of grass that is just near the bluebells. You sit down and make yourself comfortable. You breathe in the beautiful smells of the green grass, the ferns, and the bracken; the fresh spring smell of the wood. You sit down and you breathe deeply and as you look around you, you suddenly become aware of some lights dancing. You stare ahead and you become aware of elementals and fairies. Then you see these beautiful colours: pastel pinks, lilacs in their wings and pale primrose yellow and the lights are shimmering as they dance and twirl around you. You think you have never seen anything so beautiful in your life. You stare transfixed as these fairies dance around you. You don't want to break the spell, and as you sit, you can hear the birds twittering in the trees. It is so peaceful and as you become aware of the beauty around you, it makes you aware of the tremendous beauty that is within your soul; the delicate beauty that is within you, the ability to be sensitive to all of nature and all of life. And you see that those colours around you, those beautiful tints in the fairies, in their gossamer wings; you see that the same beauty is within you. It inspires you. After a while, you decide to close your eyes and go within yourself. You sit and listen for any guidance from your guides. Do they have anything to tell you? Is there anything that you might want to know? Is there anything that you might want to do? So you sit and listen for a message. And when you feel that you have received your message, you slowly get up and leave the enchanted wood and walk back down the lane and you are home again.
George's Notes:
Seek and ye shall find ... but...
Whilst much admirable work carried out by scientists has yielded wonderful information, there is the implication that it is all intellectual, the output of physical brainwork. The other approach is of course, to go within and allow the spirit to connect. The entirely physical approach is often lengthy and makes hard work of it (but is considered acceptable). Some scientific discoveries have nevertheless been made from within. As an example, it is said that the structure for the 'benzene ring' was intuited by the chemist Kekulé while daydreaming on the top of a bus!

Power of thought:
Salumet's favourite subject and rightly so. The above teaching makes very clear how thought controls our livelihood through its spirit connection. Paul's question was prompted by a book he has been reading: 'The Law of Attraction', Esther & Jerry Hicks, Hay House.

~18th May 2009~ SALUMET

Lilian: Welcome again Salumet!
Good evening.
All: Good evening.
As I join with you this time, there are those who stand close to you, who wish to give thanks to you all for the healing thoughts that have been sent out tonight. For this we thank you, my dear friends. And of course, we would hope and desire that those healing thoughts, be sent not only from this room, but in your everyday lives. It is so easy to forget, when you are occupied by daily living—to forget those who are in need. So, my dear friends, I would just say to you, remember all of those you are in distress each day of your living. I was interested to listen to one of you ask for help for the children in your world—children specific to the life of the gentleman.
Graham: Yes.
But what I would like to say to you this time is: it is now coming, that the children and the youth of your world must be made aware much more, of their own spiritual needs. This, you know, is a responsibility, not only for parents and close families, but also those peoples who are part of their everyday lives, such as yourself, my dear friend, *(Graham)* **but all who come into contact must show these youth and children what is good about *Life.* We would wish that humankind could move gently away from so much materialism that holds your world at this time to ransom—ransom of spirit. The children of your world deserve to know the truth; the truth as you have come to know it, the truth that never changes, the truth of love—love of your fellow man, of each and every human-being, no matter what their status. So, my dear friends, I reiterate to you the simplicities of my teaching and my purpose here is to give you the very simple truth of what life should be about.**
George: Yes, that is a very important message for these times **(yes)**. I feel there are so many children who *only* get to observe materialism **(yes)**, and that is a very sad situation.
We are happy with the way your planet, in general, is moving. There has been a raise of consciousness—yes, we see it and many people now think clearly for themselves, but your children and your youth are much more vulnerable. They are bombarded from every direction with so many gifts of materialism. You must help them, my dear friends, to return to those simpler things in life, such as 'love', 'understanding', 'gentleness'—all the attributes of spirit. I know it is a great task that we ask of you, but it is achievable.
George: Perhaps, observing the beauties of nature is a pathway towards that status.
Yes, it is so untrue that small children cannot appreciate the beauty that surrounds them. I am sure, my dear friends, that you have watched infants who are fascinated by the smallest creatures and insects of your world. That is to be encouraged.
(Agreed)
Lilian: Yes—as they grow up.
It should be an ongoing teaching.
Lilian: I remember taking my youngest grandson for a walk and we were looking for bird's nests. I found one and I gently took out the egg and showed him and he asked if he could hold it. I suppose he was about 3-years old, maybe, and he actually kissed the egg. He probably wouldn't believe me if I told him now.
Yes.
Lilian: It's a shame they lose that wonder,
But that is where the responsibility of adults comes into play, yes. Children are precious gifts of life and should be treated as such ... yes.

Graham: It's getting better for children in schools. They get an opportunity to speak now, more so than before, where we now have things like 'circle time', where children are encouraged to sit in a circle. Nobody is any more important than anyone else, because they are in the circle. They all have a chance to speak. It's quite a responsibility to share such a circle-time meeting **(yes).** I've found this to be a very good way to enable the children to have their voice and to feel valued.

And I am sure that you also must feel the blessings of doing such work, yes. We know of your difficulties, but do not forget the blessings also. What better way is there than directing a child on the right pathway of life (yes) **and then you have that effect go down each generation of human beings. That is what you should try to strive towards. Yes, you have the knowledge and it is good that the word is spread, but all I say to you, my dear friends is: do not forget those special, small human beings. You should listen to them sometimes; you might well learn something.**

(Agreed)

Graham: Yes, I'm sure—I'll do that.

Yes.

Lilian: Could I just ask a question from my daughter-in-law, Jan? She said if you came tonight, would I ask you: does she have ... should she be worried? I know she *is* worried at the moment.

All, I will say is that whatever comes to you, not only you, or the lady in question, but anyone here or outside of this room: you must accept each minute, each hour, each day, each week, and know that whatever comes to you, has to be dealt with. I would say to her, she rather worries too much. It would be most helpful to be a little more positive in her thinking.

Lilian: Yes, she was *trying* to be positive.

Yes she struggles, I know, with it.

Lilian: It is a problem. Yes, I know where she's coming from.

Yes, but that is all you can do.

Lilian: Yes. Thank you.

Thank you. Are there any questions about children?

(Pause)

No?

Graham: You have answered this question before when I was asking you about why children can be so challenging: You said that materialism was largely to blame for this; that the values are wrong. It's difficult thinking of a way forward within a school environment ... the best way of helping children, who are incredibly challenging, because in the school I work in, the children are at my school *because* they are very challenging—it's a Special School. I wonder about the best way of helping these children, because they get so upset and so stressed and they can behave so badly really, by what we would consider behavioural standards **(yes)**, so what's the best way of helping them? I suppose, it's what you were saying before about teaching them spiritual messages of gentleness, kindness, and patience?

And, of course, by example.

Graham: By example, yes.

My dear friend, before you lies a stairway with many stairs. I say to you: begin at the bottom and live in one moment of time (yes)**. Do not try to go to the top of the stairway too quickly—that will not work. 'Love', 'understanding', 'patience' and 'example'—those are my words to you** (yes)**. I do not say it is easy, but it is most worthwhile** (yes)**, and of course, as I have just said to our dear lady friend, that positive thinking; remember again, I return to my teaching of thought and that most powerful ally** (yes)**.**

Yes.

Graham: Yes, staying positive isn't easy when you've a particularly challenging group waiting for you.

Yes, I understand, yes.

Graham: But it's extremely strange that we should feel equally towards all children, but I often find myself feeling a particular something towards those children who are incredibly challenging. Their need is so great, it makes you feel a warmth towards them.

Yes, that is your own spiritual being, being attracted to those in need and being able to offer the help that is needed (yes)**.That is why all children are bright lights. Remember that; and remember it in a spiritual manner, not in a physical way.**
Graham: Yes. I have found that children respond well to touch: when you touch their shoulder or their arm ... when you are around them, it's a way of communicating that can be very effective. I've found that they do respond positively to touch. Sometimes they like to slap your hand; put their hand up to your hand, or something—they all do their funny little things, but it does seem to be a form of communication, of mutual respect or assurance or something that does seem to help them. In England we're not quite used to that type of thing. It comes from America—they call it 'High Fives'—where you can touch the hands and it does seem to work.
It matters not which country you live in. To be tactile is good for all peoples, not only children; but what is happening is nothing unusual, it is just a blending of spiritual energies. That is why it is comforting, that is why it works. Again, look to the spiritual equivalence and not the physical. You understand?
Graham: Yes.
George: Perhaps, this is one area where society in general *does* set a good example, because the touch, the handshake when people meet, it is one small area where the example is set, of touch **(yes).**
Sara: I think the Italians do it better!
(Laughter)
I will bow to your knowledge!
(More laughter)
George: But one of the difficulties of the materialist society is that so many *bad* examples are set!
Yes, I do not wish you to forego all materialism in your lives—that would be foolish; but what is important is to put it in its correct place, in your *spiritual* life. You understand?
George: Yes, unfortunately, when bad examples are set, the press seem to publicise these, and the situation *appears* to be even worse **(yes).** This is unfortunate within our society.
If only you could look upon these small children, almost like a blank canvass, whereupon the most beautiful picture can be created. That is something you could keep to the forefront of your thinking, because that is what they are, these *beautiful spiritual beings*; and they want only to be loved, nurtured and guided and to know and feel that they are loved. That is all anyone wishes for their lives. I am sure if you were to ask anyone, and I mean *anyone*, even people who dwell within your prisons in the world; what more do they desire than the love of someone.
(Affirmed)
It is most important, my dear friends, that you nurture and cultivate the love in your lives today, and I wish to leave you with those words, those simple words—and it is a very small word in your vocabulary, but the most powerful.
Sara: That's a powerful teaching, Salumet. Thank you very much. Wonderful words!
And as I do leave you, I will continue to work this time with this instrument. But I will say to you: there are many, this time who stand close to you. So allow yourselves, my dear friends, to feel their presence, to know their message to you, and ultimately, to thank that Great Creative Force of which we all belong.
(General thanks)

~15th June 2009~

No Salumet this week. One came via Sarah for a chat, which became extensive and much interesting material emerged. This one was knowledgeable and must, on reflection, have come to us from quite a high level. We talked much about plants, so gardeners may find the material of particular interest:
Lilian: Good evening!
Thank you for your invitation to speak. I enjoy a chatter with folk, and tonight is no exception.
Lilian: We enjoy—
I wanted to come and see you and see if we could talk about something we both have in common.

George: That sounds a good idea.
I am just wondering what this common denominator is and perhaps we could have a little discussion to find out what we could—
Lilian: —what we have in common.
Yes.
Lilian: Do you already know?
I know some things, but I do not know exactly what is of interest to you all.
George: Well, I can say we are all interested in the ways of spirit, and we are all gardeners, I think, in various ways—we all grow plants.
Lilian: We all like animals.
Jan: Or is it more on thought and love and that type of connection?
I was just thinking we could maybe talk about plants (good). ***I know that you have many plants upon this planet, but we have even more in spirit, and perhaps you might be interested to know about one or two of the plants that we have in spirit that you do not have here on Earth.***
Lilian: That would be lovely.
The one in particular I am thinking about is a most attractive plant with star-shaped leaves and huge pointed flowers. The leaves are a brilliant red and the flower is pure white.
Lilian: My Goodness!
George: Yes, you are correct. We have nothing like that here.
Lilian: Would they have a plant like that on another planet?
I believe this plant in spirit was created by the love of many gardeners who came over to spirit and who so missed the act of gardening—so they joined together and focussed on colours that they found dear to them. Once the colour had been achieved, they then took shapes that meant something to them, and from this, they focussed on the angels who guard plants, and asked for a creation to be made. This particular plant was so successful with the gardeners and seemed to mean so much to so many people that it is one that is used at the entrance to spirit life. When you come over, we try to create situations that will help those of you who come over, to feel comfortable, and the vision of this most spectacular flower leaves many in awe and wonder. This in turn helps them to move on without stress and for this reason we have named this beautiful plant 'The stress-less flower'
George: That's all very interesting. Thank you for giving us the history of this obviously rather important plant. Yes, that does also make the point, I think, that gardening in spirit would be for different purpose from the gardening on the physical Earth. Well, part of the purpose on Earth is for beauty and is to produce wonderful flowers, with scents, wonderful scents, but of course, we also grow plants for food, and I imagine that you don't do that in spirit. You really concentrate on beauty and the effects that arise from that. Would I be correct?
You would be somewhat correct. The majority of plants are indeed grown for their beauty, but do not forget that when many come over, they still need to feel that they are eating and they are continuing their work or pleasure in the garden, so there are indeed vegetables grown in spirit mainly for those who have not yet made the final transition to the realisation that they no longer need to eat.
George: That's interesting. So there is still a food production in a sense.
Yes, there is indeed. Yes, and of course, vegetables have their own beauty, so I can think of some plants that could be eaten, but are in fact kept just for their good looks.
Lilian: So once they've grown the vegetables, these people who have just passed over, can they cook them?
They can cook them if they so wish and, of course, there are many vegetables that can be eaten without cooking, and it gives them pleasure to pick some berries or whatever as they wander around their vegetable patches.
George: Yes, so I suppose there is also scent appreciation with the flowers, or would that be just the people who first come over. Would the scent of the flower persist for a time?

The scent can persist for many years, if you like, in your time. It is all dependent on the progress of those who have come over. And indeed the perfume of a flower is often used to help those who have an illness or some comfort that they may need. And flowers are often for their perfume to make them feel more at home and more relaxed.

George: Yes. That's interesting.

We have many, many types of gardens over in spirit and many of the plants grown are put into what you would term parks, which can be used for a variety of reasons, but it is mainly for those who have struggled with their return over to spirit.

George: Yes, so a park would be a nice relaxation and conditioning place, I imagine.

It is indeed and also for children who need to play.

Lilian: Yes I was just thinking about the children.

They have an open space where they can congregate and enjoy themselves.

George: In gardening on the physical Earth, it relates very much to climate and in a cold country, we might be able to grow things that really like it a little warmer, by constructing glasshouses so that the plants can be a little protected, a little warmer. But I imagine there wouldn't be any climate effect in spirit, or would there be in relation to gardening?

It all depends on the individual. If the individual has come from the seaside, then the climate will be like the seaside. If he or she comes from the mountains, then it will be that kind of atmosphere. Of course in spirit, we do not actually have these climates, but it is all dependent upon the individuals.

George: Yes, I can accept that. It's more difficult to imagine.

Yes, and I think you would be even more confused, if in your physical state, you could come over to see us and see that one garden right next to another garden has completely different atmospheric conditions—a desert next to ice!

George: Yes, well that's what I was wondering.

It is possible and it does indeed happen, but I can also tell you that the one who is walking through his desert, when he reaches his friend who comes from the ice-covered countryside, he does not notice that he has gone into the ice. He continues into the desert and likewise the other way around—

General amusement

—and this is purely because it is created by the individual.

Lilian: Yes, by their thoughts.

George: Yes, that's interesting and nice to have it put clearly as you have placed it.

Paul: Everyone's in their own world. Is that right?

Yes, at this particular level at moving into spirit, yes, it is very much created by each individual, and this is purely to make the individuals feel comfortable. We do not wish anyone to be too shocked. We like and try to make it as pleasant as possible for those coming back home to where they belong.

Paul: So it's a gentle transition.

We try to make it like that, yes, but of course, there are always a few who will not go along the path that is made easy for them. They always try to go some other way and make it difficult for themselves, but that is part of their learning.

Paul: What drives them to take the more difficult route?

Because they will not listen!

Paul: Is that stemming from too much self-importance or ego?

There are many reasons, but many times it is because they do not believe they have passed over. So we try to tell them and help them, but they will not accept what we are saying.

Jan: For someone who is accepting of death and accepts it warmly, can you tell me the journey from the moment of death to what you are describing on this first level.

For each person, it can be slightly different, but when you reach the entrance, can we say, to the spirit world—

Jan: Would that be what we describe as the light.

The light—and you will have met somebody that you know. You are taken through onto a pathway that is made as homely as possible for you and then it is again up to each individual how much they accept or not accept.

Jan: Right! I understand that your freewill at that point comes into play, whereby, if you are only expecting the dark, that's what you'll see.

I would not go so far as to say that, because if you are, say, you deserve much when you get back to spirit, but you are frightened and think you will be faced with darkness, you will not, because this is only the fear.

George: And I think we all understand that there is always help to hand if there is any fear or problem of any kind.

That is correct and that is why you are met by somebody you know, in order that they can help you.

Lilian: So would the person who is waiting be able to create that help, especially if they had lived a life together—would they be able to create that homely feeling?

They would be able to direct that one they have brought with them to the right conditions.

Lilian: I see.

There are many situations created in spirit to help those who come over, and each one will go to a slightly different energy that suits them. So, the one who has done the greeting will know where to take this loved one or acquaintance. Part is your own creation, your own mind, but spirit world does help to bring you through to the right energy levels.

Jan: There are so many questions. It's a vast subject isn't it?

George: So, we should keep our eyes open for these wonderful pointed white flowers with their red leaves.

And I hope when you see them you will have no stress.

(General amusement)

Lilian: I think the annoying thing is—well I'm not sure if it's annoying or not—it's where we come from and where we go back to and we don't recollect any of it.

Except when you get back to where you really belong, you recognise it.

Paul: Yes, that must be very nice when you suddenly realise that you are home.

(General amusement)

Yes, indeed, and until you decide that you wish to go back again *(Laughs)*, ***yes.***

Jan: Do you decide? Does the individual decide to come back or are you told or guided to go back, or is it purely your own choice?

Ultimately, it must come from you, but, of course, there are many discussions whilst you are back in spirit, but if the individual does not wish to go back, the others cannot make them.

Jan: That's alright! We don't have to come back then.

(General amusement)

George: Yes, I suspect progress comes into the equation. There's no point in just hanging on at a spirit level. Perhaps we'd soon get bored, if we didn't progress in some way.

That is the reason why you do come back, yes.

George: One can either progress in spirit or come back to the Earth and progress further there. I imagine there are always those two options.

Of course, you can progress in spirit, but you are limited if your pathway is to come back here, so there comes a point where you know it is best to return, even if you decide it is perhaps not such a good idea once you get here.

Paul: Can it be sometimes that you get back to your home and a lot of your like-minded soul group are on Earth, so you think, well, I'll go and join them again on Earth? Can it be like that?

I think you will find that even if all your soul-mates, if that's what you like to call it, are on Earth and there is not a reason for you to come back at that time, or, indeed, if you do not need to come back at all, you will not come. You will wait for them to come back to you!

Paul: Yes, of course!

George: Yes, I imagine much depends on how much progress you have already made in physical life as to whether you *need* to come back to the physical or whether you can go further in spirit. Much, I'm sure, will depend on how well you have done in the physical life.

That is quite correct.

Jan: We have a small baby in my family who is only 16-days-old in the physical, but, our teacher, Salumet, has told us that this spirit is returning back to our family, and that, eventually, we may see similarities of the person that they once were, if you see what I mean. Am I right that often you return to the love of the family that you once belonged to, or family group?

There are so many reasons and of course, there are many who return back into their families.

Jan: And quite quickly?

I think it can also depend on the spirit. All I can tell you is that there are no hard and fast rules. It depends on so many factors, and, if you have one who has returned into the family, all I can say to you is: enjoy every moment that you have with this spirit, because there is a reason why he or she has come back to you, and it must be a celebration for you all.

Jan: Well, myself and my son and my mother-in-law who sits on your right, we are aware of it, but, obviously lots of other family members haven't been told, so it's this little precious secret that we keep between us. It's not always appropriate to tell other family members who wouldn't necessarily understand, but for those of us that do and have been told, it certainly is an amazing and exciting journey that I feel we are going to have with this little one.

I am most pleased for you, and I am sure there will be a lot of happiness.

Jan: Thank you! That's nice.

George: Going back to plants again, we have a most extraordinary group of plants that the shamans of this world have traditionally made use of in a particular way. The chemicals contained by those plants, seem to be able to, shall I say, trigger a greater awareness of spirit, and they are called psychedelics by some, but I just wonder how, *from* spirit, those plants and those chemicals would be regarded—those plants that we grow on this earth that shamans have used. Are you able to comment on that?

I can tell you that these plants dilute physical awareness, and, because of this, the spirit is allowed to come more to the fore. There is no physical brain telling you other things. It is, I believe, not a plant that has been created especially for this purpose, but is a plant that has been found to be able to create this situation, and I think you will find that there are many, many plants on your Earth that can produce many things, but you are not aware of them.

George: Yes, the shamans of the past have, very largely, been cautious and sensible in their approach to these things. I think I can say that, whereas in modern times, people have made huge mistakes by using such plants *to excess*, but the shamanic approach is probably helpful to many people. Does that sound reasonable?

Yes, anything that helps the spirit come to the fore is of benefit to mankind. The worst enemy that you have is your own self, when you try to block anything spiritual.

George: You speak of the ego I think: the ego self?

Not necessarily the ego self, but the one that refuses, like those in spirit, I was talking about earlier, who refuse to listen. If you do not listen to yourself, you will not learn and there are many who refuse to accept spirit, and perhaps if these people were given just a little of this plant, it might just change their thinking, and it is probably of no coincidence that these people who use these plants have been given this chance this time round to be closer to spirit whilst they are on this planet.

George: Yes, that sounds very reasonable and rational to me. Yes, there's a certain amount of confusion on the planet simply because some people have been overdoing this and not being sensible with their use of such things, and this lack of control has given the idea a bad name in some quarters—but, yes I can readily accept what you have said on this topic, and, to me, it's a very *interesting* topic.

When you speak of excess in connection with these plants, mankind is very good at 'excess' and this is something he has to learn: to be a little more modest in all things.

George: Yes, and that's a good message. Thank you for that!

Paul: Have you got time for another question?

If I can help you, I will.

Paul: There are a lot of plants that have many healing properties as well. Many of the drugs of today are derived from plants that have been known to heal, but the drug companies tend to just take the main chemicals from the plants. The disadvantage is there are often side-effects, whereas, what they call the 'herbal medicine', taking the whole plant, tends not to have the bad side-effects, compared with when they just give the chemicals on their own. Can you say if you need that kind of healing to go to the plants, rather than the chemist?

I would say to you that there are some plants that are a little dangerous, if they are used entirely by themselves, whereas, when some parts are taken from them, they then have a positive effect, so I believe that if you know your plants and understand them, and work with them, you will be better using just the plants, but I would also say, that for those who do not have the affinity with the plants and do not completely understand them, they would be better to go to your chemist, so I think where there is ignorance, it would be better to seek out somebody, who has more understanding, but if you feel confident with your plants, you can do this. I can give you an example, of which you are all, I am sure, well aware—your mushrooms, your fungi.

Paul: Oh yes! You have to know them!

If you do not know them, you can be worse off. I would say to you—make sure you understand the plant. You are bonded with this plant and you will be safe. But a little information can sometimes be a danger to the human being.

Paul: The other big area with plants is that they have a kind of awareness, which many people have not quite realised—that plants seem to have feelings

George: Yes! Yes! Might I add to that—I do play music, melodious music, to my tomato plants and I know that they grow better for it, and this is something that scientists, certain scientists, have endeavoured to make people aware of. But the tomato plant certainly responds to good music! (In fact, the tallest and strongest plants in my greenhouse this year are clustered around the music player!)

Yes, you are learning lots down here on this planet Earth. But may I just return to the other gentleman and say to him that, yes, of course, the plants do have feelings and this is why it is important to bond with them, so that you have a mutual feeling for one another, because, of course, if you are going to use this plant, you are going to destroy it, and it has to want to help you as well. So it is a selfless thing that the plant will be able to help you—will be able to give up its life on this planet for you.

George: Does this relate to all our food plants?

It would be a great help if a little more thought was given to the plants. Of course, they understand that they are helping you, and of course, many plants only have a short life cycle anyway on the planet, so, by eating an annual vegetable, you are not doing too much harm. But for those plants that would continue growing, if you did not pick them or use them, it is slightly different.

Jan: That makes me think of our humble weeds that people like to pull up or destroy and we have been told, haven't we Paul, to talk to our weeds and ask them to grow in another place. I must admit I did try it for a while, but it didn't seem to work. They still kept coming back.

Some of your so-called weeds are a little like you humans, they go to excess.

(Laughter)

They need to be brought back to understand they cannot take over the Planet.

(More laughs)

So I think you will find that pulling up a few weeds will not do too much harm.

Paul: A lot of gardeners these days seem to design gardens in whatever is the new style. It's almost like changing a room. They keep changing styles and, unfortunately, they have to cut down perfectly good

trees, because they don't fit the style that they want. I know the Ancients, many ancient cultures, thought very highly of different trees, especially the ones that lived for a very long time, like Yew trees. Is it the case that the ones that can live thousands of years—are they to be even more respected? Do they have a greater awareness than the plants that are very short-lived?

I think I would say to you that it is a little like a child, who has not learned too much in the beginning. A small plant that has not grown too much would not have perhaps as much awareness as a large one that had been on the planet for many years. They too can learn, and so, if you were to cut down a large tree that had been growing for many, many years, the tree would have much more awareness than, say, a small one that had only been growing a few months. But as for respect, I think you should have respect for all forms of life, whatever the size, whatever the age. But as a human-being, you would have more awareness of what was going on with, let's say, this baby that has just come into the world.

Paul: But it's still a life form that should be respected—

Jan: A neighbour of mine has just felled a 200-year oak tree, and, as I watched it come down, I was so upset for this tree and an enormous amount of love went out to this tree from myself and every branch that was cut down and I wondered if that tree knew that was how I felt.

I am sure the tree would have been aware of your thoughts and perhaps, if you had been even more aware, you would have heard the gratitude from it. So yes, nothing is—

Jan: No thought goes to waste!

You're right. That would be the case and even the plants are able to return a thank you to you, if you 'tune in' on the right wavelength

Lilian: Would they return to spirit in some form or another—the trees and plants?

Like you humans, the tree would not, but those looking after the tree, the spirits who are looking after the tree, would return back to spirit.

Jan: So the nature spirits who were looking after that tree return?

They will return in not quite the same way as you will return, because these nature spirits can look after more than one plant, not at the same time, but when another tree grows they can come back to look after another one. So I would say that you could say the nature spirits hover over the line of spirit waiting to come back for the next opportunity.

Jan: When we describe people here as having 'green fingers'. For example, if you were to give the same species of plant to one person and the same plant to this green-fingered person, is it because their energy is totally different? They could treat them in the same way, but one seems to thrive better than the other. With certain people, plants don't thrive in their presence or their care.

I would say that these 'green-fingered' beings are ones who have had much experience in a previous life of gardening and working with plants.

Jan: Nothing to do with their present energy?

I would say not so much the difference in energy, but the bonding with the plants.

Jan: It comes with experience?

—Which comes with many lives of experience yes. That is what I would say.

Paul: When it comes to bonding with plants, can you give any pointers as to how we can improve our bonding with plants?

I would say just being with them, thinking of them, talking to them, admiring them, and you will find that you will love the plant that much more, and this love will help you bond.

Jan: As in all things!

Paul: In giving them attention, loving them—

I think you will find many things, when you do not know or understand, you have quite a different perception of that thing or being or whatever it is. But once you start to understand, your love grows. You no longer wish to shun certain things, because, in understanding, you become attracted to them, and the same is with plants, even a plant that you do not particularly like. Once you start to look at it, and think how marvellous the leaves are, how the petals are, how it has grown—you suddenly start to

see this plant in quite a different light from how you saw it before. So it is only time and understanding that will bring you closer, so that you may care more deeply for it and whatever it is that you are beginning to understand more fully.

George: Yes, another little complication is that creatures like slugs or snails can feed off very young plants, so that the food crop could be lost. What I do sometimes, especially with a very young lettuce crop, I remove slugs and snails and put them on to a patch of weedy grass where they can feed without making the crop fail. I feel this is a reasonable thing to do—much better than, say, having a killing policy in the garden—I don't like that. Any comment there?

You indeed are a kind and considerate man and the slugs and snails that come into your garden are, indeed, some of the luckiest ones...

(Laughter)

So much so that they decide that this is a place to have a family...

(More laughter)

So I would say to you that you have much work to do in the future

(More laughs)

Yes it is a difficult one for you human beings, and I do understand the frustration that many of you have when you are trying to grow your crops. And so it is a helpful thing to use your mind to try to disperse them from areas you do not wish them to be.

George: These creatures are often quite nice creatures in themselves. One can't work up any dislike of them. They're really just as nice as many of the plants.

Paul: When you use your mind to deter them, would you direct it at the snails themselves, or the nature spirits that are helping the snails?

I would say to you that you could direct this at the snails themselves, but you could also ask the nature spirits of the plants to help guard the plants, and they, in turn, could ask the snails to move on to this nice patch of weedy grass, instead of your lettuces or whatever.

(Laughs)

Jan: Or along to your neighbours' lettuces!

(More laughs)

I don't think that one would work too well, because I think they would come back in abundance to your lettuces.

Jan: Salumet did talk about just that, didn't he?

Lilian: Of course there are things you can put round, but nothing that is going to kill them—like gravel or sand, or putting string round a pot stops them climbing up the pot.

I think one point that is quite important and that is what you perhaps tend to do—when you find a slug in the garden, you then start to use your mind to make it move. You need to keep going. You need to keep thinking of this a lot of the time, not just once or twice, but continually. It is this bombardment of thought that will help to remove the pests from your garden, but you must keep doing it, keep using your mind to make them move on. Just the odd once, twice or three times will not be sufficient. Now, I think, for this time, I have spoken enough.

George: You have given us much, much knowledge and we do appreciate your talking. Can you give us a name to know you by?

I do not normally give names, but I feel maybe you could give me a name and I will respond to that one.

Lilian: The Gardener?

I am quite happy with that name and now I must return.

All: Thank you very much!

George: We'll think of you as the 'Spirit Gardener Teacher' –it's been wonderful. Thank you very, very much.

(General thanks)

George's Notes:

AND IN THE COLD LIGHT OF DAY: I dare say there may be a few raised eyebrows on reading the above exchange, perhaps even the odd hoot! But through the 20th- century, the Kirlians demonstrated plant aura / energies, Cleve Backster first demonstrated plant perception and interaction with humans (since confirmed by others) and many scientific experiments have demonstrated clearly the effects of music. It is all documented scientific history. Salumet and others have of course referred to connections with the angelic and elemental beings.

Tomatoes – 7th June: As stated, the more robust plants are grouped around the red MP3-player.

~22nd June 2009~ SALUMET

Lilian: Good evening! It's nice to have Eileen and yourself back with us again.
Good evening.
All: Good evening.
I thank you for your welcome this time, and of course you know, my dear friends, that I am never far from you.
(Agreed!)
Some time ago, we spoke about: did you know who or what you are? Do you remember?
Lilian: Yes, vaguely!
My question to you this time is: what is your purpose in this lifetime? What do you recognise within yourselves that you can strive toward? Each one of you, my dear friends, walks a separate pathway from anyone else within this room. Each one of you is involved in daily living on this Earth plane. And each one of you has expectations known only to yourselves, and of course, known to us in spirit, because we have the wider picture of life. So I am going to speak with you this time and ask each one of you if you have considered who or what you are, and what you wish to aspire to in this lifetime; and do you now recognise, my dear friends, the energy which pulls you all together in this one evening of your Earthly week? Do you feel and understand that energy now?
Sarah: I think we all feel very comfortable with one another in this room, and I think that must be put down to that bonding energy that we have.
George: I feel the energy has been with us before in our previous incarnations together, and there is the current energy now, and it seems to go along with the dedication to, not just to go forward, but—perhaps I'm bringing a personal feeling into this as well—it's going forward, endeavouring to understand that wider picture, which you name, so far as it is possible to understand, and to pass that understanding onto many, many others.
Yes, and do you *feel* the change of energy from what it used to be when first you came together?
Lilian: Much closer!

Yes, you feel it and understand it just a little more.
George: Yes, it seems more positive now **(yes)** and it seems to have more direction now **(yes)** and a clearer understanding of that direction.
Yes, you feel more positive *about* that understanding—yes.
Lilian: Yes, nothing emotional about it, but more of an understanding, I suppose.
Yes, yes.
Sarah: I do get various times when I suddenly think I really understand what this is all about now—little glimpses, like that and then another time, you can say, I've had that feeling and you try to explain it and I don't think I can actually, but I do get moments of really feeling I understand.
Yes, it is the opening up that you receive. That is when the understanding comes to you. Each one of you will experience this in different ways, because you are diverse in your everyday lives. Your experiences will not always be the same, but ultimately you all walk the pathway which leads you to the truth. That is what is important.
Lilian: Seeking the truth?
Yes, when you work as one, rather than as individuals, you understand?
George: Yes, and a detail which brings us together is the book, which is in its final stage now before going to publishers. We have all contributed and again, this is in our individual ways we have contributed to this, and I wanted to ask you, Salumet, if you would care to give an endorsement that could be printed in the front of the book, as to the truth that it contains. As I see it, you would be the one, who could best give endorsement for that!
Yes, I feel most grateful for those words, my dear friends. And, of course, I would be happy to put *my name* to anything which is part of the overall truth of life. Yes, Truth is all encompassing, Truth is not denial, Truth is everlasting; that is truth.
George: Yes, indeed!
But, if you wish me to say some words to endorse the authenticity of this book, of course, I will.
George: That would be wonderful, and I'll add that our dear friend, William, has written a 'Foreword' to it.
Yes, I am happy with that.
George: That is very nice to have, but if we could add a few words of your own by way of endorsement, that would be absolutely marvellous.
Yes. I would do that for you next time, when I have looked at all of your words. I am, of course, aware of what is happening, but I would like just this time to fully go through the work that you have created.
George: Yes, I understand. That would be very, very nice. Thank you!
No, my friend, thank *you*! We are always grateful for those who are willing to go forward with the truth, because, so often in your world, those words which are different to what is called 'normal', are so often slated by man as being 'untruths'. That is always the problem that lies before any truth. So we in spirit say to you: continue, continue to know yourselves, continue to speak the truth as you find it, and we are happy always to stand with you. But I will give you some words next time.
George: Thank you so much!
Now I would like you each to speak and say what you aspire to in this life—what is your goal in life—and I speak to you spiritually.
Ann: I think my goal is soul improvement, and to grow nearer to spirit, which I've been uncomfortable with for far too long, and through that, to make contact with the Great Creative Force—I'm not wording this very well...
Yes, you already have a gentle soul, but it is not unusual in an Earthly life, at times to feel a little lost, but we found you, did we not?
Ann: Yes! I just made it!
(General Amusement!)
Yes.
Lilian: I think perhaps we all get a little lost along the way—fearful and frightened.

George: There's been a considerable period of, could I say, parallel pathways **(yes),** which seem to produce the same truths, as we learn here.
There are many pathways, but only one truth. It really matters not, and I have told you this on many occasions. It matters not which pathway you take, whether it is straightforward or it meanders; it ultimately reaches the same place. But the recognition of going forward in the name of truth—that is what is important, that is what you should seek—understanding and knowledge. Anyone else, please?
Paul: I was thinking for me, one of them is simply *being myself* and expressing my thoughts and feelings completely, without any interference or anything. So, being completely connected with the being, the inner being—becoming the outer being.
Yes, that is good summarisation of what you should be aiming for. None of you in this lifetime will be perfect, but it is in the understanding of what you strive for that is good.
Paul: Yes, as you go forward, I find things that I try to process, things that seem to be holding me back. I try to unravel them. I think it's going into the past sometimes and sorting it out some muddles.
I would just say to you, my dear friend, do not try to analyse too much, just *'be'* and all things will turn for the better. *Just be!* Does that help you?
Paul: Yes, I think there's still that slight issue of trust **(yes)** and having the confidence to go with those inner feelings.
Yes, getting to recognise them and to allow those feelings to be 'you'.
Paul: Yes, sometimes they are unrecognised—that's right—I don't always know how I feel about some things.
But you are getting there. Yes, good!
Paul: Thank you!
Sarah: I think what you said to Paul about 'just being', actually, also applies to me. There are certain things, for example, not being judgemental, trying to enjoy being with all types of people, having a more generous outlook on everything is the way forward for me, and in acting in that way, I feel happier with myself—I don't do it *to be* happier with myself, but just that way of living makes me more content. You say 'don't judge', and, as I said earlier, you have those little moments when I suddenly think: I understand what this is all about, and it's encouraging.
Yes, of course, cause and effect is most powerful in your lives and that is what you are creating, each time you open to a new experience, and because cause and effect are taking place, you have good results from it, and therefore you can begin to move forward in your understanding in beginning to know who and what you are. Yes, good!
Sarah: Thank you.
Lilian: Yes, I think for me, on a similar note, at the end of each day, I know where I've gone wrong—definitely. I realise I've maybe said something, thought something, judged someone and I realise where I'm wrong, many times.
Don't be too harsh on yourself. The recognition is good, but, sometimes, you chastise yourself a little too harshly. Life is a learning experience, of course, but you must recognise with yourself that always, it is not just your own fault, that life on this planet can be most difficult—but what you recognise, are those 'faults' as you call them—what you recognise in that, is that you should be above these things, and again, my dear friend, you are travelling the correct pathway.
Lilian: Well, that's nice to know. Thank you!
You are generous of spirit, not only with your spirit, but with your Earthly time—good.
And now I feel for this time, I will take my leave of you and give you a little time to consider your words, to look inward and to know and understand, my dear friends, that, although life as you know it can at times be troublesome, you are never alone; you have your friends and helpers always around you, whenever they are needed. Those of us in spirit who use you, for whatever reason, stay close by you; and with those words, my dear friends, I will look forward to our next meetings together.
Lilian: Thank you. It's been great to have you back.

And I will come with those words for your book, my dear friend.
George: Wonderful!
Sarah: Lovely to have you back again, Salumet. It does give others a chance to come through, but it is so nice when *you* come through.
Yes. There are many close to you now, so let us see what can be achieved
All: Thank you!
George's Notes:
One dear acquaintance, who followed, was Emma—that is, she who in Earth life was Emma Hardinge Britten, from our Victorian era. One interesting little detail is that when this lady comes to Eileen, she always first leans forward, then sits upright with straight back (and the movement makes the chair creak), so we know from this that it is Emma before speech begins! On her previous visit, we heard about her latest project in India—influencing downtrodden women, to help instil 'equality' in the Indian society. Now she brought an update, indicating that there is useful progress. Whilst on Earth, she championed knowledge of spirit communication—now she champions equality in India. And she was quick to point out that her spirit work continues, with visits to groups such as ours to make known the arrangements for the evening etc. We always enjoy Emma's beautifully articulate voice, we think cultivated during her extensive public speaking on Earth.

~29th June 2009~ SALUMET

It was a brief visit this time—featuring George's book endorsement mentioned at the previous meeting, followed by one of Sara's meditative journeys:
Lilian: Good evening Salumet!
Good evening!
All: Good evening!
Again, as we draw close together this time, I feel your love and your energy. For this, I thank you, my dear friends. When last we spoke, our dear gentleman friend asked that I may speak a few words about the book.
George: Indeed, we look forward to whatever you have to say, whether it's nice or not so nice.
(Chuckles)
You do yourself an injustice, my dear friend. This task has been long and hard at times in discovering which words to use. I, as you know, am someone of few and simple words—I do not intend to change this format for this book! But I will say that I feel, my dear friends that this book is self-explanatory, but also, I wish to say this to you: Bonniol has demonstrated to all—that mind transference has no boundaries—has no limits. Of this we are assured. I say this to you: Bonniol has brought to you these things: beginnings, openness, nascent, narratives, individuality, originality, and the essence of all life: Love. These things belong to each and every one of you, but those few simple words are given to you by me to be used for your book.
George: Thank you! That's very nice. I'm most grateful. I'm also grateful for all your contributions within the book, which knit together with Bonniol's words so nicely and this combination of voices seems to bring extra explanation and clarity. Thank you for that.
Yes. It is always a little easier to listen to words being given from afar—to find joy and to seek pleasure from these things; but remember always the purpose of Bonniol was to demonstrate to you that mind projection that each individual here still finds so difficult. He has achieved that purpose and has been helped by many—you must not forget that also. He has never been one single unit in this work, but, as I have said to you, he has given it to you clearly, succinctly and with all of his love. That is what I wish you to remember mostly. You understand?
George: Yes, and I feel, from that impetus, we are still moving forward in that. We have much practising still to do **(yes, yes).** But we continue to go forward, I think, from that impetus.

You will all, or should do, go forward; go forward in the expansion of your consciousness, each one of you, to the best of your abilities. That is your challenge now—not to be given words and details by all others, because you see, now, my dear friends, you should be weaned from these things. You must take yourselves and grow and become those spirits of truth and love that you are. Bonniol will not be with you forever, but I can tell you there will be few more visits from him, because, as I have said: his task *has* been achieved, and I hope, my dear friends, that your love for him has grown, has been nurtured, and in response to those emotions that you now move forward? You understand?

All: Yes!

George: Certainly, we have the love for our dear friend and thank you for confirming that he will be with us again.

Yes, he has still some things to say, but, it is not a constant—you understand? I hope those few words have helped you with your book.

George: They have indeed.

And again, I will say to you my friend: very well done in your efforts.

George: Well, thank you! It's been a nice exercise, and I'm aware that there has been so much help from the ones here, as well as friends above **(yes)**, yourself and Bonniol and that it has all come together amazingly well.

Yes, your modesty, my dear friend, should always be recommended. That is why we have chosen you, not only for literary skills, but for the kind and gentle man that you are: with truth, with honesty and with gratitude to your fellowmen.

George: And it is, of course, an honour to have been chosen. Thank you for that.

Yes. Now this time, I will let you absorb what has been spoken to you, to think upon those words I have given to help you in your daily living and in your life as human beings. This time, I will ask the dear lady to take you on a journey, and then to allow those close by you to come close, and this time there should be something of a personal nature for you all. Do not focus too strongly on that, just allow it to *happen.* And I will work quietly for just a short while with the instrument. As always, my dear friends, I will leave you cloaked in love and light, knowing that we will soon meet again.

(General thanks)

Sara's guided meditation:

Audio link: http://www.salumetandfriends.org/resources/2009_06_29+sara+med-journey.mp3

We're going to go on a colour journey and the journey is going to take place on the water in a little boat. You're sitting in a little rainbow-coloured boat—painted with the rainbow colours. As you sit in the boat, the water is gently lapping around you. I feel that you are on the sea and the boat is taking you on a journey. You don't know where you are going, but you trust and feel very happy, because you know that the boat is being guided to take you where you need to go. So as you sit, you just listen to the sounds around you and all you can hear is the water, gently lapping. There is the sound of seagulls in the distance, and you feel very peaceful and very happy. And then, as you are gently moving along, you become enveloped in a golden-yellow mist. It's suddenly all around you. You can't see anything except this beautiful golden-yellow mist. But you don't mind—you are happy. You know it is there for a reason, and you just try to absorb this colour into your being and it is very like sunshine—the effect of sunshine on you. It makes you feel very open and very giving and very alive. It somehow gives you the qualities of the sun. You feel that you can reach out to others. You can give of your higher self and you can achieve. And just as the sun's rays come down on you, it is as if you are reaching up with your arm. You are reaching out like a sun in your own right. It makes you feel happy and cheerful and full of light, full of fun, maybe a little mischievous, but certainly alive. You absorb the qualities of the yellow and the light gives you wisdom too, wisdom to make good decisions. Slowly the yellow mist starts to disperse and leave you, and in its place, a beautiful bright, bright blue. So now you are surrounded only with this blue which is close to the colour of the sky on a very sunny day, when there is no cloud—very bright, quite a strong blue. You start to absorb the qualities of the blue, and the boat gently rocks against the water. You feel very relaxed and at peace with yourself. The

blue brings its own quality of peace to you, but also of truth and you recognise the importance always of truth, not only on a superficial level in your life, but on a deeper level too—the truth of your inner feelings and you are aware of your commitment to your own truth—what you feel to be important for you as much as for others, because in knowing what is important for you, you then know what is important for others. So you reflect on the beauty of this blue and the quality that it gives you of peace, and space—mental space, truth and calm. It helps your mind to be peaceful, and it expands your mind as well. It slows down the chatter of the mind, brings you calm, so enjoy basking in the blue. It has a protective quality. In times of trouble, you can imagine a blue cloak of this colour around you. And the blue starts to disperse. It starts to leave you, and just disappears into the ether and it is then replaced with a wonderful emerald green, a very bright translucent green, and this starts to enfold you and the green has a very soothing effect on you. It is very cooling and calm, and it nourishes you like a healing balm. It's as good as a walk in nature, as good as sitting under a big oak tree, so imagine it filling your whole aura, and soothing away any troubles or aches or pains, and renewing you like the feeling of spring, giving you new life, refreshing you. Perhaps you can imagine feeling like a plant that is growing with each new drop of water. Feel refreshed, renewed and soothed. And now the green starts to disperse, and in its place comes a bright, bright orange—such a strong mist enveloping you, such a beautiful strong colour. It gives you the feeling of joy, coming deep down from inside. Imagine yourself bubbling up with joy. So many things to feel joyous about, so many things to feel lucky to have so many things for which to be thankful, many things which to some may seem rather simple, but they are very important things, such as health and the ability to move freely, and the ability to laugh and share with others, share feelings, share experiences, share love and share joy. So enjoy this beautiful, bright, warm colour, giving you the warmth, the warmth of a fire, of a flame, and you allow the colour to leave you and you feel refreshed after your colour mists. And there is one more colour for today, coming to you now and it is a beautiful violet-lavender shade—somewhere between violet and lavender. Imagine it as a mist again, enveloping you. It has a really purifying effect on you. Any problems, any worries, any kind of negative feelings are washed from you with this beautiful purifying mist, enveloping your whole being. It soothes your soul. It gives you a clean slate, a chance to begin again, with the right feelings, right thoughts, which precede the right feelings—thoughts of happiness, thoughts of love, thoughts of support to all around you, no matter how they may disappoint sometimes, but still you can send the loving thoughts, and you are instantly protected from any negativity. Think of this beautiful lavender shade and it will help you to lift up your thoughts and to always be dignified and to think more spiritually towards others, and of course, yourself. And, as you feel cleansed by this colour, then just spend a few moments rocking in the boat gently, to listen to any inner guidance from those close to you and see if they have a message for you before you drift back to the shore again. When you have received your message, the boat will take you back to the shore.

George's Notes:

To those familiar with the Bonniol exchanges, the seven qualities listed by Salumet will be seen as deeply resonant—rather more extended meaning than average everyday words:

BEGINNINGS: The beginnings of all our journeys, of understanding and awareness; the beginning of a new phase of Earthly existence and the beginning of this universe in which we find ourselves.

OPENNESS: The importance of being open and receptive. Do not shut down on spiritual connection, or close the mind to all the help that is available.

NASCENCE: A little-used word today, but the 'new birth' potential that arises from the huge increase in knowledge and awareness is plainly evident.

NARRATIVES: The stories / accounts delivered are meaningful, some almost as parables, and clearly springing from an advanced and beautiful mind.

INDIVIDUALITY: The mind development and thinking as an individual is so important. We must not allow ourselves to become swamped by herd habits, brainwash-advertising and political coercion. It is so important to preserve individual thought / identity.

ORIGINALITY: Relating to 'first existence'—in respect of knowledge; innate knowledge—inspiration—guidance; connects also with novel, inventive and creative.
LOVE: As stated—the essence of all life.
Salumet said: I will let you absorb what has been spoken—and those qualities belong to us all.

~27th July 2009~ SALUMET

Good Evening.
All: Good Evening.
As we come together this time, so many thoughts are going through your minds. We are trying to help you just to settle a little more.
Lilian: Thank you!
I hope that our last meeting was interesting for you and also that last time, as a group, you found it a useful exercise, and gave you a little more to think about.
George: Yes—are you referring to last week, when we had various impressions given?
Yes, I have to say to you that each one of you received something and that has not happened before. Did you realise?
George: Well, yes—and I was left with the feeling that the various things received were connected. There seemed to be a general theme which stems from the date given to Eileen of...
Paul: 1792
George: ...1792—yes, thank you! This was the date of the new calendar of the French Revolution, and there seemed to be a number of other things given that related.
Yes, I am pleased that you found your interpretation most fruitful, but as far as we are concerned in spirit, it is that you *did* receive those thoughts from us.
George: Yes.
The fact that there was a bond of information is good for you all to recognise, but the importance of what you received, just shows, my dear friends, that you are open and willing to receive. That was the object of the exercise.
George: It's very nice to know that we are able to operate in that way and be sufficiently open.
Yes, it is helpful to you as individuals to allow us to come close in this way. Otherwise, you will stay at a level of understanding—which is *good*, but much better that you allow it to develop.
Sarah: We're always pleased to get anything from spirit in this group!
Yes, and because you work so well and, as you were told, beautiful colours attract those of us in spirit, it is well that you pick up such information. And it will be our endeavour that each one of you be given these opportunities, because of the love and the dedication that you have all shown and have given me the opportunity to use this instrument. So again, this time, there will be some time devoted to allowing us in spirit to come close again, if you are so willing.
(Affirmed)
I will this time work quietly with the instrument and allow the others to be used as they will. But before I leave you, my dear friends, are there any questions that you wish me to answer for you?
George: Well, I have received a question from our dear friend William that I would like to pass to you **(Yes).** He has mentioned the automatic writing of one, James Padgett, and he received by this means, communications between the years 1914 and 1923. He received communications from a large number of people, Jesus the Christ, many of his followers, prophets of the Old Testament, Moses, and a number of well-known people and public notaries. Something that came with that was the information which we have talked of before—that the teachings of Jesus have been misrepresented, have been muddled, and recorded inaccurately. Part of this mission has been to set the record right and convey the right teaching, and this has been regarded by some as a 'Second Coming'. There's quite a big following from these automatic writings. So it would be very nice to have your comments on the James Padgett writings as to

their authenticity. And it seems to me that this would have been a very big mission mounted from spirit. So, we would be very pleased to receive your comments on this, Salumet.
Yes, I thank you for the question. So many times it comes, and I will use your phraseology: 'Second Coming'—what does that mean?
George: Well...
I know what you try to say...
George: Among Christians, there has been some anticipation of a 'Second Coming'.
Yes.
Lilian: You also mentioned that part of him came back as a woman, didn't you?
Let me just say this to you, my dear friends. Let me speak as one who also comes from spirit to bring to you truth and love and light. I am always just a little concerned when I hear *so many* names. I do not say that disrespectfully, because, we, in spirit, are always grateful for any instrument who is open to be used. You understand?
George: Yes
Yes, of course, it is well known that from the time of Jesus and before the prophets, all of Christianity had some dubious moments which have been narrated slightly wrongly.
George: Yes, we all very much appreciate that.
Yes, there are from our world, MANY, many, such as I *(who)* **come to you, who are trying to bring to all of this Earth Plane, the Truth.**
George: We're so happy with that!
Yes, I would be quite happy to say that the automatic writings which are given to people upon your Earth Plane are but one way of information. This person, of course, gives much information through the writings, but there is always an element of interference possible from writing, so I am a little concerned that so many, as you would say, *'famous names'* are used. So I would say to you, my dear friend, that if that is what is happening, then I leave it to you on this Earth to either accept those words or to reject them. I would say from where I sit with you that not all of those words are true.
George: Yes, I certainly have the feeling that there are *so many* names mentioned, **(yes)** that it's quite overwhelming.
It begins to show some egotistical tendencies.
George: Yes**,** at the same time there are...
...There are truths amongst it.
George: Yes. There would seem to be a very good overall message **(yes)**, or a message that seems very acceptable about the teachings of two thousand years ago and of how the record needs to be put right.
Of course! But that is what we all endeavour to do, but we do not need to use one instrument for so many from our world. But I will leave it to you. After all, as human beings, you must learn to differentiate between Truth and non-Truth, and, as the spirit develops, that should become easier for you.
George: Yes, well thank you, Salumet, and I'm sure William will be much pleased with your information given.
Yes. Always, my dear friends, I do not like to speak of what others are doing. We all have been given tasks to do. We all have chosen to come to use the instruments we feel are suitable for our work, but my only concern with this one is that there are just too many. Why would they choose just this one instrument? So, I hope that helps your friend.
George: Yes, I'm sure it does. It certainly helps me **(yes)**. Thank you, Salumet.
Right! I will now withdraw just a little and work with this instrument, and allow you to come close once more to those who are trying to impress you. So, once again my dear friends, open your hearts to our world. Speak out no matter how trivial that information or feeling may seem. It is important that you each speak out, and in that way, we will know that you have received our thoughts.
(General thanks)

George's Notes:
Salumet withdrew and we were soon speaking of visions and impressions. There was no obvious pattern of connection this time. There was woodland scenery, one dressed in medieval ruff with simple hat, and Lilian seemed to be in the company of a very happy donkey for the entire period.
James E Padgett and the Church of the New Birth: As reported, the automatic writings are extensive with sometimes as many as 40 messages received during one evening. Several volumes have since been published. In excess of 50 spirit sources are named in Volume One and more than 70 in Volume Two. They include such names as: Jesus, Mary, John, James, Elijah, Matthew, Luke, Paul, Samuel, Daniel, Joseph of Arimathea, Solomon, Lot, Socrates, Plato, George Washington, Nero, Mary Baker Eddy, Francis Bacon etc. A useful step a century ago no doubt but we have now moved on, and it is abundantly clear that there is much more involved in Divine Love, spirit and creation than this one small planet! And we have to be circumspect about TRUTH.

~10th August 2009~

No Salumet this week, but we were delighted to receive an extra-terrestrial guest. The transcripts of our cosmic friend Bonniol, are presented separately. However this was another Extra-terrestrial from the Planet Glong. The visit had been arranged earlier and we were prepared for the one who spoke through Sarah:
I am—I am coming to see you.
Lilian: Are you the being from the other planet? If you are, you're very, very welcome.
It is my pleasure to come to see you.
George: Well equally it is our pleasure to receive you.
It is very hot here.
Lilian: Being here with us now is making you hot?
I think your planet is much hotter than ours and the air much thinner.
Lilian: Is that making it a little bit difficult for you?
I am feeling very stretched upwards, because I think the atmosphere is pulling me *(deep sigh)* ***upwards—but I feel if I can just adjust a little, I...***
George: Please take your time and we appreciate there must be great difficulties in experiencing different conditions.
Paul: I don't know if we can make you feel any more comfortable.
Lilian: I'm just going to put my hand on the lady's back that you're using, just to see if it will help. (*Several deep breaths)* Perhaps you can have some help from Spirit—maybe that will help you. *(More deep breaths)*
That is much better. Thank you! Thank you! I was beginning to feel I would be stretched out of all recognition. Yes, that is much more comfortable.
Lilian: You can tell us where you come from and so on in your own time.
I have come from a planet known by your friend, Bonniol, and he has asked me to make contact with you, because he has not yet been able to come back to you, and he wishes for the interest to remain vivid. So that is why I have come to you.
Lilian: Well, for us, it's absolutely fascinating that you can travel this way.
George: We have much enjoyed Bonniol's visits to us and our discussions. So, you also have exchanged with Bonniol?
We have much contact with the planet you call 'Aerah'.
George: Yes! Wonderful!
And, we are quite similar to those beings, but we do not visit in person, but just through 'thought'.
George: Yes—is it possible to give us a name for your planet and yourselves?
I can, indeed, give you the name of our planet. Our planet which is much smaller than Planet Aerah, is called 'Planet Glong'.
All: Glong...
*(More expressive and probably over-stressed to ensure both 'g' and 'l' are sounded)—****'GERLONG'!***

In our language 'Glong' means small but important and the reason why we have the important part is because we are what you might call the 'central nervous system' of many even smaller planets that surround us.

George: Fascinating!

We are used as a base for these smaller planets, who, in turn, receive information, like an echo—no sooner has their question or their need been received by us than they receive a reply. It is as if these planets were on antennae from our planet. They are part of our planet, but they are not attached. There is very much communication with all these planets and we feel as one with them, but they do not visit us and we do not visit them, but we know each other intimately.

George: Fascinating!

We have one, as you might call it—'mind', which is separated by these separate planets. When the information is needed, it is as if it were their own mind working; but no, their mind comes to us and is sent back again.

George: Wonderful! Do you operate in a similar way to Bonniol? Do you have a support team on your planet?

There are many of us who are 'as one'. We do not have any who are greater or less than another. We are all of the same. We do not use our physical bodies to promote any sign of greatness, but the mind works together.

George: Wonderful! Do you have individual names, or do you blend as one?

We do, indeed, have individual names, but the minds are joined, so if you wish to look at each individual, you can do so, but if you wish to use the mind of one, you will be using the mind of all.

George: Yes—wonderful! May we have your name, please, or is that appropriate?

You can have my name, if you wish, but if ever you are to contact us again, you will need only mention the name 'Glong', because we are all one, so in speaking to one you are speaking to all.

George: Yes, I understand.

So, I cannot say that there are not individuals, there are 'beings', but not as you know them—not as you have here, where the mind can be blended with another, but they do not work totally in harmony with one another, but this is something that we have learnt to do, to be a complete being of many parts.

George: Yes, I understand the mind part. Do you have separate physical bodies on your planet?

Yes, we do. The beings are there, but the mind-thought process is as one.

George: Yes, I understand that all the beings are united as one mind.

Paul: Is this something that has evolved over a long period of time? In your past, did you have others who were not in harmony with each other?

The ones who are on the even smaller planets—they are the ones who are working towards this united mind process, but they are the ones who have not quite achieved what we have on our planet. I would say, although I am not quite sure, but I believe this is something that has evolved over a very long period. I have never known any different, and as far back as I have word, no one else has ever known any different. So I can only assume that the process has taken a very long time.

Paul: With all those minds in harmony, I imagine you would be able to utilise that mind power to tremendous effect.

We indeed do, but we can only help those who wish to be helped, and on our planet, we have no need to change much, because we work so well in harmony with one another. So, the use of our 'single mind thought' is put to best effect helping those smaller planets that surround us, and in time, we hope that they too, will join in the complete harmony that exists with us.

George: It sounds a wonderful stage to have reached, and can you tell us a little more of your physical-being basis? Do you take physical food, and live in a similar way to ourselves?

We do indeed eat, but we only eat what we grow. We do not have animals on our planet, and therefore our diet is completely vegetation.

George: Yes, I understand. And would I be right in thinking—before this evening, we knew nothing of your selves, but would I be right in thinking that you have observed our planet and know something of us?
We have joined with our good friends of Planet Aerah and have listened in to your meetings.
George: Oh wonderful!
And that is why we were asked to visit this time, because we are aware of you and how you exist. It is most interesting for us to see how you are working, and we are sometimes a little surprised and amused by your 'goings-on'!
(Chuckles)
George: I'm sure you must be!
But, yes, we do feel a great warmth for this group, because we almost feel as if we know you already.
Lilian: It's very kind of you to say that.
George: Well, this is a wonderful evening for us. We're so pleased that you've come through, and we were aware on certain of Bonniol's visits that others joined him, but I don't think there was any mention of Planet Glong. But, nevertheless, we are delighted that you have been involved in those visits, and it's a great joy for us to learn more about this universe in which we live.
Paul: We've got a lot to learn!
(Laughter)
George: I feel really I should be apologising for how we 'go on', on this Planet Earth. We're very much a mixture!
(More chuckles)
Paul: We could do with a bit of your harmony!
Lilian: It's very frustrating that we really can't talk to many people about your visit. That is *very* frustrating, because they just would not understand.
Well, that is partly why I have come, to let you know how other planets exist and although you may not be able to discuss this with others, you can dwell on it yourselves. And, do not forget you have that powerful mind! You do not need to speak.
[In accord with Salumet teaching of course, unspoken prayer and good thoughts always have their effect.]
George: All of the Bonniol exchanges have been recorded and we have written them into a book, which is in the process of being published at this moment, and your speech this evening is a wonderful addition to that, so we are doing our best to get everything known around the planet here.
I am happy to know that you feel you are able to include our planet also in your writings.
George: Yes we shall certainly do that.
And may I clarify to you about our involvement with meetings with you. We, of course, do not 'sit in' at the meetings, as do those on Planet Aerah, but we are able to use the minds of those who are involved, which is relayed to us. And in that way we are participants—but not in the physical form.
George: Yes, we were aware that Bonniol has a support team of about sixty individuals, and, with the mind, these sixty have been involved I know, but you also have been involved in the 'mind link'. That is wonderful news for us.
Well, let me tell you, it was wonderful news for us too, because any new information is always of interest, and especially when it is of a planet, so very, very different to ours.
George: Yes, it's certainly different! Might I ask—do you know and are you aware of Salumet?
I personally am aware of this being, but I do not have any of his information.
George: I merely ask, because I think Salumet was instrumental in making the Bonniol link, or helping towards the link in the first place.
That is as far as I am aware of this one. I know he was involved, but I do not know anything more about 'him'. I am sure that if we were to tap into the one you call Paul, we could indeed get all information, but we are at present in so harmonious a situation in all aspects of our planet, that we feel that perhaps, the information you are being given, is directed more to Planet Earth, than to our planet. And that is not to

say that we cannot learn from this one, but the thought is that this one *(Salumet)* ***is for use on the Planet Earth.***

(Agreed)

Paul: And, you've obviously got different lessons. Would you describe Glong as a 'Learning Planet'?

George: It sounds as if Glong has already learnt!

(Chuckles)

I think we could say that although we possibly and perhaps I should say surely can learn, our main task is to teach those smaller planets around us.

George: Yes, and of course, that is Salumet's mission—to endeavour to influence this Planet Earth, and yes, I'm sure you're right that Salumet's purpose is to influence *Earth Planet* for the better.

We are all given a task to do and our task is a combined effort for those around us and, perhaps, our learning is to work as one.

Lilian: Yes, that would make sense, wouldn't it, eventually? I think you're way advanced beyond us.

We are, indeed, quite different in our approach to life.

Paul: Oneness—I think we have a deep understanding—it's not very conscious, but on a certain level, there is the feeling that we are all one and we are all the same in lots of ways, but, unfortunately, it doesn't come out enough in our daily life. So, you've reached a very good stage of oneness on your planet.

Can I just clarify—did you say that you are, broadly speaking, of a humanoid form?

We are quite similar to the Bonniol people—and we do have a head, we do have arms and we do have legs, but all these physical limbs are so rarely used, because if we wish to move from one place to another, we can do this with our minds. We do not have to use the physical being; we can use it, but we do not have to.

George: You can transport the physical body, using the mind. Is that correct?

That is correct.

Paul: So could you, in theory, materialise yourselves on Earth, in your physical bodies?

In theory, we could indeed do this, but I do not think that will happen—not yet, at least. But, yes, it would be possible.

George: Wonderful! Do you have families?

We do have families. We have groups of people who live together, and they act as one big family. We do not have, as you do—couples. We live, in what you might call 'communes' and we are able to create new beings via the giving of spirit to another, and create within that spirit, new spirit that forms into another being.

George: Wonderful! Yes!

This is the choice of the one being created—can choose from whichever commune it wishes to belong to. Each commune has a slightly different purpose. Each commune provides one aspect of what is needed to keep the physical being alive. So whatever that spirit decides it wishes to grow, it joins that commune. And once you have decided upon your commune, you stay there for the duration of your life on that planet. But, of course, we all work together in spirit, so this is the physical side of our planet—but the spiritual side is as one. I hope I have made that clear to you.

George: Yes, that is a wonderful education for us to know that such a system exists. Yes, thank you!

Paul: Yes it's a whole new world—literally.

Lilian: Yes, do you understand how *we* have reproduced other beings? Do you understand our reproduction?

Yes—and we have to smile that you need so much effort to produce one more!

(Laughter!)

Lilian: But the spirit has already chosen to come to that particular couple—we do understand that...

(Yes)...not a lot of people on Earth do—but *we* do! Yours sounds much simpler.

Where we have a little similarity, inasmuch as the spirit decides—

Lilian: Yes!

George: And, like everyone else, you recognise the one Creative Principle in the universe. Perhaps you have a different name?
I am sorry—I do not understand what you are trying to say.
George: Each planet seems to recognise the one Creative Principle in the universe that some call 'God'. Different cultures have different names for the Creative Spirit of the Universe.
Yes—we very much recognise this Creative Spirit, as you call it, and for us, we call this god: 'THE CORE'.
George: The Core!
Lilian: That's a good one!
Paul: Yes...it's like 'The Source' a little bit.
George: Yes, I guess we all have our different names, but we all mean the same thing.
Lilian: We shall try and picture where you are, but I'm sure we'll be nowhere near the real thing.
Well, firstly, I think you need to pretend that you are in a refrigerator.
(Laughter)
Yes, that will be a good start. But I have to say that I feel most comfortable here now *(good!)* ***and I have very much enjoyed my visit with you.***
George: Well, we've certainly enjoyed your visit to us.
Lilian: Will you be able to come again?
George: Yes. It's just wonderful and—please do come and visit whenever you wish.
That is most kind of you, but I think possibly we will not be coming back too soon, because, I think Bonniol has other ideas for you.
Lilian: Yes, he did say he would introduce us to other people from other planets, so you are the first of a few more we hope.
Well, I have been most impressed by you all and I only wish that all of you on this planet could be so understanding.
Lilian: Well, we all wish we could talk to others about it.
George: The project we have discussed with Bonniol—Bonniol and his team were going to endeavour to do a materialisation of an object—an object pertaining to his Planet Aerah and materialise it here on the Earth. And if this can be done, it will help us to draw attention, and grab peoples' interest. So, perhaps, that's one of Bonniol's further ideas that he has.
Lilian: But having said that we would find it difficult for other people to understand, if we tried to tell them —there *are* groups of people of whom perhaps you know, that really *do* understand and are interested.
When you have a young planet, you always get a variety of beings, and it is this variety that helps you to grow. You would not grow, if you did not have so many different ideas.
George: These are wise words.
So sometimes, the beings on the planet do not help, but, many, many do—even though it is difficult to see at the time.
George: Yes.
So, as long as you are making some progress, this can only be good.
Lilian: Yes, things take time. It's very slow, but we shall get there one day.
Paul: Yes, it's a good journey—getting there!
And, on the subject of journeys, I think I will return—but, thank you again for your time, and I have been most delighted to be with you.
Lilian: We're very delighted to have you.
Paul: Yes, Thank you!
George: We share in that delight. It's been a wonderful evening for us. Thank you so much. I don't know how difficult it was for you to come along, but it was a wonderful occasion for us. Thank you so much!
Paul: Send a bit of our 'Earth love' back to Glong.
Thank you and I can tell you the journey was no problem—the landing was harder!
Laughter!

So now I will leave you and will take with me the very fond feelings I have received from you this evening.

George: Well, thank you, our dear friend—or should I say *friends*?

Lilian: Yes—we're very, very grateful for your visit.

Paul: Our love goes with you.

George's Notes:

In addition to the 65 mind-linked exchanges with our Planet Aerah friends, others on occasions joined the exercise, about which we knew at the time. All was explained as we went along and the mind-link process is now reasonably understood. Now we learn that Planet Glong also managed to tune in. In the light of past events this also can now be understood in some measure—perhaps all the better for its retrospective revelation. Anyway, we are privileged to have been connected via Sarah (and earlier via Bonniol) to the composite mega-mind 'Glong'. Perhaps we should see Glong as another form of teacher that can bestow good influence upon nearby planets. And it is a sobering thought that Glong beings have the capability to apport their physical presence to Earth if they so wished. So where does this leave our legends concerning mysterious physical beings in Earth's past? There is much to think on here. And we are so very privileged that advanced ones such as we are now encountering should consider us worth a visit!

~7th September 2009~ SALUMET

This evening began as a résumé of selected topics of earlier teaching. But prior to Salumet's arrival there were healing prayers and a little talk of current affairs in the media—There then followed the usual period of settled quiet and our dear teacher from the angelic realms came through:

Good evening.

All: Good evening.

As I join with you once again my dear friends, it brings great joy to me, to listen to your conversations beforehand. And some of that conversation is part of what I will be saying to you this time. I want this time my dear friends, to just recall some of the important points of my coming to you—as you speak of others and pass judgement—

George: Yes, apologies for that!

No my friend, it was an introduction to my words. I want you to ask any questions as I proceed with what I have to say. On 'judgement' I will say, as you look upon another, that is what you are. I know when first I used those words to you, it caused confusion in your thinking, but if you find fault in others, then look within—remember those words (yes)**. Therefore I say to you, remember those words and do not judge another, for you have not walked in their shoes. That is one of the things I intended saying to you. So you see, we are beginning to be in tune with each other. The other was the offer of the 'prayer for those who are spiritually poor', and that includes my dear friends, not only those in this world, but in spirit also. Part of your mission I have to say, has been to help those who remain in spiritual darkness in this lifetime and this my dear friends you have achieved well, not only by your spoken word, but by the many written words, which has been activated by our dear friend here.** *(George)* **So that was one of the other things I wished to say to you. Also what has been important to us my dear friends is that you remain open to truth, truth in all areas of your life—not only truth from teaching, from our side of life, but in all areas of living; and of course, that is where your freewill comes into play. You have been given that freewill, in order for you to either accept or decline truth. Another important point I feel my dear friends—and it is a point I feel you have not all attained as yet—and that is 'forgiveness', forgiveness of the past, because it *IS* past. How can you be open to truth or going within, without first having that forgiveness of past things?**

George: Yes, as we were part of that past, it's like forgiving ourselves.

Of course, you *are* the past, but it is gone. Until you forgive all past issues, you cannot go forward. And again, we enter into this conversation the word 'fear', which is so much part of your human makeup and something I have spoken to you many, many times, that fear again is part of the condition of being

human. But you must let all fear go, because whilst you have fear, you do not have that purity of love, which is your right, which is your spirit. Do you understand what I am saying to you?
Lilian: Yes, I find the fear thing quite difficult—**(Yes)** I do feel fear—
George: Yes I think you speak of ordinary fears that we should be able to control. Perhaps I could mention there are 'intense' fears which don't seem to be within our control, and our minds—
Let me stop you there. *ALL* fear is within your control, whether it is fear that is outside of yourself or fear that is deep within—you have that control.
George: Yes, I was thinking of those occasions when the memory is actually *blanked out* as a result of an intense fear—
Yes, I understand all the queries and the questions about fear. I am speaking in a simplified way, but we move *then* to what we call 'mind'—that all-powerful thing that you all possess. The mind has the ability to reject all fear—it does, but the fear keeps you captive. You understand?
George: Yes—
Sarah: But this fear that George is talking about—intense fear that the mind blanks out—is that a way of controlling the fear, if you're deleting it, you're putting it behind you...
No, you are not putting it behind you. You are saying it does not exist, but it is still there.
Sarah: Oh right, okay.
You understand—
Sarah: Yes.
George: I have actually experienced this myself, which is why I brought up that query. In my youth I did a course in parachuting and the first jump from a balloon-car was from just above dense cloud. And I realised quite a long time later that I have no memory of the passage through the dense cloud **(yes)**. And I had a psychic reading in fact, and the one doing that reading seemed to be able to detect the fear of that situation.
Yes, it is a human condition of course—in the same way as those who are in danger for their lives allow the fear to build. It is part of the human condition, but you still can control any fear that you experience—and in allowing the fear to dissipate, then we can come close to help. You understand? Whilst you grip fiercely this feeling of fear, what you are doing my dear friends, is blocking us from helping you. Does that make sense to you?
Sarah: So if we're in the situation where we might become fearful, we just need to—um—
You must have certain knowledge that all will be well.
Lilian: That's a difficult one.
Yes, I understand. After all, if you had no fears you would not be human. But what I am saying to you dear friends is: that should not stop you from trying to cultivate the release of fears.
Sarah: So, on that point, if you were fearful and had the knowledge that it was going to be alright, would it be appropriate then to ask for help?
Of course—we are always here to help, but sometimes your fear is so great that it stops us. You understand? Even though you say: 'I believe', you truly are not feeling that deep within, that that is so.
Sarah: Somebody like Joan of Arc who was burned at the stake and who appeared to be completely peaceful—it was her faith that was keeping her calm?
Of course, it was the inner knowledge of what she *knew* to be truth (yes)**. That is why you have what you term *'brave people'* in your world. It is this inner calmness and knowledge which they possess—that *sure knowing* that all will be well.**
Lilian: So if we have a worry about someone and we ask for help, we really need to get rid of the fear that goes with the worry...
Yes, know for certain that help is available if you ask in love—if you ask for help it will be given, but of course not always in the way that you would wish, but in a way that is appropriate for that person (yes)**. Remember, that just because you wish for something and believe in it, it is not always the right way. That is because you do not have the wider picture of life** (yes)**. Yes.**

Paul: It's almost like fears come from—because we were children once and just didn't have all this understanding that we have now, but things happened and we weren't able to process them and understand them in the way we can now—so does that mean...

Yes—human life interferes with love and trust in this world. There are many things that happen to you as human beings that colour the way that you think. Of course, that is part of the human experience, but nevertheless, you all come to this world with that innate knowledge of all that is good.

Paul: It's almost like you feel like some of my fears are just trapped emotions **(yes)** that need to come out to the light of day, where I understand what you say—thinking that everything is going to be alright.

Yes, it's not just saying *'everything will be alright'*. You need to *feel,* you need to feel that emotion deeply; it has to come from within, that is the difference. So often people say 'I trust all will be well'—when inside they do not believe it. That is what you have to overcome.

George: You've certainly opened our eyes to that wider picture Salumet **(good)** and that has changed our lives enormously I'm sure.

Yes, this is why I felt this time it would be good for you just to go over a few points that we have discussed in the past.

Sarah: These little memory joggers are good for us!

Yes, sometimes you tend to forget and allow the human conditions to pull you down.

Lilian: Yes, and in the media this last week there have been some really horrendous things involving young people—fourteen or fifteen, and you wonder why—they almost seem too young to be touched with such thoughts that they must have.

Yes. I would say to you my dear friend, there is always—and again we have spoken about these things, about many tragedies, as you see it in your world—you alone can never change this world, but what you *can* change is the way you think and the way you perceive this planet; and that involves a much wider picture. That is all you can do, besides sending loving thoughts for those in need, and remember that includes those who you would term evil or guilty—you must have love for *all* your fellow man. And I know my dear friends that is not always easy for you, because when you see injustice as you call it, you wish to put it right—but that is not for you to decide. You understand?

Lilian: Yes, it's good to be reminded **(yes)**.

George: A part of that wider picture is communication with those on other planets, and that has been a wonderful aspect of these meetings—

That was an exercise for you my dear friends, because I felt your love and your dedication to this work deserved to know just a little more.

George: And since your last visit, we have received one from 'Planet Glong' and, perhaps you are aware of this one. This is one known to Bonniol, and through Bonniol, they have *heard of* Salumet, but very wisely stated that Salumet was for this Earth and not for *their* planet, which is on its own quite different course. Is there anything you would wish to say about Planet Glong?

I will speak to you—I at this moment do not recognise that planet name, but that is not to say that it does not exist of course. All I can tell you my dear friends—I did not instigate this, but nevertheless, you have reached the point where whoever is used should now be aware of what is coming to them. If it has been brought to you through Bonniol, then I would say that is good that you have more information.

George: Yes. We were aware that others from different planets had joined with Bonniol on certain occasions **(yes)**. This seems to be, I would say, a very advanced planet, in that they have become of single unified mind—and apparently they were able to join with Bonniol on some occasions and we did not know about that at the time, but they have now since made contact.

Yes, mind transference is an interesting thing is it not?—especially to you people on this Earth plane. My purpose with Bonniol was to demonstrate to all of you that this is possible. There is so much you can never know, my dear friends—so much that belongs, not only to *this* universe, but to many, many others that you will never fully understand—

George: Yes I think we can *easily* accept that there is much that we shall not be able to know!

Yes—yes. If that communicator felt that there was something to give then that is fine. But all I can say is that it was not instigated by me—that particular one. But that is fine if you wish to accept more information—that is in your hands.
Sarah: It was one that came through *me* Salumet and I did feel it was a real one, but I know you've always said to me that I should not question it—and I believe it was right but must say, I'd still like to have the confirmation that it *is* correct, because I'd hate to give out false information.
Yes, you are a doubter—
(Laughter)
But if you are to progress my dear friend, you must become more aware of those who are using you and at times you *will feel* if it does not seem right.
Sarah: It *did* feel right **(yes)**.
George: It seemed an enormously powerful mind and a very logical mind **(yes)** and it went on for about an hour—so it was quite a lengthy discourse.
Yes, well that can only be for your good—there always has to be reasoning behind communication. So, perhaps I should say 'well done!' to our doubter—
(More laughs)
—In allowing it to happen.
Sarah: Well, thank you for those words, thank you.
Now, I will just say this time, that the last thing I wanted to remind you of—that all-encompassing word of 'Love'. Love can never be learned, and I might hear some of you say: 'but of course it can'. It cannot. Love exists—you have never been at any stage of time without that knowledge of Love. And in fact, my dear friends, you do have a saying on this planet Earth, about—'*Love makes the world go round*'.
(Agreed)
And I fully endorse those words—not only this world but every world that exists at this time. Love always has been. Love is the centre of all things.
George: I think also there was a 'Beatles' song—ALL YOU NEED IS LOVE.
(Sarah then began to sing the chorus: All you need is Love, love, love is all you need!)
Now our doubter is listening! Thank you.
(Giggles)
Yes—love is important in all of your lives. It is natural for each and every individual to feel the power of love. And if you stop, and you just stop for a moment, you can feel the power of love within the heart area of your physical being. But it is much deeper love than that. It is the purity of love, which can never die. It is an expression. It is a need that you all have. And I will end it again by saying—LOVE *IS* ALL THAT YOU NEED—and I will remember those words, because it finishes nicely what I wanted to remind you all of.
Lilian: It's good to be reminded, I must say.
George: Yes, how nice to have a résumé of the ground covered.
Well, because of the limitations of time, I wondered which would be best to remind you *of*, but I feel those I have spoken of are very apt to your situations—each one of you, at this present time—yes.
Paul: You feel it right to the core of you, with those words.
Yes—so now my dear friends, much as I would like to stay just a little longer this time, I will work quietly with this instrument, just for a short time, and allow any others to come who wish to. So, as I take my leave of you, know and understand what that love means. I leave you all encompassed within that pure love.
(General thanks—it was a deeply wonderful feeling)
George's notes
On conscripted national service: Para-training in the early 50s was without a reserve parachute and hence a little scary. When leaving a balloon car there is a considerable free-fall period before the canopy opens. In the text I refer to free-fall through the dense cloud. I cannot describe it, because I

can't recall it. Many years later during a psychic reading it was stated that I had 'an intense fear stuck in memory from a past event in a military situation'.

~14th September 2009~ SALUMET

Lilian: Good evening Salumet.
Good evening.
All: Good evening.
If I took a little longer this time forgive me, but I was most interested in what you have to say. Each time I come to you it never ceases to amaze me how much your love and compassion for your fellow man has grown. To you, my dear friends, it has become part of this gathering together—to give thanks, to ask for help for others, with little thought of yourselves.
Lilian: Well I think we'd all agree it's partly thanks to you.
Sara: We've had a good teacher maybe?
(Agreeing laughs)
I cannot do that—*you* have done that for yourselves. I perhaps have lightened your way perhaps, but if it does not come from deep within then it means nothing, and each one of you, my dear friends, glows brighter as time continues. I would like to welcome back our dear friend *(Rod)* **who has been absent for some time.**
Rod: Thank you very much Salumet.
At times you have been weary and asked for help on many occasions, but remember my dear friend, help comes in many guises. It is not always so obvious to those in need. But we have never been far from you, and it is good to welcome you back into this room.
Rod: Thank you so much. I appreciate those words, and you're right—I sit on the edge of the bed and thank everybody up there for helping us, including your good self sir.
I thank you too. Now, as I have listened to all those words, wishing comfort for others and listening of course about the other planets, I think you would agree with me my dear friends, that life now for you on this Earth planet seems quite 'insular' when so many others exist—
(Agreed)
—And having that knowledge that understanding can only help you with your own spiritual growth, and this is what is happening to each one of you—maybe in your own way, in different ways, in your own time, but nevertheless it is happening.
George: Yes, in a way it's a joy to have that awareness of other intelligences.
Yes, and you have already become aware of others who have this information (yes)**. Yes, it all comes together does it not?**
George: Yes, and 'insular' is a nice, interesting word **(yes)** and I fancy we could be viewed by *some* others as 'most peculiar'!
(Chuckles)
I do not advocate *that* word.
George: We have things to learn on this planet, but then it is a learning planet.
Sarah: It always makes me laugh when the scientists say: I wonder if there's any intelligence out there?—anything that might be comparable with us—thinking that we're the most intelligent, whereas *we* know that we're the least!
(Laughs)
Yes, we will not disenchant them. They also are working at their own rate, and I have to tell you that many who are walking that pathway are making great strides, especially with the help of those in spirit. There is an age coming to you when your scientists will be much more open-minded, because they cannot always deny what is placed before them.

Sarah: I think actually it is beginning isn't it? Certainly some of the scientists are beginning to say: well, we're not sure anymore—they may not actually be totally in agreement, but they are hovering a little bit—so that's a good start.

They are finding their own 'proof' as they call it—yes; that is the pathway they will take. There has always been throughout your many ages, people of science who have been far ahead of others, but always have been cried down for their views. This has always been and will continue to be for some time to come. But, my dear friends, I wish to say to you this time that we feel that progress has started—slowly, slowly, but we have that first footstep on the ladder of knowledge.

Sarah: That's good to hear.

Yes. It may not seem much to you, but I can assure you my dear friends that it is so. Do we have any questions at this time?

Rod: I don't know anything about this subject, but I would love to know if the people who are studying this mysterious thing we call 'dark matter', that's supposed to be keeping things organised—I do hope and pray that they are getting help from you as well, because that seems to me a big puzzle. It would be nice to know what this dark matter consists of!

Dark matter?

Rod: I'm sorry—it's a word that we're using, yes—but I don't know what it this.

You say it is keeping everything in order—that is not true; it is *part* of order, it does not *keep* things in order—it is part of the whole. And yes, there are many areas of existence in not only this universe, but in many of them that you will never fully understand. And it is not I feel wise at this particular time to delve quite so deeply, but I understand—

Rod: There's probably only one gentleman here who would understand it and he's sitting by the right of you. *(George)* Oh and this gentleman *(Graham)*—for the rest of us it's over our heads.

(Chuckles)

Our dear friend of words, yes *(George)***—he is our thinker in this group—**

George: Thank you!—I'm aware of the search for a particle that confers 'mass' **(yes)** and it has been lightly named the 'God particle', which I felt was rather nice.

Yes—are not *all* particles God particles? *You* are a particle—*(gesturing)* *you* are a particle; you are all part of what we term 'God'. But you know, to me, that word 'God' does not mean quite the same thing. But I do understand what you speak of my dear friend, and of course, throughout time and aeons of time to come, there will always be mysteries. Remember, you will never fully understand the order and life of all existence—never, never. But I do not want you to stop seeking for these things, because in that seeking, you are wider opening your minds to what is there—that is what is important, not the finding of anything else, but finding yourselves. You understand?**

George: Yes— how we see ourselves and how we fit into the equation, if I could put it like that.

Yes, that is a good expression, yes—that is more important.

Sara: Could I ask a question?

Yes please—

Sara: Recently there has been talk about 'orbs of light' which are showing in photographs taken by digital cameras **(yes)** and there are a few people who claim that they show angelic presence—these orbs of light **(yes)**. Could you comment on that?

Angelic presence has the power to re-create themselves in any form. We have spoken quite extensively on angels and such. Angels, as I have explained to you, are beings who have never materialised *(as incarnate beings)* **on this Earth plane. The 'others' that are *called* angels are in fact 'helpers', and people who have gone from this world. TRUE angelic beings can take any form. Therefore, within those orbs of light, of course there can be seen angelic beings. Is that helpful to you?**

Sara: Yes, in fact I have read that they have been identified as guardian angels, angels and also loved ones who've passed to spirit.

Loved ones passed are not angelic beings, although you human beings are inclined to call them such.

Sara: Yes, but they have identified them not *only* as angelic beings.
Yes—but as people from this world. Yes, of course—all things are possible
Sarah: On that score, earlier on in the spring, there was a blackbird in the garden with me and I felt a real bond with this blackbird and it had absolutely no fear of me at all. I was digging a big hole and I said come on then, hurry up if you want the worms—and it would go down in the hole, get the worms and come back. And then I didn't see it for some time, and then it came back again and this time it didn't want anything, it was just sitting there all cosy and fluffed up and I really felt that this blackbird had come back to say 'thank you' for helping to feed it, because it was obviously feeding it's young and then it went away and I didn't see it anymore and I really felt that it was somebody I knew and you did say that people come back in different guises. Would you be able to tell me actually if it was anybody I knew?
If the bond was strong and the feeling of 'knowing' was there, then of course there was a connection. Remember that energy can be transmuted by those in our world. If that is the way to catch someone's attention, then it will be used in that way.
Sarah: Yes, I didn't know who it was. I felt it might have been a grandparent (**No**), but I did feel—
No, always go by that inner knowing, that inner voice which will never lie to you.
Sarah: So it *was* then, it WAS definitely somebody?
Yes.
George: I believe the True Angels have various 'job descriptions,' I think that is an expression you've used in the past Salumet.
Yes of course. We have spoken about angels, but I hope I have reaffirmed for you some of these points.
George: Yes, thank you.
Sarah: Could I ask—this is 'the doubter' speaking again—Eileen said—your control said that although the Planet Glong visitor through me was using 'Mind Projection', I actually felt coldness—and Eileen said that if this person was purely using my mind, then it wouldn't have affected my body. Could you just comment on that please?
Yes, if mind projection is being used, there should be no feeling of coldness or anything else within the physical body. You only feel those sensations when someone from our world is close, or wishes to utilise your physical being. That is when. So it may be that someone was using you closely, at that same time as the mind projection was being used also.
Sarah: Ah yes! I like to clarify everything—thank you.
(Chuckles)
Yes, you are our doubter friend.
Lilian: So it could have been help being given to the one using mind projection?
It may have been one close protecting the instrument, yes.
Sarah: Thank you.
Sara: Salumet, could I ask another question?
Yes.
Sara: My daughter who is only nine—I feel that she may be developing clairvoyance at the moment, because she's seen some lights in broad daylight in a very light room and she also thought she saw a car today driving without a driver, which I have been told is possible—to see something from another dimension (**Of course**) and she does have nervousness at night sometimes, and I wonder if this is because of a developing clairvoyance?
It is developing clairvoyance and she needs you my dear friend, to reassure her that what she experiences is not unusual—it maybe for some in this world, but as far as spirit goes it is not unusual, it is a gift that should be encouraged.
Sara: Right I will try to do that.
But—not to be fearful.
Sara: No, she is very fearful at night sometimes **(Yes)**. Is this because she's 'seeing' and 'hearing'?
She is 'sensing', yes.

Sara: Right, I'll have to keep her with me sometimes if it's too much for her, because I can't seem to reassure her that it's normal. She becomes very upset at the idea that there's another presence in the room.

Just allow things to be normal for her. It is not always necessary to use words, but to give comfort. When she feels reassured by your comfort, then—

Sara: She'll settle—

But also help her to ask for her own protection, which can be in the form of a child's prayer to her own angels of protection.

Sara: Yes, because I think last year she did experience something, which was a little frightening and I think that's when the nervousness began.

Yes but keep the communication channels open—but allow *her* to be the instigator of it.

Sara: Right. She does show remarkable psychological insight for a child of her age and I think she must be very sensitive.

Yes, it is her sensitivity, it is part of growing—it is part of that clairvoyance that she has. Most children have the ability, but the extra-sensitive child is usually the one we try to influence; but she must feel happy in her life here.

Sara: Yes of course—well I can certainly keep reassuring her. She's very happy if she sees something in the daytime.

Yes it is at night—

Sara: I'll just have to work on the night-time.

Yes I would urge just some patience—allow time and allow her to speak when she needs to.

Sara: Yes. I think my son also has this ability, has shown it at times, but at the moment it's not worrying him. But I think he also has abilities in that way, doesn't he?

You will find as children grow older, they will go one pathway or another. Life will either take them to the materialistic side of life, or they will continue down the path of spirit, which of course is ideal, but many children will outgrow these things.

George: And I guess they have these little fears and they need to address those fears.

Of course—as any adult within this room would be fearful. I cannot tell you *not* to be fearful, but when it is quiet and dark, that is time we can come more easily to you—that is when the human being becomes fearful. It is something to be worked at slowly.

George: Yes, I imagine it's difficult sometimes for a child to address those fears.

Yes, that is why it is helpful if you had an adult who could see the same things and that also brings comfort to the child.

Sara: Yes, I have seen quite a lot of things, so I'm able to share with her to some extent, but I won't always necessarily see the same things at the same time.

No you will not, but just continue to reassure her, make her feel she is not different in any way, that it is something she should cherish.

Sara: Yes I certainly will—thank you.

And I will try to arrange some comfort for her at night.

Sara: Ah, thank you so much.

Sarah: There's a lad whose mother's at the tennis club, I think he's thirteen but he's got a mental age of about seven, and he's got autism. His mother says he goes into his own world—and then he'll suddenly say something like, 'Britain is great!' And his mother will ask him why he says that and he says that it 'brings him back to life.' It made me wonder if actually he is more in spirit/closer to spirit while he's in these vacant moods. Would that be right?

Yes, when the mind is withdrawn within oneself that is when you are closer to your spirit self, so yes that would explain the child's behaviour.

Sarah: Right—yes. *(Sarah gave name and partial address.)*

It matters not who the child is, think of them as spirit and what is happening, and in many conditions where people are fearful for others, they are being cared for by the spiritual aspect of themselves. So that is why you can never judge.
Sarah: So is that why he says he's coming back to life, because he realises perhaps that he is sort of standing to one side?
Yes, it would be an expression of the re-entry into physical life. It would be a spiritual understanding that he has—yes of course.
Sarah: Yes, thank you for that.
Now my dear friends, as always I have enjoyed your questions, enjoyed being here with you—
George: We have enjoyed your answers!
(Enthusiastic agreement)
—And the much love that you bring for each other. I feel this time and whilst we have our dear lady friend with the beautiful voice, to finish perhaps on a little journey, if she is so willing to do.
Sara: Yes! Of course, yes.
So my dear friends I will leave you now—
(George then briefly confirmed arrangements to bring a guest to the meeting next time)
I will endeavour to be here for you. I said I would and I will.
George: Wonderful! He will much appreciate that I know.
Yes. I leave my love with you, those who are here and those who are absent, so until we come together once again, I will take my leave of you all.
(General thanks)
Sara's Meditative Journey then followed:
Audio link: *http://www.salumetandfriends.org/resources/2009_09_14+sara+journey.mp3*
~ We are going to go for a walk in the country. We are starting the walk on a bumpy lane. You're just going to walk along this lane for a few yards until you come to a wooden gate. You're going to open the latch of the gate and you're now in green fields. And there's tall grass growing all around you and there's very beautiful lush green grass—and you're surrounded by wide open spaces. There's a pale turquoise sky in the distance, so it's very soothing and you take in this 'greenness' and 'freshness' of the grass and you breathe in the smell. You are completely alone and you actually have time to literally come to your senses and go within. You become more aware of yourself and your pathway and as you follow the green winding path through the grass, you become aware of the current opportunities for growth that surround you at this present time and you become aware of all the ways that you can show your love to those around you and it really is as simple as that. It's the love that you put into the work that is currently your work and that work is simply those things you need to attend to at this time, in whatever form. So you have time to reflect and you have 'space', a feeling of space around you—a wonderful feeling of mental space—nobody telling you, you must do something. You are free to reflect on what would be useful for YOUR PERSONAL GROWTH. So absorb the beautiful nurturing green colour into your aura—the colour of growth. And absorb the healing blue of the sky. Carry on walking and enjoying this truly peaceful time.
Pause
As you walk you become aware of your guides and you pause to see if they have a message for you—any new thoughts, new ideas?—something new to try?
Pause
When you feel that you've received some kind of message, you start to return back and follow the path back to the gate. You give thanks for this time of peace, regeneration and reflection. You find the grass very soothing as you walk back.

~21st September 2009~ SALUMET

Lilian: Good evening Salumet.
Good evening.

All: Good evening.
As I join with you this time my dear friends, there is within this room, an air of expectation. I am always happy to join with you at these times. Firstly let me give a welcome to the gentleman *(Robin)* **and say we are always welcoming those who seek the truth.**
Robin: Thank you.
I wish to say to our dear friend—the one known to you as 'Rod'—I wish to say just a few words: Your lady-wife is so open to all emotions, that sometimes she absorbs too much of other's energies. She needs, my dear friend, to learn to strengthen her core, and in that way, she will have better physical health. Do you understand?
Rod: I don't think I really do—
Do not be concerned—I will try to get help for her. (Thank you.) **She is just too open to all of other's problems.**
Rod: Oh I see, I see.
You understand (yes) **you would agree—**
Rod: Yes, I do.
Yes.
Lilian: I think that's a problem with a lot of mothers.
Yes, it is a human condition, unfortunately for some; but we will try to do what we can.
Rod: Thank you very much for those words Salumet, thank you.
Now, because we have a visitor this time I will spend some time with you, my dear friends in answering any questions that you may have.
Lilian: Do you have a question Robin?
Robin: I do. I wonder whether you can throw any light on 'fate' in life. Some people believe that life is to some extent dictated by fate and I'm very interested to know how much there is in that?
I understand your question. The others will perhaps forgive if we cover ground that has already been spoken of. But for you my dear friend—there is always a purpose to life and as each soul comes to this life, there is laid before them a path to follow. That does not mean it is one pathway that can never be altered, or that anything that happens within your lifetime is set in stone. On this pathway as in many other things in life, there are various roads which lead from the main pathway. That is where your freewill comes into play. But ultimately you cannot change the time or the situation of your passing. So, I would rather say to you that fate—and I will use the term because it is an Earthly word—fate, as you believe it to be, has some significance, but it does not have the power to stop freewill taking place. There are many deviations from that straight pathway, otherwise my dear friend, everyone's life would be guided and would be simple. Do you not agree?
Robin: Thank you, that's very interesting. Does that mean that there is a basic plan **(yes)** to our life **(yes)**, which we can influence?
—Of course.
Robin: —to a greater or lesser extent.
Yes, because of your freewill, you will either choose the *right*—I will not use the word the word *wrong*—but a *different* pathway—that is entirely up to you as human beings; that is where your own personal responsibility comes into play. You understand?
Robin: Thank you—very, very interesting.
I hope it helps you. **Too many people unfortunately, when things go wrong in their lives, are too apt to say: well it must have been meant to be! Not necessarily—not necessarily. Freewill is very strong within the framework of human beings.**
George: And would it be correct to say that that initial pathway is determined, or has been determined by previous lives?
Cause and effect must always play some part of course; but that is all known before you come to this lifetime. And of course, it is not always necessary to bring that with you, but again, it is determined by that

spirit. You all know conditions that you are coming to. It is therefore your responsibility to follow those conditions truly and not to deviate from your call—your life—call it what you will.
Sarah: So that's why if you're in tune with your inner self, you would know which pathway to take—
You would automatically know yes, because you are listening to that inner voice. All of you, every individual upon this planet, inwardly knows—has that innate knowledge of what is right and what is wrong for themselves. It is too simple, too easy, to blame someone or something for the things that go wrong in your lives. Again, I do not apologise my dear friends, for repeating that you have a great responsibility for your individual lives.
Sarah: You have been over this before, but if somebody does something to you—attacks you for no reason, and you happened to be there, is that because you've deviated from your pathway and you're in the wrong place at the wrong time, or is that just one of those things?
You cannot place a set judgement on life's happenings, because—again I repeat to you—you do not have the fuller picture of not only yourself or the person who attacks you. It may well be that it is a deviation of *their* pathway, but it may also be that it is something that you have to experience. So again, my dear friends, it is difficult to judge the happenings of life, because you do not have that fuller picture. You understand?
Sarah: Yes, I do—thank you.
George: Yes, interesting, and when it comes to judging the happenings of life—and I accept that we cannot do that—I'd like to ask a general question, but perhaps using a topical example. Now, there's a Mr Megrahi, a Libyan person and he was convicted of placing a bomb in a suitcase that was then put onto a plane that blew up and crashed at Lockerbie, killing 270 people, and this was seen as a terrible act of terrorism. Mr Megrahi was convicted for this on evidence that was—shall I say 'questionable'. The evidence related to his supposed purchase of clothing in Malta, and that clothing was recovered from the remains of the suitcase and the connections—his timing of being in Malta, his identification of the man by a shopkeeper 9-years later, seems to me to have been rather sketchy evidence for the conviction. Nevertheless, he has spent 27-years in prison and there has been an appeal. And I would just comment that there are people who are further investigating this matter. If he is indeed guilty then they would waste an enormous amount of their time trying to see his innocence, but if he is not guilty and they were aware that he is not guilty, then they would no doubt double their efforts. I would just comment that it would be very nice for people in such a situation to receive a 'tip off' from spirit as to guilt or innocence. I guess this is not possible, but would you have anything to say about this, Salumet?
I will reply to you. Firstly, let me simplify all of these matters for you. Firstly, these are *human* events; they are being judged by other human beings, whether you consider them right, whether you consider them wrong, whether there are lies, intrigue—whatever. All I will say to you, my dear friend is this: that no individual can go without justice—and sometimes justice comes when you return to spirit. There is not one soul who can escape their own judgement and although mankind is prone to judgement, that spirit will make judgement upon themselves. Therefore I say only this to you, my dear friend that justice is always given in the eyes of spirit. So I would say this to you: do not waste your energies on considering what is right or wrong for too long.
George: Thank you—and the judgement in spirit is so much more important than man's trivial judgement.
Of course, yes—mankind sometimes is too, too judgemental.
Sarah: And you have said to us also that people do things and you think it's bad, but in their eyes it's good, so therefore, is it actually wrong?—so that's another reason for not judging.
Yes, you cannot know what is in another's heart or thinking. You cannot know whether they feel it is for their good or another's good, because you all have your own judgements and opinions. I try my dear friends to influence you to think further, to open up to that fuller picture—that is what you must do.
Robin: Can I just return to the way life plays out—if you get to a point where you feel maybe you've gone off track a bit **(Yes)** in your life, is there a way—can you advise a way to bring yourself back and maybe revisit the track of your life? Is it something that anyone can do for themselves and how can they strengthen that up?

Yes there is a way my dear friend and that is to go inward, to seek that inner knowledge, which belongs to spirit. After all, you are spirit first and foremost with a physical covering. Therefore, when you lose track of life, or life's difficulties weigh you down, you must go inward into that meditative state and find that true self and then the answers will come easily to you. That is the way forward.

Robin: Thank you, that's interesting.

Jan: Salumet, when somebody comes again with a debt to repay, is that debt that has to be repaid—is it paid back over the entire life while they are here, before they return to spirit, or is it lengthened or shortened, depending on how they live their life here?

It will depend entirely on whether they have that remembrance of what that debt is to pay. If they follow the pathway of this life, that debt will be repaid naturally. But if they are confused in their pathway and remember my dear friends, spiritually you all know which way you should go, it is only when materialism and forgetfulness of spirit is there, will there be problems. And sometimes people return to our world with that debt still unpaid—so it is entirely down to that individual. It is shown to them which way they must go and again, that is where your own individual responsibility comes into play. You understand?

Jan: I'm trying to.

Yes, it's difficult.

Jan: The person I'm talking about is close to me, who you once told me had a debt to pay and for me looking at her life, she's having a difficult time. In the job she has here, she pays back a thousand times—I know she's getting a reward for what she does as well, but she just gives so much.

Let me stop you my dear friend, but who are you to judge? Who are you to say?

Jan: I'm sorry it came across as a judgement, it isn't. I feel she's on the right path for her, although that's a judgement in itself I know, but I would love to be able to see the future and see—

You would like to make her life simple—you would like to make her life free from—

Jan: Yes! And I know I can't—

Yes, you cannot do that for another single human being. You may step to one side, you may make judgements, but you cannot walk in the footsteps of that individual, because you do not know what it is she came to do.

Jan: No, I know.

So I would suggest to you my dear friend, if you wish to help, to ask for help for her to be guided. That is the best thing that you could do for her.

Lilian: I think it comes from being parents and wanting things to be perfect for them and of course—

But you will never have perfection in this life. This planet will never have perfection.

Lilian: So even what looks perfect to an outsider probably is not?

You cannot look within another soul and make judgement, it is not possible. You can try, of course you can try, but that is no good.

Robin: Can you comment on what we call karma, in that you reap what you sow?

Yes—again it is something we have spoken on greatly. Yes, 'cause and effect,' that is karma and what should happen is that when you return to spirit, that karmic debt should be cleared, but sometimes it is brought back with people into another lifetime, because they do not allow it to be made free.

Robin: Thank you.

George: Could I refer back to a further aspect of the Megrahi case? In the case of this person, he developed a terminal illness while in prison and for that reason he has been released and repatriated. I think his expectation of life is perhaps 3-months and he has been allowed to spend that time in his own country with his own people. I feel this is a wonderful act of compassion and perhaps mankind should generally observe this kind of compassion, where imprisoned people are concerned. Would you care to speak on that?

I would. Any compassion shown to any other human being is a spiritual action; whether those on this Earth plane would agree—that is not so easy.

George: I can say that there is controversy, which is why I raised the issue.
Yes of course, because you see there are so many people who as we say, are in spiritual darkness. They do not feel forgiveness for anything or anyone that they feel has done wrong. What a big judgement that is! And that would be a karmic debt. If I return to our other friend—that becomes karmic debt, because what no one can do, is to judge another, whether they believe it to be right or wrong, and not suffer the consequences of that thinking. Every single action that you take, you are responsible for, my dear friends. It is a *great* responsibility and not an easy one. But I would say to you, and speaking in general terms not specifically of this instance, that any kindness shown to another fellow human being, results in the growth of your own spirit. And if that was to be manifested throughout this world, what a wonderful place we would have; but again, that will not be possible, because humankind is imperfect. So I would say on a personal level to each one of you, cultivate within yourselves that kindness and that love for your fellow man; and I hope that helps you and gives you a little to think about.
George: Yes that does indeed—a wonderful clarifying answer to the question. Thank you, Salumet.
Rod: It's funny because Daphne and I driving back this afternoon mentioned how difficult it was not to have judgement and without knowing it, sometimes one of us makes a judgement and the other one then has to pull the other one back and with a bit of laughter and a bit of juggling, we try to do it. But it's one of the most difficult things on the Earth I think **(Yes)**, not to have a judgement.
But my friend, the recognition of making judgement is the first step of correcting that thinking. So I would say to you, you have done well to have that recognition.
Rod: Thank you.
Jan: Judgement comes into our everyday lives as humans though **(Yes)**. I'm not just talking about judging one person against another person, but do I go left, do I go right, do I cross the road, do I use this bank / that bank—judgement comes into play every day of our existence.
Yes, but the difference is, you are making 'personal judgement' and not judgement against a fellow human being—that is the difference. What judgements you make for yourself—that is *your* own responsibility.
Jan: Which I where we started talking about pathways and fate.
Yes of course, so we have come full circle.
Jan: But in the process, you do as a human being make judgements on people, but as long as you recognise the fact—I think in this room we know—as soon as you've said something there's a little voice in your head that says 'Uh—ah!'
Yes, it is part of the human nature, it is something that human beings need to recognise and not just to judge without thinking. But yes, the recognition of the fact of judgement—that can only be good.
Jan: I've noticed over the last couple of years since I've been doing this work, I recognise when people are judging me, and I never used to.
Yes, because that knowledge goes deep and comes deep from within. That is your own spiritual self coming to the fore, when you make that kind of recognition.
Jan: And I just smile back at them.
(Chuckles)
Well what is a smile, but a piece of love being given out into the ether, whether it be for another person, or whether in general you just wish to smile and shine from within.
Jan: I have noticed the difference, because I used to take things more personally and now I recognise it as a judgement **(yes)** and I can deal with it much better.
That is because you are progressing in spiritual terms. Life should become much easier, the more you *listen* to that inner voice (yes)**.**
George: Yes, another word in our language is 'evaluation,' and we can make evaluations of various things and compare them and I feel that's usually a much less personal and not quite as pointed as a judgement.
Well, you may use any words you wish—
(Laughs)

But it is still a judgement!
George: Perhaps I'm wriggling.
Yes I think perhaps you use the words to fit your own concerns, yes—I will not let you off with that one.
(More laughs)
Lilian: And as you say, we wouldn't be here if we were perfect!
Of course not, it is a learning process for all of you, of course it is.
Lilian: And when we've got it right, we won't need to come back.
Well I do not intend to tell you how often you may come back!
Lilian: Oh dear—I don't want to know really!
(Chuckles)
Sarah: Or how many times we've been already!
(More laughs)
Does it not speak for itself that reincarnation exists at all—think of it—
Jan: Also, that inward pain, I've experienced if I move away from spirit—things go completely disarray **(Yes)**—completely!—and I lose myself completely! I don't know who I am, where I'm supposed to be going, and I've experienced *that* recently.
Yes, that is the same question that our dear friend has asked about finding oneself. You must then go back and go inwards to really find that spirit.
Jan: Because I've found spirit—it sounds really cheesy but you know what I mean **(Yes)**—and then deviate away from it—I almost purposefully think *'I'm not going to do that,'* and then you know that your core is just not right, just not centred, just not moving in the right direction and it's nothing to do with external forces or the choices you make, it's just how you *feel* in here **(Yes)**, and if I hadn't experienced that and then to come back, I wouldn't know what it's like to be centred—if that makes sense.
That is because you have the knowledge, you know the difference. For many people they travel through life not knowing, but in some way 'instinctively' they do know. Every person in this world innately knows what is right and what is wrong for *them.* That is why you cannot then say it is because of this or that or anything else—it is total responsibility on you.
Robin: Is it possible that there are other human beings who can help you with this getting back to the spirit—maybe close friends, maybe the person you're married to—is that a connection that can happen between two people?
Of course, it is a *spiritual* knowledge and so often—not always—so often two people will be drawn together. And remember, there are no accidents of spirit as such. People meet when the time is right for *them*—for their spiritual growth. So why then, I would hear you say, do things go so badly wrong?
Robin: Yes, it was the next question.
Yes, I know! What I would then say is that one or other or maybe both are not following perhaps their true pathway, or one or other or both have decided to experience other things, but they do instinctively know whether it is right or wrong. But also, there are people who come into your lives at certain points, who are there to help with the development of your spirit. Yes, of course, there are many people in this world—that is all they wish to do, is to help others to understand what spirit is about.
Jan: And that, if I'm right, can be a two-minute encounter and a two-minute conversation, or a 45-year marriage **(Yes)**. In spirit, that time lapse doesn't matter. Lots of people have come into *my* world and I feel, not from *my* point of view, but we've had a two-minute conversation from *their* point of view and I can detect between the two—I might never see them again, but I just feel that that two minutes that we spent together was worth—
Has some impact—
Jan: Yes—*that* you never ever forget.
Yes of course. When there is that spiritual connection for whatever reason, then that should stay with you (Yes)**. Yes—it is a moment in time that will be remembered. Yes, of course.**
George: Yes I rather think we've all experienced these moments **(Yes)**.

Jan: Yes, but that builds us as spirit—those little encounters **(Yes)** I believe are so important.
What is happening, my dear friends in this life, is that you are not creating spirit, you ARE spirit first and foremost. But what is happening is that you are REMEMBERING that spiritual being that is all-knowing, that innately knows everything that is right or wrong. It is a remembering, a spark of knowledge, a meeting, a kind word, a falling in love with another human being—many, many things are there in place to help you all go forward and learn.
Sarah: And as you've said before, that meeting of spirit might be right at that time, but then later on you perhaps don't need that anymore, you go your separate ways or whatever **(Yes)**.
Jan: Hence the two-minute meeting **(Yes)**—that's all that's needed.
Rod: Salumet, this is another question which I haven't thought of before. As you say, we're in a tough old world and when we get up to you, it seems pretty damn good. Now, we must be reluctant to come back surely?
That is sometimes the case, but what you have to remember *(is)* **that there are many stages of existence in the spirit world. You are your own judgements and there does come a time, that if you need to return, that decision is made by YOU. You cannot be *made* to return, but you are influenced if it is felt that it is necessary** (Thank you)**. You may stay in spirit for quite some time, but soon the realisation comes that perhaps you need to return to this Earthly planet to continue—**
Rod: Because that's the only way to advance!
Yes.
George: When you speak of 'instinctive knowing' Salumet, are you saying that a terrorist planting a bomb knows instinctively that this is not really the way to tackle the problem?
If that person was to go within, they would not harm a hair of another human being—they have great responsibility to answer, and again of course, it depends on the reason for the action.
Sarah: Also of course, many are brainwashed, aren't they?
Yes, all of these things have to be considered. That is why, I stress again my dear friends—that is why it is so difficult to judge.
George: Yes, there sometimes quite strong political persuasions; but in the case of a terrorist bomber one can simply say he is not going within.
Yes. Fear—it is the element of fear that exists within these human beings—that makes these actions so dreadful to the rest of humankind. THE DESTRUCTION OF ANOTHER HUMAN BEING FOR WHATEVER REASON IS WRONG. That, I will state to you now: to harm one other human being carries great debts and that cannot be obliterated in the blink of an eye.
Paul: Obviously each individual—everything is different, but I would think then that the same applies to soldiers killing other soldiers **(Yes)**—it's still a karmic debt—
It is a karmic debt, yes.
Sarah: I was thinking during the holocaust, the women who had babies and they knew that if the baby survived, they would be used in experiments or something would happen to it, so they took the baby's life. Does that fall into the same category?
That would come under a form of love, but there are many—it is not easy to have one simple answer. That is why when we speak of judgement that it is not so easy.
Robin: Can I just return to the conversation we had just now about being in the spirit world and coming back being your *choice?* **(Yes)**. Could you come back to a different world? Is it possible that we wouldn't necessarily return to Earth, but that we might return to some other material world?
I would say that it is a possibility, but mainly you would return to the world that you have been familiar with, because therein lies those lessons if you like, that you have not learned. Therefore I would say it is much better that you return to a place that is already deep within—known to you.
Robin: But I find it quite exciting to think that we might turn up somewhere else.
(Laughter)

Well, all things are considered. Nothing is ever categorically 'no,' because the choice is yours—as spirit, that choice is yours (Thank you)**.**
George: Perhaps our friend would enjoy a Bonniol meeting.
Robin: Well that's what I was wondering.
(More laughs)
Well, if that is a wish or desire, who am I to deny it to him?
Lilian: I was just thinking Salumet, you've chosen to come back and talk to us, the little group that we are **(Yes)**. Is that helping *your* spiritual growth, if that's not too cheeky to ask?
As an individual—ah, I do not come to you as an individual—but yes it helps with any growth of the soul. Remember, that all of life is ever-expanding, and so too those regions from whence I come, and that conglomerate of beings that I belong to—that also is growing and moving.
Sarah: So there's no set number of beings in your group / your conglomerate. Does that expand as well?
I speak of the spiritual aspect. You my dear friends are speaking as individuals. I do not come from a group of individuals as you would understand it.
Sarah: No, but of spirit—
Spirit is always expanding, energy is always expanding—it can never be static.
Lilian: So it expands—the spiritual energy **(Yes)**.
Jan: Salumet, I understand that you've explained to us that you are from a conglomerate in spirit. How do you speak to us so eloquently in our language?
Eloquent my dear friend is not a word I would use. I use this instrument only to allow those words to come. All we are interested in, is that the truth become known, that spiritual aspects be given and to remind you all of from whence you came and where you will return. I believe I said to you, that my purpose in coming was for the truth. When we speak of language, you have to understand that in our world—and there are many, many levels in the spirit world—the more knowledge that is gained the more spiritual you become—you become all-knowing and using the voice of this instrument creates no hardship for us. When I came I wished only to use simple words, because there are far too many who come to your world with too many words, which confuse. Truth is simple, so why should not the words be simple?
Sarah: Well you've certainly made things very clear to us all over the years.
Jan: I'm just always amazed, it's as if you walk amongst us, you understand exactly our technology, every little slang word that we use—you understand exactly what we mean.
Yes, because we are not like you who takes one day, one week, one month—time means nothing in our world. Our learning abilities and capabilities are instantaneous (Wow!). **It is difficult to explain what you do not understand.**
Robin: Can you explain a little on your comment about there being different levels in spirit? Can you give us an example perhaps, to help us understand?
Yes—when first you pass to spirit, you are not much different than you are now. You have an etheric body, which is an exact copy of what you have now. But as you grow in spirit, then you move forward—I use 'forward' only in the sense of your understanding. When your understanding is greater, then you move to another plane of existence. You may in another existence choose something familiar to you, such as a house or some occupation that you wish to take up. And then you move forward from that and if you decide not to reincarnate, then there is another level of existence. But all of these 'lives' take place, over many hundreds and thousands of your years, because *time* means nothing. What is important is that spirit grows and moves closer to that all-loving part of existence—that part of existence which many of you on Earth call 'God'. We are all going towards the Godhead. That is what we strive for. I do not use *(the term)* **'Godhead', I use 'Universal Love'.**
George: And *you've* come to us from *beyond* those planes, Salumet—
I come from a long way.
(Voice becoming fainter)

There are many planes of existence, but there comes a time when you become encompassed by that energy, where there are 'no planes of existence', but you become that pure energy of Love and All-knowledge, and even so you strive to go forward—you strive to become part of that energy. And I cannot tell you more than that, because I feel that that striving is a continuous—continuous existence.
Sarah: You're still striving, because otherwise you wouldn't come back to help us, but you are also helping yourself at the same time, which is also a striving to—
Not as a human being.
Sarah: No, but as—
As spirit—yes I am. The conglomerate of beings does not exist on the level of existence *(of)* **which I speak.**
Rod: It's like a painting.
(General thanks as energy now rapidly fades)
I will leave you—this time.
Lilian: Thank you for staying with us so long.
Jan: Yes, we've taken up a lot of your time—thank you.
Yes—I—
Jan: The connection's getting weaker, isn't it?
Yes—
George: Thank you for answering all the questions and thank you for ending on that wonderful note that seems to convey a feeling of way-beyond-Earthly-things-*and*-the-near-planes. Thank you so much.
Jan: Our love goes with you as always.
(Sensitive expressions of love and thanks)
George's notes:
Time and situation of passing: Certain individuals often regarded as saints or mystics are known to have gone within and accessed this information. It is on record, for example, that Saint Malachy accurately foretold time and place of his own death—All Soul's Day, November 1148, Clairvaux, France.
Al Megrahi / Lockerbie bomb: Date of disaster 21st Dec 1988. Mr Gauci – shopkeeper, first made identification of Mr Megrahi as purchaser of clothing 27 months following that date, with formal trial identification 12-years after. Intrigue factors include claims that Mr Gauci was paid 2M $ to testify against Megrahi and another was offered 4M $ to give false evidence concerning the origin of a timing device. It is all so confusing and it is difficult to know what to believe. The much delayed trial began in the Netherlands 3rd May 2000. Mr Megrahi was we understand repatriated with terminal prostate cancer 3rd May 2009.
Fading Energy: The session had lasted 62-minutes, and in the situation of such lengthy single session it is not unusual for the available energy to fade so that farewells must of necessity be brief.

~28th September 2009~ SALUMET

Lilian: Good evening Salumet—welcome.
Good evening.
All: Good evening.
As I join with you this time, so many have joined with us to listen to all of your thoughts—not only healing, but much of what you are thinking. But I would like to just say to you, my dear friends—I do not know if you are already aware of the talk in your world about the way the mind works, the way you think and how it affects the physical body.
Lilian: Yes, I saw something today actually, on those lines.
It is being recognised at last that it is an important issue. I do not say they accept spirit, but they can see that the mind-body connection is there. To us in our world this is good progress—it shows at last that mankind is opening his mind to things other than their own physical being—that the strength of their

thinking can affect their physical beings. For so long we have shown to you these connections—the connection of mind—the spirit body, as you call it in this world; because as you full well know my dear friends, MIND IS SPIRIT. It is not a separate issue—mind belongs to spirit. So many in our world have happy hearts, to think that at last on your planet Earth, many men are working towards the truth of this discovery. To you my dear friends, it is nothing new, but to the majority of all human beings, it is a big part of understanding. I'm sure you would agree.

(Agreed)

George: Yes, this does seem something to rejoice about.

There will be great strides made within your medical world, all over your world in many different places, they will come up with the same ideas, the same progress—of helping many diseases. And especially a little more understanding of what you call the MIND. This is useful my dear friends and I hope that in your quiet moments you will give much thought to these words I have said this evening. I do not wish to remain too long this time.

George: Yes, you certainly remained long last time—it was a *wonderful* meeting.

I am always pleased to join with you, but sometimes it is important that I have time to work quietly with the instrument.

George: Yes, of course.

But I thank you, and as always, you make me feel most comfortable in your presence, and of course, you know by now my dear friends that time is not important. But of course I am governed by many factors. It is not always possible to stay so long. But whenever the opportunity is there, whenever the energy is right, then of course, we will utilise it to the best of our capabilities. I am glad that you found it to have been of use.

George: Yes, it was certainly a wonderful meeting and we've heard back from readers of the transcripts who also thought likewise.

Yes, you do much good work my dear friend. Without you, these words would be kept within this room. But as you know my dear friends, it is important that *truth be shared*—that others be given the *opportunity* to think for themselves—to analyse or to criticise—even with criticism that is better than not thinking at all. So I say to you, even when speaking to critical people, know also that you are still sowing some seed of thought.

Rod: I'm glad to know that; that's very good. Sometimes I've thought I'm wasted my time—but that is good.

You never waste time when you speak of spirit—that time is never wasted.

George: In recognising spirit and its connections, I imagine this in time will make hospital work more successful and more effective?

Of course! When it is recognised—the power of the mind—then, a lot of hospital 'work', as you call it, will be unnecessary. Doctors will become *Tutors of the Mind*. Is that not a wonderful thought?

(Enthusiastic sounds/wonderment)

That would be doctoring in its highest degree (yes)**. But of course, that will not happen overnight. Of course, as always on this Earth, time as you know it passes much more slowly. It takes much time for all human beings to be of one mind.**

George: And it just so happens, that Lilian here has got a book from the library on the work of Matthew Manning as a healer, and I guess it might be said that that particular gentleman is well ahead of the field in the recognition and use of mind in this way?

He is but one of many. Yes, there are of course many who *lead the field*, if you like to express it in that way. He has many years of experience, but so too do a great number of people in your world.

Sarah: Yes, there are civilisations such as the Aborigines. Somebody today said to me that they couldn't believe, having been to Australia that the Aborigine people haven't changed, and she thought it was awful that they haven't changed. I said they probably didn't *need* to change, because they were already in tune with the Earth—and we've actually spoilt it for them.

Yes, they are much more in tune with their inner feelings. They use most of their senses, but so much has been lost (yes)**.Yes, again you see, mankind is quick to judge; and if people do not come to a certain so-called *standard* of living, people are most scathing, and that is why you cannot judge, my dear friends. But there are many, many peoples in this world at this time, who have much knowledge of spirit. But it is the *progress* that we are working towards. We are all working towards one thing, and that is: to go home to spirit with your knowledge intact. Now that gives you something to think about. What knowledge should you have? You *know* what knowledge you should have. But your work my dear friends, as I have said before—you are all emissaries of spirit. You are spreading the word of spirit, and it matters not whether people criticise or disbelieve you—you have done your work of spreading the truth.**

Sara: And of course, we need to be good living examples of it ourselves **(Of course)**. I think living with *joy* —it sometimes seems to me that it's a key factor in good health **(yes)**—experiencing joyful feelings on a regular basis **(yes)**, because, without that, I think everything is lowered—the immunity...

Yes, when you lack joy, you allow fear to enter, and as we know, fear is not something that you should entertain in your lives. It is something to eradicate in your lives. It matters not what the situation is, because many people have had lives of great difficulty and yet they come home to spirit full of love and joy. So it is the *way you react*, my dear friends, to what is placed in front of you.

Graham: I was very encouraged by listening to President Obama. He's beginning to—his effects around the world are being felt and he's saying some things like you've been saying, like 'decisions are really too often made on this planet due to fears **(yes)**, and he's beginning to use that sort of language, which I've found very encouraging.

Yes, and it will encourage many others. Those words are the words of a *good* leader (yes), **and of course as we have said over time, world leaders should be in your prayers—they need our love, our influence, if they are to be good leaders of countries.**

Rod: I've only recently been reading about Gorbachev—he was a leader of Russia—he got the Berlin Wall down and stopped the Cold War **(Yes)**. And I thought—what a wonderful character!—I don't know if he was spiritual, but he did a wonderful thing for the world!

Yes, you cannot isolate people from spirit; they *are* spirit first and foremost (yes)**. What actions people take within one lifetime is determined by their own freewill. They know within themselves what is right, what is wrong. But sometimes they *feel* forced to make decisions that are against their true nature and that is something they have to face when they come to spirit. But each person on this Earthly planet has 'good' within. There is not one human being who lives life in *all* fear or *all* 'evil' as you call it. There is always that light of love and goodness within every spirit; that is what has to be nurtured. Children have to be taught to be positive about all aspects of life, even those times when they feel life is not worth living for. And even children have these deep feelings and that is why it is important for parents who have children, to be encouraging and to show love and happiness as much as they can. There is a ripple effect—we have spoken of these things before—and again, I do not apologise for the repetitive nature of my words. So think about what I have said again this time, and I know my dear friends, that each time we speak together like this it raises another question—another pathway to follow, if not for all of you, then at least for some.**

Sarah: Your words are always an inspiration. I don't want to jump in Rod, but you probably heard that Daphne *(Rod's wife)* sends her thanks to you and it seems that you have really been helping her—so thank you for that.

I endeavour to help each and every one.

Rod: Thank you.

(General thanks)

You may not always feel that help, but let me reassure you my dear friends that my love surrounds you all, even in those moments of confusion, even when you feel lost or a little unhappy, that is the time when I am trying to help you. So, with those words I will leave you until we come together again.

(General thanks)
George's notes:
Mind – Body Connection: Is it as Salumet says—the realisation gaining general acceptance? At home, I looked at my copy of the Scientific and Medical Network journal and the article by John Caddy PhD that I had already marked for reading. Part of summary read—'the relationship between the spiritual and physical dimension'. It lay beside the book passed on by a friend and likewise as yet unread: Science and the Akashic Field by Ervin Laszlo. Inside the cover there are endorsements by some of the world's great thinkers, using phrases such as: '—greatest wakening of the human spirit. Not since Plato and Democritus has there been such a transformation in the history of thought—science is poised at the threshold of a new paradigm—a road to understanding the universe as an integrated entity, connecting science and consciousness, and recognising the wholeness of the universe, life and mind. So Salumet had pre-empted my reading schedule! Going to the Internet and Google-searching 'MIND AFFECTING BODY' it was a similar story. Yes, of course Salumet knows where we are heading and his words are precisely correct.
Mikhail Gorbachev: He must indeed be seen as a truly great man of our time and a few words here will be richly deserved:
General Secretary of the Communist Party (1985-1991)
Chairman of Supreme Soviet (25th May 1989-15th March 1990)
President of Soviet Union (15th March 1990-25th December 1991)
During this period of administration he:
1985: Proposed drastic reduction of nuclear arsenals East and West and began talks with President Ronald Reagan.
1986: Initiated 'Perestroika', the driving of a 'troika'—three-horse-carriage—through the old system to make way for the new.
1988: The period of 'Glasnost' which established new freedoms for the Soviet people, advocating open discussion of all problems.
1989: The new freedoms which included lifting of travel restrictions led to East Berliners dismantling the Berlin Wall—symbolic end to the Cold War period.
1990: Mikhail Gorbachev receives the Nobel Peace Prize.
1991: Russia's second largest city Leningrad reverts to its earlier name of St Petersburg.
Present time 2009: Striving with Alexander Levedev to form an Independent Democratic Party of Russia.
In the year of Perestroika, 1986, Ann and I travelled to Moscow and Leningrad. It was an interesting time to visit. Contrary to opinions formed from reading Western Press, churches were being used by the people, peace badges were on sale, a quite large peace-camp was in evidence just outside Leningrad and photography was unrestricted. And to cap it all a magazine called 'XX Century Peace' was being printed (since 1958) in 5-languages and circulated to the world with one outlet in Collet's Bookshop in London! And photos in the Nov 1986 issue included a large peace march with banners through the middle of Moscow. So do not believe all that you read in your national newspapers! Soon after my return, I happened to speak of our experiences to a forensic scientist at New Scotland Yard. He was interested but declared he would not himself dare to step out of line and go to the Soviet Union. Well, times change—and certain key people help to activate those changes.

~19th October 2009~ SALUMET

Good Evening.
All: Good Evening.
As I join with you this time, it comes to me to say just how much you people have grown, not only as human beings, but in the spiritual sense also.
Sarah: That's nice to know. Thank you!

I believe I can say to you, my dear friends, that when first we met, each one of you, with your different lifestyles, sometimes found life to be difficult, and although I say this to you, and I know that life sometimes is *still* difficult, you, my dear friends are now capable of living your lives much more spiritually, because of the knowledge and the understanding that you have. I hope you agree with me, because it is true.
Sarah: Yes, thank you; it's certainly helped us all, I think, a great deal.
Lilian: Yes it has—in day to day living.
Yes.
Paul: One thing that I was thinking about today was what you said once about 'keeping it simple'—trying to make our lives more simple. I think that's one—to be spiritual when your life's so complicated, it becomes more difficult.
Yes, of course, we now know, do we not, that the fear of life makes life complicated for you (yes). **In seeking simplicity, it also means to dispel any fear that arises within you. I do not say: have faith. Faith is not the word to use, but have that knowing within that ALL WILL BE WELL, and then the thought is reality. But, for that part of your living, each one of you that comes within this room, is learning to trust in that greater energy of life. Would you not agree?**
Sarah: Yes, certainly, and when you think positively, the fear just evaporates.
Yes, yes, it is one of the greatest lessons of life that you can achieve, and neither I nor anyone in our world would suggest it is easy—we know it is not. Human living creates many obstacles, but again I say to you: it is the way that you overcome these things. I do not wish to speak with you for too long this time, so, if you do have any questions for me, I will be happy to try to answer them for you.
Lilian: Thank you. Yes, we were a little puzzled by the meeting last Monday, especially Jan. Somebody wanted to use her, but she was reluctant, because she's had two who were 'not above board' should I say, and she'd made up her mind that she was not going to be used for speech. She didn't mind clairvoyance, but it seemed pretty obvious that she was *meant* to speak. Can you explain a little for us, please?
Sarah: I think Eileen said there was somebody with her that wanted to come through her, so that's why she spoke last time.
Lilian: Yes—it felt alright.
I see. Firstly, let me say: all communication has to be accepted, and we are most grateful in our world that anyone offers themselves to be used. Of course, I have told you that sometimes those overly eager spirits who wish to come, manage to '*slip through*'—that is the way you would phrase it, I think? (Yes)
Yes, it does not mean they are always unacceptable. It is sometimes over-eagerness to communicate, which causes such problems. The lady cannot go backwards. She has offered herself to be used and now she has become a little afraid, and here we speak of 'fear' again. Can I please hear the lady's voice?
Jan: Yes Salumet.
Yes, thank you! Yes, it is a little fear and doubt within you, because of the occasions when it has seemed a little doubtful.
Jan: Yes—it really spoilt it for me.
***Please* do not let it do that. It has created this fear.**
Jan: I felt that I was letting the group down **(no!)**, if I had another one that slipped in—
No—we cannot let you stop now. We will encourage and we will help. It depends much on what you term your 'doorkeeper' or 'gatekeeper', whichever term you use for those in spirit who allow those to come through to you, and sometimes, as I say, they do slip through, but you must never be afraid that we are not in control of these situations.
Jan: I felt last week, we were being sent on a journey, and once somebody said to me 'open the door'—that's when I allowed it to happen **(yes)**, because I knew that, the way it happened, it was being controlled from spirit side **(yes)**, but the confusion was the *gender* of the two people that came through—I had no doubt at all that it felt like two genders. The person came through, one moment, as a male, and then when

Sarah's control talked to them, they changed to a female, and *that* was my confusion. It left me feeling a little doubtful as to why that happened, although I felt it was right!

Yes, it was right. Do not be too concerned. It is an occasion when spirit enters the human frame, and there is confusion sometimes when the 'doorkeeper', we will call them, is not fully in charge and allows them to slip through; *but the communication was definitely genuine.* Let me explain a little about spirit beings who wish to communicate. We have those whom you will recognise as 'rescues'—of this there is no doubt, and we try so hard to keep them in some kind of order; but remember there is excitement, and there is eagerness to communicate, also from our side—there are many who wish to do so, not when it is 'rescue', but as a part of communication. Before someone returns, if someone wishes to reincarnate, there *is* no gender, they are purely spirit. And sometimes, when there is impatience, they slip through—I will use your earthly term—'the net'—they will slip through. That is why there was confusion whether it be male or female.

Jan: Ah! I see!

Does that help you to understand?

Jan: It does.

It is only when the spirit is implanted into the human form that the gender is recognised (I see)**. Is that helpful to you?**

Jan: It is, and I must admit I left this room feeling much more confident and without fear, but—

We will not allow you, my dear friend, to close down.

Jan: Thank you! I don't want to close down **(no)**. It was just the experiences were somewhat embarrassing for me and I know it wasn't my fault.

No, do not be embarrassed, my dear friend, please—please just be open to what we have to give.

Jan: I will. Thank you!

None of you fully realise how much love and help you give to those in our world. You truly do—and, without you, we could not achieve what we do. So I hope that has clarified somewhat the conditions of last time.

Jan: Yes, it has. Thank you very much!

I will take one more question only, and then allow your evening to continue.

Lilian: Anyone?

Paul: I was thinking a little bit about the way our work is organised. Much of our work relates to money and the jobs, so that people's motivation is often—some people are motivated more by the work, some are motivated more by the money. I think, as we evolve, eventually, the money becomes less important, and it's the *work* that is of the main importance, and, as this occurs, I guess a lot of jobs that are there more for the money than the actual role they play, will just disappear. Eventually probably—on a lot of planets, they don't even have a money system anymore. They have some other system in place and that's probably a stage that you reach where you're much more evolved, and there's a lot more equality between people. So I guess the Earth is still at a very early stage on that one—

If your Planet could exist on love alone, it would not be Earth! Every being upon this Earth planet has a choice. That choice includes working and money, as you have mentioned. It is a very, very long way away from not having any monetary system! That is not about to happen. But you have to be sensible and not everyone has that drive because of the 'love of money'. But, as you say, some people do it for the love of the work that they do (yes)**. There is nothing wrong with money it is the *love of money*, as it is the love of anything else which becomes out of proportion with what is within. As human beings, at this moment in time, money is essential for you all to provide yourselves with food and sustenance of many kinds, and, although there is much greed in your world, it is now becoming apparent that the *awareness* of poverty and greed is high on the list of how earthly beings are living. This *awareness*, my dear friend, is what is important at this stage of evolution. It is the *raising of awareness*, and in your world, *we* are beginning to see this happening.**

Jan: —Just as *we* are. The awareness of what *we* have done and our *ancestors* before us have done on the planet **(yes)**. It is a privilege in a way to be here *now*, as we are, in this personality, to witness this awakening in so many ways.

Yes—as I have told you many times, my dear friends, there are so many of us from our world who have gathered, and we are endeavouring to raise the consciousness of your world, and although as I have said, there are many areas of darkness, so too do those areas of light seem ever brighter, and that gladdens us so much.

Sarah: You certainly hear a lot more of very rich people giving away an awful lot of their money to good causes.

Yes, so you must not always say that money is evil. You have to keep the balance, and in your world as it is at this stage of its evolution, money or goods are essential, yes.

Paul: Well, as you say, the important thing is that the awareness **(yes)** is growing steadily.

That is more important, yes. You could have someone with much, much money, but, if their awareness is one of generosity and giving, how can you judge them for having money? (Yes)**. In the same way, you could have someone with very little, but who is mean-spirited and selfish. Be always careful, my dear friends, about judgement.**

Paul: Yes, I had one thought. Sometimes the ones that are greedy, who perhaps take too much from the world, leave so much less for the others—not enough for others, but then they also create the opportunity for good learning, because it doesn't necessarily help to have riches—it probably doesn't at all—so it presents learning opportunities for others, who have to make do with less **(yes)**.

Jan: It's my experience that people with great wealth have an enormous responsibility that they sometimes feel quite burdened with, but, like you say, it's the consciousness of how they behave and how they behave with that money **(yes)**. It really doesn't matter whether you have a penny or a million pounds, it's the love behind—the person with the last penny could give it away and have a wonderful feeling of freedom and self-expression, the same as the man with the million pounds.

And, of course, freewill is always to the fore of human existence. Only when humankind finds that deep love of spirit within, will there be a change in your world—but it is happening.

Sarah: And television and the media also help, because in past times, we perhaps wouldn't have been aware of certain things, but now, especially on television, you can see what is going on in the world, which help people—it hits on their conscience and that also helps **(yes)**.

Lilian: It shows the good side *and* the bad side.

Be aware only of your own spirit. Be an example to others. Give out that love from within, and you will see your world gradually change. It begins with small steps, and grows and grows. You will be surprised when I say that the light of your Earth is brighter than you may think.

Lilian: That's nice to know.

Now, as I leave you, my dear friends, I once more encompass you within that love and light of spirit, and I leave you all this time with the knowledge that there are those close to you who love and protect you.

Lilian: Thank you, once again, Salumet.

Paul: Yes, thank you! Our love goes with *you*.

George's notes:

I was unable to get to the meeting myself on this occasion—sadly, due to life's exigencies we all have to miss the occasional evening. But I take pleasure in reflecting on the points raised:

Jan's dilemma: I am so pleased that this matter was raised and that Salumet was able to be so very reassuring. And I think we had all been left confused the week before by the apparent two identities that came through Jan, clearly male and female (unreported). As stated, gender is of course only relevant to Earth life and has no significance where spiritual progression is concerned. It was left unreported because we felt the dialogue would likely be confusing to all.

Money and greed: It is the perfect time also for this subject to be discussed; a time of starvation in the world and a time when key people who are supposedly in control of the western world's banking and

finance are in receipt of huge bonuses—so staggeringly enormous that a single bonus could provide lifetime support enabling many to prosper for several of their Earth lives! But as Salumet says, much depends on what happens to that wealth. And I still rest uneasy regarding a system that declares that its own top executives should be paid that much over and above reasonable salary. Historically, some wealthy ones have been renowned public benefactors, for example Andrew Carnegie, an industrialist who endowed 2,800 public libraries in the U.S. and donated $350,000,000 to a variety of foundations; while certain others have earned reputation as incredibly wealthy misers. Perhaps I should not judge, and anyway, it is always useful and possibly necessary for us to have yardsticks and milestones that we may observe.

~16th November 2009~ SALUMET

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
As I come to you this time I wish to say just a little on something you touched upon last time. You spoke briefly about what you call 'karma' and 'karmic debts'. So often in your world there is confusion about this subject. I have spoken to you about karma and karmic debt. Following your discussion last time—why is it some people wish to come back to reincarnate into another body, whilst others are happy to stay in our world and to work through those issues?
George: Yes, there was a very interesting one who came through last week, named Freda, and she seems to have elected to continue in spirit, and it was most interesting to hear her commentary.
Yes, as you know full well by now, there can be many explanations dependent upon the development of the spirit. Yes, but I wish to say to you, no one who returns home to our world is *made* to reincarnate. That decision comes from the individual with a little guidance from those in our world who work with them. The only difference between those who wish to reincarnate and those who do not is simply their free will—that is the only difference. Some people do not like to feel that they have left something undone and would much prefer to return to another *human* form to continue with whatever they have started, whilst others find fulfilment in the spirit world. It is as simple as that.
Sarah: So the first time that we come onto this planet—that is also free will then?
Of course—no one is *made* to do what is against their will.
Sarah: So could it be that somebody could choose if they did not want to come to Earth, they might choose to go onto another planet? Or if they were to go anywhere, they would come to Earth?
You have to remember that like gravitates to like. Therefore, if someone wishes to reincarnate back into this world you now live in, they cannot decide to inhabit another planet. It may be that they can *find out* and develop their knowledge of other planets, but you would not have that intermingling.
Sarah: No, but I meant on that very first occasion they were going to go anywhere from spirit, could they choose which planet?
From the Creative Force you mean? (Yes) **That is how all planets are inhabited. The choice would be theirs. But you cannot jump from one to the other.**
Sarah: No, I appreciate that—
—Because all form of life is from the Creative Force, no matter the nature of their form—you understand—that spirit within is what is important, not shape, form or planet or universe—you understand?
Sarah: Because you did say that human beings have helped create this planet—
—With their thoughts, yes, of course.
Sarah: Yes, so would it not depend on your *need* as to which planet you went to? Or, if you chose that first time to go to a different planet, you would get the instruction that you needed?
I think you are making things a little complicated. The purpose of all life is to return to that which we know. That which we know is that we are all part of the Creative Force and wish to return there (yes)**. That is all.**
Sarah: But we start off in spirit—

You *ARE* spirit. You do not begin anywhere. You *are*, you *have been*, you *always will be* (yes)**. You try to complicate it, spirit seem physical. Do you understand?**
Sarah: Yes, I do understand that, but would I was getting confused with is...
You are seeing spirit as individual entities before that has happened—you must see the wider scheme of life (yes)**. Yes, it is a much larger picture than you can see.**
Lilian: The lady who came through last week—I think I'm right in saying she had chosen not to come back any more—
That is exactly what I have just told you—
Lilian: But she didn't remember any past lives, so it's only the lessons that are important for that spirit—
As you continue in our world, there is no need of Earthly memories. You leave those behind.
George: Yes, we know that she was certainly more than a hundred years away from the time when she was on the Earth and her memory of it had faded.
Yes, because it was no longer important to her.
Sarah: She'd probably been back many times before and that was probably the last time she needed to be here.
Yes, the choice always belongs to spirit—as I said, no one is *made to* reincarnate, that is your free will.
Sara: And presumably if somebody, when they leave the Earth plane, feels fulfilled and a great sense of peace with all their relationships **(yes),** they probably wouldn't feel the need to come back.
Exactly, It is only those who *feel* that they—
Sara: Unfinished business—
'Unfinished', thank you—that is the word I was looking for. They feel that what they needed to achieve has been left undone. You are correct. Do you have any questions on this?
Lilian: I was thinking about the Buddhist religion, and the Dalai Lama comes back, time after time; but he's doing that for the good of people, I take it?
He is doing that to help others and because he feels that is his purpose in living. I do not say that is necessary, but for them it is part of their religion, it is part of their *belief system*. Therefore, that is why it is done. It all comes down to your *freewill*, your *thinking* and the way you wish to progress in spirit. Again my friends, I will remind you of the *Power of Thought*. It becomes your reality, not only in spirit, but here in your Earthly lives, as it does in any other planet which is inhabited by spiritual beings, as you are—spiritual beings. Please try always to place this thought to the forefront of your minds—YOU ARE SPIRIT. These Earthly forms are but for such a short time. Try always to remember this.
Sarah: I know I'm being awkward, but I still haven't actually quite grasped what I was asking you earlier. I understand that we are spirit with a physical overcoat, but what is it that determines which planet you go to? You've said we can't mix up once we've chosen to come to the Earth planet. Is there somebody helping us the first time to decide which planet to go to?
There are always those in our world who are there to offer advice, we are there to offer upliftment, we are there to help you choose if that is your will. Yes, there is always a higher counsel.
Sarah: Yes, because there had to be some reason why we would come to Earth—
But they cannot *make* you—that is your free will.
Sara: But clearly there is a planet that would suit you better for your first incarnation—
Yes.
(Sarah reminded Emily she had a question prepared)
Emily: A few weeks ago, they launched some rockets to the moon to see if there is ice or water there, and I was just wondering what happens when we do that. Does it affect what's on the moon in terms of spirit?
I would say only that every action has some reaction. That applies whether you are here on Earth or other planets or in space. There is always an effect from any action. So of course, it makes some difference, perhaps not always anything you can be aware of, but these things are all part of the evolution, not only of your planet, but of many others, because mankind is always striving to learn more about his own modality and that of other places. Mankind is always thinking, questioning, trying hard to

find answers, answers which he possibly may never know whilst he treads this Earth, but nevertheless feels the need or the urgency to continue forward. Has that helped you?
Emily: Yes, thank you.
Sarah: I think man believes that the moon isn't inhabited and maybe it's not. It's not inhabited with people like us, but it might be inhabited with people or beings that we are not able to see—
It is inhabited by creative energy, as is every other planet, everything that exists is energy. The only difference is the form that it takes. You understand?
Sarah: Yes, so blasting a rocket into the moon could harm part of it, even if it is meant to be. We might be learning something and it is good that we're learning, but the harm is still occurring to the moon itself—
Well, until you have the fuller picture, you cannot know what that is doing or achieving.
Graham: I suppose, one of the reasons we incarnate, is the fact that we are very curious, we like to experiments and get involved with things and think about things—and the whole planet takes an interest in these experiments and things that are done. And I was thinking—our lives on this planet, and probably reason we incarnate, is this acceleration. It is a school of hard knocks and our lives here can sometimes quite challenging but we do progress quicker.
And of course you will always have those beings who feel that the way forward is to reincarnate (yes), **when in fact, perhaps at times, it would benefit them to go forward in our world. But again, as with the small children, they take many falls before they learn to walk. It is a slow progress, and that is equivalent to mankind** (yes)**. Yes, it is a good equation** *(comparison?)* **I feel. Children have so much energy, wish to learn, to grow and will do their utmost to do so.**
Graham: Yes! It is very exciting to live on this Planet, especially at this time. We do enjoy ourselves! *(Chuckles)*
Well, that has to do with your own positive thinking. There are many in your world who suffer unnecessarily at times, because they do not recognise that joy from within. They do not recognise the innate knowledge and understanding which is there for them.
George: It is most interesting that physicists are getting down to smaller and smaller particles **(yes)**, and getting closer to spirit **(yes)**. Equally, computer engineers are getting to smaller and smaller 'bits of information' **(yes)**, and one feels that they also, are getting closer to spirit, with their work in getting down to the very, very small. And, even microscopists who are looking at smaller and smaller particles through their microscopes see that nothing is still, when you get down below a certain level and the movement—
—that all is energy, yes.
—it's called 'Brownian movement', after the gentleman that first noticed it **(yes)**. So one feels that all these scientists are getting down to something smaller and smaller, and realising that the tiny particles behave differently, and one feels that they are all getting closer to spirit in their searching.
And where would you suppose that influence comes from?
George: Yes indeed! Spirit would be acting like a magnet.
Yes, we are fast approaching a time when scientists no longer can say: 'that is not so—that is not so'—no longer, because that information is becoming available to them. Then mankind will stop and have to consider what truly is *Life.* Do not underestimate the power of that knowledge. It is an exciting time in your World's history that these things are taking place. I hope you would agree with me on that fact.
George: I'm sure we all agree that these are indeed very exciting times.
Yes! Too often you dwell on the misery and the sadness that is your world also at this time, but, each one of you here, as there are in many, many groups around your world, have the ingredients to *change thinking* and the way that people react. After all, we have reached a time in your world where mankind is more intelligent with his brain than at any other time. Therefore his understanding has become greater. Knowledge has become available to *all* who wish to seek it. These are powerful happenings in your world. Never underestimate what is going on.

Sarah: You say we have become more intelligent—in the past, a long time ago, man was able to create all sorts of things, like the pyramids and what have you. They must have had pretty good intelligence then to have been able to do that, or was it just influence from spirit then?
They had more spiritual knowledge in those times; that is what is lacking. If only the spiritual knowledge could go hand-in-hand with the education of the physical brain, then indeed you would have a powerful source. *That* is what is lacking today.
Sara: The school experience isn't easy for children who have more spiritual awareness than other children.
It is a matter of balance—they have to find, at some stage, the balance between the two things.
Sara: Yes! The two worlds!
Yes—it is not always easy, but it is a finding of spirit, yes.
Sara: I feel that our son struggles sometimes, because he feels different and because he's very sensitive. I think he must be trying to find his balance at the moment.
Yes, sometimes there is nothing you can do, specifically for him. That understanding has to come from within the being and it may take many years of his human growth, before that may happen; but it is part of your life on Earth to encourage, to be understanding and especially to encourage any sensitivity that children may have.
Sara: Yes, I think our daughter finds it easier than he does, because she's found many of her talents already. So, for her, life is generally, much easier.
Yes, she is more comfortable in the human form (yes)**. It would be like me asking you to take the form of something else. It would take time to adapt and to adjust to it.**
Sara: Is our son unused to the Earth plane?
He is still a little uncomfortable—that is why you have these problems.
Sara: But the adapting will come—he will adapt?
It may not come until he reaches manhood—that is something he may have to struggle with, but that applies to every human being who returns to this world.
Sara: Yes, I see.
In the same way, as your gentleman husband has struggled with his health. In the same way, it is a balancing of spiritual and physical happenings.
Sara: I see.
It is just adjustment.
Sara: That's really helpful. I feel he has great intelligence—awareness and intelligence, but he sometimes doesn't apply it as easily as his sister.
No. My advice is to support and speak with him to recognise his sensitivity and just to help him in any way, and not to feel too responsible, if he does not respond to what you wish him to.
Sara: Thank you for that.
You are only the keepers for such a short time. Think of him as a spiritual being with his own lessons to address and his own life to live. Just because the human being is a child, that does not alter the fact that they are spirit, first and foremost.
Sara: Yes, we must remember that. Thank you—that does help actually **(yes)**.
Sarah: Salumet, going back to what you were saying about if only people on this Planet had more spiritual awareness—and I know you mustn't judge, but those fanatics who want to cause trouble—if they were to get more spiritual awareness, would they automatically cease their aggression? Or could they, if they had that spiritual awareness, could they use it in a negative way, because it would then be even more powerful than not having it?
Yes, I understand your question. There is always that possibility that if you abuse your spiritual knowledge for things that are not good or healthy—that is so—but you would create much more karmic debt in your life. But we cannot interfere with how that human being is going to use any spiritual knowledge. Yes, of course it can happen, but we would hope that, if there is a glimmer of light, that we

in spirit can move closer and influence for the good. But yes, you will always have those instances of abuse.
Sarah: Yes, because although it would create greater karmic debt for them, they wouldn't be aware of that until they got back to spirit **(Yes)**. So by that time, it would be too late for beings on this Planet. Thank you for that anyway.
And remember my teaching of dark and light—they are both sides of the same energy (Yes), **yes.**
Sara: Could I just ask you to remind me of the spiritual meaning of the colour silver?
Silver—firstly, let me say to you that colours in your world are influenced by the person seeing them. That is the first thing I wish to say. The more spiritual or sensitive you are, you will have different feeling or vibration for that colour. Silver is not too far from white, which is the purest energy you might have. Is there a reason for your question?
Sara: My friend who I work with, asked me today, because she's lately been very drawn to silver and metallic gold metallic shades, and she asked me if I knew the meaning and I'd forgotten it, so I thought I could ask you.
Yes, metallic colour is nothing but fragments of light on a baser shade. I would say the silver colour, if it is of metallic influence, is one which is good and can be used for soothing the mind. The dull shade of silver is rather too close to the colour of grey, which is a non-colour. But, because she is experiencing the 'metallic', as you call it, I prefer to say that it is imbued with fragments of spiritual light—they are good colours to use.
Sara: I gave her a silver costume today to wear for dance performing **(yes)**, and she was very pleased and we both want to wear gold as well.
And of course, gold is a colour of richness and both those metallic colours are good colours to use for many things. I would not limit those two, to one specific thing.
Sara: Thank you, she'll read the transcript now, thank you for that.
Yes. Now, my dear friends, I would like to just work quietly with this instrument, for a short time. So, as I take my leave of you, again I say, I look forward to our next meeting, and as ever, my love is always with you.
All: Thank you!
George's Notes:
Newton's Third Law: States that action and reaction are always equal and opposite, and it is re-stated here by Salumet. Perhaps Salumet sees it as applying more widely (to include spiritual considerations) than did Newton.
Brownian motion: Scottish botanist Robert Brown noted that the smaller pollen grains (approx. 0.5 micrometre) in water, jiggled about in random motion. Einstein later correctly supposed that this was due to bombardment by the water molecules, and so in turn, revealed their motion.

~7th December 2009~ SALUMET

Lilian: Good evening Salumet—welcome.
Good evening.
All: Good evening.
Firstly let me say to you my dear friends, how much it gladdens my heart to *be* with our dear lady friend.
(General concurrence—Ann having spent several weeks in hospital followed by a period of convalescence.)
Ann: Thank you so very much—it gladdens *me* to be here.
Yes.
Lilian: An unexpected pleasure.
George: We are all pleased by her recovery.
I would say just this: never doubt that we in spirit are with you in *any* time of need.

Ann: I felt very much that you were with me, particularly when I was in hospital **(yes)** and I wish to thank you for the upliftment that I received from you—many times I think **(yes)**. It is difficult sometimes, although you know that fear is wrong, sometimes it's difficult to—fear is not necessary but difficult to control it **(yes).** I felt very uplifted and I mostly felt that all was well—I didn't fear I think **(yes)**—though I can't be sure!

It is very easy for us to say: let go of all fear, but after all, you are human and to some degree we expect this from you (yes), **although we will do anything within our power to dispel any negativity** (yes)**. But *never doubt*, even when fear surrounds you, *never doubt* that there is help available to *you* at all times. That applies to ALL of you of course, whether it be illness, whether it be fear of the future—no matter what it is, always retain the knowledge that you are being helped.** *(Thanks expressed)*

As we are soon approaching your yearly end once again, I would just like to reiterate to you my dear friends that the *Truth of Spirit* is definitely marching forward. The forces of fear, doubt, insecurities—there are so many to name, of course they still exist, but we are pleased to say that *Truth* at last is not being denied, that the people of your world, they are at last recognising that they are more than flesh and blood. That is a great statement for me to make to you my friends, because always in the past, Truth has been available and has lasted for some short space of time and then something in your history denies that Truth. That cannot happen again and as we have said in past times, there are so many avenues of knowledge available to you, that those who wish to learn, to know the Truth have every opportunity before them.

Sarah: The internet and the television is being a great help **(yes)**.

George: And the Internet—yes, I feel there's a general progression forward, and I feel there's a very good influence also from just a few really progressive scientists who are thinking in the right direction and I feel that these few may have a consolidating effect on the progress forward.

To recognise Truth we must begin somewhere and although you may speak of your machinery as materialistic gadgets, they are being put also to very good use for the work of Spirit—and that is as it should be (yes)**. I told you when first I came, that the Truth would be spread throughout your world and that is now happening. And that my dear friends, is in part because of people like yourselves who are willing to stand up for Truth and do not deny that Spirit within.**

Sarah: But I think people are becoming much more open to listening to you. I was talking to someone yesterday about your words—about religion—and he said: well that's the best I've heard so far!

Laughs

So that was good.

Yes, but without your words, he could not have realised that aspect. So that is why I say to you: without people such as yourselves, our task would be much greater. So as always, I cannot thank you enough for the Love and the Truth that you give and spread to others.

George: I also have the feeling that this Love and Truth and the whole program of it is extremely well orchestrated from Spirit—and perhaps later, I could say something on that, but I will not interrupt you at this stage.

You may speak this evening. Although we are few in number, it matters not, but let us my dear friend, have any conversation that you may wish to impart to me. It is imperative I feel.

(I certainly had an 'imperative' feeling and thoughts on what follows had been with me for some time.)

George: Well, thank you. There are two matters—firstly, I've heard from our dear friend William who has placed questions before. And he wonders about *'soul group'* and whether we always identify and know when we meet others who are in the same *soul group*. In particular, there is one who claims that they are both—he and the other—are of the same *soul group* and share the same master *'White Star'* who had an incarnation in our 17th-century as Francis Bacon. He *(William)* is a little bit concerned about that, and I suggested to him that if he has doubts then he should question, and he has asked me if you are able to give him any guidance on that.

Yes, I understand the question. Firstly, I am not acquainted with 'White Star'; that is my first reply. But let me speak of the gentleman's question: I feel he has answered his own question by having doubts. Remember when I first came to you, I said to *all* of you: accept only what you will—if you are in any doubt at all then to place it to one side *(Agreed).* **Yes. Let me speak a little about what you call *'Masters'*. There are many in your world who claim to be 'Masters'. I would rather use the term 'Teachers'** (yes)**. Yes, you understand. Always in your world you will find those who are only satisfied with names that are recognisable to them. I say to you: be a little wary of those who are so anxious to produce a name that is known to many. I do not say that they are all wrong—that is *not* what I am saying. What I am saying is what I have said to you all in the past. Listen, read, listen to the spirit within, and if you have any doubts then you must let that information go** (yes)**. I would say to the gentleman: it is not necessary to recognise others from the same soul group, because you will automatically be attracted to those people. It does not necessarily mean it will be someone of renown or some great master or teacher; but in everyday life you will be drawn to those of like minds.**

George: I know these are wise words. Yes, thank you Salumet.

Yes, the gentleman has many times of deep thinking and that is good as long as he does not allow it to *confuse* him. You understand?

George: Yes—

And that is what is happening.

George: I'm sure he'll understand that and I'm sure he'll be most grateful.

If he truly was part of this master's teaching, he would automatically know and feel that pull of love and friendship. I hope that will help him.

George: Thank you. Now, the other matter which I wanted to raise—it is really a statement which I feel to be just right for this time. I will just refer to my notes if I may, because I want to quote a few lines from another. I want to go back to the very first time that you came to us Salumet. In our time, that was 27th June 1994. And I didn't realise then, and I didn't know the gentleman then, but Paul Bura was with a small party at the Cissbury Ring. He was a medium through whom a message was given by one who gave his name as 'JEUZ' and stating that he was from the star system 'Sirius'. Now that happened on the very next day after your first evening with us—so happened within just a few hours! And there's another gentleman, Andy Thomas, who wrote a definitive work on 'crop circles' at about that same time in 1994. Paul Bura wrote about the Cissbury Ring message in a book that *he* published: 'Stepping to the Drummer' in year 2000. That happens to be the same year as we published 'A Smudge in Time'. All three of us communicated together following that and Paul Bura wrote a foreword to our book in 2005, of your teachings, Salumet. Now, we only realised that the Cissbury Ring message came within a few hours of your first meeting THIS YEAR. In fact JUST in time to get Paul Bura's words on it included as an endorsement in the front of our present book 'The Chronicles of Aerah'. And so, I just wanted to thank you and any others involved for orchestrating these matters from spirit. And I would like to read a few lines from 'Stepping to the Drummer' that are part of the statement by 'Jeuz' from Sirius—so that we can compare what he says with some of your teachings to us:

[Part of Jeuz' statement, slightly abridged, follows: '*You have to accept that power comes from the circles* (he speaks of crop circles). *The reason that they are here is because your Earth now needs to change. The knowledge of this we have known for thousands of years and we have hinted at it through various mediums and channels for so long—so long. DO NOT PLACE SUCH IMPORTANCE ON THE PROOF! ... But the spirit of the land rises and blossoms and there will be signs in the sky. You will see this. And they will still not believe. But what does it matter? The circles are here to help with this so-called 'rising of the Earth'. She must rise up now and join us. She is like a child to us in space, a jewel and she is waiting to flourish, to become who she really is and to take you all with her. It is such a journey – such a fantastic journey! And you are part of that journey and you must ride with her ...You understand what I am saying to you? You must ride with her and keep the love of God, whatever you conceive that energy to be, in your heart and keep it alive – KEEP IT ALIVE! And the beauty will continue—lights in the sky. More corn circles. But there is*

only so much that we can do, only so much. You say they are miracles – yes, we ARE miracle workers – but there are limits. We cannot change the mind of Man. He must do that. You, my friends here, all changed to what you were, and it is only the beginning of vast changes.']

Well, those are the words of Jeuz at that time, and I feel that his message just fits into the last 15-years of your teaching and your being with us, Salumet. And so, I just felt it was fitting to read those words and to thank you for this wonderful journey.

Yes—I thank you for your words. But what comes most from those words just spoken, was the passion that we felt necessary for man to at last recognise that we must move forward. And of course, there always will be those who deny Truth, always there will be those who are sceptical of any proof (yes)**. We are not interested in proving ourselves. We know who we are. *You* my dear friends should know who YOU are.**

George: Yes, it doesn't seem to matter so much now that there are those who don't believe.

Yes, I am sure that when you first heard these words of Truth that you wanted to continue in your daily lives, to PROVE to others, that knowledge which *you* have been given. But my dear friends, as I have said to you so, so many times: sow the seed and that is all you need to do.

George: Yes, in a sense, the proof will grow from that seed—

Yes, that is all—plant the seed, the rest is up to the individual. After all, he has free will, he can choose, as I have said—only accept what you can. But gradually, Truth will prevail, as it is already doing—and we in Spirit feel that with all the problems of your world, this indeed is an exciting time for the Truth to march forward.

George: Yes, and as Jeuz says and as you say—*'we cannot change the mind of man for you'* **(no)**. And that's the part that has to grow I guess, from within—from the seed.

But from small acorns your trees grow so strong and beautiful, and each with knowledge. Mankind is still that small acorn which is beginning to sprout. That is humankind at this time, but until this time, that acorn has been redundant, it has been fed and nurtured, but it has not blossomed. But now we are blossoming, my dear friends, so I say only to you: continue—give of your love to all that you encounter, look to your world with love, pray for those who are in need, and that also includes the spiritually bereft—and you will not go far wrong.

George: Yes—a phrase you used earlier Salumet, was: *'we have to begin somewhere'* **(yes)**. I have sometimes felt that about the so many different religions in our world **(yes)**—we have to begin somewhere and I feel for *some,* that has been a beginning. Is that a sensible comment?

Yes, we do not place religion as some evil missionary. Religion for some people is a guiding light. They may at times not be fully aware of what it is that guides them, but that knowledge will come at the end of their time. Remember I have told you that is why you do not make judgements on another fellow human being. You know not their pathway.

Sarah: yes, I remember you saying right at the beginning—it was something that impressed me—that if we can't accept your words, then you're not ready for it **(that is correct)**. I think as long as they've got some religion with which they're going forward and doing good that's what matters at that time.

It is the individual and what is in their *heart!* You all have fears, you all have much in life which is different from your neighbours, but that does not make you right or wrong, it only makes you follow different paths. And that is the way to look upon your brother—your fellow man—that is why I told you—that is why there is so much confusion in your world about what is 'Truth' and what is not. It is not wrong—it is only as good as by whom it is given, if you understand my words. And those in our world can only bring to you and give to you the Truth that they know and understand (yes)**. For example, let us look at your world now—could you describe for me the life of someone who lived on the other side of the world? You may well have seen pictures on your televisions, listened to radios, but you do not *know* the lives of another.**

George: The standards and incentives are a little bit different.

Yes, and understanding and knowledge would be different, but who is to say who is right and who is wrong—you cannot.
George: No, as you say, it is a different pathway.
Yes. And sometimes, people become too embroiled in those religions that we speak of, but as long as their heart is true and their love is genuine, then they will not go wrong as far as their spirits are concerned.
Ann: Religions can be very comforting, can't they? I went to a Roman Catholic convent school when I was young. I wasn't a catholic and didn't join in the prayers and rituals or go to confession, but I felt I wished I could have been a Roman Catholic and been able to confess my sins and have the comfort of all being forgiven. For a long time, I thought that was a very comforting thing.
Yes. Each one of you treads the pathway which is necessary for you at that time in your life (yes)**. We of course, know it is not necessary, and to ask for forgiveness for your sin is part of that particular religion, as in many others; but forgiveness, my dear friend, comes from YOU.**
Ann: Yes, oh yes!
George: I was going to say the sins would be absolved from within oneself **(Yes)**.
Ann: With a child's feelings, I would have quite liked to have had that—I know that's not the way.
Lilian: They do *stay* quite childlike. I've got a friend who's a Roman Catholic. She's older than me, and she obviously finds great comfort from going to confession.
Ann: Yes, it's very structured too and they know exactly where they are.
It does not matter what titles you bear, what is important is the light which shines from within you. That is your true nature—that is what will show when you pass to our world and once again return home.
Sarah: The difficulty I think many people have with religions and the fanatics are those that create *war*, but they believe themselves that what they're doing is right, so we mustn't judge, but it is very difficult for many when you're killing people, which whatever your religion, killing people I don't think is not the right direction.
No, there should be no hurt to another, fellow-human being, but they must face those actions when they come to our world and of course, with *time* will realise that perhaps they had trodden onto the wrong pathway. Remember, again, I repeat, YOUR FREEWILL, YOUR RESPONSIBILITY—your responsibility not only for your own selves, but for those that you make contact.
George: Yes, I think it's around this time of year that there is a festival, in which buffalo are actually slaughtered in honour of one of their deities. I have no wish to be judgemental, but this is very difficult, I find, to understand how this sort of thing has come about and continues.
Yes. You must remember that people of times long past, had very little material things and in order to appease their 'gods', if you like, it was a great sacrifice to offer what they owned. So in their mind they were being most generous.
George: It was a *personal* sacrifice—yes.
Yes. For them, it was a sacrifice, for the animals sacrificed, but, in time, all of these things change. It takes time, but I am happy to say to you, my dear friends, that we in spirit, who have decided to come to help—to say our piece—are very pleased with the little progress that has taken place.
George: It's good to hear that.
(Murmurs of agreement)
Lilian: I've heard some of the leaders of Christianity, calling for tolerance towards other religions and I thought *that's good.*
There will be a breakdown of religion. I believe I have told you before.
(Affirmed)
But it takes time, it takes much love, it takes much patience, and it takes dedication from people like yourselves, who are willing to spread the word of Truth.
Sarah: Salumet, when I was talking to this person yesterday about your words and he asked if animals and humans went to the same place and if we reincarnate and could come back as a dog or whatever and I said

not. But then I thought, we are supposed to have evolved from the ape. The ape is an animal and we are now human, and the ape will pass to the animal pool and we will go our way. So was there a point where the animal part stopped and the human began? It seems a bit strange if we evolved from an ape that we should suddenly go to a different place to the ape?

That spark of life, and believe me, the smallest creature in your world, insects etc. that you do not even know of yet—all have that spark of energy which comes from the Great Creative Force. To exist upon this planet, there had to be a form of evolution. We are speaking deep matters again, my friend, but the progression of the spirit does take place, as you have mentioned, but the human form and the knowledge and love which it attains, cannot then be retrograde in its purpose. That is why there is separation on returning to Spirit. Does that make sense to you?

Sarah: Yes, so there has been a point where the two have separated—where the animal and the human have gone their separate ways?

You do now, when you return to Spirit, you will go to where you belong (yes), **which is part of the HUMAN element, because that is what you have progressed to.**

Sarah: Yes, okay, so that was possible. I found it difficult to explain to him.

Yes, it is not easy.

George: I believe there's a small degree of overlap inasmuch as some people seem to have their pet animal with a love-bond with them, for a time anyway.

Yes, of course, but that is because there has been a love-bond between animal and human. Those animals who have devoted themselves to the love of humankind will go to Spirit still, as that individual animal, and not to the animal pool. Do you understand?

Sarah: And will that remain so?

If that is what is desired, that is so. Those animals—horses—any animal—pets—dogs, cats whatever—if there is a love-bond, they will grow and grow in Spirit with you.

Sarah: Ah Right, so they will progress—

You have heard, I am sure, communicators who speak of tending to the animals.

(Affirmed)

They are part of Spirit, as your animals are to you here on Earth.

George: So the demarcation between human and animal that Sarah was describing—that perhaps is not quite a 100% line drawn between the two?

It is always difficult to differentiate in that way—it is not so simple. These are deep matters of Spirit which you speak of (Yes)**. Yes, of course.**

Now, my dear friends, I will say to you, that as I take my leave this time, I will not be with you until after your seasonal break. I will return from whence I came, and will, of course, always stay close by you, and until we come together once more, I leave you all, and those who are not present within this room, they also are included in that love. I will take my leave.

George: And we shall much look forward to your return Salumet.

(Affirmed)!

Lilian: And thank you for all your teachings of this year.

Sarah: And we're glad that you're able to go back to where you rightfully belong. Have a good time, if I can say it like that.

(Amused laughs!)

George's Notes:

The Hajj Festival: The Muslim festival lasts 4-days, beginning, this year, on 27th November and follows the pilgrimage to Mecca, Saudi Arabia. Attended by more than 2,000,000 people, it is the world's largest festival and a pillar of the Islamic Faith, involving much prayer and dedication. Very large numbers of animals are slaughtered—sheep, goats, cattle, buffalo, banteng, camels and yak.

Cissbury Ring: An ancient site of West Sussex where once stood a stone pillar marking a place of 'communication', and it still seems to work! And although regarded as a favourite place for walking the dog of an afternoon, Paul and his party remained undisturbed during their work there.
Masters: Masters of all-knowledge from the angelic realms are truly masters without any question. Some humans that incarnate and progress well in spirit may well become excellent or renowned teachers, but we should really see them as of subtly different category to the angels. Perhaps, as we make our various ways in spiritual matters, our vocabulary will improve!
Many Religions and 'a need to start somewhere': It may be seen as illogical that we have so many very different religions, and that they so often hold onto ideas generated in their remote past. We have seen during the course of our evenings, glimpses of the greater scheme that evolves—how cultures throughout this universe acknowledge ONE Creative Principle / One God—a God of Love and Creation. But 'we all have to start somewhere'—but then it becomes time for us to rationalise to develop a single understanding of love and recognition—to fit into the grand scheme of things that all beings share throughout the entire creation of that one God.

~18th January 2010~

Following a period of difficult travel conditions with much snow and ice on the roads, this was our first meeting of the New Year. One who gave his name as 'Alan' spoke through Eileen to say that Salumet would be with us next time.
It was Alan's first encounter with us and he stayed for a chat. It seems that he had no belief in the spirit world until he arrived there. His little dog with whom he had a strong bond greeted him, and Alan thought: How did he get here? And that played a part in his becoming aware of the true reality. He at first thought he was dreaming. He has since lived, by Earthly standards, quite a long time in spirit—long enough to lose memory of the details of his planetary life:
George: Is your dog still with you?
~ Yes—not this minute—
George: But he's still the good companion—
~ Yes, good friends we must have been but I don't remember much now. I always had a strong bond with m'dog.
He spoke a little on how he came to start visiting séance groups and it became clear that he was very much the countryman at heart.
Graham: What do you do when you are not visiting groups?
~ I travel the countryside. I like to see other animals when they are not joined with people—and this is beautiful.
Lilian: Yes I can imagine.
~ And I am actually being taught to speak with them.
Lilian: That's a wonderful thing. And are you able to help animals in the wild when they are in difficulties?
*~ I haven't got **that** far—now that is something I could do—influence, yes. I'd like that I think.*
We chatted on about possibilities and about others of mutual acquaintance. Then Alan declared that he suggests to people while on his visits that they find out as much as they can (about the spirit existence) while they are still here.
~ Yes, it will help you a lot if you can understand a little bit.
As to speaking through a medium, Alan said:
~ There's someone who helps and I'm instructed what to do. And you must be able to blend. It's not a matter of picking someone because you like the look of them. Don't ask me about the blending of the energies—don't ask me about that because I couldn't tell you. That's too complicated for me. All I know is that you can do it.

We expressed our appreciation of those who come through giving us some idea of what they can or can't do. Sarah enquired if he wished to have another Earth life. He replied that he is very happy where he is right now but may well take counsel on that one day.
Our friend went on to say:
~ Sometimes we try to help people—give them what you call 'evidence'. But I don't like that—too much emotion.
We explained that we record everything that is spoken during these meetings so that we can then send it out to others AS EVIDENCE.
~ That's very good—the more people know the better, I think. I don't know how I didn't know for so long. How can that happen?
We went on to say how we are but a small group that has been so fortunate in receiving Salumet's visits from angelic realms for so long, but there are so many millions out there less fortunate.
~ Well, I think everyone gets at least one opportunity—then it's up to them. It's all to do with the thinking—what you want to believe.
I referred back to lost Earthly memory—*our friend said:*
*~ To be honest I don't remember. And to be **very** honest I don't care—which got a good laugh all round.*
Finally, there was interesting dialogue on language. Our friend explained his experience that language only belongs to the BEGINNING in spirit, before LANGUAGE-FREE thought communication later prevails.
[Clearly, the language-free thought communication of progressed spirit compares very well with our Bonniol interplanetary mind-link work.]
We asked if Alan has reached that point. His reply:
~ I'm still struggling. Don't let anyone tell you it's easy, because it isn't.
(General thanks and farewells)

~25th January 2010~ SALUMET

We voiced healing requests as usual and this led to mention of the terrible suffering in Haiti and Iraq. Then we moved onto our Earthly shortcomings in relation to warfare, and there still remain vivid memories of World War II and attitudes towards German citizens that followed. It was stated that those people of the '40s were different—disturbed—disturbed in a particular way by a particular politician; making it very difficult to judge—if indeed we should be judging! And the term 'brainwashing' came into the conversation; also the phrases 'lack of real democracy—not yet properly defined—politicians becoming undemocratic once in power'. And we are convinced that the majority of electorate here in the UK did not wish to start the situation that we now have in Iraq—and there is just so much ongoing suffering there still. It is a strange world of mixed-up values in which minority factions seem to wreak havoc in various ways.
Lilian: Good evening Salumet and welcome.
Good evening.
All: Good evening!
George: It's lovely to have you with us again.
Sarah: I hope you had a satisfactory time when you haven't been with us and back where you belong.
Thank you, my dear friends. How happy I feel to join with you once again. I have been quietly listening to you and your discussion about your world, and the thought that came to me was: how much you have changed and grown since first we met. How compassionate in you thinking and a little self-critical, I might add, about how you feel. My dear friends, it gladdens me to see such human beings—such as you.
Lilian: Well, thank you for those kind words. I think we can see a difference in ourselves.
Sarah: Thanks to you Salumet!
I take no thanks. You all have achieved what you have become—and that is human beings who are more aware of their true spirit selves. That is so important not only to you, but to us in my world who look after you, so often, even when you are unaware. But, it brings joy to us all when we listen to you speak

in such a loving and compassionate way. So, let me say to you all, my dear friends: 'Thank you' and my wish for you all would be that you continue to grow and recognise your true selves.
All: Thank you.
Sarah: We'll do our best!
Even those who are absent from this group, they too have grown, and the words that you have given to the world through your speech and through your written word are appreciated by me and all those close by you, in recognition of the love and joy which you have brought to many. My dear friends, I can tell you, that you have, in so many peoples' minds opened up a vista of information.
George: It's very nice to have that realisation. Thank you, Salumet.
Thank *you*, dear friend! I am, of course, aware of your written book and the time dedicated to it. For this, we have your thanks, and we give to you much opportunity to enable you to put forward Truth with Love and Light.
George: Yes—I certainly felt the opportunities and have welcomed them, and am most appreciative. It's so good to have had the information presented in the wonderful way that it *has* been presented. We're all of us delighted with that, I know.
Yes. As I said to you at the beginning of your last year that it was time to begin for each one of you to grow spiritually—I again say to you, my dear friends that the time is now for you all to expand your own consciousness in whatever way is comfortable to you.
George: The other expansion that I think we foresee at the present time is the website, which Paul has launched for us. It's nice to see that growing and we are hopeful that that will expand and reach many people.
Yes, the opportunity is there. We will endeavour to help that to come to fruition.
George: Wonderful! And I haven't forgotten the further website which Richard has put together. In fact, we are fortunate in having two websites of information, at the moment, and we're delighted to have the opportunity to be expanding these.
Yes, the more opportunities there are to reach many peoples, the stronger the voice. We look only to you to do what you can, if you can, when you can, how you can—we leave some responsibility with you. All I can do, my dear friends, is to continue to help bring the Truth. That has always been my mission—to bring wherever I can, a small *Truth*—a Truth that has always been, and for that Truth to grow in the mind of humankind, that they may accept that *Truth* and find for themselves the realisation that they are *Spirit* clothed in human form. It may seem a simple task, but as you know full well, your planet Earth always has difficulties, but as I have said to you in recent times, the way to help is to *focus* upon everything *positive*. That way, you help to *dispel* the negativity in your world.
George: Yes, and we are so much a mixture in our world of positive and negative.
Yes, but when you have the knowledge of being positive, then you have a responsibility—not only to yourselves, but to your world, *this planet*—who is looking for that light of being positive; it needs that positivity. And although, my dear friends, I thank you for your compassion, I ask also that you do not dwell upon these things too much. The laws of all life will even things out eventually—but of course, not in *your* lifetime. But to spread the word of truth, I am filled with *JOY* that you have achieved so much in such a short space of your Earthly time, and for this, my dear friends, I continue to thank you all. Have you any questions this time?
George: Yes, I wanted to mention, in connection with this really—you have mentioned how science is developing towards better understanding of spirit **(yes)**, and one gentleman, in particular, Ervin Laszlo, has published a book: *'Science and the Akashic Field'*, and he says so much in scientific language, which is in line with your teaching. I would like to quote a small piece from that book, if I may. He refers to the Akashic Field sometimes as the 'A-Field', and he's not saying 'the discovery of the A-Field', he's using *your* term 'the *re*-discovery: *"The re-discovery of the A-Field will also change our world itself. When people realise that the age-old intuition that space does not separate things but links them has a bona fide explanation, the genius for innovation inherent in modern civilization will find practical ways to make use of*

it." Now, you Salumet, have said so much about science coming to a better understanding, and I would say that Bonniol and his people have already made use of the *connectedness* of space, in the way they have communicated with us. I don't know whether you would have any comment on that?

I, my dear friend, am never surprised by these snippets of information that you bring forward to me. Science is going forward at a rapid pace at this time of your existence, and of course, there is nothing new. I will re-iterate those words for you: THERE IS NOTHING NEW.

George: It's re-discovery.

Re-discovery, yes—as you as human beings are beginning to re-discover your true selves, then science is re-discovering what has always been.

George: And, this book was published just a few months before Bonniol first came to us **(yes)**, which is remarkable timing!

Yes, I know, you like your synchronicities, so therefore we provide them for you! You are our spokesperson for all of these. You are well-spoken, well-read—you are the catalyst for the truth, and I do not say these words to you lightly—and we *thank you*.

George: Well thank you. I'm sure things are being placed my way

You have no doubts about that. Yes! Your world has much to discover yet, but slowly, slowly, much is being re-discovered. Yes! I like that word *RE*-DISCOVERED.

George: Yes, and I'm delighted that *a scientist* is actually using that term.

Yes—does it not warm your heart that the men of science, at last, are placing their prejudices, their teachings, their learning to one side—to at last have a much more open *mind?* But of course science cannot deny the Truth, and when it is placed before them, many encompass it, if not with doubt, but at least they are willing to be challenged by that Truth. It is a way forward, do you not think?

George: Yes! A most interesting and a very logical way forward!

Yes! Good. Now, my dear friends, as this is my first return to you, I will not stay any longer, but I wish you to know that although, we have not spoken for some time, always my love has been with you. So, as I take my leave from you this time, know that each one of you is surrounded and protected by spiritual love.

George: Yes, I have certainly felt this myself, and I'm sure we all do. We are most grateful. Thank you Salumet!

Lilian: Yes, Thank you!

George's Notes:

Science and the Akashic Field: Further quotes and notes given in our communication of 28th September 2009.

~1st February 2010~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you once again, my dear friends, I will say to you how happy I am to be here with you once more.

Lilian: Yes we're happy to have you, and sorry we're few in number again *(6).*

George: Yes, we're aware that there are several who would very much like to have been here tonight, but travel is sometimes difficult.

We always appreciate, my dear friends, no matter what number—we appreciate the effort that is made by you all to come to these meetings. It gladdens us that you are so willing, each time, to listen to the words of Spirit.

Sarah: It's to our benefit, Salumet.

Thank you for your kind words. Like the last one of your years, I will not always be with you, because we wish to continue with each and every one of you, to help you to expand your consciousness to enable

you to recognise that Spirit which is your right; to bring forward—to bring it to the fore of your living, in order that your lives become much richer. And also, my dear friends, not only does it give *you* the opportunity to grow, it also gives those in Spirit that opportunity of growth also, and for this, we will remain ever grateful.
George: Yes, we are, likewise, most grateful for the opportunities given.
Lilian: We do miss you coming to talk to us. It's a different evening!
Yes, but when I come to you, at times, I will try to bring to you, something perhaps known to one or two of you, but nevertheless, we will endeavour to bring you much interest.
(Thanks)
But, for this time, I will answer just a couple of questions, if you like, but then I would wish, my dear friends, to work with this instrument, on a deeper level. So, I *will be* with you until the end of your evening, but there will be others to come to each one of you. I suggest that you do not be afraid to speak of what you feel amongst yourselves.
George/Paul: Thank you!
Be open to those who stand by you. *They* are there only for your well-being and your love and your protection.
George: I think I can speak for us all, when I say they are most welcome!
Thank you, my dear friend, we are aware of your great love for spirit, and only those who feel that love, would come so close to you; but I am sure that already you recognise that.
Sarah: Could I just ask about you working with Eileen? I don't know if this question has been asked before, why did you choose Eileen as your medium? Had you had your eye on Eileen for some time? I would just be interested to know.
As energy—spiritual energy over many, many years of time, her energy was chosen, so that I could blend more easily with her. You speak of her as a person. I speak of her as energy, energy that has existed for quite a long time in the physical sense; but energy, as with *all* of you, that has existed for *all* time. It was just a matter of being able to blend also with the physical energy in this lifetime.
George: A small question that occurs—would that length of time go back beyond the time when she was an aspect as the one we know as Nahashiwah?
That energy extends much further back. Yes, Nahashiwah, as you call her, was just one existence of Earth time. Yes, it extends beyond that life.
George: Thank you! I'm sure that fact will be of interest to many.
Lilian: So before Eileen came back *this* time, she would have known this in Spirit.
No, she would not. I know you are told that you know why you come. She knew her pathway she would take, but she was not aware of the connection that would be.
Lilian: I see.
So her agreement would have been to live the life she *has* at this time.
Lilian: Yes, I see
After all, no one knows all. You understand (yes)**?**
Sarah: So this is really a bonus for her?
I do not know if she would regard it as a *bonus*, as you say, but she is always happy to allow me to use her as my instrument.
George: Yes, I know she's very happy with that and it's certainly a bonus for all of us here.
I never cease to be amazed by the kind words, my dear friends that all of you are willing to express. But, once more, I will say, without you, my mission would not have been possible. So, I say to you all: Give thanks to yourselves.
George: Thank you for putting it like that.
Lilian: So, the moment was right, really.
Yes, it is something you have to understand, that we in spirit, who have much better vision, know what is going to happen, but, as you know, there are many levels of spirit and each level has a quantity of

knowledge within it. Do you understand? (Yes) **Yes—when you reach the level from which I came, much more is known** (yes)**. Yes.**

George: I've been thinking recently that, equally, there are levels to the love that one can know and experience. Some of us, perhaps, don't go deep enough with that. So one has love, but am I right in thinking there are these deeper and deeper levels?

Yes—you human beings, of course, know quite a lot about *emotional* love, which is a very different thing. I feel you are trying to express love on a more spiritual plane (Yes)**. And of course, the more refined you become as energy, the deeper the spiritual love you feel.**

George: Yes—which leads me into a question I have actually. We did bring up the question of one of our conditions, called 'Arthritis'. We brought this up some years ago in 2001, and I think you indicated then that it had a connection to love or quality of love, and you talked in general terms about it. Now that we've moved on a bit, perhaps, I could refer to that condition again. I have just a little bit of arthritis in my wrists. It's only very slight, so perhaps I can apologise for the depth of love that I can express. But, it prompted me to look up a few facts, and more than 10% of our population have this condition, which surprised me, and it's not just elderly people such as me, but younger people have it as well. I wonder if this would be a good time to say a little bit more about that condition—

I will not speak about one particular condition, because, let me say this to you my dear friend: all disease, however minor or major, is exactly what it says—DIS-EASE. You will remember my words when I said there is dis-ease of the mind and body. In fact, it is an imbalance of spirit and the human form. Let me also say to you, my dear friend, that all of these conditions, whether minor or major, if not caused by cause-and-effect—or, for example, what you feed your body, or whatever condition your mind is in—it has an effect over time; it does not happen in one day. Therefore, I would say this to you, my dear friend: Firstly, any *disease* within the human frame must be acknowledged, and before you can acknowledge that imbalance, you have to go inward to find the time when these problems began to surface in your lives. When you speak of young children, sometimes it can be a condition that has come with them from another time—

George: Ah, Yes!

—but not always. You have to look inwards, as you do for all things of importance.

George: Yes—I think, I understand you to say 'look inwards', and 'go backwards in time'.

Yes—you will not find your answer for yesterday. It is a *gradual dis-ease*—harmony that is not there, but you have to find it to acknowledge. Once you acknowledge, you can free yourself. The reason I am speaking *generally* to you, is because I am sure you are well aware of cases where people have freed themselves from this condition (yes)**. That is because, each one of you, as human beings are so different in the way you think, in the way you live; and let us be truthful, my dear friends, this world you live in has been for so long, one of disquiet and unrest, and so many of you have lived in fear at some time or another** (yes)**. I am not speaking of your wars or your countries I am speaking to you as individuals. You are responsible, each and every one of you, for the condition of your housing of the spirit.**

Lilian: I wondered about the arthritis that I've got it in my ankles and my knees.

When you speak of arthritis, it is an inflammation within the body—an inflammation—what is inflammation, but an anger? Can you see that? It is an *anger* that has come from somewhere.

Lilian: Yes, I wondered if it was worrying about the family at times (**Yes, that could be!**) and not going forward.

Yes, because when it is affecting your joints, it is stopping you from movement, that free flow of movement. There is something burning within you that has not been recognised.

Lilian: If I can sort them out, I'll be okay!

You then have the tools to work with.

Sarah: If, as in Lilian's case, it's in her knees and ankles, it's stopping her from—

Moving forward—

Sarah: Can it also be that you've the problem within you, and, if you abuse the joint in any way, um—

Yes, that is the cause-and-effect aspect of which I speak (yes)**. Or if you ply the human body with food that it does not accept or like, then there will be an effect from that. You have to look at all aspects of your living.**
Sarah: So, in the case of Emily, who's got 'Food Intolerances', that's also something that's not right within her body that's causing the food allergies then?
Yes, it is a *dis-ease* of her spirit and her human form. Yes, each one has to go within.
Lilian: It's very difficult to get it right.
But, if you so desire and your desire is strong enough, you can free the body. You *can* free your body from all pain, but, I do not say to you, my dear friends, that this is easy, because, as I have already mentioned, it is not something that happens to you overnight.
Sarah: So, the longer it takes to arrive, the longer it will take to go!
Not necessarily, no—
Sarah: Ah right!
George: And we're considering ourselves as individuals when we do this, and I think this would suggest we are looking at ourselves as individuals and the way we are *fitting into society*.
Yes! Yes, as in all disease, you will have people who will recover and those who do not. That is the strength of the inner knowledge, and that comes from your spirit. Spirit and the human form should be equally in balance.
Sarah: So, those who don't recover—for some of them, is it because that is what they need in this lifetime?
That may well be for some, but not for all. You cannot generalise too much, you cannot place everything on what you might call 'fate'; that is wrong. Each and every individual in your Earthly world has a responsibility to take care of the housing of the spirit. That should be the most important aspect of your lives. Do you understand?
Sarah: You have told us, for example, that some people who go to Lourdes, in France to be healed—some will be healed and some of them won't.
Because they have that inner strength and knowledge that they *will* be healed—that is what that is.
George: It's so good to have your detailed commentary on this Salumet, because our medical professions, so frequently, deal with painkilling pills **(yes)**, which merely stop one's awareness of the pain without changing the condition.
Yes, of course, unfortunately, still, the medical profession see you all as one. They do not see you as spirit, as you must do if you wish to be well. You have to go inwards, you have to *know* that *spirit* is the important thing. You *are* Spirit, my dear friends, first and foremost. These human coverings are just there for this particular lifetime.
George: The one we know as Edgar Cayce left some recipes, which included massage oils *(Castor Oil)* for this condition, but, again, I think, these were not 'cures', but recipes for providing some relief **(yes)** from the inflammation.
Yes, that is true. But, whatever relief that can be given in a human form, of course, you must look to them to make your lives more comfortable. But, if you wish to be *free* of *any* illness or disease, it is a much harder thing to do.
George: Yes.
Sarah: Paul has been doing some cranio-sacral healing **(yes)**. That would be complementary then to your own spiritual healing?
Any therapies which help can only be good. Of course, we do not discount any help that the human being can find. But, what I am saying to you is that no matter what the problem is, no matter how long or how short the condition, there is a point where you have to recognise and accept what this condition is. That is why when you come and you seek healing, it is not just the human form we seek to heal, it is in search of the balance of both.
Sarah: Even with spiritual healing, it wouldn't be possible to heal totally, if the individual weren't prepared to work on his own spirit.

With spiritual healing, it is slightly different—it is spirit working *through* spirit *to* spirit. The Spirit is touched—it is then up to the human individual to continue that work. You have to accept *some* responsibility for your human form.

(General expressions of understanding)

Sarah: So, spiritual healers would be well to advise the people they're helping that they should try ad work on themselves—because people who go for spiritual healing, have the healing and then perhaps just go away again.

But that is not necessary; it is the spirit who touches the spirit. That spirit has already been touched, and *within*, there should be an *awakening* of that spirit. You understand? (Yes) **That is the difference between many physical therapies that are taking place, because they are working on the human side—the *human* side, not spirit** (yes)**.**

Lilian: And small children when they come back with a complaint, they brought it with them from another lifetime?

They can do, yes. I would not say always. You cannot generalise. Each one of you is spirit, first and foremost. That is what I have repeated to you so often, my dear friends. Until you recognise that first and foremost you are spirit—when that is recognised, all things can fall into place. What I do *not* wish you to do, when you have any condition, is to place blame upon yourselves, but rather, that you go inwards, accept the condition, and work to free yourself from it. That is the way forward, and until the medical profession see each person as a separate and different individual, they will struggle with some of these conditions.

Paul: I was trying to mentally picture anger and to think what it is. If someone has arthritis and anger is at the root of it, then I was thinking of the energy. It's like the anger doesn't exist on one level. It's like something that blocks the energy from flowing.

That is what is happening. It is an imbalance between spirit and body, whether you call it a blockage, whether you call it imbalance, whether you call it disease, it matters not. What matters is what this imbalance is creating within the physical being, some kind of problem. Let me, before I leave you, just say, my dear friend, what is the colour you use in your world for anger?

Paul: Red.

How do you think of inflammation?

Several: Red!

Can you see, if you think upon those lines, it may be helpful to go back into your lives, and, at some point recognise that, perhaps, you did not want to move forward, you lacked love, or you were angry—all of these emotions. And once you have acknowledged and accepted those things, you can then ask your body to be *free!*

Emily: So, by asking your body to be free and acknowledging your—

You have to acknowledge what the problem was or is.

Emily: And, once you've done that, you can ask to be free?

You can ask your body to help to be free, to be in balance, so that spiritually, emotionally, *all* is in balance. I do not say it is an easy task, but I do say to you, that is why some people are able to free themselves from any condition. I am sure each one of you is aware of these things.

And now, my dear friends, I thank you for your questions, and I ask that I now work with this instrument.

(General thanks)

George: Thank you so much, Salumet, for your enlightenment, and I'm sure that detailed explanation will be of much interest to many. Thank you!

If only I could take it from you, but I would not be allowed.

George: That is understood!

We next experienced various impressions that were discussed amongst ourselves. Then the lighting was turned up a little and the recorders safely packed away. But then it became apparent that Emily had a

presence—two young children. Lighting was again dimmed. The children were attracted to Emily's energy, clung to her and did not wish to leave. They responded to questions carefully placed by Eileen, Sarah and Lilian, and gave their names as Amy and younger brother Thomas. A few minutes passed and they became aware of increasing spiritual light and could then see a kindly lady with a fluffy white puppy waiting to receive them. They happily went with her and Emily resumed normal self. So this was a completely unexpected first 'rescue' for Emily and happy transition for the two young children—wonderful!

George's Notes:

Nahashiwah: Nahashiwah has visited 26th February 1996, 10th January 2005 and again 3rd September 2007. On the first occasion, Eileen had been both surprised as well as a little shocked to find herself confronting a past life aspect of herself—an Amerindian lady with hair in pigtails and wearing a blue dress—with Eileen's own face. Following the vision, this lady then spoke through Eileen, giving her time on Earth as 19th-century. On the third occasion she came to us to join in our conversation about 'lights in the sky' and 'crop circles', explaining that her people were well aware and accepting of them. Regarding the general non-acceptance of these things as authentic and the widespread lack of understanding by modern humanity (present company excepted) and Press, she said: "You are like children. You are in need of first education—Ha Ha!—you do not recognise the signs in the sky!" And on each visit this dear one has spoken with such a light ethereal voice that we have all so much warmed to.

Arthritis / dis-ease: Salumet spoke previously on arthritis and on the more general nature of disease 14th May 2001.

Cranio-sacral therapy: Paul attended a course in this whilst in Thailand.

Edgar Casey: The wonderful Edgar Casey recommended Castor Oil used externally – rubbed into the painful joints twice daily as a treatment for Arthritis

~1st March 2010~ SALUMET

Lilian: Good evening Salumet, welcome to you.

Good Evening!

All: Good Evening!

Lilian: We are a tiny little number. *(5)*

As always, I have noted your conversation, as you have joined together this time. Let me say to you, my dear friends, how little need you have of me now—with your debates, amongst yourselves. It is of great interest to us to listen to you all, but I would like just to say to you a few words. Each one of you has come to this lifetime for a purpose—for spiritual growth. And, I would say, my dear friends that life on this planet, was never meant to be 'plain sailing', as you humans would say. But, as spirit, each one of you has the capability to find in life, the strength to cope. You are never given, my dear friends, any situation that you cannot cope with. But of course, it helps if you develop the spirit within you—that makes you a much stronger human-being. So I say to you all: accept life as it is today, try not to be judgemental, do not crave for past times, for they are gone, and cannot be recaptured.

George: It's certainly a very *interesting* world that we have today.

Yes! It is at the stage of its evolution that it should be at. And it is up to mankind to help himself in whatever situations arise in your world.

George: Yes—I imagine that part of that helping himself will be a realisation that we've got our systems a little too complicated and there is a need to simplify. I hope I can say that without being critical.

Yes, yes—I would agree with you, my dear friend. Those words are true, but it is the *growth of spirit* that is important. Do not wish for time gone to return—it cannot happen, but what you must do, is to adapt to the *here and now.*

George: Yes—well, I imagine we can *look* to those past times and think—well, there are qualities there that we could well use today.

Of course! There is nothing wrong in looking backward, but you cannot bring the past forward—there is a difference, and it is in the *recognition* of that difference that will move you forward. You understand?

George: Yes. That makes very good sense. If we do look at the past—it's how we see it and what use we could make of it.

Yes—take the good and move forward—yes. Too many people cling to situations in their lives, which should be discarded in order for the spirit to move forward. But as human-beings, naturally you find it more difficult, and always there are allowances made because you *are* human, and mistakes come easily to you, my dear friends. But what I wish to encourage within you, is to find that *inner* knowledge and strength—to move forward with Love, with goodness, with realisation that things can be better if you so desire. It is the *desire* which has to become stronger within you. I hope you can agree with my words.

George: Yes, I think you are saying also, that whatever the state or complexity, there is always room for the spirit to grow.

Yes. I use one word—SIMPLICITY—simplicity of thought and mind will always take you forward. Discard any *feelings* of disillusionment—any *feelings* of life being hard for you. All human beings come only to what they can cope with.

George: Yes—I was reading recently the gentleman Lucretius and he had this simplicity. I feel he was a great philosopher of great understanding, but he also approached things with a certain simplicity.

Yes—yes. What is better than simplicity, in all areas of your lives? I am afraid, as human beings, you make your own lives complex, sometimes unnecessarily, but that is a result of having freewill. We would not wish you to be without freewill, but in your humankind, it has created many problems for you, but as I have said on many occasions, you must look and understand—look to the fuller picture of life, before any kind of understanding can take place.

George: Yes, there are certain ingredients that always contribute towards evolution—and ...I've lost my train of thought...

You cannot stop the evolution of your planet. You can alter and change some situations—

George: And freewill, I was going to say **(yes)**, is one of those important contributory factors.

Yes—humankind has the responsibility of taking care, not only of the physical body, but of the physical *planet*. And humankind must take responsibility for any thoughts or actions which have caused any result, which is negative to the evolution of your planet. But you will not stop your planet evolving.

George: Yes, responsibility and the realisation of that responsibility.

Yes, the realisation is the bigger word here—realisation—most important. Do you have any questions about this subject this time? *(Pause)* **I am impressed, my dear friends, just listening to you this evening, how much you grow, how your thoughts are listened to, by each other, and responded to with love and goodwill. It is indeed, heart-warming for us in spirit to sit with a group, whether it be small in number or not—where people sit harmoniously and can listen to one another with love.**

George: It's heart-warming to have those words. Thank you Salumet!

Lilian: Yes! It's a nice feeling.

George: Um—yes—going back to 'responsibility'; we were talking and thinking the other day about germs. There's an advertisement on our television, which advertises a product, which claims—KILLS 99.9% OF ALL KNOWN GERMS—a sweeping statement! But I'm not so sure that we're being sensible or responsible, in viewing germs in that way. Many of the microbes and germs are, of course, beneficial to us, so, perhaps, in some quarters, we're being irresponsible, in looking rather darkly at germs and microbes. Would you have any comment on that, Salumet?

Everything that exists within your world has purpose—those are my first words to you. Mankind has unfortunately decided for himself that he is superior in this Earth planet. I have to say to you: mankind may *think* he is superior, but he shares this planet with *so many*, many other things of great importance. Size or brain-size matters not. As a whole, there has to be balance in your world.

George: I think you're coming round to saying we are all one, and we are all members of the same club.

Yes! When you try to destroy and upset the balance and the equilibrium of your planet, that's when you have problems arise; but as I have said, freewill is an important part of the human being; and let's say to

you, that humankind also gets from his experiences the motivation to learn. So, although mankind is often wrong, sometimes it is the catalyst for new kinds of learning and teaching. You understand?
George: Yes.
But, it is still part of the overall plan of your planet. I hope that is a little more helpful for you.
George: Yes, it is! There're some important principles there which we should observe **(yes)** and I can understand, in certain areas—within hospitals, it's right and proper to eliminate germs, but, by and large, on the planet, they should have our respect.
Yes, there always will be a *pecking order*, as you call it on your planet, of course there is, but when it comes to the annihilation of any one type of person or creature or microbe or whatever, then you need to stop and consider things carefully. It is important that your life has balance in all ways. Yes.
George: Yes—I'm not entirely sure about the situation in hospitals, but, certainly one goes to great lengths to not subject patients who are having medical treatments and surgery, and there is a general feeling that germs should be eliminated in that situation. I *feel* that that has to be—I'm not sure if you would agree.
Yes, in situations, as you mention, there has to be some degree, but we are not speaking about the annihilation of *all* germs, as you call them. Some are essential for your living here on this planet. Whether you agree with that statement or not, *all things are created*. And mankind feels, and I use these words wisely, because he has superior knowledge, that he has the right to decide what should live and what should die. But, yes, in illness, as you speak of it in your hospitals, there has to be cleanliness—that is recognised. But, you see, 'germs', as you call them, are happy to accept, that in some places, they are not needed. We are speaking *now* on a level we have not discussed before. You do not look upon germs as something of any intelligence, but there is a form of intelligence in all things; there *has to be* in anything that is animated.
George: So they deserve to have more of our respect, in the general situation.
In the general sense.
George: And indeed, in the home, I would think?
I would say it is up to each individual to consider for himself how these things are managed.
George: Yes—I recall the gentleman, Albert Schweitzer, who had a hospital in Lambaréné, in Africa. And there were open sewers there, and many germs were around, but he had success, and I think there must have been a natural resistance that built up in that situation.
The situation, my dear friend, comes from within each one. That strength, that resistance, that knowledge, comes from a balance of love and peace, no matter what situation, in what part of the world, whether it be 'hygienic', as you call it, or not; you must look inward to each individual.
George: Yes, it's easy for us to forget that spirit has an involvement in the healing.
Yes, that is what is important. Yes—we could talk non-stop about these many things, but what is important is that everything on this Earth planet is here for a reason. Mankind has an intelligence which has grown with his evolution, but he must be aware that he knows not all the answers to all questions.
George: Yes. The other point you made, about man increasing in knowledge—yes, I feel that should not result in a feeling of 'superiority', but in the feeling of 'humility'.
I like those words—yes, if we are speaking of looking backwards, then I would say mankind needs to recapture a lot of humility. Yes, yes.
George: And the more one knows, the more scope for humility there is, I feel, because one has more and more awareness of 'Creation' and how wonderful it is.
Yes, if you do not feel some form of humility, then you cannot be growing and moving forward. It is natural for anyone who wishes to go forward in spirit, to know and to feel what humility is. If you do not feel humility, then you are not ready—you are not ready for the knowledge that is available to you. And I feel within this room, a level of humility, and gratitude, although gratitude is not what we seek from you. There is a gratitude from each one of you, my dear friends, that is almost overwhelming, and I have to say to you, before I leave this time, that in coming to you, in helping you to seek out and recognise the

great love in your world, it has helped *me* also to grow, and for this, I will always be most grateful and thankful to you all.
George: It's wonderful for us to feel that in some small measure, we've been able to give something back.
For this time, my dear friends, I will leave you. I hope you can feel the love with which I surround you with.
(Agreement + thanks)
George: It can be felt—wonderful.
George's Notes:
Lucretius: Titus Lucretius Carus (99BC – 55BC), great Roman poet and philosopher. His greatest work—The Way Things Are, quoted in The Chronicles of Aerah, p 373-374.
Mankind's responsibility for planet: We of course hear plenty about this on the media. And it is of course ridiculous that we fight against Nature by erasing rainforests, fouling her atmosphere etc.
Germs and microbes: They are indeed a vital part of Creation. Without the constant work of microorganisms mankind would have long ago been submerged in dead bodies and un-decomposed waste! And that is a sobering thought!
Albert Schweitzer (1875 – 1965): Born in Alsace (German-French), he aspired to four doctorates—in philosophy, music, medicine, and theology. One of our planet's most brilliantly gifted, he was awarded the Nobel Peace Prize (1953) for his philosophical work 'Reverence for Life'. His greatest passion was the quest for a universal ethical philosophy that could be made available to all humanity. The main hospital building at Lambaréné was completed in 1926. The cement floors of the wards were sprinkled with fresh ashes each morning to discourage the incursion of ants. If ants got the upper hand, then the ward was flushed with a solution of Lysol—a little crude by modern standards maybe. But of course, the spirit of the establishment was absolutely wonderful and it was a successful hospital, where a variety of conditions were treated.

~8th March 2010~—Memories of a hunter-gatherer.

After a silent sit of 30-minutes, Lilian approached Sarah:
Lilian: Hello, welcome to you.
Good evening to you all.
All: Good evening / welcome.
It has been some time since I came to you and I have waited for an opportunity to bring to you a little more information about the time that I was here on the planet that you now inhabit. The world has changed much, both in a visual aspect and also the spiritual energy—that is much weaker than when I was here.
Paul: Was that the time of the Egyptians?
That was one time that I was here, but I am now talking to you about another time of my visit to the Earth planet, which was before the Egyptian time. This planet was only inhabited by fewer humans, and I would say that the ratio of animals to humans was like—I am trying to say that there were as many animals of one species, as there were humans of one species.
Lilian: So the world would have looked a very different place?
The world is completely different.
George: Yes—I think you are speaking of a time very much in the distant past—perhaps before we had recognisable civilisations.
I would say that mankind was also of a different shape to today's man. In fact I could possibly say that I cannot find much in common with that time of my life.
George: We have a period that we now look back on as our Stone Age, when implements were fashioned in stone.
I am not sure that it was even that time.
Paul: Further back, maybe?

It was a time when mankind was in complete harmony with nature and with the animals that roamed the wilderness. It was a time when all beings were content with what they had.

Lilian: At that time, would you have been aware of other planets and would you have had visitors from other planets at that time?

No, we were not aware of any extra-terrestrial beings, but we were aware of a complete joining-together of all that existed. We were able to live in the knowledge that life was indeed a gift for all, and it was to be respected. We did not hate anybody or anything, but lived in a simple manner, and, although we did indeed kill some animals for food, this was not done in a vicious way or with unkind intent, but simply one that was of necessity for life to continue.

George: Might I ask, did you use fire to cook?

We did not use fire, but we had a system whereby we trapped the heat of the sun on to stones, and we were able to tear the meat into small pieces, which we placed on these stones. In that way, they became slightly dried and hot, but we did not have fire.

Lilian: So was it at a time when the planet was mostly tropical?

It was certainly a time—or a place where I lived that was very hot. And we were most fortunate to have running water. This water was found beneath the ground and we had a small hole that was by the side of a rock. The hole was large enough to bring water up in empty shells and coconut shells—so we were able to have the water, and the rocks around this hole were the rocks that were gathered in such a way that the sun was trapped inside.

George: Did you choose black or dark rocks that absorb the heat of the sun easily?

The rocks themselves were quite dark but I do not remember them being black. They were dark—yes—yes.

Lilian: And did you live in family groups?

They were a large group of people—I would say we were perhaps one hundred. But although we were one group, we each lived slightly apart in what you would today call families, but not quite as you have today—because there were not one particular man and wife, as you would say. The mother would indeed look after her children, but if she had too many young ones there were always others to help look after them.

George: So it was a large extended family system, one might say—

Yes, I would say so. And the large group of perhaps up to one hundred people would gather from time to time at special periods of the year to give thanks, and at this time, others would get to know one another and a new family would begin.

George: Can I ask—was the spirituality at that time simply an inner knowing, or did you have teachers?

No, there were no teachers. It was a knowledge that was handed down—a knowledge that everybody knew in the community. And it was something that we just knew—but we did not have teachers. We did not have teachers for anything. It was all known by example—and as you say, inner knowledge. So I can say, we did not pray, but we were aware that we were part of something much greater.

Lilian: It makes one wonder how many lives we have—lots I imagine. You are taking us back to the time that probably isn't remembered. There must be so many lives that we have to go through—

I have been told that this time on your planet was my first visit from spirit, and I have been back many times. This first visit was one of intense learning. It was one of great happiness to me. It was a time of complete harmony, a time I would say, of the most spiritual of them all—one where life did not present friction or difficulties, but merely the—I don't want to say 'struggle'—although sometimes providing complete—I cannot find the words—but I am trying to say that working-to-live was sometimes hard, but it was a lesson that I needed on that visit to Earth—a short visit I will say, because at that time, nobody lived very long lives.

Lilian: And do you think you will be coming back again?

I think I have had my fill.

(Chuckles)

So I will leave coming back to this planet to my visits to you, if I may—
Lilian: So, to tell us the story of that early life, do you look it up in some sort of record, or do you remember it all your life?
I have asked if I could visit you this time and I said that I wished to bring you some information on life in a previous time, and I have been given this knowledge—this memory, so that I can just relay a few things to you. But I would say, normally I do not have that memory. It is just that I have had some help whilst I have returned to you.
George: Well, it's been very interesting listening to this. In addition to the animals, you had coconuts and probably fruit and vegetables in your diet—
Yes—there were very few vegetables, I would say, as such, but there were many fruits. The vegetables were more on the lines of a few roots from plants, but we did not have vegetables like you have today. There were many berries and as I said, the coconuts, although I would say they were slightly different to today. Perhaps I could say they were a little smaller than today. And we also had a fruit very similar to the banana, but again, it was smaller than the ones you have today and much harder. It was not easy to grow anything, because of the intense heat, so we lived very much on what was available. We were aware that seeds turned into plants, but we were not farmers as such, we were what you would term 'hunter-gatherers'.
(We acknowledged our understanding of the term)
And there were areas of quite dense forestation and within these forests we were able to find food.
George: You say you were a different shape to humans today. Were you smaller and were you dark skinned?
We were indeed quite a bit smaller and yes, the skin was dark, and we were also more bent, I would say. We were not quite so upright as you, and I would say that our arms were perhaps a little longer. But apart from that we were human beings. We did have an intelligence which was quite advanced for that time. Although we had no form of writing, our speech was quite advanced and we were able to make good conversation.
George: And your spirit was strong—
Our spirits were very strong. We were very much able to communicate with all around and when we slaughtered our animals we were able to pacify them before the slaughter *(ah—yes)****. So it was very much a non-violent time.***
George: And did you communicate by speech, and did you sometimes communicate silently by mind connection?
I would say that it was not so much a communication to tell somebody something by mind. But it was one where we could pick up feelings and—yes, some knowledge from others, but we did not use it if we were to tell somebody something. But yes, we were aware of that connection with another.
George: Yes, so you communicated the *feeling* in that way—
I would say, yes—yes and not only with each other—as human beings, but the animals we were able to do it with as well.
George: Yes, and did you have domestic animals—dogs?
No—no. We lived, all of us, very free—very unattached. Although we lived in our little groups, there was no binding 'contract' you could say—you were free to move from any group if you wished to, into another—there was nothing to stop you. And the animals, all of them, were free to roam wherever they wished. Nobody and nothing was fixed—was tied—was made to do anything that was the idea of one other.
Paul: Did you have something equivalent to marriages?
No—we were of course attracted to one or another and those that wished to be together could indeed stay together, but no, we did not have marriages and we did not have chiefs or kings or queens, if you like. We all just moved how we wished to move.
George: Did you paint pictures at all, on rocks?

There was some art form, yes. And this was done with the dye from some plants and sometimes mixed with the blood of the animals; and then we would use the fur from the animals or the bones. Nothing was ever wasted—whatever was killed, everything was used. So it maybe that the bones were used for art—to draw or to paint or they were used in some form of decoration. Sometimes they were used on the body and both the men and the women would pierce some part of the skin and wear some of these bones. So we did try to make the most of everything and tried to make ourselves look as good as we could.

Lilian: So, at that time, were you in contact with spirit as well?

We were aware of spirit—of greater things—of a power—but I think we did not realise exactly what it was (I see)***. It was something we knew was greater than us. We knew it was to be respected, we knew it was helpful to us, but we did not know exactly what it was. It was a power that would lead us, that would help us, that would calm us, that would encourage us; and it was a power to which we gave thanks.***

Paul: Did you have a name?

(Pause)

I do not remember that as such, but I am aware that there may have been a name. But I do not think it was something that was needed—to have a name. It was just what we knew was good.

George: How did you regard the stars in the night sky? Did you think about those at all, or did you just accept as part of the beauty of nature?

The stars were thought of as 'little holes' to let through the spirits of light. It was, as you can imagine, extremely cold at night, and when we looked up and saw that bright sparkle it was as if somebody was telling us: 'Have strength, the warmth will come again'.

(Exclamations of understanding)

Ann: It sounds as if you were cooperating with each other very well. Was it a peaceful time?

It was an extremely peaceful time. Nobody wanted to be greater than another of us *(that's good)* ***and we all worked towards keeping alive and being helpful to one another.***

Paul: Were there different roles for the men and the women?

Not really—only those who had children had less time to do things than the men. But I would say, the man and the woman lived very much with the same roles.

Paul: And the equality of roles?

I would say: yes.

Lilian: A most spiritual time.

Maybe the women would do more berry picking and the men would perhaps do a little more hunting. But we all worked together, nobody rested. We all worked together until everybody was happy. Then it would be time to make food to eat, to eat food, to relax and then start all over again. So it was a time of working to exist (Yes)***. But that was the life! That was what we did.***

George: Did the hunting parties carry spears or sticks?

Yes, they had sticks with sharp ends and sometimes, if we had a large animal, they would be able to use part of the bone to make a sharper end to the stick. The bone was pushed into the end of the stick and made quite a sharp point.

(Pause)

I have been told I must return.

Lilian: Well, you've had a long stay. We are very grateful.

George: Yes, it's been a good session and *most* interesting to hear your words.

(Much agreement)

I have much enjoyed being with you again, and if you will permit me, I would like to join you on another occasion.

(Welcoming responses from all)

I wanted to tell you of another life, but I also have more information on my Egyptian time that I will tell you about again.

George: That we shall look forward to. It's been a lovely evening. Thank you for joining us.

And thank you for having me.

George's Notes:

Location: Homo floresiensis, Indonesian primate, height 3'7'', (100,000-17,000 years ago) – but they had stone implements and used fire. Much further back, Australopiths in East Africa were of very similar stature and did not have stone tools or fire. They were developing to the distinctly more human form Homo habilis, around 5' with bigger brain and more human-like teeth, living 2.4-1.5 million years ago. So it may well be that our visitor experienced early human life as hunter-gatherer in this region—thought to be the cradle of today's further evolved humankind.

~29th March 2010~ SALUMET

As usual, healing thoughts for others were voiced prior to more specific communications:

Lilian: Good evening and welcome to you Salumet.

Good evening.

All: Good evening.

As I join with you this time, again it is noticed how much you give to others. Always, my dear friends, you give out so much when you come together in this room. Those of us in spirit are gladdened each time this takes place. I do not intend to stay with you too long this time, because there is work I wish to do with this instrument. But let me say this to you: when the ego takes second-place to others that is when your spirit grows stronger. Each time you cry out for help for another, you also, my dear friends, are being helped; because the ego is forgotten and allows that spiritual element to come forward. So, not only are you helping others, but you are becoming stronger and more noticeably spiritual. There is a difference between *spirit* and being *spiritual.* To be spiritual upon this Earth, you have to work for it, and that is what we try to encourage each one of you to do. Of course you know your freewill is always to the fore, but that does not stop us trying to influence you in the way of good. But you, my dear friends, need no talk from me about this, because you are naturally becoming much more spiritual in your human outlook. Whether you agree with those words or not I can assure you that this is so. If you have any quick questions this time I will be happy to answer them in the best way that I can.

Lilian: Yes—thank you.

And then we will allow the rest of this evening to those others who stand close, whilst I continue to work quietly with this instrument.

(Short pause)

George: Perhaps I could express a concern for others, in the way so many on the planet at the moment are looking still towards this year 2012 with some feeling of 'doom prospect'. And the latest development of this is the idea that a planet which is sometimes called 'Planet X' and sometimes called 'Planet Nibiru', is rapidly approaching the solar system and will cause havoc. I don't believe this myself for one moment, but it is just part, I am sure, of this 'doom malaise' and I only mention it so that we can talk of it and firmly knock the idea on the head. So I hope you understand Salumet that this will go out to the readers of our emails. And would you care to make comment on that?

I believe I have spoken to you about this before. Let me say only this to you, my dear friend: You can never be responsible for others' thoughts, and unfortunately, as human beings, there does seem to be an element of impending disaster—not only in this day and age, but in time gone by. How often have you heard that 'the end is nigh'?

(A few understanding chuckles)

I believe those are the words used? (Yes indeed!) **Yes, and still you are here with feet firmly on the Earthly Plane—**

George: Yes—the new development is this rogue planet idea **(yes)**, which unfortunately is getting an enormous amount of publicity.
In the same way as you have mass-hysteria, so thoughts travel and people are brought into this way of thinking. Instead of standing back and being rational, they are gathered along in the sea of disaster.
George: Yes, 'being rational' **(yes)**—that is the appropriate expression.
But I will say to you, give out thoughts for those people, to help these negative thoughts to dissipate quietly. And the best that you can do, my dear friends, is *not* to discuss these negative aspects that go around, but always to remain positive, not only for yourselves, but for your planet.
George: Give out positive thoughts **(yes)** for those who—in a way it seems like a kind of depression—
Yes of course, that is what it *looks* like also—that you have this negativity that veils your planet. But, as I have said, it has happened so many times before, and for some time to come there always will be those people who seek disasters. Send out love—that is my only expression to you—*give Love.*
George: Yes, thank you—thank you very much!
Now, my dear friends: continue with this evening. I am close by, but I also have to say to you that last time you met, I believe each one of you had some improvement in your capabilities, shall we say? And each one of you left this room, except perhaps for one dear friend—left this room feeling that something had been achieved.
(Sarah indicated it was probably she because she was very sleepy that evening)
Yes, do not be concerned. But for each one of you, for your own individual development, it was a good evening.
Lilian: Yes, it was a good evening.
Yes. Now my dear friends, as always, I will leave you surrounded by my love, knowing that I am always close by, that I am with you at all times and also, that when we come together once more, that love and strong bond which you all feel, will continue to be there.
(General thanks and farewells)
George's Notes:
Planet X / Nibiru / 2012: We are in receipt of a magazine article concerning this. Consulting the Internet, it declares approximately 322,000 results for a search re this subject. 'Nibiru' is a name that has been borrowed from Babylonian astronomers and it has several possible meanings. Planet X is modern fabrication and December 21st 2012 is a date from the Mayan long count calendar converted to our Gregorian system. It declares the interface between two great time cycles as calculated by Mayan astronomers from movements in the heavens. It was seen by them as a time of change, from one calendar cycle to the next—no more no less.
As Salumet reminds us, there have been many prophets of doom throughout history and all of them have been completely wrong because we are still here. (And since Nostradamus prophecies are stated to continue until the year 3797, none of his statements can be said to indicate the end of Earth—only very bad and careless interpretation of his prophecies!) And there is no need for alarmists to stand on street corners any more with 'The End is nigh' boards, because it's now much easier to flood the Internet with false fantasies loosely linked to ancient cultures. And perhaps the size of the mass-hysteria publicity is now made possible by the new media.
Following Salumet we were joined by Bonniol, (transcribed separated/also freely available) and following Bonniol, a brief 'rescue' of an 11-year-old who had fallen from a skateboard with fatal injury.

~26th April 2010~ SALUMET

Good Evening!
All: Good evening!
As I join with you this time, I feel your unity and love, as always. For this I thank you, my dear friends. I would just like to say to our lady friend here, who helped so much last time with the one who could not

speak. I have to say to you that help had been given previously, and had taken two visits before yours, but you, my dear were able to help. For this, we give you our thank you and our blessings.
Lilian: Thank you, that's very kind and, of course, for Eileen as well.
Also, as we always do, we would like to welcome our visitor this evening, and I must say, the feeling of love within this room is not estranged because of her presence; but in fact, she blends very well into the energy of this room.
Lilian: That's nice. This is her first time, I believe.
Yes. For the purpose of our guest, I will have a short time for any questions you may have.
Lilian: Thank you.
George: Have you a question Kelly that you would like to ask?
Lilian: Maybe you will think of one in a minute.
Kelly: Yes maybe—
It matters not, but we must give our guest the opportunity to ask.
(Thanks)
In this year of your time, my dear friends, you have been aware that I have not been with you quite so much (yes), **but I told you this in the last year of your Earthly lives. This will also happen in this coming year, because as you may be well aware, it is imperative now that each one of you grows spiritually—expands those gifts that you possess, and I am sure, my dear friends, you will agree with me when I say that each one of you is slowly making some progress in this way.**
George: It's nice to hear your words on that Salumet—thank you.
Yes—sometimes I have been aware of just a little disappointment that I am not with you so often.
Lilian: That's true!
But you know, all children are weaned, and basically that is what is happening to you all. That the time is coming that you must stand firm on your own two feet, without the knowledge that I will always be with you to help. So that is the purpose of my withdrawing so often now.
Sarah: I suppose it does give us the opportunity for others to come through **(yes)**, but it's always nice to have your backup Salumet, from time to time.
I am always with you—do not be too concerned about that, but you need to grow, you need to expand, you need to recognise more that first and foremost you are spiritual beings. And, of course, it is important that you take care of the physical being, but, as you know, I wish you to become much more spiritual here on Earth.
George: And, you have spoken with us about the changes that are happening on our planet, and it is nice to be part of that and to see things happening. Something that is happening at the moment—there is a Russian team led by Artem Miheev—they have developed electronic instruments that are capable of communicating with spirit, and I note that they are not the only team, but there are teams in, I think, ten different countries—teams of scientists that are working towards this and communicating with instruments with spirit world. I feel this will have far-reaching implications, and many more people will be convinced of the life in spirit than at present. Would you care to comment on that?
Of course my dear friend! The country that you name as Russia, has indeed been, for a long time, most interested in all aspects of what you call, spirits or phenomenon. It is a well-known fact within your world, that they have, at times, been most secretive about many aspects of development. But I have to tell you that all the major countries in your world now have the ability to communicate. Whether they use this for good purposes is always in question.
Lilian: Yes, I was wondering that.
Yes—as always, human beings abuse what is given to them, but I can state to you that all major countries are aware of this particular phenomenon. Whenever something you term as 'new' happens in your world, we in spirit, smile, because there is nothing new. As I have said, on many occasions, it always has been, but you are re-inventing all of these things.
George: Yes—is it that the scientific pathway to this is new, or is that something 'old' as well?

No—that is not new, it is just that you are listening more to what we give, whereas in time gone by, most of our influence was rejected, as nonsense or imagination or many different things. The scientific community has always been difficult to infiltrate, but now it is different. You will find throughout your world my dear friends that man is much more open to what is not understood fully. Mankind has reached a point where he is open to all, and, in doing so, that knowledge will grow and expand throughout your world. I have told you on previous occasions, it cannot be rushed, but this time we in spirit, are prepared to work hard in order that mankind fully understands what has happened and gone wrong in past times. You understand?

George: Yes—perhaps it would be true to say that scientists are at long last becoming more open?

Yes—yes they are. It is almost like they listen or are impressed with new ears and new eyes; and of course what also is happening in your world is that *people*—I believe you would say '*People Power*' (Yes!)**—'*People Power*' is instilling into these scientists that they will not now just accept anything that is told to them.**

Sarah: You have also told us in the past that we would also learn a lot from the sea, and I have heard recently—I can't remember exactly what the details were, but from the fishes and some of the animals in the sea, they're beginning to find new ways of treating humans **(yes)**, from the way the fishes are. Whenever I hear something like that, I always remember your words.

When first I came to you, I said to all of you, only accept my words if you find them acceptable, but I also said that whatever I told you would be verified in some way throughout your world.

George: You did, indeed!

And I think what is difficult for you as human beings, is the timescale. When I said it will be verified in other places , at other times, you, I feel, were not fully aware, that this timescale could mean years; but *now* you understand and, I feel, you are coming and realising that my words are 'Truth' and that they come to fruition.

George: Yes, I don't think there's any question about that, Salumet **(yes)**, we accept your words as 'Truth' entirely.

But I did not want you just to accept my words blindly; as most people do with their holy books. I did not want that for you, my dear friends, I wanted you to have your own minds to accept as you will.

Lilian: It was nice to get the confirmations of what you said **(yes)**.

George: Yes, I was only reading today about—well he wasn't much more than a child, who was learning the Koran by heart, so that he could recite it; and I thought—well, this is not developing the mind in any way.

But, even within the strictest of your Earthly religions, there are always those who doubt or wonder and question. That is all we can ask of human beings—that you question and you accept for yourselves what you know—not to be led, as your animals are led, but to be free to read, to listen, to see, and to understand. That is all we ask of anyone.

Sarah: With your words, Salumet, as far as I'm concerned, sometimes I might have asked questions because I don't fully understand, but I have to say I've never doubted anything you've said, and that's the first time, I think I've had that with anybody that I've never doubted something said. So obviously, for me, your words are right.

And I have always welcomed your questions, my dear friend, because it shows to us in spirit that you are thinking for yourself—you wish to have clarity and that you are moving forward. So never be afraid to question, never be afraid to ask questions. You know in spirit, we are not easily insulted—*(Chuckle)* **yes.**

George: Could I ask a question about Craniosacral therapy, which is the method of healing that Kelly is experienced at. In our times, it's a relatively new method of healing, and, typically, it was frowned upon by orthodox science at first, but much development has happened since, and scientists have, I think, demonstrated now this method of healing does, in fact, work, and would you care to comment on that?

Always, my dear friend, there has been doubts about many of what you call 'different medicines'. Firstly, let me say this to you—that these types of healing have always been known. Nothing is new, but it is only since mankind has begun the use of chemical treatments that these other healings have been

pushed away, as being sometimes called 'nonsense', but that comes from ignorance of people. All of these treatments that are available take intuition and insight. I would wish to say to you, no matter the title of the healing, if it works for the *people*, how can that be bad? And again, I hear you use your word 'scientist'. Oh how often they come into the conversations that we have. It is their lack of knowledge which holds them back. Let me say this to you: The human structure even now, is not completely and fully understood, but as in all things, people are being influenced from spirit to use these healings for good. There are too many to name, and again, I would say to anyone, use your own intuition and you will find your pathway to the treatments that are suitable for you at that moment in time. Also, let me say, although the physical body is healed, it comes from spirit, no matter what treatment, what healing, whatever—all healing comes from spirit.

George: Yes, with some of these healing practices, it's more *obvious* it comes from spirit, than others—

Than others—yes, but although the practitioner may not be fully aware, they are being influenced.

George: Yes, I think it's fairly obviously from spirit, in the case of the cranio-sacral therapy **(yes)** and the kinesiology that we have also spoken about.

Yes. I know you have said this is a new treatment—let me tell you, my dear friends, that the ancient Egyptians used this method of healing—that is a little known fact.

George: Well, that's nice to know!

So, all of your 'new' treatments are not new.

Lilian: And even the medical treatments?

Medicine, as you know it today is fairly new, because of the chemical construction of what they give you. I am speaking of natural remedies.

Lilian: But, sometimes their so-called cures can be pretty horrific on the body.

Yes indeed—yes, that is true. That is why, humankind, at this moment in time in your world, are turning to these other therapies, other treatments, because people realise that the body does not need all of these harsh chemicals. That is why, these therapies, 'new therapies', as you call them, are coming to the fore.

George: Yes, unfortunately, we have this scientific bias **(yes)**, which is most prevalent today and I would say goes too far **(yes).**

Sarah: Is this treatment that Kelly and Paul are using—you said the ancient Egyptians used it **(yes)**—has it continued to be used all that time, or has spirit influenced modern man to re-ignite it?

Spirit has always influenced. Even throughout the darker days of humankind, spirit has always been by your side, but mankind has gone through many stages, I must say, of self-destruction, and many of these beautiful therapies have been lost. I am always intrigued by the word 'therapy'. To me, all of these 'healings'—because that is what they are—it is a healing of the physical frame. But, as I have said, on many, many occasions, that the spirit has to be touched first, before the physical body will re-align itself. You understand?

Sarah: Yes.

George: Might I ask if this healing principle was developed by spirit and the Earthly-ancient-Egyptians, or did the visitors from elsewhere help in the development?

No visitor was responsible. You must remember the ancient Egyptians at that time were much into oils and bathing and all kinds of healing properties. It was just their knowledge, all of which they lost, as did many communities in your world at different times of your history—but they have always been available, even to your early cavemen! They knew the benefits of healing the physical body. They had their own ways of treating things and so it has always continued.

George: Yes—when you said 'it has always been available'—it is always there in spirit—

The influence—yes

George:—or perhaps the Akashic Records, as we say sometimes **(yes)** and it can be tapped from there—is that your meaning?

Yes, that is always a possibility. Yes, all knowledge has always been available to mankind. You must remember that nothing has been withheld from man. It is mankind himself, who has *lost himself*, if I may say.
George: Yes, it's available by 'going within' **(yes)** and by opening oneself to that knowledge—
Yes, you must go inwards to seek knowledge—it is imperative. Again, I constantly repeat myself: You must sit in quiet times, you must allow yourself to meet all that is around and about you—to know yourselves and to listen in that quietness.
Lilian: Have you thought of a question, Kelly?
Kelly: I did have a question on relationships and whether it is good to have a relationship, or whether it's best to focus on the spiritual path if it's a distraction.
Well, I would say to you, my dear friend, as all the others within this room know, that your freewill is the most important part of your human life. Whether you choose to deny yourself of relationships, or to seek another pathway, we cannot live that life for you—you have to choose. You cannot say, is this path better than that path? It is entirely up to you, my dear friend, to choose your life pathway. You can be influenced, you can be guided, but ultimately it is your choice. So many people are able to encompass both—to join two pathways and tread one, but again that is up to each and every individual. I do not say your pathways are always easy, but you ultimately know what is right for *you*. Each and every one of you knows from within, what is the right thing to do. I hope that has helped you a little.
Kelly: Thank you.
Sarah: Paul, were you going to say something?
Paul: I just wanted to ask how Salumet would describe that point, where the spirit is touched.
When the spirit is touched, all healings take place. Remember my friend that you will never be able to use your Earthly word 'cure' people, because some conditions are 'meant to be'. It is part of peoples' pathways to have certain conditions, but when the spirit is touched, then the best of health for that person will be attained.
Paul: It's like a sort of 'magic moment'?
Almost like a light comes within the human being, and they know which pathway to follow. Like we were speaking of treatments, they will be guided and helped to the right people at the right time.
Paul: So it's almost like a little enlightenment suddenly occurs.
Yes, perhaps that might be a good word to use for understanding. Yes, the spirit is touched—enlightenment takes place. I am sure each one of you in this room knows of someone who is *never* better, no matter what is happening, or whoever they see, and that is because the spirit is not ready. I am sure you are aware of someone like that.
Sarah: Conversely, you saying about getting 'light', I think it's been the right time for Emily to meet Paul, and Paul has helped her. In fact, Emily said she did see a ball of light'—
(Turning to Emily)
—that came into you, didn't you?
Emily: Yes.
Sarah: So, physically, I think you can perhaps be aware of it, as well as spiritually.
Yes—and also, she came into this room, and has stayed. There are many—there is never just one situation. There are usually many, and sometimes it can even take years of your time, but it is open to everyone to live the best way that they can. Some are drawn to the healing therapies, others are drawn to helping people or animals, or go to other areas to help. Each one of you has a pathway in life.
Paul: And it's more about Emily and the individual, opening and being open to these things around them.
But she needed the catalysts—of being here, being helped to relax a little more, having the therapies you have given her—all of these things are a combination, a culmination of different things—yes. And she now, because the spirit has been touched, she is becoming well. I might say she is a good example—yes. Also, I think the one that you know as Graham, is another very good example. When the spirit is confronted, good things happen.

Sarah: Yes, you have said in the past, you need trouble, sometimes, to help you grow, because otherwise, you don't learn anything.
Yes, some people do need to have those different experiences—not everyone—but yes, to recognise good times, sometimes it is necessary for the not so good to happen.
Sarah: You mentioned about animals, and I was thinking a little while ago—you may have touched on this before—but you have told us that we have illnesses because *dis-ease* causes disease; when animals get ill, have they also done something that they shouldn't have done?
Yes, the laws of life have been broken at some point. It is a slightly different energy, but the 'rules' I will call them—that is not quite correct—but I will call them that for your ease of understanding. Something has happened to create that illness within the animal—yes. Remember that 'cause and effect' is rife in all stages of human life.
Sarah: So, also, with the animals, maybe not in this lifetime, but in a previous lifetime?
Yes, you cannot always make judgement.
Sarah: Could you give me an example—I can understand where humans go wrong—could you give me an example of what an animal might do wrong?
An animal may kill its young, and too often we hear humans say, 'that is their natural way'. That is *not* their natural way. Too often, if they hunt for food—the big animals—that *is* their natural way—to survive. But, if you have, for example, what shall we say, a domestic animal that turns upon its young—that is not natural. No matter how many times you hear that said, it is *not* a natural occurrence.
Sarah: That's interesting. Thank you!
I hope that helps you.
(Affirmed)
And, now I feel, my dear friends, it is time for me to leave you—allow some others if they wish to come, or whatever takes place. I leave you always cloaked with my love.
George: It's been an interesting session, Salumet, and we're much rewarded, by your presence. Thank you!
Thank you my friend, I hope you can take something from this evening.
Sarah: Yes, I am sure we can. Thank you!
(General thanks)
George's Notes:
Russian Association for Instrumental Transcommunication (RAIT):
Professor Artem Miheev leads the RAIT project with successful results that have been replayed on St Petersburg radio. He and no doubt many others are now convinced that the 'other world' really exists. There is considerable historic record preceding this more recent work:
1949: Marcello Bacci began studying the background sound in radio frequency broadcasts.
1959: Friedrich Jürgenson whilst recording birdsongs, found that he also had messages from close relatives on the tapes—his mother, father and deceased wife.
1964: Dr Konstantins Raudive, Latvian scientist and practicing Roman Catholic, studied parapsychology, was a student of Carl Jung, taught at the Swedish university of Uppsala—read Jürgenson's book Voices from Space and was impressed. They met and they collaborated.
1971: Raudive published Breakthrough on electronic voice phenomena (EVP). His recorded voices were in German, Latvian and French. A woman's voice saying: Va dormir Margarete (Go to sleep Margaret) had particularly impressed him, since it connected with a dear one, Margarete Petrautzki, who had recently died. Raudive spent the last ten years of his life exploring EVP and recorded more than 100,000 tapes. Four-hundred people were involved and heard the voices. EVPs typically use several languages, speak rapidly and seem to have a fixed rhythmic mode.
1970s: Ernst Senkowski introduced the term Instrumental Trans-Communication (ITC) for spirit communication through any electronic device.
1982: Sarah Estep founded the American Association of EVP and made many recordings. EVPs broadly fall into three classes—microphone / radio / special devices.

Perhaps EVPs are less 'natural' than the voices via mediums. In the latter time-honoured process, brain downloads the thought or the thought-behind-the-words and human emotion and voice character are frequently involved in what is said; hence, EVPs are bound to be more mechanical or not at normal human speech speed. These aspects have not so far been discussed with our teacher.

Craniosacral Therapy (CST):

A brief note on origin of CST was mentioned last time. Further to that— Salumet states: If it works for the people, how can that be bad? How indeed! Kelly and Paul have both attended courses in Thailand, and it is our experience that the treatment is successful (Excepting those situations, of course, that are meant to be).

1975-1983: John E Upledger and Ernest W Retzlaff set up a team at Michigan State University to study observed pulse and Sutherland's theory of cranial bone movement and cranial rhythm. They published results that they interpreted as supporting. Upledger generated the term cranioSacral therapy based on corresponding movements of cranium and sacrum.

CST is generally carried out fully clothed in supine position and treatment time is around one hour. It is based on a 10-point protocol which includes sensing, rhythm-analysis and addressing cranial bones, with discretionary variations to suit clients.

Despite these tests and findings, there has been considerable doubting and criticism from professional bodies and the suggested complication of a required insurance cover. This would seem completely unnecessary and senseless for a spiritually connected laying-on-of-hands procedure that involves no chemical treatment. And, as stated, it is both our group experience as well as Salumet's testament that when the spirit is touched, the treatment works!

~10th May 2010~ SALUMET

Firstly, our teacher friend Jane spoke, via Emily again, giving Emily further practice to develop as a young medium, before Salumet began:

Lilian: Welcome to you Salumet. Lovely to have you with us again!

Good evening!

All: Good evening.

Firstly, let us welcome our visitor this time. *(Alan)*

Lilian: Yes, I'm sure he's thrilled that you've come through again.

I do not intend to stay too long this time, but I wanted our young instrument to take advantage of the energy within the room. It helps.

Emily: Thank you!

As I join with you this time, I feel your energies are a little depleted, but do not be concerned. As always, we will help to uplift and make you feel stronger, before you leave the room this time.

(Thanks expressed)

I have to say to you that each one of you, including our gentleman friend—you all are seekers of 'Truth', but so often we hear from you: what is Truth? What *is* Truth?—it is not an easy question to answer, because I am sure you are aware, my dear friends, that one man's truth, may not be suitable for another. I have for you something which has been said to us here in spirit, on many occasions, when the subject of truth has arisen. Some lady once said, 'I know what truth is!', and as always, spirit stepped back and allowed her to take the forefront of the meeting, in order to explain what truth was. I am still amused by her reply. She said: if you take the letters of Truth, does it mean: 'Take The Road Up To Heaven? 'And we, in our world were amused that she had taken such time to figure out in her own way the meaning of Truth. I can tell you, my dear friends, perhaps truth *is* the roadway to heaven, but I say to you Truth is deep within yourselves—Truth is already known. What you have to find for yourself is the element of Truth with which you are satisfied. That is *your* truth, but, as you know, I have taught you, my dear friends, that *Truth has always been*. Truth will never be destroyed, no matter how many people deny the existence of the Truth. But as you, as human beings, become more thinking and reasoning with

yourselves, you begin to understand, it is not just *words*, but it is *feeling*, it is *sensitivity of life*—it is many things. So, my dear friends, I am saying to you all: please consider this time, before we meet again what you feel your own *Truth* is in this lifetime. I am sure you will be quite amazed by what you feel and what you recognise. So let us say, this is an exercise for you all—to think carefully about what is Truth—and with those words, I will take my leave of you, and allow your evening to continue. As always, my dear friends, I leave you with much love.

George: Thank you, Salumet. I'm sure we shall all think about *truth*—and our perception of it.

It is your perception—that is the important point—yes.

Lilian: Accepting that other people are different—

Well, we will take time, my dear friend, to discuss and consider each of your revelations and we shall see just how closely in unity you are—or not—but we shall see. Now let your evening continue.

Sarah: Thank you for coming.

There then followed communications via Sarah and Eileen relaying personal messages for the sitters.

~14th June 2010~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

It pleases me greatly to join with you once again.

Sarah: It pleases us that you have come, Salumet.

(Wholehearted agreement!)

I am not unaware of your expectations. I will speak with you this time, only briefly. Once more, my dear friends, we extend our thanks to you all for your love and your healing thoughts for others. It makes our task so much easier when we have people who know how to give out prayer in the proper manner. All too often, words are spoken without thought and feeling; so it is most helpful to us in spirit that these healing thoughts be directed in the proper manner. I wish to say to you this time, my dear friends, that each one who sits within this room, in this your coming year, will become much more aware of the single entity, who is willing to help you develop. It is your task, my dear friends, to open up your hearts and to recognise those who come close to you, as I can assure you, they intend to do so.

(Thanks expressed)

These helpers have chosen each one, in order that they can help you in your stage of development. It may be that you each feel something quite different from another; but no matter, that step forward is for you, as individuals. I feel, my dear friends, that for you, this indeed will be a *big* step forward in your awareness and knowledge of spirit, but it is a two-way co-operation. You must not, in any way, close yourselves off from the influence which is round and about you. And with those few words, I hope, my dear friends, our joining together this time has been fruitful for you, in having a little advanced knowledge to help each one on their way.

Sarah: Could I just ask if this spirit that's going to help us, is this a new one, and not one of the ones who has been around us before?

These will be new to you—new to your consciousness, but of course, they know of you (Yes)**. They know you, but as far as your awareness goes, they will be new to you.**

Sarah: Thank you very much!

Lilian: So could it be a family member that we've known?

It may well be.

Lilian: I see—

I will not tell you—otherwise we lose the purpose.

Lilian: —but it could be?

It could well be! Yes.

Lilian: Thank you!

But, please, try to be open to them.

Sarah: Thank you. We're always glad of help.

It will not only be within the confines of this room. The awareness will, hopefully, expand to all times of your existence—to all time of your day. But of course, that does not mean you have to be open 24 hours per day—but that you will, perhaps find little synchronicities at times—that will be your influence from spirit. Just become aware of all of these things.

George: Yes, that's lovely information to have. Thank you very much! **(Yes)**. And I imagine you will wish us to speak on the subject of 'Truth' next time?

Yes, if you do not mind, we will leave it until next time. There is a reason for that which will be made known to you.

All: Thank you.

Salumet's communication was followed by a very nicely spoken lady from Victorian times via Eileen. She endeavoured to 'show' herself and Sarah was able to describe some features. She spoke of studying butterflies and garden flowers and kept a diary. We chatted—a country-dweller who described herself as reserved and who sadly died of consumption in her 27th year. It finally emerged that she in fact had a message for Emily—it had taken a little time to recall the message: an encouragement for Emily to develop her artistic skills.

Another followed via Emily (still developing as a medium) and this was to aid her development. This one, it seems, has the job of visiting various groups to help in this way.

George's Notes:

FACTS EMERGING FROM THE BONNIOL ET-CONVERSATIONS / Book: The Chronicles of Aerah:

Significant facts concerning space, ET-communication and planetary ways have come from or have been confirmed by the Bonniol conversations. Many revelations were, and still are, considered to be of such magnitude as to justify presentation in their full ET-conversational context—hence the book's format—a Star Trek style but strictly NON-fiction adventure that reveals TRUTH OF EXISTENCE. And the reader can see exactly how everything came about. But there are some we know, who would nevertheless welcome a concise list of the main items of scientific or philosophical interest that have arisen. The following list, we consider, to be such factors worthy of note:

1. *Mind / spirit / consciousness are external to space-time, so that mind-link conversations are instantaneous (as with telepathy, prayer etc.).*
2. *Within space-time nothing travels faster than light speed—'C'. Spirit is a domain that has no space, and so minds, wherever located in the physical universe, can simply link.*
3. *Mind-link can operate at any physical distance, even beyond the observable universe. Physical distance is irrelevant.*
4. *Brain can download thought or the-thought-behind-words to its known language, so that translation is taken care of in conversations and is entirely automatic.*
5. *Crop circles are attempted communication from UFOs in our space sector.*
6. *UFOs can travel faster when in dematerialised format.*
7. *'Traversable wormholes' are quite numerous in space and they periodically switch direction. By inference, they are a balancing mechanism between regions of space that convey an (undefined) flux or energy.*
8. *Physical spacecraft travelling wormholes will travel at huge speed. It is inferred that they would not exceed 'C' locally but would appear to greatly exceed 'C' relative to the wormhole exterior.*
9. *Meditational mind-link is a favoured method of communicating used by other physical beings inhabiting this universe. It obviates both language and physical travel difficulties.*
10. *'Materialisations' are possible using developed mind power, to the extent that light industry can be superseded; also houses can be group-mind created / erected.*
11. *'Teleportation' of objects between planets is a real possibility but yet to be demonstrated.*
12. *A pyramid-shaped building with one pair of sides aligned to planetary rotation contains energies that can be utilised in a number of very useful ways.*

13. *The element 'carbon' is a vital regenerative element and is common to all planets in the universe that have life.*
14. *Earth has been visited by extra-terrestrials at various times in our past and there is much evidence of their visits.*
15. *There are many forms of energy that could be utilised by a civilisation, including an interesting one, part of which is evident as 'plant aura'.*
16. *Following sufficient mind / spirit development it is possible to communicate with babes before birth and with relatives long after death.*
17. *Reincarnation and the existence of planetary spirit realms appear to be a general pattern throughout the universe.*
18. *Spirit interacts with the space-time creation—as spirituality increases, the matter-density of a planet decreases. This means that, in the lengthy passage of time, everyone and everything becomes lighter.*
19. *There are higher beings—angels, guides and teachers that help other planetary cultures in their way forward, similar to the situation here on Earth.*
20. *Continuation of advances in science / technology MUST go hand-in-hand with mind / spirit development, or be short-lived. It follows that the vast majority of other cultures having wonderfully advanced technologies, know 'love' and are not to be feared.*
21. *There is a universal spirituality known and understood by advanced cultures throughout the cosmos that is beyond any individual religion. It is inferred that a multiplicity of religions are at best 'stepping stones' towards this (otherwise there would be only one).*
22. *All planetary cultures of our knowledge recognise the one Creative Principle, known to many here on Earth as 'God'.*

But to grasp the full adventure and to know that we all share our place in it, turn the pages of the book—and remember—the adventure goes on with Bonniol's continuing visits, all to be posted in due process. This document has been uploaded to the website: www.salumetandfriends.org . And of course, the book also accounts much, much more, not least Salumet commentaries, cultural details of Aerans and others, clairvoyant scenes and Earthy scientific / cultural comparisons.

~21st June 2010~SALUMET

Lilian: Welcome Salumet.
Good Evening!
All: Good evening.
As we join together this time, let us give a warm welcome to the one known to you as 'Natalie'.
Lilian: Yes, it's lovely to have the younger people here.
Yes. I would say to her—what is your question?
George: Do you have a question, Natalie?
Natalie: I can't think of anything at the moment.
Paul: Maybe it will come (Yes).
Yes, she has a question, but we will leave it for now. But although she has not been included in past weeks, we would like her to participate in our topic this evening—and that, my dear friends is: what is your Truth? You remember last time I said we would speak about it? (Yes)**. Yes, I delayed it from last time, because some of you have had much deeper thinking this week, but, my dear friends, it may sound like a simple question, but, I am sure, each one of you has found it to be not so easy** (yes)**. Yes—therefore, my dear friends, let me say to you, let each one of you speak, whilst the others listen, and then when each one has finished, you may converse among yourselves to see what similarities or how different your own truths may be. Are you happy to do this?**
(Affirmed)
I will not interrupt whilst you are speaking.

George: Perhaps we could begin with an email from Jette, from Denmark **(Yes)**—who has sat with this group **(Yes)** on occasions and perhaps I could read what she says.
A small shielded torch/flashlight is used on these occasions
George: Jette receives our transcripts and thanks us for sending them. She says: "As always, I feel just as near as when I sat with you. On the question—what is truth?—I would like to give my sacred wisdom taught by Jeshua Ben Joseph, my friend and teacher. I have adopted his words of wisdom: *"The truth is true always—there is only LOVE—lots of it".*
I thank her for those words. Yes, truth is that all-encompassing love, which you are all aware of; but what I am more interested in is the individual interpretation of your own truth.
Lilian: So we'll talk amongst ourselves. I know Sarah and I had the same ideas, didn't we Sarah?
Sarah: Well I can say what I felt was it was the inner knowing, reaching out to what we instinctively know is right and wrong—in that sense, that's a truth—it's searching for—you've told us we'll never actually get as far as the Great Creator, but everything that has been created—anyway I just feel that it's what's inside you—the inner thing. I can't get anything like as good an interpretation of truth as the other person you mentioned—The-Road-Up-To-Heaven. All I could come up with was—Thought-Races-Upwards-Towards-Home. So your thoughts, which you say are the most powerful thing we have, are searching for the truth which is in *spirit*, which is *home*. That's as near as I can get.
Lilian: But on a daily basis, it's listening to yourself and knowing right from wrong—yes, I think its inside—it's part of us—the truth is part of us
Sarah: I think it comes out in you, as well. It makes the person. The truth is not just what's inside you—it sort of seeps out into your whole being. So that when you meet somebody, you feel something about that person, because it's that inner something that's glowing out—or not glowing out of you!
Lilian: What about you Paul?
Paul: Yes, I thought that was a very good description. I was also thinking along those lines of the inner knowing. When you *hear* truth, you feel it inside, and, also, when you *speak* the truth, its coming from—you could say, your centre or your heart—the gentle heart area—or you could say your 'core '. I think we've talked before about the spontaneous thought—the first thought being the *true* one, coming from your spirit, rather than the secondary things, which are often from the mind. They're not from the heart—that inner central part of you.
Sarah: When you say the mind—do you mean the mind or the brain?
Paul: Oh yeah, the logic side—the reason side. That's okay, but that's not 'truth' for me. Truth is much more coming from what you know—not theoretical, not deducing or anything, it's from all your spiritual knowledge and experience.
Lilian: So it would be different for everyone, wouldn't it?
Ann: It is different for everyone, isn't it?
Paul: Yes, it'll be different, but I think there's something that's shared as well.
Sarah: The *core truth* is the same for everybody.
Paul: So if someone speaks the truth in this room, we'll probably all feel it.
Lilian: What about you Ann?
Ann: Yes, I think I went along a slightly different tack. I felt there is an inner knowing—as I've been reading the transcripts over the years and I came to know within me that what Salumet what saying was true. I feel truth is about your belief and values and, for me that is—I AM—always have been—and always will be, and that I am one with all Creation and what I think, do or say about or to another, is as about or to myself. This seems to me my truth—not necessarily anyone else's. For me 'Do as you would be done by' is important, though I often don't practise it, and also, 'there but for the grace of God go I'.
Lilian: George?
George: I've tried to reason from a slightly different direction—beginning with: truth is *that which is*—but *that which is* requires careful definition. *That which is*, is the physical space-time creation, and the spirit creation that has form, and the spirit creation without form—all is in total 'an expression of the Creative

Principle'—so in a sense, one might say that truth *is* the Creative Principle—and that embraces 'love'. And it came to me quite recently—well this last week, and, in a synchronistic way. I was looking at the pages of a book and it referred to the ancient manuscript known as the Bhagavad Gita, and, in slightly different words it stated precisely this—that 'truth is the Supreme Godhead', and of course, the Creative Principle permeates all; so that, I would say, is 'truth'.
Lilian: But it must change with each lifetime as well—
George: Yes! I meant to say as well that we are all part of the physical and spiritual creation, and we are evolving with the entire system, as we are each evolving along different pathways, and to different extents, our perceptions of that truth will differ from one to another.
Lilian: We know there can only be one truth, but I was thinking if the Christians follow Jesus—that's their truth and the other religions as well, so it must change as we go through the lives. There is only one truth.
Sarah: Yes—and all religions really are based on the Great Creative Force or love, so it's all the same.
Lilian: How about you Natalie? Have you had any thoughts?
Natalie: It's that feeling inside when you know what the truth is—conscious truth.
Lilian: But even then we get it wrong.
Ann: Yes, it changes too, doesn't it? Our truth now may not be what it was thirty years ago.
Paul: It grows, maybe.
Sarah: I feel truth is the same. Truth is always truth, regardless of what happens—how we develop or not develop—truth is a sort of static thing.
Lilian: It's what we are searching for maybe.
Sarah: And what *is*.
Paul: Nothing is 'static' exactly. I would say, everything is evolving (Yes). The core of it is the same and yet, it's also expanding.
Sarah: I think 'static' was the wrong word. What I meant was it's unchanging and yet your perception changes, but the actual truth is always going to be much the same. It is just your interpretation of it—
George: I think the central truth can also be approached from different directions. We, for example, know 'spirit' that has always been, and perhaps the closest part of creation to spirit is what we describe as 'the void.' But today's scientists—some of today's scientists—are, through their theorising, describing what they name to be the 'quantum vacuum', and they ascribe properties to this—timeless and without space, and I rather think they are describing 'spirit', or what we would call 'the void'. So that is coming from quite a different direction. I think they too are homing in on truth.
Paul: Is there a distinction between truth and love?
Ann: Probably not.
George: Well, I would say we've all, I think, mentioned the connection to creation and the creation has been created in love, so there has to be a close association, I feel. One might say the creation has more shape to it than pure love, which, I feel, is of a more abstract sense. It is easier to describe the creation than to describe a formless love. I'm not sure if I am phrasing that properly.
Sarah: Salumet has always said everything is always done in truth and love, so perhaps there is a slight difference there, but, perhaps they just go hand-in-hand.
Ann: Yes you can't have one without the other.
Paul: Yes, I feel they are part of the same ball. They are the same—energy—
I feel now is the time to join with your conversation.
George: Thank you.
The diversity of your words are most interesting. You see the connections and the differences between you. I am sure you will agree. I will say only this to you, my dear friends. You have spoken much on truth, you have each given what you feel to be truth. I will say to you: 'cosmic truth' cannot be transmuted in any way, and yes, you are right—truth is love, but the purest form of love, which you each, as individuals, have not encountered. Love is subject to many emotions when you speak as individuals, but 'cosmic love' cannot be changed. It is the very 'being of existence'. As the gentleman,

here, by me, has said—it is a word, love is only a word used to describe the indescribable. When we speak of truth—yes, it changes with each individual life and your perceptions of it, as someone here has mentioned, but what is your own individual truth in this lifetime? It is your very being, your heart, your soul, and, someone too has mentioned instinctive feelings. All of these things play a part in individual truth, and I feel, my dear friends, that you have captured, between you what truth truly is; but what I would have liked to hear is a little more of your own personal truths in this lifetime. Each of you has touched upon it briefly. One's own truth may not be another's truth. You are correct in that assumption. That is why, on this Earth plane, there are so many disagreements among mankind, because man cannot agree with what another feels and thinks to be truth. I'm sure you would agree.

All: Yes!

Sarah: So if that is the case, and is always going to be the case that we have our different truths—you've said there will be a time when, with love, we will all get on alright together, but it's going to take a very long time **(Yes)**. They're not going to agree, but they have got to agree on the differences. But then mankind will never truly agree, surely, if we are going to have our own different truths?

Whilst mankind is clothed in physical garb, there will be difficulties, but never doubt, my dear friend, that we in spirit work tirelessly for the knowledge of the cosmic truth to be given to each one—not 'individual truth' but 'cosmic truth', and that will take much time. But as the gentleman has already said, your scientists are now beginning to find that all that has been believed to be true is changing, and that is as it should be. That is because of the influence from our world. But Truth is Love in the purest sense; Truth can never be changed, because *Truth is existence*—purity of existence—Creation and all that it encompasses.

George: And where we have the many disagreements in the world, I think it is part of our growing up **(yes)** to *recognise* that this will be so, and to no longer go to war over silly differences, but to simply recognise that there *are* differences and this is as it should be—

Yes. Each individual, as the gentleman said earlier, you need to find that 'core being' to truly understand yourselves, first and foremost, and then to look outwards and to extend that love from within. That is the way forward to recognising truth. It must first come from within. Have you any questions?

George: I was just thinking about politicians, and sometimes they speak as if it is all on the surface, but sometimes there is one who speaks and one *feels* that what he is saying has come from within. Does that make sense?

Of course, you are as human beings different from one another. That has been your choice, my dear friend—that you come to be cloaked in this physical overcoat with all of its restrictions, in order that you may learn a little more; that that spiritual aspect of you can come to the fore, to recognise and then to give forth the knowledge from within. You understand? (Yes) **And that my dear friends, is the basis of your own 'individual truths' in any lifetime. That is what you are trying to achieve.**

Sarah: I was just thinking, in this country, we're very free to have our thoughts and, obviously, in private, you can think what you like, because nobody will know what you are thinking—

Ah! But we do!

Sarah: Ah, you do! But I was thinking, in countries where people are very oppressed or even brainwashed—the *humans* wouldn't know what you were thinking. Also, it must be very difficult—I know they choose their lives, but still it must be very difficult if you've been brainwashed. I was thinking of the Japanese—I was reading about 'The rape of Nanking' and they were saying the Japanese were treated badly by their superiors, and each superior treated the person under them badly. When you've had a lifetime of being treated badly and perhaps not having chance to think well—it's a lot harder for those people to let their own truth come out, because, I suppose fear plays a part in it as well.

Yes, we do not deny the difficulties and the troubles of your world, but remember, each one of you, as spirit, has a responsibility for your own thought. No matter what happens to you in this one life, I am sure, each and every one of you must be aware of those individuals who would seem to rise above all the terrors that exist in your world and their light shines forth. That should be the aim, no matter what

circumstance you find yourself in; you must keep that light shining brightly. No one says it is easy, and we do understand the fears, and the terrors and the injustices of your world; but man has created these things for himself. But the light within, as you go through this lifetime, or any other lifetime, needs to be nurtured, needs to be made strong, so that link with your own soul outshines all injustice.
Sarah: We're lucky—we've had your teaching. There are many others who are not as fortunate as us.
But they are never alone (No), **but because of situations, they cannot find themselves. That is the sadness.**
Sarah: And also, if they're brought up to believe that there is no other life than this life that makes it doubly hard for them? **(Yes)**.
George: Could I just say that this has been a wonderful exercise! We have tended to think at personal levels—those personal levels within the great complex of Creation **(Yes)**—it's helped me to realise just how complex and how wonderful **(yes)** the whole system is—with the different parts, the space-time creation, the spirit part with form, the basic formless spirit, and the lines of communication and feedback between all these parts **(yes)**, and it's an incredible recipe for an ever-on-going-evolution, and I feel I've become more aware of this as a result of this 'thinking exercise'. Thank you, Salumet!
I thank you, dear friend. What I wish to say to you now, before I take my leave, is this, my dear friends: That remember, no matter what your lifestyles, no matter what your thoughts, your feelings—however you may describe yourselves—that deep within, my friends, you are sparks of pure love. Keep this in mind and always you will be guided on the right pathway, not only in this lifetime, but when you return home, that knowledge of who and what you are, can re-join that purity of spirit. And with those words, my dear friends, I will leave you as ever, cloaked in the love of spirit, and know that I am with you always.
(General quietly spoken appreciations)
George's Notes:
Bhagavad Gita: Hindu, Sanskrit manuscript (Song of God) of the teacher Krishna.
Quantum Vacuum: The quantum vacuum or zero-point field derived of quantum mechanics has no particles but particles may be created from it—it is not 'empty space'. It is a required part of theory to explain 'cosmological constant'. In Sanskrit, the 'void' is 'tamas', described as 'vacuum of 3-D space and ethereal space is 'akasha', which produces all things.
Rape of Nanking, 1937: Said to be the worst atrocity of the World War II era. When the Japanese Imperial Army took China's capital Nanking, 300,000 military and civilians of the population of 600,000 were murdered.

~5th July 2010~ SALUMET

Last week, a group-energy enhancement was received, during which we held hands to physically complete the circle whilst being taken on a meditative journey. Following that experience, we now likewise hold hands for about one minute, as a standard practise at the start of a session. And on this occasion we gave thanks for the unity
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening!
Firstly, my dear friends, to join with you this time, I can feel your lightness and your brightness. It is heartening to see that you are beginning to take control of your own developments. That is good!
George: It's very pleasing to hear. Thank you!
For so long, you have listened to this spoken word and listened and received encouragement and help from many, but it is *so* good to see that at last you realise that together you can achieve much more. And, as you know, this has been our desire for each one of you. Last time, there was much energy in this room, and, although I was not with you, I was aware of the energy that was building among you.
Lilian: Yes, we were all aware of it.

George: It was an interesting session last week, and I was going to ask you if you were aware of it and the help we received in blending—in further blending our energy.
I would say to you, my dear friend: anything that helps you to become more aware of spirit is, of course, good for you. But the very fact that this evening you have all decided to progress and go further with that feeling of energy from last time, is good for you all. It shows not only, your individual endeavours, but, that, now, you truly have become, a unit of energy, and I know, each one of you here was much aware of what was happening last time (Yes)**. Yes—there is so much for you all to achieve, individually, and as this one group. The power of the energy that can be used from you enables us in our world, to bring much more to you. So continue, my dear friends, in that form of development, and see what can be achieved. I do not intend to tell you what you can achieve. That is for each of you individually to know.**
George: And, Bonniol, who looked in at the end of that session—he was, clearly, well aware of the energy improvement.
Yes—which is understandable, I'm sure you would agree. (Yes, yes!) **Heightened spiritual energy is the basis for many happenings—many spiritual happenings.**
Lilian: Also, there was a lovely smell of some kind—perfume—just coming and going.
Yes, it is just that your awareness has opened. There have been many occasions when these things have happened and no one has been aware.
George: I suspect that Bonniol was attempting to materialise flowers. There was some degree of awareness with us, that something was happening **(yes)**, and the perfume seemed to be noted by four of us **(Yes)**. It was possibly the perfume of the attempted materialisation—I'm not sure but that was my guess.
I would just offer one word of caution to you, my dear friends, inasmuch as you all *desire* something to happen, you almost want too much. Be open, be aware, but just allow it to happen (Yes)**. When you become too focused and eager, that is the human side of you—that element of your being which is impatient. So, I would suggest to you—to just stand back a little** (yes), **and when that energy has built, allow it to offer what it can.**
George: We shall be pleased to take your advice!
Yes, I know it is not easy, but nevertheless, I have given it to you, to think about and ponder.
General thanks
Now I will say to you, I am not staying with you too long, because you have much work to achieve, and there is much, and many who are waiting for you. So, once again, my dear friends, I say: offer yourselves to us in spirit, and we will endeavour to help in any way that we can.
George: Could I, Salumet, just briefly mention a new contact we have in Australia?
Yes, of course.
George: Emanuel has contacted us and he has been reading the many transcripts, and he is doing his meditations, and has sent in a question about meditations. I can answer him by sending him the information that you have already supplied, but he also mentions that he has developed the habit of a protective prayer before he begins. Would you comment on that?
If that is his way of feeling protection, then that is so; it is neither right nor wrong. Each of you, individually, in meditation, chooses your own path, chooses the best way for yourselves to go to that deep state of meditation. Of course, if you are by yourselves, it is only sensible, I hasten to add, for you to have protective cover. It need not be an invocation of any kind, but just a realisation that all is well and you can surround yourself in that pure white energy. I would say to our friend, to continue in the way he is, if that is what suits him. I would say that as he begins to sit, from the beginning, to just surround himself with that pure white energy of love. The only problem—and it is not a problem—that is the wrong use of your words—that when you begin with invocations and words, you are not *allowing* yourselves to go more deeply within. The *silence* is what takes you within. You understand? (Yes)
Whilst you are vocalising, then your mind is active. You understand? (Yes)

So, I would suggest to our dear friend, that he learns to slowly, slowly, go deeper and deeper to the stillness and the quietness.
George: I'm sure he'll be absolutely delighted with that message.
But I say as long as you are endeavouring to go into that quiet time, you will be given all the help that is needed, provided that meditative state is being used for the right purposes. So many people, on your Earth planet, believe that when they go into that stillness, and that quietness that they can ask for all manner of goods and objects for their earthly life. That is not a spiritual meditation. You understand?
George: Yes, I'm sure we all understand that.
And now, my dear friends, there are many who stand by you this evening, waiting to encourage and to help you. Please open your hearts and your minds to them. I will leave you now in the capable hands of our dear lady friend, and say only to you: do not be afraid to say what you feel and what you experience. The opportunity for growth is here with you in this room.
(General thanks)
There followed one who dropped by for a chat and gave advice regarding the need to take account of tiredness.
Next, there was a 10-year-old child rescue via Eileen that Lilian carefully handled—firstly extending a hand to sooth the memory of head-pain. This one had—without recognising the fact—died in hospital, and was preoccupied with missing mum. Lilian was able to encourage the little girl who gave her name as 'Sandra' to move on to join other children awaiting her where she would get completely better—and Lilian was able to give assurance that her mum would know where she is and that she would indeed see her mum again. [Knowledge of her new status would be much better assimilated and understood in spirit in due course.]
It is a shame that our children are so rarely taught about the ongoing life in spirit. If they were, it would make their transition easier. The communication we had with our Aeran friend Bonniol, 31st July 2006, was extremely thought provoking in this regard. It seems that on Aerah, their children are taught the ways of spirit from a very early age, so that they are well aware that death is not the end and life simply continues —and communication with loved ones after death can also continue.
Audios of 'rescues' are available on website: www.salumetandfriends.org

~19th July 2010~

Our evening began with 30-minutes silence; then we became aware of someone with Eileen, who took us on a meditative journey, the audio of which is available on the website: www.salumetandfriends.org
Lilian: Good evening and welcome.
Good evening.
All: Good evening.
The reason for the silence has been to allow you to become more relaxed and at peace with yourselves. I have been instructed to take you on a journey. To begin this journey, you must imagine in the centre of the room a huge ball of light which is orange in colour, and emanating from this ball of colour are arms extended to each one of you that is giving you healing and letting you feel the love of spirit. So, as you begin to feel this love and peace, we will begin our journey.
Lilian: Thank you.
If anyone does not feel able to begin this journey, then just sit quietly and absorb that healing ray, and, as you gather together, you feel a kinship and a friendship which far outweighs any physical feelings you may have. And so, we begin our journey—we begin to travel together in love, and, as we take each step, we feel happy, we feel light, we feel loved—secure and happy in the knowledge that we are surrounded by love. Ahead of you lies a wide, bright pathway, and as you start to walk down this pathway, I want you to feel the warmth of the sun, although you cannot see the sun, but you feel the warmth and it encompasses you all. And, as you continue along this pathway, to your left there is a field and in the field there are many people—men, women and children. Stop a minute or two: gaze and see if there is anyone you recognise among those smiling faces. Stop awhile if you recognise anyone.

And, so we continue, and as we continue, you feel lighter and lighter, and all the time absorbing what is around you—the beauty of the trees and plants and even the purity of air. So we continue and you become lighter and lighter and you feel good about yourselves. Ahead of you lies a slope. Some of you may not want to go any further. If not, sit still under a tree and absorb the beauty around you. For those of you who can continue—go upward, upward, up this path of light, and ahead of you there is a gate which is locked. So, my friends, you stop, and you look around you, and you feel a pull to be on the other side of this beautiful gate. Those of you who can must put their arm across to reach the key of this gate. Please do so now. As you pass to the other side of the gate, there await you two people who stand beneath an archway of beautiful roses, and you cannot feel the ground beneath you. It is almost as if you are floating along. These two people beckon to you and if you are able, I would like you to go closer and closer to them. There is a gentleman there in white cloak, and you cannot now see his face, but you know that he is smiling at you. The other one should be someone recognisable to you—someone who has trodden this pathway before you. Make your choice—who do you go with?

Take their hand and continue along the path, and as you go along the pathway of this beautiful garden, you are imbued with much colour and much love, and yet you do not know where this great love comes from, and yet you feel part of it. Stop awhile and feel that energy which fills you with love. Be aware of how you feel. Discard that overcoat that you call a body and feel the love and the lightness which is there. Sit awhile and speak with either the gentleman or the person you recognise. Allow yourself some time to see that beauty, to listen and to learn, and I will return for you very soon.

(A few minutes passed)

Are you ready to return? Gather together and follow the gentleman along the beautiful garden path. On the way back, there is one rose that he wishes you to stop and smell. Remember the smell of this beautiful flower, and as you continue back towards the gate, give thanks for the love and protection that has been given to you. As you approach the gate which is still locked, you need again to re-open the gate and go through.

But now, ahead of you, there is not one pathway, but two. Which one do you choose—the left path or the right path? The paths are the paths of life and the paths of knowledge. Go down the path which you feel drawn to and on your way, we will collect anyone who has waited for you. And now, as you continue back along the wide open path, you begin to feel and recognise your body and you are surprised how light you still feel, so continue onward—acknowledge those people in the field who are working and whom you may have recognised. Carry on along the path with each step, knowing that your body becomes a little heavier—a little heavier with each step that you take. Continue until you find yourself back with the glow of orange which has been supplying you with love and knowledge. Give thanks to that orange glow of love, and slowly, slowly, recognise who and what you are. And I would like you, as you return back, to remember what you have felt and what you have seen. Know that this evening has been one of upliftment for you. You might find that your thinking is much clearer when you leave the room this evening, and, with those words, I have to leave you, and hope that I have done my task well.

George: A wonderful journey. You have done well! Thank you.

(General thanks)

There followed our discussion of what had taken place. Phrases picked out of the conversation include: The feeling of leaving the body and becoming lighter impressed us—it was like a journey to heaven, through the gate—why the lock? To illustrate there has to be a conscious effort perhaps—like a pre-dawn feeling, the start of something new—the decision to go right or left was really very difficult—I didn't really mind which fork but I seemed to get pushed!—an exercise for moving forward—an indication of where each is at this minute—the gentleman was tall and had an indistinct face—the knowledge would have been 'spiritual knowledge', not general knowledge—but of course, spiritual knowledge is inseparable from creation knowledge

Another then spoke with powerful voice via Sarah:

I am so happy that the journey you have all been on has been so informative. We are glad that the discussion that it has provoked has opened up your hearts, and the purpose for the journey has not only been for you to discover more about yourselves, but also to allow that freedom to flow through you and in such a way you have been able to bring out such wealth or depth of your spirit to the fore. You have opened many channels and in doing so you have allowed many to come much closer to you. This has also been part of your learning, because now we can help you to further your journey, which has already taken you further than you were before you started this evening's meeting. We hope that in the future we will be able to do another such journey with you and it will be interesting for us to see which direction you go next time. So I thank you for following the words and we hope that it has not only been of benefit to you, but it will be of much benefit to us, because, as I said, we can now help you in many more ways.

Paul: Very good!

George: We thank you and all concerned in this exercise, and we do appreciate all that you are doing. Thank you very much!

Sara: It's a wonderful gift, because we all want to progress. That's for sure, so we're very lucky.

Paul: Yes, another very good lesson for us.

The lesson is, as always, a two-way one, for you and for us.

Paul: Things are so often two-way—I've been realising. I do a bit of healing work with Emily who is here. She says it helps her. But it helps me, I think—a lot—it seems that everything is two-way.

You see, although 'we' are in spirit, what you have said is exactly the same as for us, and it is indeed true of all life, do you not feel that when you do a good deed for someone that you benefit as much in the good deed as the one who is receiving?

Emily: Definitely.

Lilian: Yes, we can feel that physically as well as spiritually.

Sara: We all have a strong need to give, I think, in whatever capacity. I find that in every type of work I do—for me it is a release and I feel better for doing it. I like to give upliftment as well as spiritual inspiration.

I can assure you that once you come back to spirit, that urge to help will be useful. So, I will leave you and we will perhaps come together again in the not too distant future.

Lilian: We look forward to meeting again.

(General thanks and farewells)

Finally, Eileen was briefly impressed or overshadowed by another. She seemed to become a leader, hearing the word 'king' declared several times. She was seated, was aware of leather footwear and there was a huge feather fan—as if an Eastern, possibly Polynesian, potentate. Then she was Eileen again. Perhaps there will be more on this next time.

~9th August 2010~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

Firstly, my dear friends, let us welcome back the one who has been absent for a little while—absent only in the physical, but not spiritually, because, as you know, once connection has been made with us, then it is never broken. This applies to all those who are not here this evening, also. You all, my dear friends, have become a spiritual union, a union that has become strengthened as time has continued. For this we ask many blessings that you may go forward and continue to grow individually, in the most spiritual way that you can. Each one of you has, no doubt, given thought to your own mortality upon this Earth, and of course, that is only human, but let me tell you, my dear friends, that this spiritual union will always form in times to come—that joining cannot be broken.

This time, I do not intend to speak with you too long, because as you know, there are many close by who are waiting to inspire you, to help you, to guide you, and unless you give of your time—they strive, on

occasions, to get each one of you in that quiet time. So you see when the opportunity is there for them, they cannot let it pass by. So this evening, my dear friends, you will, I am sure, feel an 'overshadowment' of your spirit friends, who wish to come close to you to offer you guidance along your pathway, in order for you to continue growing. I will answer any questions you may have, and then I will leave you in the most capable hands of our dear lady friend. Have you any questions this time?
Lilian: George?
George: Yes—I'm sure we have. Firstly, I'd like to say that we've had a reply back from Australia, following our latest transcript, and the person concerned has been reading quite avidly, and has quoted your words, Salumet, back to me—from a previous occasion—so that is rather nice. I thought I'd like to mention that.
Yes, I did tell you there would be many links in other parts of your world on subjects we touch upon, and this, my dear friend, I am sure you have found to be so.
George: It is happening, yes **(yes).** I expect you know already, but I felt I'd like to mention it, none the less.
And I give thanks to you for it. I am always happy to hear the words *expressed*, because I come to you, to speak with you with your Earthly words and it fills me with great joy to hear you use those Earthly words, especially words of great love and comfort which you do each time you come together—each time you send your thoughts for those dear people in much need for healing. If only you could realise the joy that it brings, not only to me who is a voice, but to those who stand close by you.
(Yes indeed, a light-being comes to us as a voice, as distinct from those Earthly spirits who have form and stand close)
George: That's a good thought. Another we've heard back from—has mentioned one named Luis Fernando, a South American gentleman who also has had extra-terrestrial communication, and has written books about it. It's nice to know that this is also happening on the other side of our world, and we have spoken about—I think it's called: 'multi-dimensional doorways'. We have spoken about this in relation to the 'Bermuda Triangle'—and a multi-dimensional doorway being there—and, I think you said on that occasion that there are a number of such doorways about our planet **(yes)**. And in connection with Louis Fernando's work, there would appear to be one—the pre-Incan 'doorway of the sun', near Lake Titicaca—that would seem to be another one. Would you wish to speak at all on this? Are you able to confirm any of this to us?
I will confirm only that there are many of these 'doorways', as you put it simply. There is much still for your men of the Earth to learn, and at this particular time, it is not necessary for us to enter into the complexity of the universes. It is enough, my dear friends, that the knowledge is reaching people who are ready to receive—that is what is important. The fact that you can join together, and compare—I believe you would say 'notes', on these things is sufficient for this time.
George: Yes, it's certainly nice to be able to compare notes in this way.
Yes, but again, it is confirmation of the words we have brought to you (yes)**. Yes, that is the important issue.**
George: There has also been mention of connection to the Great White Brotherhood. I imagine this is a human word **(yes).** And I have come across references to the White Brotherhood or Great White Brotherhood several times recently in my reading, and it would appear to be a much evolved group—I think way beyond Earth evolution **(yes)** and they are working for the good of the galaxy—our galaxy.
There has to, my friend, be those who are concerned with the well-being of many different planets (yes) **—how else would it work?—how else would this Great Creative Force come into being, unless there were those advanced beings within all of creation?**
George: Yes, and there seem to be various categories or groups of advanced beings **(yes)**—there those from angelic realms, such as yourself—
We have discussed this before—of course the angelic beings are of the higher order, but this is not something I wish to enter into with you at this time.
George: And this Great White Brotherhood would seem to be a *different* order **(yes)** working to the same good.

It is a name that has been given to some of mankind in order for them to move forward and grow. Many names are given, but names are irrelevant, it is the purpose *behind* them that is of importance.
George: Another group which has been described as attached to or part of the White Brotherhood is the Ashtar Galactic Command *(as referred to in previous transcript),* and this is a group with spaceships, and I think there have been many observations of their lights in the sky—
There are many 'goings on' in and around your world. I have brought to you our dear friend Bonniol (yes)**, for you all to experience the mind connection.**
George: Yes, we are all so grateful for that!
Yes—that was to demonstrate to you that these things are possible. There is much that goes on that men in your world will dispute, will deny, or will accept and believe.
George: True—but a big factor today is that it is getting onto the Internet **(yes)**, so that people can now use the Internet, and make up their own minds.
And use their minds to *decide* (yes)**—that is the purpose. You can name many, many groups that are given to mediums on this Earth plane, but, my dear friends, it is the purpose *behind* their being that is important. That is my message to you: You take what you can, you accept what you can, and you refute that which does not sit comfortably with you.**
George: Yes, the great thing is to use our minds and to be of *open* mind **(yes!)**.
Sarah: Because the truth doesn't change—it's only us that's going to change.
Yes—and what you do with that truth. Remember, the human makeup can be responsible for much twisting of words (yes)**. So, I would say only to you, my dear friends, that which I have always said: accept only what is acceptable to you—and that includes my own words—**
George: Which we accept so readily!
Sarah: We don't have any problem accepting your words, I must say, Salumet!
Lilian: No it's strange how we've accepted all of what you've said, actually, and the same with accepting Bonniol.
Because you were ready for the truth—but one man's truth, is not another's.
So now, my dear friends, I will leave you. I will take my leave at this time, and allow those close to you to come even closer.
George: And let me thank you, Salumet for such a wonderful feeling of unity with us this evening.
There is great unity, there is a great stillness, there is a great love, which comes from this room, and I feel it is so this time. So as I leave you, my dear friends, I give my thanks and my love to you all.
All: Thank you very much!
George: We are moved by your words on that. Thank you.
George's Notes:
Salumet's quotation: It was in fact during our teacher's very first visit to us: **"We are reaching the point where your world will ... WILL be a better place. Do not doubt these words. It may seem that cannot be so. I am here to say—it will be—WILL BE!"** *He had then added:* **"We have much to teach you***." A prophetic statement indeed, made in 1994!*
Gateway of the Sun: This is situated at Tiwanaku, Bolivia, near the southern shore of Lake Titicaca (a lake 3,825m above sea level). The gateway is a monolith, carved from a single stone block, 3m high by 4m wide and estimated to weigh 10-tons. Above the opening is a carved figure known as 'The Staff God'.
Helping Groups: Whilst Salumet does not wish to go into detail, he acknowledges that there are indeed such groups as have been mentioned who watch over Earthly progress, which is nicely reassuring. And our teacher goes on to confirm that there are many 'goings on' around our planet.
Multi-dimensional Doorways: Our understanding cannot as yet grasp differing time dimensions. On a previous occasion, Salumet confirmed for us the existence of the Bermuda Triangle and the 'disappearances' at that location. He described it as 'travelling to another dimension of time', indicating that it is possible to travel thus either using spiritual mind or physically. The work of Carlos Castaneda was also brought into that discussion, and we learned that whereas the 'time slipping' of Carlos Castaneda was

meant, the Bermuda Triangle disappearances are not intended—that is the essential difference. Salumet also suggested to us that rather than think of this as 'dimensions of time', we might think of it as 'a transmutation of energy' (energy of space-time?). Whilst we still do not have the understanding of this, it is perhaps nevertheless satisfying to know that these things have real significance and may be discussed—even with our very limited knowledge. And this seems preferable to being simply dismissive of all matters relating to dimensions of time, multidimensional doorways and the various 'complexities of universes'.
Luis Fernando's work: Chris, one of our readers, drew our attention to LF, and he has actually met the gentleman. Thank you Chris! LF's work runs along different lines to our own experiences. It seems that he has had physical encounters with ET-guides from the age of 13. He shares his experiences with many others and has written and published five books. He is a part of the great Earth-awakening movement of present times. And it would appear that the multi-dimensional doorway at Tiwanaku has been instrumental in facilitating some of his encounters.
Book: "Runa Antilis – The Magical Base of Los Andes". L. F. Mostajo Maertens.
And according to the written word, there were also parallel happenings in much earlier times—Emanuel Swedenborg, who wrote much about his encounters—and the Apocryphal Book of Enoch tells of Enoch's encounters with 'The Watchers'.

~23rd August 2010~ SALUMET

On this occasion, Izumi, a dear friend on a visit from Japan, sat with us. She has been to England before, has worked here, and I know would like to live here. But there are reasons, including family ties, why this is not possible. And Izumi has sat previously with our group on several occasions:
Lilian: Good evening Salumet and welcome!
Good evening.
All: Good evening.
As we connect this time, I feel that there is some need for a little upliftment. Therefore, my dear friends, this is what you will obtain, whilst you remain in this room.
All: Thank you.
As always, we welcome back our dear friend, and also to say that those who have made connection with us are always part of us. Therefore I wish to say this to her: that perhaps others will explain if she does not fully catch my words.
George: Yes, indeed!
Yes, the lady is torn between home, family and the rest of the world. This she feels deeply, and has, at times, wondered in which direction she should go. All of you tread a path of uncertainty at times in your physical lives. This you all can accept, but sometimes the human thinking stays unclear about the pathways open to them. That, my dear friends, is *your* choice. I cannot usher you along one pathway or another, because, as you well know, we cannot interfere with your own freewill. Sometimes, we wish that we could, but we know ultimately that the choices you make are the ones for you at that time. But what I will say to you, my dear friends, is that every situation you may find yourselves in can always be helped—also with the help from our world, but you still need to be open to it. And sometimes you feel you have no right to ask. Again, I will say to you, my dear friends, we are always here for you, no matter what problems life brings to you; we are here to uplift and to uphold whatever decisions in life you make.
George: It's wonderful to have that in mind, and, perhaps it's easier, in a sense, when we look back along our pathway, having travelled someway along it—perhaps it's easier to understand those periods of uncertainty.
Yes, I believe you took a journey a short while ago and were offered two pathways—(yes)
{In fact, Salumet refers to the evening of 19th July (not a Salumet evening). We were guided on a meditational journey during which we were offered a choice where the pathway forked—we could take the pathway of 'life' or that of 'knowledge'.}

—I know some of you felt that the choice was a little difficult, but I had great trust in your right judgements, and, of course, each one of you, who took that journey, felt in some way, a little more knowledge of what you should be doing. It does not hurt you to be reminded sometimes of that thing called *FREEWILL.* It is a big part of your physical lives, but as you say, in hindsight, you can look upon many judgements, which perhaps it would have been wiser to take another; but that is all part of your spiritual growth and I have to say to you, my dear friends, that indeed, in that respect, you have all travelled far. Now, as we are together here, already I feel upliftment is being given to you, that you will *all* feel the benefit of that upliftment before you leave this room tonight.

(Thanks)

Lilian: Yes, we're very grateful for that.

I intend this time to work quietly with this instrument, and I will say to you all: please again allow those who stand close to you, to make themselves known. Do not question their presence. I assure you that you each should have some feeling of who is with you.

(Thanks)

Speak as you feel—discuss any emotions or descriptions that you may have. All I ask, my dear friends, is that your talking remains on an even level, whilst I work quietly with this instrument. And, as I take my leave from speaking with you, once again, my dear friends, I will look forward to our joining together on the next occasion.

George: Salumet, I have received a question to put to you from one of our readers **(yes)**. Shall I keep it until next time, or would you be able to take it?

I will answer it for you now.

George: Thank you. It's from one on the Isle of Wight. The question is—why do I see spirits as black squares with a head inside? I can add that I believe there have been fairly recent deaths in the family.

Yes, it is her development which enables her to see to begin with—and death often, in peoples' minds, is associated with darkness and within things that are not good and bright. Why she sees in this way—I would say that she needs to call upon angels of light to help her. We do not wish to stop her seeing, but we do wish and need to help her in the way that she does see—to take control of that. She needs to call on those who stand close—those bright beings of *Light* that will enable her to develop in a much better way.

George: I'm sure Adele will value that answer. Thank you very much!

Yes, she must at all times call on her help. Yes, but sometimes people do see the darkness, because of the association of death and darkness—that need not be—that can be changed. Are you happy with my answer?

George: Yes, I'm sure the lady will be very happy with that. Thank you very much, Salumet.

George's notes:

We then sat quietly as instructed and voiced our various sensations and feelings during the next twenty minutes or so. We then became aware that one was with Eileen. It was a rescue in which there was a language problem. It was a woman who seemed to be trapped in an underwater situation. She seemed to have an understanding of Lilian's words spoken to her, but was unable to respond with intelligible speech. There were head nods and Eileen said afterwards that there might have been spirit language interpretation involved. It was one of those rescues that was very uncomfortable for Eileen.

Curiously, three of us have been reading recently, the excellent book by Estelle Roberts (1959) – 'Forty Years a Medium'. Chapter-10 has the title: 'Speaking in Many Tongues'. This chapter sets out quite clearly how in higher spirit planes there is no need for language translation because communication is by direct thought (or the thought-behind-the-words, as with our Bonniol exchanges). In the lower spirit planes, however, and especially close to Earth, there is still 'word' communication, as on the physical planet—so that translation remains a requirement. And these facts are still fresh in my mind because to the end of chapter-10 is precisely how far I have reached with my reading of the book! And I think we have all heard of the term 'synchronicity' before!

~13th September 2010~ SALUMET

Lilian: Good evening Salumet and welcome.

Good Evening.

All: Good evening.

As I join with you this time I am aware, my dear friends, of the love and joy which you bring with you. As always, those of us in this world, wish to thank you for all the healing thoughts that you give. Your world, at this moment in time, is in much need of help. Of course, you must realise my dear friends that we in spirit are working at all times to enable that suffering to be lessened, as much as we can. But I wish to say to you still—do not be afraid for your world. I have been aware, in recent times, of the gloomy forecasts of many people in your world, who see only suffering; who see only negative situations. Your world, at this time, cannot be free from disasters, because it is still part of the Earth's evolution, but I wish you, my dear friends, to retain within yourselves, that all will improve; and if you remember my words when first I came to you, they were of a positive nature*. And, although, we fully understand how much these happenings bring you pain, you must always be strong, my dear friends—be positive in thought, and that is the way you can help most. So my message for you this time is to keep amongst yourselves that strong bond, that strong unity of knowledge for positive measures in all that is wrong in your world. Do you have any questions, my dear friends?

George: I was just going to say that I feel there's a general realisation that big changes are happening in relation to our world and mankind's way forward—and elements of fear seem to creep into imagination in relation to this change. But I feel the *change* that's happening is positive and is realised generally. Does that sound reasonable?

Of course—it unfortunately, is part of humankind's nature to be fearful. Mankind does not release easily those innate fears; but yes, I do agree with you that there are many steps being taken. That is encouraging mankind to go forward with a much renewed sense of knowledge, and with the ability to be much more positive about their future—not only the future of your Earth planet, but also that of your universe as a whole. Much more knowledge is being gathered, is being given at this time in your existence on this Earth. Therefore, once more I say to you: continue to be strong in that perfect knowledge that all can be well.

George: Yes, I think, as a group, we're probably all quite strong in our feelings about that.

Yes, you can only, as you have already done, try to help individuals with their own struggle for knowledge. And again, I say to you: sow the seed and allow that seed to germinate—you can do no more my friends, and I once more thank you for the endeavour and the effort that you have made so far. Now, I do not wish to stay with you much longer, because I feel this evening, because of the small number that you are, that there are those who are willing to come much closer to you. I would say, as you go into that quietness, each one of you will be given one word, which is relevant to each one. I ask, my dear friends, that you ponder upon this word which is relevant to you, and then, perhaps, you would like to discuss it amongst yourselves.

George: Yes, thank you! Could I just mention that three of us recently, have been reading a book by the medium, Estelle Roberts **(yes)** who was working in the last century and, in particular during the period of World War II—and she had an enormous following and the Albert Hall and, other halls were sometimes filled with people coming to her meetings. It left me with the feeling that there were so many people during that war period who were so desirous of news of their loved ones who were very often missing, and her services, as a medium, were very much sought during that period. One could almost see that wartime period, terrible though it was—one could almost see it as a good thing, because it stimulated such interest in the spiritual life—in the spiritual world.

Yes, she was one of many at that particular time. You say 'the world', but I will define it a little more and say that your own country, at that particular time, was ready for the information that was available to

them. She was only one of many who were ready to impress the people with the knowledge that they needed.
George: Yes, we felt she did a wonderful job in that and the three who read the book were very much impressed ourselves with her work.
Yes, but never just take one person when, then and now, there are many who work for the same goal, and you will always find that some will gravitate to one more than others—but that is not important—the *message* is important.
George: Yes, and there was one 'Red Cloud' **(yes)**, who spoke through her. I think we understand that Red Cloud still operates.
I am not aware of that at this particular moment. Perhaps, I can clarify it for you another time.
George: Thank you, Salumet!
And now, we will let you continue with your evening. As always, know, my dear friends, always I am close by you, even if you are not aware of it. I offer you my love and my protection at all times.
General thanks
George: That's wonderful knowledge to have.
Lilian: Our love goes with you 'til the next time.
George's Notes:
We each seemed to sense our various words given, and following a period of silence, chatted about the possible meanings or implications.
Next, there was a rescue via Eileen. A 7-year-old girl seemed to be lost in snow and was very, very cold. She was preoccupied with the cold and could not understand it. Lilian placed a hand on her (Eileen's) back and she felt the warmth spread through. Then, as the mist cleared for her, she became aware of ladies (in spirit) who would see to her continued warmth—and still unaware of the 'death / transition' aspect of her situation, she was happy to go with them. [It is so difficult with young children who often need much time to become fully aware of what has happened to them. It is often best that they first receive the encouragement to move forward, so that those in spirit can then attend to their needs.]
***We are reaching the point where your world will ... WILL BE a better place. Do not doubt these words.**
"Estelle Roberts – Fifty Years a Medium" – SDU Publications, 2006, www.s-upton.com
Originally published as "Forty Years a Medium" in 1959. Through the 'good offices' of she and Red Cloud, many including notaries were reunited with loved ones. And Air Chief Marshall Lord Dowding again heard from Battle of Britain pilots who were lost.

~20th September 2010~ SALUMET

Our initial period of healing prayers had moved into a little talk of the visit to the UK of Pope Benedict XVI, before Salumet joined us. Prayers were included concerning those children known to have been molested by priests.
Lilian: Good evening, Salumet.
Good evening.
All: Good evening.
As I join with you once again, I felt it necessary to speak with you for just a short time.
(Thanks)
I have listened to your words about decline in the papal religion—and yes, some time past I told you that this would be so, but the reason I have come to you this time, is to say, that at this moment in time, in all of your Earthly world, there is much unrest in all forms of religion. In many cases it is unspoken, but it is there for all to see. At last, your young people are beginning to think for themselves. No longer will they accept the blind faith of their parents and elders. The time is coming for *all* religions to look at themselves honestly and squarely, and to allow those followers of any particular religion to say what they feel. It is an important step in the unification of all Earthly life. I, of course, have to say to you that we are speaking of a time that is to come, but I say to you: the first steps have already been taken. For

this, my dear friends, I would say to you: rejoice!—because, at last, the truth of all love and existence, will belong to all peoples.
Lilian: That's wonderful—that's all the faiths?
All religions feel a certain unrest—no longer will people just accept, blindly.
Sarah: Is this why there is so much fanaticism in some religions, because they're beginning to feel this sort of 'breakaway', and it's the fear that's there that is creating this fanaticism?
Partly—always fear will drive men to do deeds which are not sensible. But I would say the fanatics of your world are those who are not thinking clearly for themselves. So, they are the ones, I would say to you *(who)* **are still lost in blind belief.**
George: I'm so pleased that you're speaking on this, Salumet, because I have felt a little confused, because clearly there are many individuals within this melee of uncertainties that are heading towards 'goodness' in their pathways; but there are these 'structures' of many different religions that are not quite right. I feel it's like I'm trying to look at things from two directions.
Yes—but as the lady previously has said, there exists much fear, and fear will enable human beings to act irresponsibly. Fear of change, fear of the change of what they have been taught.
Sara: But, I've noticed with the internet, there's a great sharing of wisdom and truth now taking place between people of all religions **(yes)**. People are enjoying—and I'm trying to be a part of it—enjoying sharing inspiration and messages, which go beyond any particular religion **(yes)**. It's good to see that.
The umbrella of love includes no names. Love is love, no matter who or where you come from—what religion you choose—Love cannot change—Existence cannot change—Truth will not change. But, for us in spirit, we are pleased that many efforts made, by many over time, is now becoming as we predicted to you—and I apologise for the word 'predicted'—that is not suitable—the words that I have told you of what would take place in time to come.
George: And the fear of change—that happens in science as well **(yes)**—in fact one could almost see our science as another religion!
Science *is* one of your religions (yes), **because men *are pulled down* by what they believe; their minds are not free, their minds are still not open, and that is what you all have to *achieve* whilst you remain in your physical bodies—keep that spiritual mind open—do not be pulled down by labels, by any groups of people, but accept that love is what this world is about. I feel this is something you will all think about this time.**
(Affirmed)
Lilian: Yes, very interesting!
But, for the time being, your world still needs these groups of religions, because we cannot change you overnight; but we are flowing in the right direction
George: Yes, that's very nice to observe.
And now, my dear friends, I will take my leave, and perhaps our dear lady friend will take you on a journey, and allow your spirit to become calm, to become gentle, and to be filled with love.
George: Thank you so much, Salumet, for speaking on this, following the visit of the Pope to our country. You spoke a while back about the previous Pope and, although the structure of the religion, shall I say, is lacking, I think you observed there was, nevertheless, much goodness in *the man*.
You cannot judge one man—I am speaking of religion as a whole. Of course, there is goodness in every being—this also, I have told you. As human beings, you are a mixture of goodness and, I do not say 'evil', but 'mixed ideas'. So, of course, you do not judge one man for a whole religion.
George: Yes, that clarifies it beautifully. Thank you!
SARA'S GUIDED MEDITATION (audio freely available on website: www.salumetandfriends.org)
Following on from talking about religions, we're going to go on a journey of freedom—and hopefully, you will feel a new-found freedom at the end of the journey. I want you to imagine that you are standing at the top of a hill—a green hill, looking down over beautiful valleys. It's a nice, warm temperature. You're wearing something very light—I feel it's a white robe—this is the picture I've got—some sort of white, silk

robe, and you're feeling very free, light and airy and you're standing on top of this hill and your hair is blowing in the gentle breeze. But you feel completely warm, very free and very, very happy—you have no concerns, nothing to worry about, nothing to defend, nothing to hide, nothing to feel ashamed of—nothing that you feel you have to push forward and perhaps brag about or prove to anybody. You feel completely at ease. There is no flag that you have to fly, there is no thing that you, perhaps even have to pretend, to be a part of, to anybody. You are just simply you yourself, and part of everything that is. And you are standing, just really enjoying this moment of freedom, with the wind in your hair, and the wind gently flowing past and through you—and your silk robe is just flowing beautifully. It's just blowing in the breeze around you, and you feel completely at one with the view around you—with everything. You feel a part of it, you're blending into the skyline, and you feel a part of the ground that you're standing on. You feel completely connected to the grass. You feel connected to the roots of the trees that you see around you. You feel completely part of everything and, as such, there is really nothing to prove to anybody—no statement to be made. There is nothing that you need to put forward or to say to anybody. You just need to be, moment to moment. So you just stand with this feeling of lightness and freedom. There is nothing that needs to be done, for everything has been done, and each new day brings a new clean slate—a new start. And so, you see that every day is really quite simple. It's filled with simple necessities, things that we all need to do, and then just anything which is connected to who you really are and what you really believe and what you stand for. And so, when you are centred in who you really are, it's quite clear each step of the way what you need to do—each day. It's simple—simple to you. So, perhaps you should sit down now, make yourself comfortable on the grass, and see if there's any guidance that's coming to you now from your guides.

George's Notes:

Lastly, one came through Eileen declaring those in spirit to be interested in what we have to say, and offering to take one question from each that would be answered another time. She would convey our questions (that in their nature were to be about personal-way-forward) to those who would supply answers. Our visitor was of course thanked for such a service, but it made us think hard!

LOVE / EXISTENCE / TRUTH: It is abundantly clear that these are immutable—unchanged by any belief, any religion, any mixed-up ideas or circumstance.

SCIENCE: It is of course a religion in that it is a system of belief about the nature of existence. As in any other religion, it has been added to over the centuries, there have been blunders and it has sadly contributed to loss of life. (through bomb development, misinformation re asbestos usage, food production etc.)

~11th October 2010~ SALUMET

We were a small group this time, as unexpectedly, there were several who could not make it to the meeting (this in addition being a time for school meetings / interviews)—hence Salumet's opening words that followed our healing prayers.

Lilian: Good evening Salumet—welcome to you. We are a small group.

Good evening!

All: Good evening!

I thank you for your welcome this time. Again, I say to you, my dear friends, numbers do not matter so much anymore. I am always pleased to join with those of like mind who are wishing to help others and to expand their own consciousness. I am never far from any of you, although, still I feel you are not fully aware of my presence with you, excepting within this room; but nevertheless, my dear friends, know that I am close by you.

(Thanks expressed)

Although, I cannot interfere in your lives, as well you know, it does not stop me from trying to influence you in many ways.

(Thank expressed)

And it is this influence that we send to you that you are more familiar with. So, again, I thank you, my dear friends, for all that you absorb from us in spirit. This evening, I feel from this small number a strong bond of unity and love which denotes to me how strong this little group is—so do not be regretful that we are small in number.

Lilian: That's very kind of you to say. We do appreciate that.

I have much work to do with this instrument still. Although, you progress in these evenings personally, I also work with this instrument in order that she too may progress in her own stage of development.

Lilian: I wondered about that—

Yes. So, it is important sometimes that I work with her quietly, and this will be so this time. So, I say to you, my dear friends, be open to all who are with you this time—become aware of their love and guidance—be aware of what they bring to your lives, each and every day. So before I go, if you have any questions, which I know you do, I will answer and then we will allow you to have your own developments.

(It is so easy to overlook the fact that Salumet is all-knowing! But it seems fairly clear, on this occasion, that he knew the following question was coming, and perhaps it is good to have a reminder of this all-knowingness factor—common to those from the Angelic Realms)

George: Thank you so much, Salumet. I have a question—*I related the details (names of course being withheld): It had been sent in by one of our contacts and concerns a family member experiencing a most difficult-to-understand health problem—psychotic experiences involving blockage of creativity and capacity to love. This, so much so that there is the feeling of being 'possessed' and saying something nice results in choking. Medication is currently being used which may or may not be helpful. And the questioner expressed some regret at forwarding the question, knowing that such personal aid is not the express purpose of Salumet's mission. But any helpful guidance would of course be gratefully received.*

Thank you—I understand your question. Firstly, let me say this to you, my dear friends: you know that I have never come here to answer questions about your personal lives. That has never been my purpose, but I feel the strong need for help in this case. I will say to this gentleman that this lady has always been most sensitive—she came to this life as a sensitive. She also feels much fear, much unworthiness and fear. You put all of these things together and you have a situation where many psychotic, as you say, thoughts come to the fore. This is what is happening to this one. I would say that this indeed is a case of finding a good 'medium of regression', who is prepared to help this one in trouble. There always is a problem when medication is being used, but a good regressionist will know how to help her. As far as not being able to speak with loving thoughts, it is her feeling of unworthiness of love, which is causing this problem. She needs to go back to the beginning and discover why this is so. As I have told you in past times, sometimes these problems do not always show themselves to begin with, but as time continues, it becomes more and more difficult, and this lady needs help—she needs guidance, and she can achieve it if she is willing to let go of that fear—that unworthiness to love. And, I would say, as she becomes older, these feelings become stronger, so they must be dealt with now. So, I say to you, my dear friends: that is the advice I would offer, and of course, it is up to those who are in trouble to decide what is best for them. I cannot interfere *directly* with their lives.

George: No, of course, but regression therapy is your main guideline.

Yes, I do not say this lightly. I, as you know, only believe in regression when there is a problem from past times, to help that spirit forward.

George: Yes—I'm sure, our dear friend will be most grateful for that advice, and we appreciate that you cannot and would not interfere, but the advice—that's wonderful. Thank you!

Yes, do make sure that the medium of regression is one who is capable of doing well, because there are many in your world who should not be doing that kind of work (yes)**. They will have a most sensitive being to work with; they need to be aware of all of the downfalls in her make-up. I hope that has helped you.**

George: I'm sure our dear friend will be most grateful for that. Thank you, Salumet.

And, now, as I have said, there are those waiting, my dear friends, to come close to you—to help you—to open up your minds to all that is available to you.
(General thanks)
There followed periods of silent contemplation, broken by Eileen giving clairvoyant readings—then a message from one speaking through Sarah:
I wish to let you know that the lady who was speaking is about to undertake another 'occupation'. She will wish to ask the help of all of you in this new role which she will be working on. We are with her and helping her to achieve a new side to her already accomplished mediumship. We are helping you *(Eileen)* ***and will do all we can with the help of this group, to guide you in the direction of this new challenge for you.***
George: That's interesting—we shall all be very pleased to help in whatever way we can.
Eileen: Is it because I've been sending up a few moans? *(Chuckles)*
We are aware of your capabilities and wish to channel any negative into positive.
Eileen: Thank you.
Lilian: So you're not going to tell us which way she will be going?
The lady will know what is right for her when the time comes.
Eileen: Thank you.
Thank you for your time.
George: And thank you for your message—interesting.
We look forward to overseeing this new venture.
(General farewells)
George's Notes:
Salumet has spoken previously on 'regression' and regression therapy' (7th December 1998). What follows has been condensed from pages 113-115 of the book: "SALUMET – His Mission to Planet Earth":
[Do not assume, my dear friends, that when you are under the 'regression time' that you are absolutely returning to 'past life times'. It is not the case. That is not to say of course that returning to a past lifetime is not possible. It is—regression is possible but there has to be a reason for it. I would say the majority of your regressions are indeed information being shown to the individual, but not necessarily their own past lives. But of course, then we come to those genuine cases where the individual is allowed to be shown, I would say, one past life—for the purpose of freeing their soul, so that their lifetime can be helped. That is the only purpose of being shown any past life—to, shall we say, unblock any emotional or spiritual blockages that may have been taken from the past life and is hindering that soul in its pathway in the present time. Each soul knows and understands what its life's journey is about but sometimes the soul is unable to free itself from spiritual blockages / emotional blockages which have occurred and belong to the soul. The soul (soul aspect?) brings the blockage with them and is unable to free itself in the present existence. That is the only permission that would be given to allow the soul to see a past lifetime whilst it inhabits this human form.]

~1st November 2010~ SALUMET

As always the evening began with healing prayers, followed by a period of chat amongst ourselves about the difficulties encountered in conveying elements of the teaching to others, especially to bereaved ones who hold on to erroneous beliefs about death. Salumet clearly picked up on our discussion:
Lilian: Welcome to you, Salumet.
Good evening.
All: Good evening.
Again, as I join with you, I am aware of the love and goodness that each of you has for your fellow human beings. Always, it brings joy to us in spirit that so many of you are willing to help others, not only by your words but by your actions. For this, my dear friends, we shall always be most grateful to you. But, as you all know, it is no easy task that you undertake to teach others of that knowledge which you,

yourselves have; but that does not mean that you should not continue to sow those seeds of wisdom. I believe I have told you that if only one person is helped by you whilst on this Earth plane, you have done well. That may seem a small number to you, but imagine, if each one of you has helped only one human being in this world, how many more people will come to us prepared. And so, I say to you, my dear friends continue with your good work and know that our thanks is never-ending.

George: It's very nice for us to hear that encouragement, Salumet. I'm afraid, as a race, humans have a long history of *attempting* to spread knowledge and this includes new discoveries made by individuals and their sending out of letters and various communications, which, for years, would normally be ignored. I'm afraid there's a long history of that! And it seems to work similarly with spreading the word of spirit as well.

Again, I would say to you, my dear friend—Patience! Time, as you know it, means nothing to us. So, when you speak of long periods of time, in your world, it is but one blink of the eye. What is important is that the Truth be spread—no matter how long it takes, it will eventually, take great pride-of-place on your Earth plane.

George: Yes, I think I can speak for us all and say we are not discouraged (**I know—**), but we enjoy your words of encouragement.

Yes, I feel that sometimes it is necessary to give thanks to you all. You are, indeed, ambassadors of Truth, but never feel disappointed when anyone refuses to accept your word. Instead, become steadfast in the knowledge that you do know and own the Truth.

Sarah: I always remember what you said that they're not ready for it.

Of course! Each individual in this world is following their own pathway—some grow much more quickly, some are much more accepting, but that does not mean they are better people. Also, remember this, just because you know a little more, does not make you necessarily a better person, because remember, I have told you that, with knowledge, comes responsibility, which is a much harder road to follow.

Sarah: I was going to say, the more we know, the more we realise how we are not very good, and have an awful lot still to learn!

And that is as it should be. With each step, that you take, there should be that reaching—that searching for more knowledge. Yes, you are correct.

Now, I will not speak too long. If you have any questions for me this time, then please do ask them now, because there are people gathered here this evening who are wishing to work with you all, and I would say, my dear friends, please be open to them—do not be afraid of them. Their purpose is to help and to encourage you in your own development.

Sarah: I know you don't really do personal questions, Salumet, but could I just ask about Emily? She has a lot of food allergies. Could you just give her a pointer? I'm not asking you to go into too much detail, but if you could just give her a pointer to help her to help herself, that would be very kind.

You will be disappointed with my answer, and this is it: She already knows the way to go.

Sarah: Ah, right, thank you.

I know she will not be disappointed, but, because of your closeness, you as her parent wish it all to be well. She is growing, she has great understanding, and the time will come when she will look back and wonder why she felt so unwell at times.

Sarah: That's very kind of you.

The answer is with her, and although I could tell you what to do, that is not my purpose.

Sarah: No, I didn't want you to give too much detail **(no)**, but telling her that she knows what it is—that's...

But she needs to go within, to find that answer, and she is more than capable of doing that.

Sarah: That's very kind of you—thank you Salumet.

I can tell you that there are many who stand close by her who are waiting to help, who are waiting for the right time to step forward—to encourage and to help her.

Lilian: So, there has to be a right time?

There is a right time, yes.

Lilian: Yes, that's interesting. I was thinking about my granddaughter. The change in her is amazing, and talking of my granddaughter, she seems to quite understand things I've said to her about what you tell us, and she was telling me that she saw a light! Would she have any ability—it's not just wishful thinking on my part?

Ability to see—you *all* have ability to see; it is whether you accept what you see. You have to, each one of you, allow yourselves time to go inward—all answers lie within you. Many dispute those words, but I am here to tell you, my dear friends, that all of you have the answer to your own lives; all of you have the answers to all of your problems, but whether through fear or ignorance, you do not utilise these gifts. So again, I will reiterate for you that it is important if you are to be well, if your immune systems are to be strong, you *must connect* with that inner being.

George: Perhaps, we're sometimes a little too diverted or just mentally lazy—I wonder what the reason is?

Yes, all of you are too engrossed with what we have already discussed—*time.*

(Agreement)

Allow yourselves, my dear friends to *be*—we have discussed this also—to know who you are and just to *be.* But for our dear lady friend—your health problems will not always be.

Emily: Thank you! I do feel since I first stopped being so fixated on beating myself up and allowed myself to connect with spirit, I've found more direction again **(yes)** and think it just proves your words about spending time to connect.

Yes, you know within your heart that you have the answers, but when you are in the throes of discomfort, it is hard to connect to that life force within—

Emily: And not to be fearful as well—

And not to be fearful!

Lilian: That's the problem.

Yes it is fear I am afraid that you humans flourish on. That may seem what you call a flippant remark, but it is not meant to be. We see so much fear in your world, and you need to be free from it, if you are to be strong in mind and body.

Rod: You've got to constantly remind yourself of those words—

Of who you are—yes.

Paul: On that thought, I read something from 'Red Cloud' on that. Red Cloud said that if you have fear, it's because you're carrying some belief that is not in harmony with spiritual law.

Yes, that is correct. All of us who come to your world to teach, no matter what our teachings—and we are all different in the way we express ourselves to you—but Truth can never be altered, it cannot be changed. We may use different words to describe, but ultimately, there are only two things in your world which matter—that is love and that is fear—because it is the fear in your world which keeps you enslaved to all these difficulties. You understand?

All: Yes.

Yes. So again, my dear friends, it is a little reminder of going inwards and connecting to that spirit within, and allowing it to shine forth with the knowledge that you have. I do not say, and never have said, that life for you will be easy. In fact, the more knowledge you gain, the more difficult life sometimes feels, because of the great responsibility you have. But again, I say to you, my dear friends, I am so pleased with each one of you, in the way you are growing and developing—each of you at your own pace, but nevertheless, you are growing on a spiritual level.

(Thanks expressed)

George: I wonder if I could bring up a 'flippant' question. There is a question that is often used as a joke or jest: 'Which came first, the chicken or the egg?' This perplexes people who are entirely material in their thinking. But it occurred to me that there should be a proper answer to that question, and it might be that the chicken and its egg were developed in spirit first before both came to the Earth, but perhaps there's more to it than that. I wonder if there is a more sensible answer to that question which you could give us, Salumet.

You might ask why choose the chicken or the egg?
George: Yes, well—it applies to all life, of course.
Yes, which is a very flippant remark—and really not one to be answered sensibly; after all, when did chickens arrive in your world? The world existed so much longer. What came first before *all* humans, all animals, all insects—and I will use this only once and that is 'Love'. That is the basis of your existence—and I feel I am being drawn by that word—you—
(At this point our teacher, with arms outstretched became silent for approximately 2-minutes)
George: Yes, of course, spirit is the basis of all existence—
Paul: Love is the key.
(I began to wonder if, although not intended, my question might have been out-of-order. Then Salumet returned)
Forgive me, my dear friends—that question drew me back a little from whence I come. I have been told that a more serious answer is indeed asked for, and I will provide it for you next time. But, it has drawn me away from you and therefore I need to leave you this time. But, we will come back to it for you.
George: Wonderful! That is much appreciated.
(General agreement + thanks!)
Next, one came through Eileen, beginning with "Yes-yes-yes-yes..." Then again: "Yes-yes-yes-yes..." He explained that in Earth life he had a stutter, and this happens when he first comes through, and it is all that is now left of the stutter. He went on:
I come to tell you about what is meant to be happening. Everybody should be impressed about something for someone else in the room. Don't worry if it is wrong. It is just the exercise which is important—yes-yes. So you *(addressing Lilian)* ***I believe are in charge of this room—***
Lilian: I try to be!
Yes-yes-yes; so, each person will try to pick up information about someone in the room. You will be impressed as to who it is for and do not be afraid to speak out. That's what I come to tell you.
Lilian: Thank you for explaining what needs to be done.
Following farewells, the exercise then began. We voiced our various impressions, some of the more positive ones being:
Sarah (Stone buildings of Roman character associated with George – who sensed a pressure while Sarah described the scene)
Emily (Big open book also associated with George)
Eileen (Concerning a pair of tight shoes, of Daphne—Eileen correctly stating that Daphne was considering throwing them out)
Ann (Concerning Emily—a square cloth or cushion-like object held by Emily. It seems that this is something that Emily holds to her stomach when in pain from food allergy.
Eileen (Seeing Paul—year 1604—possibly a past life picture of Paul, wearing nicely embroidered clothing and sitting with a heavy book.
General (There was some incidence of jewellery and a general sense of wealth in the scenes)
George's Notes:
In the early days, Salumet had explained that, although formless, we might think of him as part of a conglomerate of beings. The analogy of 'one facet of a much larger diamond' was suggested to help in our understanding. And he has or shares the knowledge of the whole diamond. During the silent interval and following, there seemed to be some loss of energy. We can only surmise at this point in time that some form of communication 'within the diamond' became necessary—the process drawing Salumet away a little, with some energy requirement, that sadly meant ending the session. Doubtless, all will become clearer next time.

~8th November 2010~

Firstly, it was a lady with Asian accent who joined us via Eileen to say that Salumet would be present at our next meeting. She wished to speak to Sara—and began by talking about doubting the assistance being given by those in spirit around her. Sara plays keyboard and composes. Inspiration is involved and it seems that this lady is one who assists with the compositions. Sara asked if she might know the lady's name: ***'Not yet I'm afraid—I tell you sometime'****, and later she was saying* ***'they all round you—you kind lady'****—this being a reference to the several who assist with the music. Sara explained that she has strong feelings when playing, and knows when they have been present.* ***'You want to smile and I pleased!'***

Sara: Thank you so much—it's lovely to have that knowledge.

'So do not always seek confirmation. When you accept us more, we give you more.'

Sara: Thank you for that.

'And now I happy to go—'

Sara: Could you tell us the country you came from? ***(No.)***

Lilian: Have you been to us before? ***(No.)***

There was laughter as the lady was asked: are you able to say 'yes'? And she replied that she can indeed say 'yes', but clearly, it would be nice for Sara to know when she is present.

'I give you clue—when your lip reach bottom teeth in big smile—that me. That will be me.'

Next, it was a rescue via Eileen—Joseph had been on a motorcycle with Jimmy—both of them teenagers. Lilian explained about the motorcycle accident and how all would be well for him in the next plane of life. (Audios of 'rescues freely available at: www.salumetandfriends.org)

Then a very powerful voice came through Sarah:

All those who are concerned with MONEY, do not concern yourselves further; because we are with you and helping you, so that you can devote more time to being with more spiritual affairs. We understand that you need money in this Earthly life, but we wish to help you all so that your lives can be more enriched with spirit and less with the materialistic approach to your Earthly life.

There were general comments of 'very nice!'

We have a 'spiritual bank', and you can be assured that we will be delving into our reserves if you become troubled.

Some clarification was sought on this

I mean 'a spiritual bank'—because we wish to help all who are in trouble in this world and money is one of the causes of so much stress. And so, this is one way we can help you, but we only help in this way so that your energies can be diverted to the spiritual side, and you are not wasting your time troubled by these materialistic problems.

(General thanks)

So I just wished you to know that we are keeping an eye on you all. And we wish you a trouble-free life.

~15th November 2010~ SALUMET

Lilian: Welcome, Salumet!

Good evening.

All: Good evening.

I am happy to join with you this time.

Lilian: Thank you, we are happy you have joined us.

We parted last time with a question from the dear gentleman who sits close by.

George: Perhaps I could first apologise for upsetting the energy with the way the question was put.

Indeed you did not upset anything, but it was felt necessary to be a little more understanding than perhaps I would have been, and would have dismissed such a question. But you did not disturb the energy as such. I have to say, on the question asked, that it is felt my dear friends, that it was rather an irrelevant question concerning matters which connect you all in the same way to that loving energy, known to us all as the very existence of Life (Yes)**. If you take all of existence, mankind, as you are upon *this* planet is basically 99.9% non-material. You, my dear friends, are made from all existence—that Love,**

that powerful 'being' that is called the universal power. All universes, all beings, everything which exists is made from that energy—that loving energy; but you can see how insignificant that question is—did the chicken or the egg...

George: Yes, I was thinking that a species that reproduces itself, if I could put it like that **(yes)**, has to have its beginning and I felt that beginning might be in spirit and, perhaps I was thinking too materially.

Yes I have to agree with you, my dear friend, but we never wish to dismiss any question, but I feel it is time for you to move a little further away from such mundane questions (Yes)**. We could make analogies of many things in your world—what came first, love or hate? Which came first, light or darkness? There are so many questions, but what you need to do is rise above all of these questions, because in asking these questions, you are, in effect, doubting. I do not mean that in an unkind way, but that is what mankind does.**

George: Yes, I see the logical inference.

Yes, in seeking, you are seeking in the wrong way. Do you understand?

George: Yes, I take your point, Salumet.

Yes, it is difficult to explain to you without you having a fuller picture of creation, but it was felt necessary that I have this talk with you and to say: look beyond these many questions.

George: Yes—yes, I see that, thank you.

Yes, all of creation is unified—all of creation is part of each other. There cannot be division, therefore how can you answer such a question? I know, my dear friends, it is not the answer you expected, but this is the way you must go, if you are to blossom and to expand that non-material part that is you.

Lilian: Yes, and now you've told us that, it makes sense.

Do you understand what I am saying?

Sarah: So what you're really saying is that the difference between all that has been created is that 0.1% that is the physical (**yes)** the rest is—we're all the same *(spirit).*

Yes, Yes.

Lilian: We should look more to the spiritual side—

You have to—you *are* spirit. So many times, my dear friends, I have said those words to you, but until you can find that stillness within, which really is the true self, then all other matters become too important—you have to let them go; and then you will find, no matter what questions arise, in that stillness, you will have your answers.

Sarah: For me, you just talking about that percentage—that brings it really home to me just how much spirit we are, and those have been very useful words from you Salumet, for me anyway.

Even people who assume they are spiritual beings on this Earth, still look to that physical part, as being the main contender of life—that is not so—you *have to* recognise the true self, and these questions will become less important to you. So my answer to you, my friends, is that you *must* reach out and recognise yourselves first.

Sarah: When you left us last time, you said that it had touched the Source from whence you came, and your existence. Can you tell us a little about what actually happened to you?

What happened was that I was ready to answer the gentleman's question, but I felt a pull from our side of life. As you know, I have always come to you as a conglomerate of beings, and that pool of knowledge was the force behind my having to pull away from this lady—only very temporarily.

George: Yes, you once described yourself as one facet **(yes)** of a much larger diamond.

All I speak to you, my dear friends, does not come from a single unit.

George: So, did the pull relate to the diamond, shall I say?

If you wish to say that—that is acceptable—yes.

George: Thank you.

It was felt that you have grown so much that to spend time discussing such a question, was not necessary. You see, my dear friends, whether you understand or not, all of you have grown much.

George: I think we all feel that, Salumet.

But, now is the time to expand and allow your spirit to shine. You can take these words tonight and you can tell others that Truth is simple. There is no need for elaborate questions to be answered. All life is simple, when it comes to that Great Creative Force. The truth is simple. You are spiritual beings and that small percentage of you that is material body is, indeed, a very small part of your existence now. I hope that has helped you to understand.

George: Yes, I think that helps us to understand—and to understand ourselves.

Sarah: Because there is only a very small percentage of physical, but all the spirit is not just in this physical body is it? We also have some in spirit as well.

You, my dear friends, are part of a whole. Do not isolate yourselves as you would, being a human being. You see before you single entities, but let me tell you, the most part of you are unified—are part of that much greater whole—you *are* 'existence'.

George: Yes, I think this is perhaps sensed in different ways by different people, and two of us recently met a mathematician, who referred to a particular mathematical theorem, known as Fermat's Theorem, which was enunciated in the year 1637, but it borrows pieces of information that were realised by much earlier mathematicians. *(In fact, we had been requested to ask Salumet if he could explain Fermat's Theorem! So I continued with some hesitation)* Coming out of that theorem, there are series of numbers which people have studied over thousands of years. Briefly, it refers to a series of numbers, deduced by an Italian gentleman, by the name of Fibonacci, and those numbers in the series are such that each is the sum of the two numbers before it, so that 0, 1, 1, 2, 3, 5, 8, 13, 21 are in that series. Now that series can be operated on to produce what is known as the Golden Mean Proportion, and these ratio numbers occur throughout nature—in leaf structure—in the shells of the seashore—in pine cones, and the Golden Mean Proportion which derives from this has been built into wonderful buildings by ancient people, and the proportions are always pleasing to the eye. It was 'Red Cloud' who said that the Creator of the universe and of the etheric realms was the most wonderful mathematician ever!

Yes, I take your words, my dear friend. Let me just say—do you feel the Universal Power—that Great Source of All Life is just random? You have to remember the Intelligence *behind* the Creation and of course that is what you are speaking about.

George: I think these mathematicians have *felt* that Intelligence.

And where does that intelligence come from—where do the mathematician's numbers come from? It is simply impressed from spirit.

George: Ah! The understanding of the numbers, impressed from spirit.

Yes, from that Great Intelligence—that all-consuming *Power* that we all belong to (yes)**. It is simple, my dear friend**, **but so many on your planet try to complicate issues. The beauty of all Existence—as you say, take a leaf, take a flower—look at the perfection that it gives and where does it come from?**

George: It is nice to have a record of understanding by these mathematicians who have been impressed.

Yes, they are being impressed by the beauty of simplicity, because it is beauty.

George: The beauty of the simplicity seems to have a structure within.

Yes, they are feeling the beauty of the Creator.

George: Yes, it's not all of us who can find a way of describing it, but—

Try not, my dear friend, to describe, but to *feel*—to look with those eyes that have been given to you, to use all of those senses that you have been given. Use them for the purpose of growing spiritually stronger; and, once again, I will say to you all, my dear friends, find that stillness, and you will once more become part of the whole—and as always, I leave that Earthly responsibility with each one of you. But I do thank you, my dear friend, for your questions. I also have been given the opportunity to speak a little more about Creation, whereas last time, I was ready to dismiss it very quickly. So, I will say to you: I have learned much myself.

Lilian: That's interesting!

And with those words, I will take my leave.

George: I think we all have much deeper feelings as a result of your teachings, Salumet. Thank you so much for that.

It is too easy to complicate everything—to use words which seem to be words of wisdom, but instead to use one word instead of ten is much more acceptable. Do you not agree?

(Heartfelt agreement from all)

Yes. So, with that, my dear friends, I take my leave; I leave you cloaked in my love and that of spirit. We endeavour to help you whenever we can, but we cannot do it alone; we need your love and your cooperation—but know that you are part of all things.

All: Thank you!

Next, there was a period of clairvoyance from Eileen. Then one explained via Eileen that she wanted to speak through the young lady (Emily) to give her experience. A brief conversation followed and information was given concerning her life as lady in the royal family around 1501, where she enjoyed reading books very much. It was later deduced that this may have been Lady Margaret Beaufort—Henry's mother (1443-1509).

George's Notes:

MORE DETAILED NOTES RE THE MATHEMATICS:

Fermat's Last Theorem states that no three positive integers—a, b, c can satisfy the equation $a^n + b^n = c^n$ *for value of n greater than 2.*

*Well who cares!**?*

But, moving on to the case of n = 2, we get what the ancients called 'Pythagorean Triples'. Example: $3^2 + 4^2 = 5^2$ *i.e. 9 + 16 = 25 —correct! The squared numbers add as they should.*

So '3, 4, 5' is a 'Pythagorean Triple'.

Likewise '5, 12, 13' is also a Pythagorean Triple. And if we make triangles of these lengths, the angle opposite the longer side is always a right angle. And now we begin to see elements of beauty in geometric form—as in certain ancient architecture.

Next, to avoid complications let us just say that there is firm connection between Fermat's Last Theorem and the Fibonacci series (described in text). So the series runs 0, 1, 1, 2, 3, 8, 13, 21, 34, 55, 89 ... and nature (observe the seed pattern of the sunflower), also planetary orbits appear to involve the number ratios. If a graph is plotted of the numbers against their successive number ratios, then the reducing-wave-form graph quickly approaches and aligns to the value 1.61803—known as the phi-ratio or Golden Mean Proportion. This ratio has been long recognised as being pleasing to the eye and is built into such works as the Athenian Parthenon and the Great Pyramid. And it is a ratio that seems to lie at the very heart of creation. The phi-ratio (ø) can be defined by itself as: 1 + 1/ø and then ø can be seen as a continuous fraction that goes on forever: ø = 1 + 1 / 1 + 1/ 1 + 1 / 1 +... i.e. one over one plus, one over one plus, one over one plus... without end. Ø goes on forever. So perhaps ø is at the real centre of everything!!! It is Salumet's advice to feel that beauty and not attempt to describe it and those are wise words. But nevertheless those mathematicians of our past have clearly been fascinated and have left their record—it remains a striking testament to the subtlety of beauty of form within the creation.

RED CLOUD QUOTATION: The mathematician who arranged the laws of matter, spirit and etheric is the most perfect mathematician that ever was.

BOOK: "Red Cloud Speaks" – Trance teachings through Estelle Roberts, First published 1938, later edition 1992, Tudor Press (London). A very good read!

~13th December 2010~ SALUMET

Salumet joined with us briefly to deliver a warm message—this prior to his usual withdrawal to own domain for the period of our Christmas recess. There were pauses, with the feeling of each phrase being carefully weighed—and his visit would have been with some very considerable effort. We know from the past that Earth's energies are different at this time—no problem it seems for those in near Astral Planes,

but energy difficulties arise for those from afar such as Salumet and Bonniol (who would be more familiar with faster vibrations).
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
It is good to join with you this time, my dear friends.
George: Equally, it's wonderful for us to have you with us.
My intention, this time is to stay just a short while with you, because as we near the festivities of your holiday time, I of course, as you well know, like to return to that place, familiar to me. Therefore, my dear friends, I wish only to say a few words. As another one of your Earthly years comes to a close, I would like you to remember back over this year of time, to ponder upon our discussions and to think for yourselves what you have achieved spiritually. As you leave this time, I would ask, my dear friends that you consider the *small* children of your world, and although I cannot say *all* children in your world, I can say the majority of children in your world. I would like you to think of the love expressed at this time of your year—the excitement for life that these children display to all around—that the unconditional love they feel for parents is another thing to ponder. Children are a great source of joy, not only to you people on the Earth plane, but also to us, who are in spirit. If only, my dear friends, you could see the light which emanates from your planet at these times, I am sure you would be amazed. So I say to you: *be as the little children*. That is an expression of your world, but it is a very apt expression. Be as little children—utilise the love which comes to many at this time of your year. You do not have to belong to any one religion to feel that love—and it is not a love which is confined to any one day of your year, because in different lands, this time of Christmas, is celebrated on different days. So my dear friends, I say to you now, consider all of these things. Open your hearts, not only to those you love, but to the many peoples of your world, who are in need of it. Think deeply—and embrace the joy that it would bring to those in need. I also ask you to think carefully about your own gifts of the spirit—those gifts which you bring to every passing day. And I say to you, my dear friends, know as always, I am close by to help and to uplift you and until we meet once more in your new Earthly year, I give to you all of the love of spirit—I leave you...
Lilian: Thank you, Salumet
(Heartfelt thanks from all)
Next, one named Angela brought 'healing' for Emily—much appreciated. This was followed by a rescue, which Lilian was able to help across, before we closed as usual.

~3rd January 2011~

2011 began with a small meeting with just four sitters. One spoke via Sarah who gave her name as 'Josephina':
I am so happy to have been able to join with you this time. I have quite often waited but my time has not come; so I am very pleased that I have at last been able to talk with you.
She went on to explain that she has been 'around' and feels she knows us well, and she had noted that the group was smaller this time—
And I have been told by those who have visited that this is a special group to come to, and there is certainly a very warm feeling to this visit.
Josephina could not say when she had been on Earth. It seems she was in an English village at a time when poor people wore short clothing, about half way down the leg, and the rich wore longer. Skirts were gathered at the waist and aprons worn. The rich had horse-drawn carriages that would sometimes pass through the village. Poor folk walked everywhere and only very rarely ventured outside the village. But they were happy times. Whilst speaking she seemed to become aware that one of the village had travelled to

Scotland for work and did not return—and there is a past-life family connection to Eileen, who is indeed of Scottish ancestry. As awareness further increased, she declared that that must be why she has come—to see her relative!—and to bring to her greetings from her English family!

~17th January – 2011~

At the outset Eileen received an impression—she was in space and viewing our planet. There seemed to be a huge slim smoke-stack gushing forth—symbolising much negativity pouring from the Earth. It was a very positive impression and Eileen 'knew' it to be about 'negativity release' from Earth.
A few minutes passed and then a lady with Eastern accent spoke through Eileen to say that our teacher would not be with us this evening—he would delay a further two meetings. She explained: ***He wishes you to be fit and well.***
(In fact, seasonal 'flu has been quite an influence in the South of UK, resulting in the 10th Jan meeting being cancelled and a few coughs were noticeable through the evening.)
Lilian: Thank you. We look forward to hearing from him.
Yes—may I ask who your teacher is?
Lilian: Salumet—we call him Salumet.
Ah yes, I am being told...
We explained about the name being assumed for purpose of recognition and that he has come to us from Angelic Realms for the past 16-years. She was in no way phased by this information and they in spirit also receive such teaching.
George: There are just five here tonight—sometimes as many as ten. What size group would you have in spirit?
How do you mean—to listen?
George: Yes, to listen.
Oh, there could be thousands. The numbers do not matter. We do have teachers who come down to our levels—then it is a big occasion, and you would find many, many come to listen. We have much to learn also (yes) ***and it is always pleasant to just hop back and speak with you kind people here and to try to help you understand the world of spirit. And I am being told that this group is quite a leader.***
George: Although we are quite a small group, we record everything and pass it on to many more.
Yes, I have been told that you do that. They say to me: they spread the word. So it is delightful that I have been chosen this evening just to give you that simple message that your teacher's visit is delayed.
Sarah: It's always nice for us when people from spirit come to visit. So when you were on Earth, did you believe in spirit?
No—I just had not thought about it.
Sarah: So it was a surprise for you!
It was a very pleasant surprise!—I still recall that time—yes. It was accompanied by the most beautiful singing—I did not know where it was coming from. I could not see anyone and I could not hear anyone, but there was this most beautiful singing—it was just beautiful! And I was taken to the 'healing waterfall' and that was my first encounter.
Emily: Were you met by a guide?
I don't believe so, I don't remember, but of course my memory has faded somewhat—that is part of the process also, because you do not want to be immersed too much in remembering what has gone and passed.

If I could just leave you with a message from me—to always try to keep your thoughts as pure as possible—then you will have no regrets—when you come to this world.

(Agreed)

George: It has been interesting to some of us that there have been two styles of thinking in recent years—'spiritual thinking' and 'scientific thinking'. But the two are beginning to merge a little, which is interesting. And I think science cannot make too much more progress without taking in spiritual matters—

I think I can say with some honesty that science would not be able to progress without spiritual influence. That has always been the way. I think you would agree.

George: Yes, indeed. Were you aware of scientific thinking when you were on the planet?

Me? My memories are quite depleted I'm afraid.

George: We understand.

I could not possibly say I remember too much about Earth. But I know more in spirit than ever I did whilst I was on the planet Earth, because the knowledge is available to you if you so desire. And that is why it is wonderful to go to these meetings when teachers come to our levels—you can learn so much.

Sarah: Salumet has told us that we are here on Earth to learn—so I suppose it's just the beginning of our learning, and we can continue when we go on to spirit?

It is the beginning of your journey—it is a step back to where you came from. So, I have to leave now. And you must remember: try to keep purity of thought.

George: Yes, indeed.

Sarah: Yes, we've been told that before. Thoughts are like a boomerang. Bad thoughts come back on you.

Yes, I know that not everyone can be perfect, but it is in the trying that you succeed.

George: Yes, I think you would say that 'the purer the thought the purer the connections that become available'—

That is very true—if you wish to make a good connection, then you only attract what you are capable of. That is my last word for you.

Lilian: Thank you very much.

George: It's been very nice to talk with you. Thank you for coming to join us.

I hope that some time I may be able to return.

We assured she would be most welcome and asked if we might have a name so that we recognise when she returns.

Ah yes—Saati. My English is very good?

We were able to assure that her English was indeed good. And as Eileen returned, she was able to say:

"Before it goes from my mind—'Saati' is with two 'A's."

One followed via Sarah briefly, who had not been back to Earth for some time, declaring he had forgotten what it was like to take in air in the process of breathing. There then followed the rescue of an elderly one who found speech difficult. But she accepted help and guidance and was able to move forward to those waiting to receive her.

~7th February 2011~ SALUMET

Our opening prayers this time included mention of the several 'troubled zones' around our world and those who suffer in consequence

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

It brings me great joy to be with you once again, my dear friends.

Collective warm responses

I feel your own joy, and as I joined with you this time, it comes to me that you people, who have been so dedicated to this task of truth, are surely true followers of all that the Creator would wish. Again, I will say to you, my dear friends, that your Earth has many troubles at this time, but I would like you to think about these, as you call 'problems'—to think of them as a time of change and a time of learning.

George: Yes I imagine changing consciousness embraces all these, what we call 'troubles'.

Yes—after all, in time of trouble, does not the human soul come into its own? (Yes) **Does not that swell of love and kindness shine forth, no matter which part of this Earth plane you are residing on. Languages do not matter, the differences mean nothing when it comes to the love of the soul. Therefore, I would say to you, look upon these changes as parts of the evolution of your Earth plane to the change in consciousness of its people, and, know that from that growth in consciousness, comes true knowledge of truth, and after all, that has always been my purpose in coming to you, to remind you that truth is always there. Everything changes and yet, nothing changes—you must look upon the whole picture. As I have said on many occasions, look to the fuller picture, and your understanding is greater. I know sometimes, as human beings, it is difficult to picture the whole, because, as human beings with faults, it is natural that you allow the heart to rule sometimes. But life upon this planet is no different than when man first came to step upon it. The way of existence is to allow yourselves just to 'be'. Those are simple words, my friends, but their meaning is great. So I remind you, dear friends, allow yourselves just 'to be'. That will be my words to you this coming year of your Earth lives. No matter your circumstance, no matter your feelings—be true to who you are, and in so doing, you will allow that inner being to come forward. Have you any questions so far?**

George: I think we're all beginning to feel that bigger picture. One also feels compassion for people who suffer within it, but I think we're all appreciating that the world is changing and *has* to change.

Yes, have compassion, but do not become—I use an Earthly term here, for your understanding—do not become too 'bogged down' in individual situations. I know that what I ask of you is no small feat, but I do have the responsibility to remind you, my dear friends, that truth is simple. It never changes, it will not change, it always has been and it always will be—no matter the situation on this planet or any other. You understand? (Yes)

Sarah: I think it's getting easier to step back a little bit and not get quite so involved, not get quite so emotional about things—so I think the understanding is beginning to come to us.

Yes, I almost feel that I repeat so often the same words, but my purpose in reminding you is that you are striving for the same goals—that you are beginning to understand what your lives are truly about. So much is happening in your world, I am sure you have been aware, at times, that words I have used in time gone by, have materialised at some point. Yes?

George: Yes, indeed! And it's so nice for us to become aware that your teaching to us is spreading much further afield. In fact, we've mentioned the scientist Dr. Ervin Laszlo, and we've had further communications with him, and I feel he's a wonderful scientist. And his personal assistant is a Hungarian lady, named Gyorgyi *(pronounced 'Georgie')* and she plans to fly over from Italy to join us one evening. She would very much like to experience your teachings, Salumet. In connection with that, I would like to ask you: do we need to arrange a date for this or will you simply 'know'? Perhaps, you already know that this is under way—and will you simply be here on the evening that she arrives?

I will be happy to greet her with this group. Yes—no pre-dates are necessary. I will be here.
George: Thank you!
And whilst we speak of scientific matters, I wish to say: much progress is being made in scientific and medical fields, even although, you may not be aware of these advances. Let me assure you dear friends that much is being given from spirit at this time in your existence. There are many things which will come to light.
Sarah: Well, I was just reading the other day again about something they found in fish. I can't remember what it was now—they think it will help one of our diseases, and I did think of your words, Salumet, because you said we would find much from the sea.
Much more! Much more! But of course, always the problem is the time factor, because although I know these things *(will occur)* **in your world, there is always the restriction of time; but it pleases me when you recognise that my words are bringing truth.**
George: Yes, indeed, and we are very happy that both the scientists that we have mentioned by name, have read the Bonniol book and their *theories* have much agreement with our *findings* **(yes)**, so that is part of this picture.
Yes, always, always, I told you from the beginning, that words would be verified from other sources around your world.
George: You have indeed!
This is not a singular quest; it belongs to many from my world, who come to your world to help mankind.
Lilian: Coming back to the cures coming from the sea—if the cures are coming from fishes, would it have been their purpose to cure?
It has always been—it is just that recognition comes at the proper time.
Lilian: I see—it doesn't matter if it's another creature.
Only the Creator can answer that question for you!
Lilian: Right.
Paul: Could I mention that on my travels recently, I came across what was called a 'Pyramid Water Temple' in Thailand. One of the monks, the head monk, claims to have been inspired by extra-terrestrials to construct pyramid shapes—small stone pyramids, pointing at water circulating through pipes, and using the pyramids to energise the water for drinking—and also for sleeping under. Can you say anything on that?
I will say this to you, my friend: 'pyramid power' has been on your Earth for as long as the Earth has existed. The energy of pyramids and the water is twofold, and it is not a new happening—it has existed on the Earth planet for a *long* time. Mankind has been given this information, especially since what you term 'New Age happenings'; it has suddenly become more acceptable. It is almost like 'an ionisation of the water', to be used in conjunction with the pyramid shapes. Yes, there is nothing unusual about using this method.
Paul: So this particular monk is—
He is more aware of what is being given to him.
Paul: Ah! That's very good! Yes, I purchased one of his pyramid beds so I will try to set it up to use it.
Yes, if you think—I give you a very simple example—how often people speak of the Red Indian people of past time. What shape were their tepees?
Paul: Cone-shaped, yes!
Yes—not quite a pyramid, but you can see the closeness.

George: Yes—that general form!
Yes—you have great structures in your countries that many people feel great power from—your pyramids have been used as energy sources for a long time.
Lilian: So the connection with the water—
Water has its own power.
Lilian: So, even people who do water-divining—is that a similar thing?
Not quite, no—they have the ability to find water. Water plus pyramids is a different energy—yes.
Lilian: I know my father did water-divining **(yes)**.
Sarah: Does the water change in any way or just give out—is it a source of extra energy?
Both can be altered in structure—the structure, the element of water, depending what the pyramid shape is made from. The gentleman has spoken of stone, which is a natural resource—which each has its own energy. To unite these two elements gives a much stronger force, you see?—together they create an energy field which is much stronger. Does that help you?
All: Yes!
George: And you would agree that to treat water in this way would make it more health-giving to drink?
Yes, you are ionising the water. You are purifying it in a sense, but also giving more power and strength to it. If you think—I am simplifying things as always for you—if you go to your mountains anywhere on your Earth and you see natural streams of water, are they not always flowing over stones and rock?
(Agreed)
Can you see, always in nature there is this connection? (Yes)**—But the shape of pyramids has a natural energy field, not belonging to anything else. Yes—I hope that helps.**
Sarah: Salumet, when you said the pyramids were as old as the Earth, are these gifts that we were given with the Earth?
You all are gifts of Creation. All of mankind is a gift of Creation. What you have to remember—all that is material is only here on the planets. All material returns to where it came from. You understand? (Um—)
No.
Lilian: It goes back to spirit?
Yes.
Lilian: But not in a solid form?
Material matter is only a certain density.
Sarah: So when it's been used, when it's had its use, then it can return back to um—
Lilian: Energy?
Pure energy—yes.
Sarah: Thank you! Could I ask another question on a slightly different tack? I've been reading a book by Lorna Byrne, and she's still alive. Ever since birth, she's been able to see angels and she sees peoples' spirits—their guardian angels. Is this a 'one-off' or are there other people who can see just as much as she can? She has tremendous contact she says—all the time there are spirits there—she calls them angels who are there and talk to her. She said there was one time—and it has happened before—where they put her body to one side and take her soul/spirit to other places and then she has returned back to her body. She is taken on these journeys—
Yes—these things are possible for all of you. It is only that she has become more refined in allowing her own soul energy to release from the physical body. Of course, many people are capable of seeing angels;

but remember, my dear friends, angels come in many guises (yes)**. Do not assume they are all winged and beautiful creatures. We have discussed this on many occasions.**
Sarah: We have—it's just that she said she saw peoples' guardian angels as well. Is that quite right?
People can see others' angels—yes. It is not unusual.
Sarah: She said, right from a small child **(yes)** she's always been able to see!
Yes, she came to this life with that vision still intact, as many people do who can see spirit. For most of you, it takes hard work to re-align yourselves with your true spirits—but yes, many, many people can see angels.
Sarah: I knew angels could be seen, but it was just that it was *her whole life*—it seems, daily, it is taken with angels being with her, talking with her and telling her things.
Yes, she needs to guard against living too much with them, rather than living her life here—there is a subtle balance. After all, you all come to the Earth plane to learn and there is a fine balance between allowing that unity with your spiritual self and your physical self. You have to live your lives here. So I would say, perhaps she is allowing herself to be too involved in allowing her spirit to be free.
Sarah: Ah yes—it seems like she's being guided—
She is not properly grounded, I would feel.
Sarah: Ah, right!
Although, I have no doubt she would dispute that remark.
Sarah: Anyway, thank you for that, Salumet.
George: Could I mention that great teacher, the Indian gentleman White Eagle, has actually materialised through a materialisation medium in Australia—David Thompson. And it must be wonderful for many people to actually know that that Indian gentleman once had Earth life and has now materialised, so that his form has been accurately seen **(Yes).** Have you any further comment on that?
Yes, that great Indian is one aspect of the spirit from our world, and yes, materialisations are still looked upon by people in your world as an ultimate expression of spirit. Yes, I am aware of the one you call White Eagle. His mission to Earth and his teachings are still revered by many in your world, but I can tell you White Eagle is one aspect of a greater spirit—yes.
George: Yes, so it would be that one particular lifetime **(yes)** that would have materialised?
Yes, much good work has been done by him with that particular medium that was used, and of course, as I say, materialisation is not so much used today as it was in past times. But it is something to behold for you human beings (yes)**.**
Sarah: But why is materialisation not so common now? Is it to do with us?
It is not the easiest way to communicate, but it is the ultimate way, because all of your senses are satisfied—you see, you hear, you feel. There can be no doubt and not all mediums can be used. It takes much work from our side and from your side to achieve this; plus there is too much, I feel today—too many comings and goings of people within a group. There needs to be years of dedication to have the true satisfaction of materialisation. All visitors need to be true before this will happen—so there are many reasons why it has declined.
Sarah: We have been hoping for a materialisation from Bonniol, but I don't think we've been doing all—
That is different—apports are different—
Sarah: Ah right—
—not really classified under materialisation. We see materialisation as the reappearance of a person.
Sarah: I see, yes.

But there are many apports. Of course, it *is* materialisation, but you have to distinguish between the two.

George: Yes, I think we've been talking about materialisation using a medium's ectoplasm.

Yes, it has to be a particular medium who produces this for the materialisation of a person.

Sarah: Are apports easier than materialisations?

It is almost the same, but—this sounds like a contradiction, but it is not—the same methods are used, but on a much smaller scale, and more people are able to produce small amounts of ectoplasm as opposed to the amount needed to materialise a whole being. You understand?

Sarah: Yes, thank you!

Lilian: What exactly is ectoplasm? Is it an energy of some kind?

It is an energy—it is life! It is what you are!

Lilian: I see—that's interesting

Now, my dear friends, I feel that I will leave you this time. I hope that, as we have re-united once more—

George: It's been a wonderful evening, Salumet. Thank you for all the information given and it's so wonderful to be re-united again for the coming year.

I thank you, my dear friend, for those words, and of course, our wish would be that we meet again in love and joy and harmony—all of the things of the spirit. And I will leave you now, as always, cloaked in my love and the love of spirit.

(Thanks and farewells)

A rescue followed via Eileen, wonderfully conducted by Lilian. This was a heavily handicapped, blind lady. Lilian talked her through while she managed to nod an inclined head with hand held to it. She was able to see the light ahead and go forward to friends who waited to receive her.

George's Notes:

Gyorgyi Byworth MA: Personal assistant to Dr Ervin Laszlo. International Relations Associate – Club of Budapest. In London 2009 – Global Coordinator of WorldShift 2012 event. Has been International Relations Coordinator – University of Florence Medical Facility—coordinated implementation of bilateral agreements between participating European Universities of the Socrates / Erasmus program. Currently studying for PhD in field of consciousness in relation to Akashic Field, metaphysical aspects and how it effects healing. Gyorgyi is fluent in English, having lived part of her life in UK. We very much look forward to sharing a Salumet evening with this lady!

The Pyramid Water Temple: Suan Buddhannarakdham in Maerim, Thailand. Located 4.8 Km from Samoeng-Fang intersection beyond the orchid farm. Head Monk: Pra Ajarn Ratana Rattanayano.

The original water used is natural well water. Two types of energised water are produced: 'Prana (P) water' and 'Mind (M) water'. The P water arrangement has a heating element and four 'strengths' are produced depending on the number of cycles through the pyramid structure:
P-10—to suit detoxifying the digestive system
P-7—to energise the body by stimulating blood circulation
P-3—to relieve aches in muscles and tendons
P-1900—this should strengthen immune system and protect from infections.
Mind Water: M-1900—just the one category, produced from a cold installation. Good for internal organs, emotions and mind. It has a good effect on the heart and is said to heal heart disease.
There are precise recommendations for drinking for each water / quantity / time of day etc.
WHITE EAGLE materialization: What follows is an extract from Victor J Zammit's 'Friday Afterlife Report' giving the news that White Eagle has materialized via David Thompson:
SENSATIONAL MATERIALIZATION LAST WEEKEND:
A MAGNIFICENT SPIRITUAL EVENT: THE GREAT MASTER WHITE EAGLE MATERIALIZES THROUGH DAVID THOMPSON:

Last Saturday 22nd January we, the sitters who participated in one of David Thompson's materialization sessions, were extremely privileged to have that great spiritual master White Eagle materialize and give us all a most wonderful, most profound message - not only for us, but for the whole world.

His message was the same as the message of Silver Birch (who came through David on several previous occasions) - the same as the message of William and all of the Circle of the Silver Cord spirit team- that 'there is no death, only transition'.
This was the very first time, as far as I know, that White Eagle materialized anywhere. Millions of people are familiar with the wonderful books of White Eagle, a great spiritual master who used to come through the English deep trance medium Grace Cook until her transition in 1979. Like many people, we the sitters in David Thompson's materialization sessions had read the books of his teaching and Wendy and I had even been many times to the White Eagle Lodge retreats in Maleny Queensland. They were all most wonderful experiences, most spiritual. http://www.victorzammit.com
Thank you Victor for that good news!

Lorna Byrne. Irish mystic: Angels are non-denominational—they are here for everyone. Website instruction: 'Put your disbelief to one side and take a look!' Books: Angels in my Hair / Stairways to Heaven.

~14th February 2011~

On this occasion Eileen was not with us but we received two visitors who spoke through Sarah. Firstly it was an exercise designed to assist those having difficulty with transition.
Circle of light: One spoke through Sarah of another in spirit who would be arranging a 'circle of light'. This would involve both our own energies as well as energies of those helping in spirit. Initially we were asked to give thanks to all those involved. Our spokesperson went on:
You should feel around your heads a slight pressure. This pressure is the concentration of energy that is being given forth for this light circle.
Pause
And now the circle is beginning to form. It has taken from each one of you a bonding energy, and this bonding energy is flowing through you all and is including all those who are standing by you.
We were asked to create more light by placing our hands together so that the finger tips just touch. And that light was then being distributed amongst the many having still to acknowledge their death and passing to spirit:
She continued: ***Those who are near the Earth energy and who refuse to move away. They will be able to see this light, and because it is light that they do not understand on the Earth plane, they will question, and this questioning will help them to move away from their ties on your planet, and to move on in the direction they are meant to go. This circle of light has produced such a dazzling spectacle that it will be impossible for anybody who is looking at it, not to wonder what it could be. This energy can be taken up by those who are questioning and it will give them renewed hope for a journey they would otherwise find so difficult. I have been asked to come to you by those Gatekeepers who have had so much trouble trying to convince those who have refused to move in a direction that would benefit them. And I am already getting the message that your help is already achieving some success.***
That one was thanked and withdrew; then next, one from an Amazonian tribe from times past spoke via Sarah. The tribe was known as the Black Feather Tribe and they were 'Fire Readers'. He addressed us with a powerful male voice, befitting a chief:
Lilian: Good evening—welcome to you.
I wonder why you sit so. I always had my tribe with their legs crossed sitting on the floor.
Lilian: Yes, I know—we're sat in chairs. It is what we are used to. Our older people find it quite difficult to sit cross-legged, but you never did—
Well—let's put it in a different way—we did not have chairs!
Lilian: Yes, but even in old age you could still cross your legs, and that's what you have always done—
We were very comfortable sitting close to the earth surface and warming ourselves around a fire. In the fire we could see many things. Much was given to us from the flames. We could always be prepared for anything that might not be as we would wish it. And the flames would give us a warning to any danger that was likely to befall us.
George: So the flame was an aid to your meditation—could we put it like that?
Slight pause
I would not quite put it like that, because we were not seeking 'meditation' but simply sitting around the fire as was normal in the evenings.
George: I see—that's interesting.

It formed part of our conversation, and those who could see what was going to happen could then relay it to all in the circle—but there were times when we would sit quietly by ourselves and take stock of what we had done and what we hoped to do; and this I think you would call meditation. But the camp fire was a group exercise—not even exercise—it was a group meeting where we would all join in and be glad for all that we had.

George: Mm, and nice to experience that togetherness.

We were a most sociable group but we had also to be so, because had we strayed from the group, we would not have lasted very long. Each member of the group needed the others to survive.

George: Were the dangers from wild animals?

—Not only wild animals, but also other tribes. So it was most important to stay together.

Lilian: Yes—can you tell us the name of your tribe?

We were known as 'Black Feather Tribe'.

Lilian: So when you looked in the fire, did you see pictures in the fire or did you just have the feeling of the messages?

The flames would form into outlines of whatever the danger may be. We could perhaps see a spear being thrown and we would know that we could expect some unwanted visitors.

George: Would this have been that part of the world which we call today 'North America', or are you not able to say where this life took place?

I can tell you that the river you know today is—to be the Amazon.

George: Ah—South America.

We had many treks along this river—always going south, because the energy of the river pulled us south. So I can perhaps say to you that I do not know how far north our tribe existed before they started moving south.

Lilian: This was women and children as well?

This was the whole tribe—always moving south.

George: Did you have canoes or any form of boat that you were able to use on the water?

We did use rafts on the water, yes; but we also trekked many long distances along the edge of the river.

Lilian: And did you use tepees at stopping places?

We did indeed have tents.

Lilian: Did you realise at the time that shape of tent would have encouraged energy?

We were aware that there was a renewal of strength when we entered the tents, but I am not sure whether we actually knew it was the shape of the tent or whether it was just something that we knew: when we went in that we would regain more strength.

(We are aware from several sources that pyramid or cone shapes, such as with Native American Indian tepees, enhances energy)

George: What material did you use for the tents?

The tents were made mainly from the skin of animals. The main skin was from firstly, crocodiles and secondly, from monkeys. These tents had to be sewn together, and we would use some of the very sharp reeds that grew along the banks, as needles, and the vines that grew up the trees for what you call 'thread'. We were in no rush to push forward, so there was much time for renewal of tent skins. This was something which was always, as you would put it, 'on the go'.

Lilian: Did you have horses?

We did not have horses.

Lilian: It was interesting about the tents.

I am being taken to one of these tents now, and it is a reminder of how small they were and how many people sit in them.

Lilian: The whole family in one tent?

It would depend on the family, but I would say there was more than one tent to a family (I see)**.**
George: And was it cool at night—did you need to cover yourselves for sleeping, or was the tent by itself warm enough?
Sometimes it would get a little cold, and then we could use the tents that were being prepared, as covers. So there was always a use for them whilst the work was in progress.
George: And what did you use for food. Did you use the animals and fruit?
It was mainly the fruit diet, but we did manage to catch some fish from the river, and we also ate the monkeys that we caught.
Lilian: Did you grow vegetables?
We did not grow anything because we did not stay too long in any one place.
George: So it would be a jungle situation and the jungle provided, and you kept moving through it—
That is correct, yes, and we also trapped birds which we also ate, but the main purpose of this—or should I say—the by-product was the meat, but the prize was the feathers. We prided ourselves in making our headdresses from these—most alluring—especially the men folk. Yes, it was hard work, but I would say: a most fulfilling and happy time.
Lilian: So money was never needed as we have today and that was a good thing.
No, we did not have any, and we did not exchange goods with other tribes either. But sometimes, if we were attacked and the tribe were to lose, we would collect what they could not take back with them.
George: What would be the purpose of another tribe attacking?
Now, I look back, I can see it was 'fear'. But at the time, we just knew that if we got too close in our movement south, to another tribe, they would think we were attacking them. And it is most difficult when you do not speak the same language (yes)**. *You made yourself understood that you do not wish any harm, and sometimes you have to defend yourself.***
Paul: Did you get ill much, or were you a fairly healthy tribe?
We were most healthy. Very rarely did we get ill.
Paul: And did you have a medicine doctor in the tribe, you saw if you got ill?
Yes, there is always one who looks after the sick, and there is always one in the tribe for every aspect of life—for those who have questions—for those who provide the food—for those who wish to help with any work that has to be done. Each one had a post and everyone was able to be advised.
George: Were these people who had knowledge in this way—are they also the people who could see things in the fire?
Everybody could see in the fire. It was something we—we all could read in the flames, yes.
George: So some in the tribe were simply recognised as having this knowledge or this skill?
Ann: Everyone could read the flames.
Yes, the flames were our friends. They were almost part of us. It was something we could all do, but not everybody saw the same thing at the same time, but each could read the flames.
Lilian: How did you light the fire—stones or wood rubbed together?
Yes, we used to rub wood together, and because there was so much dry material, it was very easy.
(It seems they did not preserve fire or transport it with them because it was so readily produced by rubbing sticks together)
I think it is time I returned, but I have been most happy to speak with you.
George: Well, It's very interesting to us to have your description of how things were, living with the tribe. So you've advanced much further in spirit now and you are able to look back and understand how things were at that time?
Yes, I can see some changes, but when I return to the Earth planet I become aware of how it used to be. It is a nice feeling, but at the same time I am ready to return back to where I belong now.

George: Yes, I thank you for being with us. We've much enjoyed this meeting and your words. It's an education for us. Thank you!
It has been my pleasure, and I would like to offer each one of you one of my black feathers.
(Thanks from all)
Lilian: When we see a feather in the garden, we'll think of you.
I have put one in each back-of-your-head, to sit there, but I have not given you a band that goes across your forehead to tie at the back where the feather sits, because I do not need a leather band any longer. The feather sits most proudly and it will send you safely back home when you return.
(General thanks)
Lilian: Please come again another time.
George: Yes do.
I will not say no.
George: You will be most welcome to come again, and is there a name that we can remember you by?
(Pause)
I am not aware of the name I used to have.
Lilian: If we say 'Black Feather', will that do?
I was about to say that you could call me 'Black Feather', 'Black Feather from past'!
(Thanks—wonderful!)
George's Note's
Anthropologists would no doubt find this type of material to be of great value, if of course it were generally accepted and fashionable to involve the ongoing lives and ways of spirit. We have received a number of such accounts through the years from Africa, the Americas, Atlantis and hunter-gatherer peoples.

~21st February 2011~ SALUMET

Lilian: Good evening Salumet—welcome.
Good evening.
All: Good evening.
As I join with you this time, it touches us in spirit to hear such heartfelt thoughts and compassion for others. Those thoughts are given in love, so those thoughts are some of the strongest that we receive. It sometimes seems that your thoughts and prayers are never answered. I am here to tell you, my dear friends, that is never so. All thoughts are received and all thoughts are gathered and all thoughts are answered. You know that sometimes it is not always the answer that you would wish, but it is the answer which is part of the evolution of that life. This, my dear friends, is what you must remember. I also would like to say this time the love and compassion that you give out, when together in these meetings, is admirable, but that love, that compassion, should be used in your daily lives. You should, my dear friends, be shining examples of living a life of love and compassion. It is easy, in situations such as this, when all seems well and good and your purpose is to help, but not always so easy in everyday living. I would like you, my dear friends, when you go about your daily tasks, when you come across a situation which is not quite right, then I would like you to stop, to think and to send out love to those people much in need. It is easy to be compassionate about people you know—not so easy when the person is unknown to you. I know, in general, my dear friends, you ask for many in your world, but I would like it to be your task, before we meet again, to seek *one* from a distance, who is in much need of help, and to offer that help, with love and compassion. You understand? (Yes) **You may be surprised by the response and the feeling that you receive—not so easy to love and forgive one who you feel does not deserve it—**

Lilian: Yes, I see what you mean—
That is true love. Not easy, and you are only human after all, but it is a state which all of you should try to achieve. I do not wish these words to seem like a criticism of you—that is not meant at all. I wish to instruct you just a little more.
Sara: Yes, I've been trying to work on this myself recently **(yes)**, with one or two people whom I felt a bit cross with **(yes)** and I've found it has been an interesting process, because sometimes I've been able to send them love and then another time I need to send love to the part of me that feels hurt **(yes)**, because you can't really send the love wholeheartedly until you feel healed yourself of the cross feelings—
Yes the frustration is high in these times (yes)**, but at least, my dear friend, you recognise that within yourself** (yes)**. And indeed, as you have said, that also is a healing. And what you all sometimes forget to do, if I may say so, is to forgive and to love yourselves** (yes).**You are happy to *give*, but you forget that to give truly, and honestly and with great love, you need, my dear friends, to begin that purification of your own being—yes that is true.**
George: I can understand your words concerning the extremes of difficulty in loving. In the past, in my work, I have met imprisoned terrorist bombers **(yes)**, and, yes, I guess that is an extreme example.
Yes, there are many examples in your world, and of course, we know and understand that the human element of every single being, struggles, at times to have true love and compassion, but as with many things in your lives, it is a *learning* process. We do not expect you to be angels—that is not your purpose, but what you have to realise and understand, is that you have great opportunity to grow yourselves, and to become better human beings. You can only *strive* to do these things. After all, you would not be here if you were perfect. But that should not stop you trying to achieve that higher being that you truly are. You understand?
(Affirmed)
Have you any questions about this?
Lilian: I was just thinking about the part of the world where the people are standing up for themselves—I'll put it that way—against the leader of about 40 years, Colonel Gaddafi—that's his name, but there must be a lot of hate being felt towards this man. Would that affect him in any way?
Of course, any emotion of hatred is not good (no)**, but again, I say to you, all of these matters are part of the *changes* within your world; it is part of the evolution of your world. Mankind has always strived, especially nation against nation, has always tried to have the upper hand, until such time as they realise that what they are trying to achieve is not possible through the means of *war*, but when it is people struggling against the terror of being subdued in their lives, this basically is *'good against the bad'* that you would say, although I would say *'darkness and light are two sides of the same coin'*. It has always been and Earth is still struggling to this day to change for the better. So, you cannot take an isolated incident and make judgement upon it. As always, my dear friends—and you must surely, be tired of my repetitive words, but try always to look at the wider picture. Your world is changing, and I am happy to say, 'it *is* changing for the better'. My love for your world and for *all* who live within it, is ever hopeful, and, I am sure, my dear friends, you will agree, that in such a short time, even within your own lifetime, there have been many changes for the better** (yes)**. Nations have come together.**
George: Yes, indeed, and when you first came to us, I recall you saying your mission had two parts, and the first part was to steer us away from nuclear oblivion that we were heading towards **(yes)**—that was a very big change!

Yes, yes—as I say, your world has to evolve so much more, and it is difficult, I know, not to take one section of your world and to feel what the dear lady calls 'hatred' towards it; but right will always come to the fore. These things do not happen in a second, or a year, or a hundred of your years, it is a gradual process. But be optimistic, my dear friends, because, I say to you, 'we feel optimistic for your planet'.

George: Well that's good news. I think you've said before that we should stand back and see the situation in overview **(yes, yes)**, and then it is clear that there are improvements.

I am happy to stand by those words, and yes, it is not always the easiest thing to achieve.

George: Well that's very nice, because I have had some feedback on this very subject, and it's good to re-iterate that we are moving forward when seen in overview **(yes)**.

Sara: Could I ask a question?

Yes.

Sara: There's a lady called Keisha Crowther, known as 'Little Grandmother', and she speaks about 'Love' and the importance of being loved in these troubled times. She's a Native American Indian shaman and I think she makes a lot of sense. She mentions a short period of physical darkness for the planet, and I just wondered if you could comment on that. She mentions this coming in the near future.

You could say, my dear friend, that in your world—your planet—there are always areas of darkness (true!)**. So, yes, I would accept her words, but again, I say, this is nothing new, it always has been that way since man has trodden this Earth plane; but as long as there are greater areas of light, the darkness will always be dissipated. You understand?**

Sara: Yes **(yes)**. And she doesn't have an alarming message **(no)**. She's not a scaremonger—so she is worth listening to.

Anyone who offers love is doing good—yes, yes. (Thank you.)

Now, I will leave you this time, but I hope my few words have given you a little more to consider, once again.

All: Yes

George: They certainly have!

Yes. And as always, my dear friends, we thank you for your thoughts, we thank you for your presence, and we thank you for your ever-increasing knowledge of yourselves. Do not forget yourselves, but know always I am close by, if you should need me.

(Thanks from all)

George: That's very good to know. Thank you, Salumet!

A period followed, of Eileen giving clairvoyance, firstly re Sara's family and secondly re Lilian's family. And Lilian's husband Roy (in spirit) wished to let her know that he is still around.

One then briefly spoke via Sarah who had experienced some unhappiness in her last Earth life:

Lilian: Welcome to you.

Thank you for your welcome. I take great pleasure in visiting you. And the feeling of so much love draws me to you. I am always happy to be able to join in with such people, because I never had that opportunity whilst I was on this Earth. I take the opportunity of coming for this short time just to feel how good it can be. I know that I do not have to come to see how things are, but I cannot help myself when I see a window of opportunity to call back and experience 'love', which was so missing in my Earthly life.

George: Well, you are most welcome to join us. Can you say when it was that you were on the Earth?

I believe it was in the 1800s, when the ladies wore long dresses.

Lilian: So was it your family that lacked love?

I had a step-mother and my father was not interested in his children.

Lilian: That must have been hard.

So, I was not the only one in the family who was unhappy, but I am the only one who needs to come back from time to time … I have been told on many occasions that I do not need this visit, but it always brings me such joy when I feel the love of you good people.

George: If we can help in any way, we are very pleased to do so.

Sara: If it helps you, that can only be good.

I know that you have already helped me, just by being kind. And now I am being told I must return. So I thank you for your time.

We invited the lady to return another time if she wishes and she withdrew happily.

Finally, another seemed to be with Eileen and Lilian approached:

Lilian: Good evening.

(The was no reply but much creaking came from Eileen's wicker chair)

Lilian: Are you having a good look round?

(More creaking)

Lilian: Do you wonder where you are?

A very deep voice and more creaking:

How! I come to you another time. No time now.

Lilian: I see. What would you like to talk to us about when you come another time?

I will tell you another time.

(Chuckles)

I stay if I come another time if you like me.

Lilian: Thank you.

My name: 'White Feather'.

We declared that we were sorry 'White Feather' was unable to stay longer and looked forward to next time. On repeating the name, it seemed to ring a bell.

On checking our records, 'White Feather' is a North American Indian gentleman of large build and deep booming voice. He last visited on 10th March 1997 when the group met in Leslie's house. He will have noted a few changes! Being so large, it is likely he would have struggled a little to get comfortable, and it would be very reasonable that he look around to take in the changes. And we certainly look forward to this one returning—hopefully soon.

It may be of interest that our group has past life Native American Indian tribal connections, described in some detail on one occasion by Chief Gran Mancha. It is our understanding that we were of the 'Gor-rukka Tribe' within the group of many tribes known as 'Baa-Ba'—around 2000-years ago. And we have received over the years from such names as High Waterfall, Great Elk, Moon Feather, Running Dog, Silver Star, White Horse, Red Fire and Nahashiwah (a more recent past life of Eileen, meaning 'small body – great spirit').

~21 March 2011~ SALUMET

Following our prayers, there was some talk amongst ourselves about world disasters and problems, especially the earthquake / tsunami in Japan. And Jan had described how a Japanese lady on a train had been quietly sobbing into a handkerchief in such a serene and dignified way.

Good evening.

All: Good evening.

As I joined with you this time, I have been listening to all that has been said. I feel this time it is important that I say a few words of comfort for you all. There is so much happening in your world at this time—so much fear, so much love—that may seem a strange word to say to you, but my dear friends, it is true. I am here to tell you, your world is not coming to an end, as so many people in your world are so quick to tell you. No human being wishes to see the hurt and the anguish of others and that is the thing that brings into being the love for your fellow-man, that in times of what you term 'tragedy', gives the opportunity to many to come together in love and to help those they do not even know—to give help and love as much as they can. Mankind, no matter what their race, come together to help in these times of crisis, and that is the energy, which those of us in spirit, try to encourage. So I will say to you, my dear friends, all of these happenings are part of your planet's evolution. I cannot sit here with you and say that there will never be more of these crises, because of course there always will be; you cannot stop the evolution of your planet. You can, of course, help in any way that you can. Mankind can change their views on all that is wrong on your planet, but you cannot alter the evolution of your planet. It has been going on since your planet has existed. The whole of the Earth planet has many faults within it—as in all planets of many universes. This cannot be altered, but what can be changed, is that love and that comradeship that exists between people of all races and creeds. So my words to you, my dear friends: continue to offer your thoughts and your love to those in need, but let me tell you that all those who have lost their human lives are now looking to the spirit world for their love and existence. Give them your thoughts, give them your love, but ultimately know that they are safe. That is the knowledge that should be spread within your world. I heard you speak of the nation and its people, who you feel are so calm and so serene. Is that not something, my dear friends, that all of your world could strive towards? *(Affirmed)*

Yes. So all I wish to say to you this time is to think of my words and to strive as much as you can, my dear friends, to be better people, and of course, whenever the opportunity arises, to speak of that spirit within. It is a simple message, but a most powerful one.

George: And we remember, Salumet, it was fourteen years ago, when you spoke with us in a predictive way, and you said there would be another nuclear accident. I think it's on our minds—is this the one to which you were alluding?

When you use the term 'fourteen years', of course, it seems but 'a blink of an eye' to me (yes)**. Yes, of course, and as I have told you on previous occasions, it is not my purpose to predict or to give advice, but only to bring the philosophy of spirit.**

George: Yes, of course.

—the truth that has always been and of course, there will be other disasters in your world, as you call them. To us, it is a natural occurrence, and that cannot be changed. You do not have the power to alter the course of what has already been set, but what you can do is improve each and every one of you. Individually, take responsibility for what you do and say with your planet. But of course, in saying those words, sometimes I have given to you a few snippets of information that provide you with something that can be verified.

George: Yes, indeed!
I have done this on occasion, not to show you how much I know, but, in order that you can clarify for yourselves that my words are spoken in truth.
George: Yes, I think we appreciate that your purpose in being here is not to predict, but nevertheless, as you say, you have given us little interesting snippets **(yes)**, and another one at that time, was regarding the Aids illness, and I think it has, as you indicated then, I think it has peaked, and there are several channels of investigation which could lead to a cure, and—
***WILL* have a cure—not 'could', *will* have a cure—**
George: I think the most promising of the cures that have been examined is one based on 'colloidal silver'.
Yes—much is still unknown about this, but I assure you much more information will come to light and you may be surprised at what will happen following this pathway. That is all I can say at this moment in time. But yes, that is something to follow.
George: Yes, and I think there was just a hint of a possible space connection **(yes)**, and I note that colloidal silver filters—water filters—are used in our space shuttle.
Yes—yes, it is used for good and has to be expanded for the good that it can do in many fields. You would find, if you delved a little deeper that this is being allocated for different uses in all manner of things.
George: Yes, I appreciate that it is quite effective against viruses, bacteria and fungi.
Yes, because viruses in your world cause many problems for you human beings. Therefore, it is something which has come from us in spirit in influencing those who are trying to deal with these viruses.
George: Yes, I found it quite exciting to read about how that research is progressing.
Yes, you will hear more, my dear friend—there will be more.
George: And you also mentioned on that occasion, about the troubles in our Middle Eastern countries continuing, and yes, they certainly continue at this present time, but, as you also suggest, this is all part of our progress forward—I think?
Before there can be knowledge, sometimes you find that mankind is confused—I prefer to use that word 'confusion' to those countries who you would call—'not understanding in the way of love'. Again, I would say to you dear friends: send up your thoughts and love for those in spiritual darkness (yes)**. They will, in time see the light of their wrongdoings—because some are wrongdoing—do not cloud your judgement that all is against them. There are, I'm afraid, some people in your world who are following the wrong pathway** (yes)**. But, out of confusion, comes knowledge and truth.**
George: There is certainly much confusion at the moment **(yes)**. Yes, if we send love to those in spiritual darkness and I think that love has to be very widespread **(yes)**, embracing those Middle Eastern countries.
Yes, all the peoples who are in spiritual darkness, all governments who are refusing to listen to Love and Truth—we are trying from spirit, to influence all of these people.
George: Wonderful!
But again, as always my dear friends, we call upon the help of yourselves and others who are more knowledgeable in the things of spirit—of spiritual love and existence. So give a thought to those people in trouble.
George: You also spoke of extra-terrestrial communications and how others will be *accepted* by those in our world **(yes)**, and of course, we've since had the joy of the Bonniol conversations.

Yes, I am always—I almost said surprised—that is not a correct word for me, but I listen and am still amazed that humans, on this planet, still find difficulty in accepting the life force from other planets.
George: I think we can say that we, in this group, are surprised.
Yes, so much evidence has been given, and yet governments, I feel, are fearful—I feel that is the problem, because it is such an unknown subject for most of your people on the planet.
George: Yes, I think you suggested that the key would be the acceptance by governments, and when governments accept then the people will accept.
Yes, people sometimes need to be guided by the laws that govern them; if this is not forthcoming, then the people live in doubt and in fear.
Jan: I've always felt that the more governments hide things they make it worse for themselves. They're just fearful of the reactions of the people on this planet, but I think any among the younger generations now would accept it far more readily—much more readily.
Yes, yes, I agree there is a fear that the public will panic, but as I have said many times, Earth people are much more open to what is happening around them (Yes)**.**
Paul: Is it that there's also a bit of fear of their own loss of power if we acknowledge, probably a technologically more advanced civilisation, than our own. Politicians are also often businessmen as well, and they've much wealth and business interests and there's a tendency to want to protect all that from any kind of change.
Yes, many people are fearful of any type of change, and of course, governments are made of men with human failings and they will be coloured by their own thoughts and feelings and of course, their own religious beliefs. Many will deny any existence of other beings, even when the proof is placed in front of them. *(Affirmed!)* **As in all walks of life, there will always be the doubters and the fearful, so again, I would say to you, my dear friends, give some healing thoughts for these people, that they become more accepting—that they are not only inhabitants of this planet, but they are *'Beings of the Universe'.***
Jan: It's going to happen, so it really is a case of **(time.)**—time—it will happen and we are very privileged I think, to know that information.
Yes, visitors have always been aware for a long time, but they know also that the human being is very young in its understanding.
Jan: Yes, we're still in our infancy really, aren't we?
Yes, so they are patient; there is no need for rashness of any kind.
Sarah: When we go back to spirit, are we all then aware of other beings, or not necessarily so?
—Only if you desire to know.
Sarah: Ah right, thank you. Could you generalise a little bit by saying that those that are the most fearful are the younger souls?
I would not class them as more fearful. No, you cannot generalise in that way—not necessarily. If anything, what you term 'new souls', and I am not one to use that phrase too often—are more likely to be the children of *knowledge*—not fear. You understand?
Sarah: Yes I do, thank you.
Now, I feel this time, it would be good for you to discuss amongst yourselves, what you feel and what you have grown to understand from what is happening in your world today.
(Pause)
Sarah: Will you stay with us or will you go?
I will stay with the instrument a little longer—yes.

George: And might I say, it's been a very helpful talk that you have given us, on this occasion **(Yes)**. Thank you, Salumet.

Yes, I felt it was necessary this time to come and speak with you. As I said, I was aware of your discussion, and I just wanted to re-iterate my thoughts on these happenings—that you might assure your understanding of what is happening, and there is much work in spirit when we have so many people come over so quickly in great numbers. There is much work on our side of life. So my dear friends, until we meet next time, I will say only: know that I am aware of you all—no matter your daily lives, I am aware of you, and try to help and support you in any way that I can.

(Thanks from all)

George's Notes:

End of World: – There have always been doom prophets. There have been thousands of articles claiming the world will end on Dec 21st 2012—all utter nonsense. But a much needed steady change in consciousness is happening.

So Much Aid: – It is wonderful to see so many countries of our world responding to help the Japanese people at this time.

Colloidal Silver: It looks like there's a big future for colloidal silver applications!

Extra-terrestrials – So we should be seriously getting to know some soon. If only our governments would respond!

Amazed not Surprised: – Salumet is amazed at the reluctance of most humans to believe in our space-friends, despite so much evidence. Of course, having 'all-knowledge' does take away the element of surprise for those from the Angelic Realms!

Fearful of Change: – As suggested, fear of change has a number of aspects. These would include: fears of changing monetary values, loss of income, loss of prestige, religious conflicts, disbelieving majority—and how will it be if others from another planet have superior technology and the correct presentation of the one true religious belief, from which has emerged THE CREATION!!!

~28th March 2011~

The evening began with Eileen giving clairvoyance. This period was followed by a rescue—one with facial injuries whom Eileen sensed had died in an explosion. Lilian firstly removed the pain that was being experienced and then she was able to talk the one in transition through the experience. Next, one with a strong male voice addressed us via Sarah, giving further insight into a previous group incarnation as Monks:

How nice it is to be with you once more!

Lilian: You're very welcome.

George: *Most* welcome!

I have been wishing to come back before, but there have been many obstacles in my way, and it has taken rather a long time in your time-scale. Yes, I have been wishing to explain to you one of the lifetimes that I had whilst I was on your planet, which, I think you may find of some interest.

(We were of course, all ears!)

Lilian: I've got a feeling you promised us that the last time you came.

Yes, but, as I said—

Lilian: It's opportunities—

It is, yes—finding that gap where I can come in—that is the most difficult.

(Murmurs of understanding)

Well, you know, I have experienced much in my times here, but the one I wish to tell you about this time is the time when I was a monk—and I believe that you also were monks.
Lilian: Yes, we were too.
Yes, and I have to tell you that this is where we have a connection.
Lilian: Oh, that's interesting!
I was in the same group as you.
(We were delighted at hearing this!)
I was a very lowly monk and it was a time when I was most unsure of my life on the Earth. I was much afraid and I felt that going in to the monastery would be a hiding place for me. I know now that this was not the correct intention for going into a monastery, but, I have to say, that whilst I was there, I learnt much, and I also understand now that it was part of our bonding that I should be in this monastery with you.
George: Oh wonderful, so that was the 'Myddle' monastery—
It was indeed, and, when I became aware in the monastery that there was much more to being a monk than hiding from the problems I had outside, I began to find a path. And I believe that each one of you, also found this same pathway. It was a pathway that led us all to a lifetime of searching for what is true.
George: Yes, well that's wonderful to have this bond together.
It was this bond which brought me on my first visit to you, but at the time I was not completely aware of this, but I have now found that aspect of me that joined us all together. So, it is with a pleasure—I cannot explain to you—
George: Well, it is certainly a pleasure for us—
But I am so happy to join with you, particularly on this occasion.
Lilian: Can you tell us what you did in the monastery—such as looking after the garden or whatever?
I did not have a particular job. I was what you might term in your words, a 'general dogsbody'—yes.
(Laughter)
George: Well, I think I was a gardener. *(Chuckle)*
Well, I'm sure you also took advantage of what I could do for you. I helped everybody, and I have to say, I was more than happy to do the tasks that were asked of me.
Lilian: Well that's most useful, I would say—a job like that—helping everyone.
Yes, and I can tell you it makes you aware of what everybody has to do and gives you a chance to talk one-to-one with each member of that community.
George: Yes and the abbot sits beside you here—*pointing towards Paul—Chuckles*
Eileen: Was he a good man?
(More laughter!)
He was a strict abbot—
(More chuckles)
Eileen: Strict?
—strict, and he kept the monastery running most smoothly—
George: Oh!
Lilian: Well, that's something.
Because each one knew they had to do the task that was befitting of them. But I would also say that there was not one in that monastery that I wished would leave. We were all most happy together.
(Pleased murmurs!)
Lilian: That's good!
Yes, it was a very happy time, a very happy and organised time.
George: How sharp is your memory on these things? Do you happen to recall the year date?

I am quite clear on what was going on and I have in my head a date of 1365, but I do not know if that is correct.
Lilian: I think we are right in saying that it was in Tudor times.
Eileen: We did have a date, didn't we?
I can tell you that the community outside was quite thriving. It was quite a commercial settlement, and they, too, were organised. The settlement outside and the monastery within worked quite separately, but each was aware of the other, and was prepared in any way to help each other.
George: Yes, I believe there was a certain amount of trading between the monastery and the settlement outside.
Yes, it was a very amicable arrangement, and I can tell you also that there was a business venture in clothing with the outside settlement—
Eileen: Clothing?
—which was helpful to those within.
Lilian: Did they make the gowns or whatever the monks wore?
***I am not sure if they made the actual clothes, but they certainly made the material*.**
Lilian: Was it the time of the Reformation? There were problems at that time with the Roman Catholics—
I was not aware of any problems of any kind. All I can say is that it was a most happy time for me and, I believe, all those who were in that settlement, both inside and outside the monastery.
George: Yes, and the one who made the wine—he led our group here, until he passed to spirit himself. He was a very genial one who led our group for a number of years.
Yes I am aware of this one, and I am also aware of him in spirit—
(Sounds of delight from all)
He was also part of this bonding.
George: Please give our love and very best wishes to the one we know as Leslie, if you have the chance.
I will indeed! I will indeed—yes!
Lilian: You must have had some interesting chats with him?
I am becoming very close to him at this present time (oh!). ***He IS coming very close, and he is most overwhelmed that we are joining together.***
George: Wonderful! Love and best wishes to Leslie, our group leader!
Paul: The work he started goes on!
Lilian: Yes, he started us on the pathway we are on now.
Eileen: But now we have a lady in charge!
(More chuckles)
I am being drawn back, because this one, Leslie is so close, but is not able to speak to you at this time.
George: We understand.
He wishes to say to you how happy he is that the group is flourishing and will be coming through to you in a very short time.
(All delighted at the thought)
George: Wonderful! Yes, he will be most welcome, MOST welcome. Thank you for that!
Paul: We'll get the kettle on!
(Laughter—thanks from all as the evening came to a close.)
George's Notes:
Visitor: We have had the pleasure of receiving visits from several aspects of this soul, via Sarah—living in ancient Egypt and South America.
Myddle Monastery (at Myddle Wood, in the county of Shropshire): We received much information on 30th June 1997. The small monastery was destroyed during the Reformation. It has brief mentions in ECL English Monastic Archives and in Richard Gough's 'The History of Myddle publ. 1834 and Penguin Books ed. 1981.

1365 Date: We think the date given would not have been the date our visitor was there, but might well connect with the monastery's history.

~11th April 2011~ SALUMET

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As I joined with you this time, we hear your thoughts, your words, and your offerings to help other people. We accept with thanks all that you give for others, but my dear friends, I would like to take this opportunity to thank each and every one of you—those who are here, and the others who are absent. We in spirit, wish to offer *our* thanks to *you*. We do not often say those words to you, but I would like you, my dear friends, to understand the importance of the communication that you make with us on behalf of others—those who are lonely, those who are ill—so many people in your world who need help, but do not for some reason ask for themselves. Without your prayers, it would be a little more difficult to reach many people, so I will say once more, with much love from those in my world who stand by to help and to listen to you—we thank you always.
George: It's very nice for us to have that recognition and for all of us and for those who read these transcripts of the meetings I'm sure it all brings it to the fore and shows the reality of the help and the oneness that follows.
Yes, the power and strength of your prayers should be noted. Not only are those who you ask for *helped*, but also each of you is helped to some degree, because of that selfless love which you show for other people. Do not forget, we love you also, and although you do not often ask for yourselves, we are ready and waiting close by to help each and every one of you.
All: Thank you!
I have said. On many occasions, once the connection is made, it is not so easily broken.
Sarah: And we're glad it's not. We're very happy to have the contact with spirit.
Yes, so many come who wish to be involved—so many leave and we are not allowed to interfere in anyone's life whilst on this Earth plane, but we can be very influential, if we are allowed to be.
Jan: I'd like to share with the group—two occasions recently. You've often said Salumet, that we're never alone, that you come close to us **(yes)**, and we have to learn to be able to recognise that. There are two occasions just recently—one was today, when I asked before I went into my office for help, because I had a difficult task to do, so I'd like to thank the computer technology expert who helped me, because my task just went so well, and yet I had come back to that task three times—and I felt that I was being guided. And the other time was at the dentist recently, when I asked for help before I went in, and I had no fear, no pain, and it was a nasty operation that I had to have—and I just felt that I was surrounded then **(yes)**. So, I'd like to say 'thank you'.
We are always happy if we have achieved help for anyone, but of course, if you do not *ask* we cannot *give*. So often, you people on Earth feel that it is wrong to ask for *yourselves*. Let me reassure you my dear friends, that is not so. You should ask, because in asking, you are making that close connection, and although we are always close to you, that impetus of asking for help is all that we need to come even closer. So, I am happy, my dear friend, that you are now a little *more* aware of our presence around you.
Jan: I had a different sense after both occasions—I was asking for, but I had a sense that I was 'being helped' **(yes)**, which is rather different—but a very nice feeling afterwards, especially today. I did give thanks that they had been there to help me.

You, my dear friend, have been helped, and I am sure you will agree that you are becoming a much more placid person (yes)**. Yes, because your understanding goes deeper—yes.**
Jan: I feel it. Step-by-step, I get much better.
Yes, that verifies what I say about recognising that contact—not *belief*, but *knowing* that we are always with you.
Jan: Yes, it's the non-doubt **(yes)** that you need and that leap of faith that it is so **(yes)**, and once you've made that leap of faith, things seem to happen—
It becomes a bit easier, yes—
Jan: —because you are not fighting against it—
I do not say life becomes easy—
Jan: No, not at all!
After all, what would this Earthly life be if all was so simple? What would it be like if you did not learn? I would say to you it would be a life not of much use.
Sarah: Also, you said, Salumet, and I did give thanks this evening, which I'm sure you heard—you told Emily, my daughter, that she knew the answer to her problem, and she thinks she *has* found the answer, and she's very grateful for your help for that, and I think she's maybe, on the road to recovery. So, thank you!
She is like a beautiful bud that is slowly opening.
Sarah: Ah, thank you! I'll tell her—
Give her time.
Sarah: Yes, thank you!
George: Yes, I think all of us have had these feelings of presence, and I certainly have good feelings sometimes during periods of writing when just the right words seem to come along. I feel I'm getting help, but there's also this business of synchronicity which we've spoken about before—and this is quite fun sometimes. Quite recently—well when we moved into our house twelve years ago, it had the name 'Ruyton', which seemed quite a strange name. We kept it, and I discovered only this last week, that there's a village called Ruyton, quite close to the old 'Myddle Wood monastery' that we had in our past life. It's a little strange, the way that synchronicity has come about.
Yes, I believe that the topic of past life arose some time back, and this, my dear friend, was, for you, a little reminder of those times,
George: Yes. We've recently had a gentleman come through who was with us in those monastery days.
Yes, I see, but, of course, as you know, I have again told you, on many occasions, that nothing happens by chance. So, still it makes me happy when I see your excitement about these things—yes.
George: That's nice! Are you able to take questions, Salumet?
I will—yes.
George: Well, one who recently came through to us, introduced himself as being of 'The Black Feather' tribe of Amazonian Indians **(yes)**, and he described how they all sat round the camp fire of an evening, and could read messages in the flames—I think the word for it is 'scrying', but, all the tribe, apparently, could sit there and read things in the flames—little warnings of danger, perhaps. Would you care to say something on this?
All I would wish to say about this has already been spoken about. We speak of peoples of long ago in your time, whose awareness was much, much greater (yes)**, and because their awareness was so much greater, it was used for the good of the whole people. It was not unusual for all of the people to use what today you would call 'spiritual gifts'—it is not a gift, it is your right that you were created with—it is just that today, mankind has lost the use of these things. I can tell you that, even today in your world, in the remote forests of your world, there are peoples who still use many methods of spirit. They can**

hear the coming of the rain, they can hear the footsteps many miles hence, and it is quite natural for them.
George: Ah, yes, so the flames—
That is only a focus—
George: A focus, yes, I understand.
Yes, the same way today people use your cards, people use your crystals, people use what you call balls to see what is to come. My dear friends, you need none of these things; all that you need is what is within you. You can see what is ahead, if you look closely enough. You all have the ability—you all have it—why not try it for yourselves. Make it an exercise, and we will discuss it next time—but I do not recommend fires *(Laughter)***, but what about some beautiful candle flame?**
George: Yes, I guess the fire just suited the tribal situation.
Yes, because that was their way.
Jan: I've noticed—I'm only around domestic dogs, but it's so apparent that five/ten minutes before somebody arrives at the house, both the dogs that I have know that that person's coming **(yes)**. It's wonderful to watch and you think: 'Oh she'll be here in a minute', because he's got up and is waiting by the door, and she's nowhere in sight, but he knows.
In the same way as many animals are aware of spirit presence (yes)**. But you my dear friend have an affinity with one of those animals.**
Jan: Yes. I do—a strong one!
Yes, you do and you should, if you developed it properly, be able to know what that animal is thinking (Wow!)**—but it is up to you to use those—what you would call *gifts.***
Jan: My word! Thank you! I will definitely work on that **(yes)**. Is it just the one dog?
Just one, yes, but, have an exercise, my dear friends, with the flame, and you might all be interested in what you can see.
(General thanks)
It will not happen in one instance. You have to focus. You may have to do it for many evenings before anything happens.
George: We have the experience of thinking of a friend and that friend then appears—
Jan: Or telephones—
(Affirmed)
Yes, which is an indication of how apt the mind can be if it is used properly.
Jan: Yes, and so many of us in this room and Mum and I have done it to each other when you say: 'I was just thinking about you', as the other telephones'. You hear it so much! **(Yes)** People don't realise, I suppose, that that is what is really happening to them. They think it's just a coincidence, but, as we know, there are no coincidences.
That is true.
Sarah: Before you go, Salumet, there's just a light hearted thing—I thought you might like this wording: I had a mechanic came to the house today, and I always take the opportunity of dropping something in something about spirit if I can and it seemed that he was actually on the same sort of wavelength and he said about our bodies being here*: 'You take a lease out on your body, and when the lease is up—that's when it's time to go'. (Laughter)* —and I thought that's a rather a nice way of putting it!
Yes, there are many ways are there not, but yes, you would be surprised by how many people in your world, at this moment in time, who truly believe that there is something more than that which is spoken about (yes)**. And you have given a very good example. So, continue to use your words to try to influence others, but not to try to make them *change*—that must come from them** (yes)**. But you can, as I have often said to you—you can sow the seed of knowledge.**

Sarah: Yes, you get a feeling when you know you have got to stop—when you can't go any further.
Yes, that is because your own awareness has reached that point where you understand where to stop.
Jan: That's when your own spirit comes to the fore.
Yes, of course.
Paul: Can you take another question?
I will take just one more before I leave.
Paul: Yes, I was reading a book about this Llama from Tibet whose body was getting so weak, and he knew of a way—he called it 'transmigration' **(yes)**, where he agreed with another man who was a bit younger, I think, who actually wanted to depart his life before his body was ready to go, and they arranged it—I think, on the astral plane, if you like—their higher selves considered it. He came to a point where he felt he had more of a mission left in life, but his body, for various reasons, wasn't going to last much longer, so before his body died—before the lease ran out—*(amusement)*—he, with the help of two other llamas, who, I think were astrally projecting—helping in the background—it seems that this one died, the cord was severed, and he returned to the spirit world, and this llama then took over the body, for the rest of that natural life. Part of me felt that if you can do that, surely you could have healed your own body to survive a bit longer. I don't know, I felt the book was true, but part of me wondered—and it would be nice to have it confirmed or not confirmed.
Yes, I understand what you are saying. There are people in your world—people such as llamas as you call them, who are so in-tune with spirit and their own physical bodies that—they are so in-tune that they know when the time is right for them to depart the physical body—to leave behind that shell of Earth. This is not unusual. Many people, as all of you here could do, if you would but allow yourselves to *let go* of the physical body. It is nothing unusual—it is only that the spirit is so strong that it can allow this to happen. But the instance you speak of—of changing a body to remain longer on the Earth—would have to be arranged in spirit and not in this world. But it is possible that these two people had made agreement that time to do so. It is possible, but not usual.
Paul: No, it seemed unusual, but—
Yes—but it is possible.
Paul: I felt the rest of the book seemed to be truthful for me, so—
Yes, it is unusual inasmuch as it is *not* usual. Do you understand?
Paul: Yes.
It is not something that happens often, but I will say only that it is possible, but the communication and the idea of doing such a thing—the contract would have been made in spirit, not on Earth.
Paul: I'm pleased about that, because I looked on the internet and lots of people said: 'it's not true, it can't be true, that's impossible', but I felt nothing is impossible, and I'm pleased and feel now yes that book was written by a good llama.
Yes, you see—their attunement to spirit—their attunement with their own bodies, is so great that to dispose of their body holds no terrors for them. In the same way, as most people upon this Earth are afraid of passing to spirit, so they cling to diseased bodies, they cling to life, thinking that that is what they need to do; when in fact, sometimes, if healing is not available, they should allow their spirit to soar—they should allow that spirit to be free. But mankind, again unfortunately, has lost many of these abilities, and it is left to a few people in your world who are capable of doing such things. You understand?
(Affirmed)
Yes, so, my answer to you, my dear friends, it *is* possible, but not common.
Paul: We're lucky to have the Tibetan race!

Yes, they are much in tune, but of course there always will be the disbelievers, because it is not something they fully understand. As in anything, where you have no knowledge, there is doubt—but they must be forgiven of any doubts, because it comes from lack of spiritual knowledge.

Lilian: That's interesting, because, as Paul was telling his story, I thought no, that can't happen, but you say, 'yes', and I believe that **(yes)**. That's changed my mind in a second.

(Amusement from all)

Yes, it is something that, as I have said, will not occur just like that—that is not the way it would operate, but it would have been a contract between two spirits (yes)**. That's what it is.**

George: Could I add that even a mouse can have amazing abilities, and I had a little mouse in my greenhouse, and he was very fond of sweet peas seeds. (*Chuckles*) He ignored many flower pots, but he knew which one had the sweet pea seeds and he dug them up.

Is that because you did not wish him to touch it? Was it *his* ability or your ability of mind to try to steer him from it?

George: I was surprised that he knew which pot had the sweet pea seeds and ignored all the pots with other seeds.

Yes—do not give him all the credit!

(Much mirth!)

I would say that you had a great deal to do with it (ah!)**.**

Paul: George's own *sort of* fears of that happening—**(yes)** created a sort of energy flow.

(More laughter)

Yes, that's right—which the creature would have picked up on.

Sarah: Mind you, I think they have got a very good sense of smell **(of course)**, because a friend had a mouse in the house and she had some packets of sauces, and one of them was a cheese sauce and it had eaten the cheese sauce and left the other ones. It could smell it through those packets.

Do they not also have freewill?

Sarah: Yes.

Yes, because it is a creature, it does not make any difference. They are part of creation—part of creation.

Rod: I've probably got a stupid thing to say, but I must say it. Daphne was rough a couple of months ago in bed, and she kept asking for help **(yes)**. I think she felt embarrassed, because she kept asking Salumet, and I said, well he's probably swamped anyway with other things. *(Chuckles)* That was it—I mean, surely you get overwhelming requests from all angles. How do you deal with that?

Because I am not human!!!

(Understanding laughs!)

Rod: Okay!

You cannot look at that from a human viewpoint. She must ask—that is what brings us closer to them—but that dear lady has the ability to feel the closeness of spirit to her—she must ask, please. And with those words, I feel, my dear friends, it is time for me to take my leave. As always, I hold you dear—I will leave you with the love of spirit, and know always that we are most grateful to you all.

(Thanks from all)

George's Notes:

The mouse: I must confess a mouse had dug up sweet peas two years earlier, so it was probably on my mind. That mouse even harvested the stalks to build a nest! That one was trapped and transported to a rural hedgerow, 2-miles away—to start a new life!!! The latest one left of his own FREE WILL.

THE RAMPA STORY: T. Lobsang Rampa, Souvenir Press 1960, Corgi editions 1962-1975, pp. 224. Read by many in the West as 'entertaining fiction'. We would not classify as such, since the book contains many spiritual truths as well as awful but accurate warring misadventures of the early 20th century. Its author, Dr

Lobsang Rampa claims 'truth' and Salumet affirms the real possibility of 'transmigration'. Some phrases picked out: "I write the truth in order that Western people may know that the Soul of man is greater than these sputniks, or fizzling rockets. Eventually Man will go to other planets by astral travel as I have done!" "If scientists would investigate astral travel and auras, instead of meddling with fizzling rockets ... they would have the complete key to space travel." "...three huge mastiffs ... their snarling fangs slavering ... I sent friendly thoughts to them ... suddenly they were upon me, tails wagging, licking and slobbering over me and nearly killing me with friendship, for I was very weak."
RECOMMENDED READING

~18th April 2011~

The evening began with one who had been a nun in Earth life, speaking via Eileen on the nature of healing and the need for patience and how action may take a little time, depending on the nature of illness, spiritual connections etc.
Next, another via Eileen, had some personal messages for Sara, before asking her to take us on a guided meditation, which she did—(audio available on website)
Sara's guided meditation:
I keep feeling that they want us to reflect on what it means to be a part of 'spring'. We're walking into a beautiful spring-like scene, full of beauty and colour and lots of that beautiful blossom—you see the blossom everywhere, white and pink, and so many beautiful flowers, their petals are opening, and we see ourselves in this garden. You ARE the flowers that are blossoming, and all the beauty inside you, you feel coming to the surface. The sun is shining. It is easy to feel glad to be alive, happy, inspired—full of joy. You look around you at all the colours and you feel such joy in life—you feel an excitement welling up inside you, and all the problems and all the difficulties that you have been experiencing—all the challenges—they just fall away with the strength of the sunlight. And the beauty, the instant beauty that you see and feel all around you and within you—such is the power of light and colour and beauty on the human soul. So, just spend a few moments absorbing the colours around you into your being, and consciously think about the challenges that you have been experiencing this winter and allow them consciously to just fall away—all the feelings, all the striving, feel it fall away—feel the strength that you have attained, but enjoy this new lightness and freedom that you can now feel. If you want to dance—if you want to twirl around—maybe you want to skip—but express yourself freely as you feel moved to do. And feel the gratitude and thanks within your heart for all that you have been given—understanding that it's all been given with a purpose, and feel how far you have come and celebrate the springtime—celebrate with the birds, with the flowers, the blossom on the trees. Celebrate YOU—celebrate YOUR ACHIEVEMENTS—be proud to be WHO YOU ARE. Feel that it's good to be YOU. Feel that confidence that belongs to you, because YOU have earned that confidence by staying on the path and doing what you have known inside to be the right thing in the face of challenge. Appreciate yourself—feel esteem within yourself. Like a child might say "I'm very pleased with myself"—without self-consciousness. I want you to think in that way. "I'm very pleased with what I've done—I'm very pleased with how I've coped—I'm very pleased with how I feel I have progressed", and it's not immodest. You are allowed to feel some triumph. You can feel "I like myself for who I am. I like what I have done—I like the way I've handled things and I'm pleased with the results, and I will go forward happily, peacefully and confidently, and these feelings belong to me. They don't belong to anyone else. They're my private feelings and they are good feelings, and perhaps I will express those feelings in my happiness and my goodwill towards others". And, as you look around you, once more at the beautiful flowers and

beautiful springtime display, feel that you are a part of nature. You are one with all creation—and, if you want to sit quietly and see if there is any message for you personally, you may do so now—

George's Notes:

Further notes on LOBSANG RAMPA:

There have been interesting exchanges following our mention of this author last time. His books were very understandably controversial at time of publication, especially in the matter of 'transmigration'—more acceptable in Tibetan philosophy than in the Western World. These facts may assist in understanding / evaluating:

-Cyril Hoskin was born 8th April 1910 in Devon, and began life assisting his father who was a plumber. He is said to have fallen from a tree in 1949, and that is the date given for the transmigration that would have been agreed in spirit.

-The books published under the name 'Lobsang Rampa', were all published in the period 1956-1980—all post transmigration; 'The Rampa Story' first edition being published 1960.

-'Astral travel' with viewing of faraway places has been known and practised by Tibetan Lamas from early times. US military / espionage have known and practised 'remote viewing' (same thing) from 1974 (term first coined in 1974, becoming popular in 1990s). Therefore, the ability is scientifically proven, but in his 1960 book, LR quotes Tibetan-Lama-knowledge and not US science.

-Materialist critics have claimed that the books have been written by a West Country plumber with a vivid imagination, but perhaps they contain rather too much spiritual truth for that to be so? And his secretary Sheelagh Rouse (Buttercup), gave up much to give 25-years' service, finally publishing her own book about it all.

~23rd May 2011~ SALUMET

This was the first Salumet meeting at Eileen's house, as Lilian was no longer able to hold them at her house. New curtains had been ordered, but with the existing curtains, more light than usual was entering the room. Paul was prepared for this rare opportunity to video Eileen in full trance. There was just sufficient light—so video from this meeting can be seen on www.salumetandfriends.org and on youtube: https://www.youtube.com/watch?v=1hBIXN3nwjs

Good evening.

Lilian: Good evening.

I am happy to be with you this time.

Lilian: Yes, we're very happy to have you join us again.

George: A big welcome to you at our new location. Apologies if it is a little lighter than usual. I think we will be darkening later. I hope this is not too much discomfort for you to have this amount of light.

Thank you. I, of course, am aware of this and I have made adjustments for it, but of course, the dimness of your light, not only makes *me* more comfortable, but helps you all to relax a little more.

Lilian: That's very true!

Of course, I would like to say, it is not the location that is important, but having the instrument to use. I would like to say to you, my dear friends that because of the slight adjustments, my words may seem a little more laboured this time. Therefore, I will say what I wish to say to you: we have been aware from our side of life, how much distress there is in your world at this time. All too often we hear people say: 'what is happening to our world?' So many 'catastrophes', as you call it—so many forces of nature being destructive, so many of your people coming to our world. I hasten to add, my dear friends—do not be afraid, it is all part of your evolution. Although, at this time, it seems that life is not as it should be, I am

here to tell you that it is the structure of your world to experience these things at this time. So I say to you, my dear friends, do not allow fear or despair to cloud over you—be positive in your thinking, and continue to ask help for those in need.

George: Yes. Could I say, some of us have been reading more of the author Lobsang Rampa, and the Tibetans—their culture that he writes about—they have a so much stronger realisation of life's continuation, whether on the planet or in spirit, and I think I'm right in saying that there is much less fear in that Tibetan culture as a result of this.

Yes, I would say to you all to strive for that way of living, where fear becomes obsolete, where positive thinking and knowledge is to the forefront of your thinking. This, my dear friends, I have always tried to tell you—never to live in fear, because you know what lies ahead of you, and as you know, 'fear' will only attract more fear. And I am speaking about not only your world, but all of those other worlds that are inhabited with beings. Fear has always been the root of unsettlement. It has always made people afraid of what is to come. What is to come is a life in spirit which is full of love and goodness. That is what you must focus on. I have told you in past times that even to *believe*, is not really strong enough, but you must have that *all-knowing—that* is what you must strive for. So many people in your world at this time are afraid of their own footsteps. They live in the shadow of fear.

Sarah: And that's where a lot of the trouble comes from—

Yes—fear creates more fear. Send love to those people—give of your love and your time to send thoughts to all those in spiritual darkness; not only here, but those in our world also, who are afraid to move forward. *(Pause)* **There is much good on your planet. Focus upon the beauty which the Creator has given to you. You may live in a world of fear, but you also live in a world with great beauty, and also, you should have the knowledge that you are completely surrounded by those of us who come to you to keep you safe, and in that knowledge, you will move forward**

Paul: At the moment, it seems in the world, there's a lot of 'People Power', breaking through in different countries. I *think* the idea is that everyone wants freedom and democracy. It's a big word, 'democracy', and not everyone has the same idea of what a democracy should be, and I was wondering whether there is any need for a democracy in the spirit realms at all, because everyone finds their own level—their own place that's perfect for *them* and, maybe they don't have to struggle alongside people with very different views. One of the problems is living with people with such different views, and the fairest way seems to be a democratic process where the majority-view is what takes place. I wondered if there are any political struggles, if you like, in the spirit world, or is it just a human thing?

Of course it is human—yes. You will not at this time, reach a point where all governments or all people are in agreement. It is part of your evolution—that each person, each nation, struggles to find the truth of their existence. I would suggest to you Earth people that firstly, you must go inward and find your own democracy. You must be free—you must be true to yourself, and that my dear friend, covers all of humanity, no matter what creed, what race, what colour, what country—no matter. *Until* each individual goes inward and finds that spark of divinity of which you all are—there will always be striving for power.

George: Yes, unfortunately, we don't have a 'Love-Your-Neighbour Party' in our politics.

(General amusement)

No, but that responsibility, my dear friend, belongs to every individual. You must have encountered someone whose language you cannot share, but yet there is a bond of unity, which can make you

understand one another. That is the bond of 'Love', but as I have said, at this time on your Earth planet, there is not unity yet.

George: Yes, I can see that we have much learning from the 'evolutionary disasters', if I could use that term, so I guess 'disasters', in a sense, have their purpose. And there is some indication that the earthquakes and physical changes to the Earth relate to our planet's passage through the galaxy, and I guess there are forces from without, acting on the planet in some way or other all the time, and these relate to the disasters. So in that sense, the stresses on the planet have to be.

Yes, the stresses of your planet, as you call it, come from within and without. You are not a *singular* unit in all of these universes. Every planet is connected to the other. You cannot separate this Earth planet from any other, and say that you are special in any way, because you do not know the wider picture of life. It remains difficult for the human being to fully understand the working of the Great Creative Force.

George: And we are so grateful to you for introducing us to other planets and other planetary beings, and this helps in our realisation of our part in a much greater system.

Yes, until that realisation comes, you will always struggle with what is happening on the Earth planet—yes; but firstly look inwards, find yourselves within, and you become that greater part of the universe. When that happens, your understanding of your neighbours—your neighbouring countries—your neighbouring planets—neighbouring universes, will all become much clearer for you.

George: Could I have a brief word on that? We have the understanding that the universe is infinite—*our* universe that is—so any *other* universes would have to be equally infinite, but I guess on a different wavelength or a different vibration. Does that make sense?

Partly—your universe is connected to all other universes and you all vibrate, yes, at slightly different rates, depending upon the universe. We are going much further than we have to this point. I want you to understand, my dear friend, that all-of-existence is inter-connected—is a mass of energy, which pulsates as I have said, in many different ways.

George: The different universes are inter-connected themselves?

Yes—yes. All—all life is connected—you cannot separate them, but at the same time it is a different rate of energy. This is further than we have ever gone and I do not think, at this particular time, your understanding could encompass the details of it.

George: Yes, we understand that, but there are many others with whom we communicate, and it's always nice to make some connection with the teaching and the advancing science or scientific theory **(yes)**—so thank you so much!

But what you do not want to do is to be 'bogged down' as you might say, by data and information that is really unnecessary for your knowledge (yes)**. You understand?**

George: I must confess, we have much—very much unnecessary data **(yes)** for the way we think.

(Energy fading)

Yes, existence is simple—existence is love—existence is unity—existence is 'going within'.

Now, I feel I must leave this time—

(And on this occasion there was a marked fast fade-out of energy, so that our usual farewells were in thought only and not voiced.)

George's Notes:

Filming: We had rather jumped in with both feet, hoping that, if Salumet deigned to speak in the half light of the room, he would accept our filming. No formal permission was sought, but then he of course is fully aware, knows the situation and knows our minds.

Planetary stress and earthquakes: So the forces are from without and from within. It has been pointed out to me that Comet Elenin (a heavenly body which may not in fact be a comet) has had Earth alignments at the times of recent earthquakes in Chile, New Zealand and Japan; and there is some concern that further alignments destined for 26 / 27 September, 16 / 17 October and 23 November do not bode well. But then the forces from without are not the full influence upon this planet. So perhaps we should be as Prime Minister Neville Chamberlain—observe developments but 'wait and see'.

Universes: We might note that Salumet, modern science and the earlier writer of recent mention Lobsang Rampa, all acknowledge 'multiple universes'. And it is good to see such agreement on this fundamental matter. It would appear that they are all connected in some way and we have been encouraged to recognise more than this one universe in our thoughts and prayers. And it was during our meeting of 10th November 2008 that we were staggered by the announcement by a guide:

'We have brought to you many who have been on other planets on other universes.' Each of us on that occasion was over-shadowed by beings from other planets in other universes. We each felt a presence and were able to give descriptions. Wow! That was indeed a cosmic party to be remembered! Earlier, on 25th April 2005, Salumet had said:

"For so long, individuals could see nothing other than what stood before them, but all that is changing. You know that 'universes' exist—your astronomers would confirm that there is one so far that they can see, but they believe that there are other universes."

Messages: So the messages here are profound:

-Think beyond one little planet and just one single universe

-Look within to find that spark

-Realize to the full life's continuity and put an end to fear

-Focus on the beauty of nature

-Love thy neighbour—and all creation!

~13th JUNE 2011~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening,

I am happy to join with you this time.

Lilian: We're very pleased to have you.

I have been listening to you speaking about birth and also the prospect of dying. I have been, my dear friends, helping you with your energies this time.

George: Yes, thank you for that. Were we a little depleted?

No, I on occasion, like to join with you and feel your energies—no particular reason why this time, only that I felt it was necessary for us. Are you all able to hear me speak this time?

(All agreed it was fine!)

George: You are coming across very clearly and I hope the light isn't too difficult for you.

A little, but it only means more adjustments.

Sarah: It's certainly much better than last time.

Yes, thank you!

George: And, last time, we did fade out rather at the end. I imagine that was an energy loss and apologies for that.

My dear friend there is no need for apologies amongst friends—
Rod: That's true—
Yes. I feel this time that if you have any questions for me, I will take them and hopefully next time I join with you, I will have more to say.
(General thanks)
Sarah: I would like to ask, Salumet—you told Emily, my daughter, that she knew the answer to her question—to her problems; and she feels that she has got the answer. Her father, on the other hand is telling me quite the opposite, and I wondered if you would be able to—or wish to—just confirm that Emily is believing the reason she had had so many problems, is the right reason—
Your daughter has found her answers. That is why I gave those words to her.
Sarah: Thank you, yes, she believes she had got the right answer.
Yes—now I will address *you,* my dear friend, because within your heart, you also know the truth.
Sarah: Yes, I thought I did—I should go along with what I knew **(yes)**, but when you're being told something very different, it's sometimes, it's—
You know the truth—
Sarah: Yes.
Lilian: Sometimes it's very difficult.
Sarah: It's difficult when somebody tells you something and you think they *should* be telling you the truth.
But that is why it is essential when there are troubled times, no matter what those Earthly troubles may be, you must 'go within' (yes)**, and that spirit will always guide you.**
Sarah: Yes, that is true. Yes, thank you very much for those words, Salumet.
I hope it has helped you.
Sarah: It certainly has helped me and your words have helped Emily too, because she didn't know what the reason was—when you told her those words at the beginning, but, when she found out, she understood what you'd said to her then.
Yes, she will go from strength to strength, **but you must allow her that *thinking time.* Human beings are always in a hurry, you do not see the benefits of quiet times, and you do not *see* that by slowing down and 'going within', all the answers of life are there—you understand?**
Sarah: I do understand—yes, thank you! I think Emily, actually, has been dealing with it very well, and she is taking her time and she is making headway, so thank you for that—and she's already got some petals opened from her bud.
Yes—and there will be acquaintances that come into her life at the right time in order to help her go forward.
Sarah: Acquaintances— yes—they have already, actually begun. My cousin, who is over there, has been absolutely fantastic to her **(yes)**. He's been so helpful and kind.
Yes, but not only people that she knows, but what you might call 'strangers' (yes)**. It is an onward journey.** (Right, thank you!) **But tell her to be patient.**
Sarah: I will tell her, thank you!
Lilian: It's been a tough journey.
Why do you say so? It has only been a tough journey in the physical sense. In the spiritual sense, it has been a great *'learning'* journey.
Sarah: Yes, that is true!
Yes. That can only benefit the spirit.

Sarah: Yes, thank you! She's already had—she feels very much that people are coming into her life, and they all seem to be there helping her—even medical people seem to be very understanding—helping her on her way; and Paul, here was, I think, the first to help her on this particular journey, so you think, well, he started off on another little journey of his own which was all meant to happen—all meant to be.

Yes—there are no coincidences in life. Each step forward you take has always been for a reason, and again to repeat myself, which I know sometimes you must think 'no not again'—but I say: you all have helped other people at some stage, just by the knowledge that you have passed to them. So you are all emissaries of spirit—you understand?

Sarah: Sometimes, maybe we've passed on things—we've helped them, but we don't realise we have, and maybe they don't realise it either.

Yes, yes, that is true.

Rod: Sowing the seed—

Yes, that is one way of describing it, sir, yes.

Sarah: That's been very helpful, Salumet. Thank you! I know Emily will be very pleased to hear that too, especially the bit about the physical and the spiritual.

Yes, she is making progress.

George: As we go through life, there is so much learning, and so often we are not aware of what is happening and why it is happening.

Again, any of you here now look at another and see the love that emanates from them. Can any of you?—you should be able to, but because you are so busy in your physical lives, you do not allow what you call 'instinct', and what I would rather call your 'True Self', to look at what is around you.

Paul: You can certainly see it with the smaller we are—the smallest children it's as clear as anything—the goodness within **(yes)**.

(Murmurs of agreement)

Paul: It's more of a challenge with some of the older adults, but I know what you mean, we all still have that goodness inside us.

And, you should develop those *feelings* that you have all experienced from time to time, and you know *instinctively* that those feelings are correct, do you not?

(Affirmed)

Sarah: Yes, you do meet people and you think: what a really lovely person that is! **(Yes)**. So that's probably what we're seeing, isn't it?

Yes, that is your spirit self speaking.

Paul: But when it's say, Christmas time, you tend to look around you more and smile at everyone. But you can have that Christmassy feeling any day of the year **(yes)**. We forget this.

It is like, for example, when you have what you call 'disasters', or 'tragedies' in your world, you have to see the love that comes with those occasions, and to feel the love and help that others wish to give, in those what you call 'terrible times' (yes)**.**

Jan: Those—I often call them 'light bulb moments'—when people emanate the light. Talking about disabled people—one particular person that Cheryl, my daughter works with—one of the patients—tried to commit suicide when she was in her thirties by taking a huge dose of insulin for her diabetes—this is what they *think* happened—and it left her extremely brain damaged. And when I first met her, I had one of those 'light bulb moments', as I call it, where the person that she was, I believed I could still see; it sort of shone through this shadow of a person— this shell of a person that's left—but that was a wonderful

moment to actually see what I think was probably her spirit or her soul that I was observing, but that's one of those occasions.

Yes, I would say that you can have the most disabled person, who is unable to see, hear, whatever the problems, but in those eyes, shines through the spirit or the soul, as you have called it (yes)**. Within those eyes, you see the real YOU—the Spirit.**

Jan: The real 'us'—It was a kind of all-knowing feeling **(yes)** that she was giving me and I suppose there was a connection.

No, it was an all-knowing experience from you—because you were picking up her vibration.

Jan: Oh, I see!

You understand?

Jan: Yes, that's nice to know.

Yes, and that part of you, is what you should try to develop—all of you. I hope that has helped you.

Rod: I do find it strange—I was telling Daphne, a lady went by two days ago and she turned round and gave me a wonderful smile, and it went on for seconds and I thought she must be an angel!—that doesn't happen very often. Then I get a bloke come up, probably coming back from work and he looked quite miserable, and I thought—well, I'll try and get something from them—but they don't give it. Well, I suppose what I should do is give it—well that's what I've just thought of—**(Yes)**

Sarah: Well, if you smile at them—

Rod: But they don't look—

Sarah: I do find when you are walking along if you smile at people, they can be looking as miserable as anything, and if you smile at them, their faces completely change.

(Agreement)

Or you smile anyway, whether they respond to you or not—that smile from you is enough to spiritually trigger some feeling.

Jan: Yes, it's very powerful.

Yes. So don't be too concerned about reactions from another. Just know what *you* are about. You understand?

Sarah: Yes that's interesting that it can just trigger something off in them **(yes, yes)**.

Rod: It's the love aspect that I realise is so much more important than I realised in the past.

It is powerful, yes, and if I may re-iterate again, your thoughts are the most powerful things, you will ever possess (yes)**.**

George: Perhaps, I could refer to a book that is having quite a *powerful* influence at the moment. I was looking at a copy earlier today, and it's a book by Professor Brian Cox and Andrew Cohen, and it is called 'Wonders of the Universe'. It's a beautifully produced book and we can certainly compliment them on it, and they have a nice way of putting over the known information about the *physical* universe with its galaxies and planets. But, I think I should have a word with them about two statements that appear, and perhaps I could quote: 'Light is the only connection we have with the universe beyond our solar system, and the only connection our ancestors had with anything beyond Earth'. Well, I think, thanks to your teaching and your introduction to Bonniol and Planet Aerah, Salumet—we know different from that!

Yes, *you* may know differently from that, but the gentleman, in question, does not.

George: The gentleman in question is, shall we say, a traditional scientist and the book refers entirely to space-time, and I think we can say, not about anything beyond space-time **(yes, yes).** That's putting it in *their* scientific language.

Yes, and to put it into your simple language: no one person knows everything.
Sarah: I've heard Brian Cox speaking on more than one occasion, and I think, actually, he's got to be quite spiritual, and I think he wouldn't be averse to hearing Salumet's words, George, so maybe, that's something you could pass on to him.
Rod: He's a lovely gentleman.
Sarah: I think he would accept it.
George: Yes, well, that's what I'm saying—we should have a word, compliment him on the beautiful book, and point out what is missing, and see if we can stimulate his interest.
Sarah: I'm sure you would actually.
George: And he goes on to make a statement about light, and he says: 'it is the only way we will ever be able to explore the universe beyond our galaxy'. Well again, we know different to that! **(Yes)**
Jan: I think for the purpose of this particular book and programme, it's whether or not he believes there to be any further truth behind it. It's appropriate for the time—the time of the book and the programme—it's appropriate I think, that's as far as he goes.
Sarah: You might be right there, because, if he starts in the book referring to spiritual things at this time, people may not take anything he says seriously.
Jan: No, although I take your point of view, George—it's a good point of view—I think the book is appropriate for the moment.
Sarah: I still think it would be worth letting him know.
Jan: Yeah—I think he'd be open to it—email him George!
George: My feeling is he is young enough to begin thinking in that different direction.
Jan: Absolutely! I think Sarah's right. He would be open—definitely.
Sarah: Well, he's certainly changed course. He started out as a pop star, didn't he?
(Well, perhaps we all got a bit carried away and Salumet got left out for the moment, but Lilian brought us back down to terra firma)
Lilian: Do you agree with this, Salumet?
It makes me smile!
(Much laughter!)
Rod: Well, that's rather nice.
My dear friends, I have, I hope, taught you much about your existence and you know my views on those people with closed minds, but it would appear to me that this gentleman may well be ready to *listen*—I do not say accept, but to listen to what we have to say.
Sarah: That's the beginning, isn't it?
And all truth and knowledge has always begun somewhere and moved forward—to be moved forward by people such as your selves and throughout your Earthly world.
George: And the other gentleman who is the co-author, Andrew Cohen, he is head of BBC Science unit, and Brian Cox, being a professor—they are both in very influential positions, so it would be a nice thought if they began thinking in the spiritual direction.
Yes—I will never discourage any one of you who wishes to move forward, and to spread the truth. That is all we have ever tried to achieve in your world—that the truth, eventually, is recognised for what it is. That humankind realises that he is not the only 'people' who exist in the many universes that we have. And, now I feel, that for this time, I have said enough.
Sarah: That's very interesting. Thank you very much for coming through.

George: We very much appreciate your words, Salumet.
I hope they have helped you.
Sarah: Very much! Thank you and thank you for making the adjustments so that you've been able to come to us.
Yes—it has been okay, I feel, but now, my dear friends, I must take my leave. I leave you with love and I ask that you take that love, divide it amongst you, and that you may, in turn, spread your share of love to others.
(General thanks)
George's Notes:
1: Andrew Cohen: He ran the very popular TV 'Horizon' programme from 2005 and is now 'Head of BBC Science'. In this 21st century that is quite a responsibility!
2: Professor Brian Cox OBE: Born 1968, he has achieved much and is an inspiration to the current Earthly generation. He first became noticed as keyboard player for the rock band 'Dare', and then the rock band 'D:Ream'. Their number 'Things can only get better' was adopted by the UK New Labour Party as they sought power in 1997. The group then disbanded and the keyboard player had to make a choice between continuing in music or develop a career in physics. He chose the latter and he has since been quoted as saying that careers tend not to last long in rock, and he left to do physics at the right time. How very true! Now he is a Research Fellow of the Royal Society, works on the Large Hadron Collider (Atlas Experiment) at CERN, Geneva, presents science programmes for BBC including 'Wonders of the Solar System' and 'Wonders of the Universe', is a Manchester University Professor and received his OBE last year. He has clearly done much to popularise physics. And he was quoted in the Observer Newspaper as not having a strong view of religion other than illogical religion. That's fair enough!

~11th July 2011~ SALUMET

Our new meeting venue now has dark curtains to better facilitate our exchanges. So it really is now business-as-usual:
Good evening.
All: Good evening.
As always, I am happy to join with you this time *(Thanks)***. How far you have come my dear friends that you have progressed so in such a short period of your Earth time. I know that you are well aware of the subtle changes which have occurred in your individual lives; no matter what that daily life may be, each of you has moved forward.**
George: And I know we all thank you so much, Salumet, for your teaching which has been highly instrumental in this—thank you!
Our thanks go to you all. Without your dedication, without your striving to give the truth and knowledge, it would not be as simple for us. So therefore I thank you all, and to you, dear friend, for the many hours devoted to putting into written word all that has been given to you.
George: Thank you Salumet. I try in that respect.
Lilian: He's done really well.
Ann: Yes he has.
All of you are responsible for these happenings, and I would encourage you my dear friends to continue, not only in spreading the word, but in your own self-development. That is important also, and we have endeavoured to help each and every one of you in that course.

(General thanks)

I am sure that if we were to speak individually, you could all name one powerful change in your lives that you are aware of since becoming much more knowledgeable about spirit.

George: Yes, speaking for myself, I certainly find in writing, that ideas come from spirit and it makes that part of my work so much more interesting and refreshing.

Yes, we will always be close by whenever there is dedication to our work. Does anyone else wish to say what they feel has been their greatest asset?

Lilian: I think for myself it would be knowing the power of thought **(Good)**. It probably has impressed me, among other things as well, but that one perhaps, especially.

Sarah: I think you telling us not to judge, because we can't see the whole picture—that's had quite a big influence on me too **(Good).**

Paul: And a sort of *freedom* when you feel that the only real thing that matters is the awareness you gain in this lifetime and the help you give with it. All the other daily matters are far less important than this Truth and Love that we're seeking **(Good).**

Jan: I feel, on a daily basis, that my life is still very complex physically—the things I have to deal with on a day-to-day basis—and I don't always feel in control of those thoughts, but I *think* I've become more placid and I think I'm less fearful—I think that's the biggest one—I'm less fearful of the future. I put my trust more in *spirit actually*, and look at it more through spiritual eyes, rather than physically being fearful of what's going to happen in the future.

Daphne: Well, I can say the same as Jan. She's taken the words from me actually, because I'm not as fearful now. I have more faith and I trust in what comes to us from spirit, and especially with healing. And I feel that since I've been coming here, which is not all that long, that I have grown somewhat to be a better person all round. Thank you!

Ann: I think I'm less anxious than I used to be and, like Lilian, I'm very aware when my thoughts are wrong and I seem to get a tap on the shoulder and 'delete' them, if I feel they were bad—they were wrong—not always I know...I know when I'm 'out of kilter' and not on course I think.

Jan: I think we all feel that Ann. That's a good way to put it.

It is wonderful for us to hear each of you speak and I give back to you the credit for *that*; because without your love, without your openness and willingness to listen we could do very little. Therefore, I say to each one of you, my dear friends: Please do continue along your pathway, because you are all on the right pathway now.

(Murmurs of thanks!)

We will always try to influence, we will always try to protect, but ultimately whatever happens in your Earthly life is your own responsibilities, and although we can help, we are limited in what we might do for you. That is *why* it is essential that you *voice* those needs for healing, for love, for guidance, for all of these things. I can only say to you that it brings to us great joy, to know that there are within a group of such diverse peoples, a unity of love and knowledge; and I do thank you all.

(Pause)

Sarah: I think I've said this before, but you've thanked us for listening to you, but in actual fact, it's helping *us* to lead an easier life I would say, because we've had the teachings. It's nice of you to thank us for listening to you, but in fact it's very much to our benefit to do so—so our thanks have to go back to you, even though you say you don't want any thanks. Without you, we wouldn't have gone this far.

I thank you for your words. It is ...of ... I am adjusting some energy—please bear with me.

(A pause while Salumet made adjustments)

You cannot see, my friends, the transition that occurs in your own daily lives, because you are too involved in that life; but from spirit we see that wider picture, so I can say to you, each one of you is on a pathway of deep knowledge and love. I am sure you are all aware of the different types of love that you encounter each day of your lives—you are aware of the many problems which are placed before you—but that is part of life. No one said that your lives would be *easy*, because in overcoming difficulties you gain an inner strength. I am sure you would all agree.

(Agreement all round!)

But with that spiritual knowledge, comes a much deeper responsibility on your part, because the more you know of spiritual truth, the more responsibility it places upon your shoulders, and that is not always an easy thing to accept.

George: Yes, the progression that is necessary to have a certain a amount of, shall I say, suffering—several of us are continuing to read the Lobsang Rampa books, and that gentleman suffered so much!—and overcame so much!—and had such spiritual development **(yes)**; that it makes our little problems seem trivial by comparison.

Everyone's problem is individual to *them*. To overcome and surmount any difficulty in your life can be lesser or greater on the spiritual growth pathway. What is important, no matter the problems, is that you do understand and overcome them. Then you are feeding that greater light within—you are becoming brighter each time you take charge of any difficulty. So although there are many people on this Earth plane, who would seem capable of much, do not denigrate your own abilities—no matter how small the problem, the important area is that you overcome them.

Sarah: I do think, well speaking for myself, that your saying that we don't realise how we're developing, and I think that is true—but what I have found is that, when you're not doing the right thing, you become very aware of that. *(Agreed)* So that in itself helps to put you on the right path, I think.

Yes, that is part of the responsibility—the recognition of that responsibility. That is why you have that great awareness, because it is your spirit speaking, not the physical being. And I know you all understand these words, but sometimes we feel we must reiterate these things for you, not only to repeat those words, but to encourage and to uplift you—to know that you are travelling your pathways in the correct way.

Sarah: Thank you!

Paul: Relating, to what Sarah said that you know when you're *not* living your spiritual truths, is it like when you feel bad inside—that's when you haven't been doing it right. But when you're feeling good that's when you probably are making the right choices.

Yes—we do not expect you to be perfect beings.

Jan: Oh good!

(Laughter!)

Yes—I am aware of your doubts, but you have come far, my dear friend. Don't be afraid—don't be afraid of what is to come.

Jan: No, as I've said, I'm trying not to anymore. But there's one person in my life that you have mentioned before, but that's where the fear is centred around **(yes),** and I worry about—I'm getting emotional, but I'm among friends so it doesn't matter—I worry monetarily **(yes)** about our future. I worry about him leaving me and passing on early like his Dad, and he works so hard that I sometimes feel that although I support him, I know I do, that I don't do enough and that's where most of my fear comes from.

Yes, but you cannot fear for another, because they have to live their lives as they see it. You can support, you can encourage, but you cannot change another's life pathway. So my dear friend, you have to try to understand your own self, you have to go deep within; only there will you find the strength and the encouragement to go forward. You must—it is the only way. Life upon this Earth is but a fleeting moment in all of existence. You can never lose someone that you truly love.

Jan: I know that—sensibly, I know that—but...

I know your fear is great—that is one of your life's challenges—is fear. You know this, we have spoken before.

Jan: I know it.

But you have to change that pattern of thinking.

Sarah: Because, fear doesn't help yourself, but the fear doesn't help the one she loves either, does it? Her fear is a negative thing and that surely must be influencing the one she's talking about?

There are only two ways—'Love' and 'Fear'. They are the two sides to the same coin—'Love'—'Hate and Fear'.

Jan: But, it's because I love that person that the fear goes with it.

Yes, but you cannot put upon that person—

Jan: I don't think he's aware of my fear.

No, you cannot put *him* forward as being the cause of your fear.

Jan: That's a way of putting it.

Yes, you have to take that responsibility yourself, and the only way you can achieve this is to go *inward.* You can influence with love by going inward (yes)**, you can change, to a certain degree, his way of thinking, with love and with quiet solitude. You understand?** (Yes)**. That is the best way to deal with your fear.**

Jan: Right. It *has* got better.

Yes, you have become stronger, but it is a very deep fear, and I will say something which I do not like to do, but this fear is not of this lifetime.

Jan: No I've already sussed that one out for myself.

Yes, so now is the lifetime that you have the capability of changing those thought patterns. You understand?

Jan: Yes. Internally, I've had that conversation with myself many times.

Yes, you know—you all know really when there are problems. You all have the answer to put them right.

Jan: But the fear is what causes that spiritual emotion to tumble like it just did **(yes)**. In a normal everyday setting that doesn't happen, but it's like going to counselling, when that emotion is allowed to come out of the box, it's overwhelming.

Yes, but you have been true to yourself. You have allowed those feelings to be *expressed* and in some way, relinquished.

Jan: That doesn't happen very often.

Yes exactly, so do not be too harsh on yourself. Recognise your fears and try to deal with them. You understand?

Jan: Yes, yes I do. Thank you!

Now, my dear friends, I feel for this time, I have spoken to you long enough. I feel great joy this evening in being with you, in being part of each one of you, and know always I endeavour to help and encourage you at all times.

George: I'm sure we all feel that joy, Salumet.
Thank you.
Lilian: Yes, thank you, once again, Salumet. You've helped us again.
(Agreed)
George's Notes:
Diversity within group: Scientists/busy mums/hotel pianist/co secretaries/ex-military/gardener/school teachers, computer-conversant ones and Chief Chemist at the factory of a very well-known firm (That was Jim, now in spirit).
Lobsang Rampa hardships: Left home aged 7 for Lamasery training, long arduous further education working all hours, lost dear ones in Chinese invasion of Tibetan homeland, two periods in Japanese prisoner-of-war camps, periods of torture etc.

~18th July 2011~ SALUMET

Gary, who has a guided meditation and channelling group, sat with us for the first time this evening. As ever, Salumet was aware of the newcomer and gave appropriate words:
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As always, I am happy to join with you, my dear friends. I would also this time welcome the gentleman who sits with you this time. As I joined with you, I feel a little apprehension. Although the gentleman is well aware of spirit, still he feels a little unsettled. All I will say is that the people within this group offer only love and help to all who come within this group.
(Short pause)
If the gentleman has any questions, I will be happy to answer them for him.
Gary: That's very kind. The main question I have is that for quite a few years now, I have had a condition which is termed 'Chronic Fatigue', where I get quite drained **(yes)**. It started when I joined an organisation called 'The Brahma Kumaris', and I became very sensitive to energy then **(yes)**. And that's when the condition came about.
—Because you did not fully understand the lessons of grounding oneself. That is where your problem began, and I have to tell you, my dear friend, that it is something you can work on with those spirit friends that you have become acquainted with. I will not tell you that it will disappear in an instant, but it is something that can be remedied. What you must do, is speak to those who guide you, because as you well know, those who come close to you, from our world, want you to be healthy in the physical state. You understand?
Gary: Yes.
Yes—with the help of your own helpers, this can be achieved. You do have to, my dear friend, go inwards more often. You have to rely on the help of spirit, if you are to achieve health in the physical being. You, my dear friend, were not ready for the activity that you took. It would have been wiser for you to have gained a little more spiritual knowledge. Many people, I have to tell you, are aware of many energies, but so many people do not know *how* to handle these energies. It is something that should be growing slowly within you—so I say to you, my dear friend, you *can* be helped, and I will endeavour to come to you and try to uplift you whenever I can.
Gary: Thank you.

Although you feel those close to you on many occasions, you are not completely blending with them—it has to be said. I would say to you: look deeper within, continue with your channelling, but as I have told all of these dear friends within this room, you have to know and to love yourself. I know those words are used freely in your world, but to truly know yourself, you have to go deep, deep within, and that is not an easy task. You can speak with any of these dear friends here, and they will tell you that it has taken many, many years to reach a point of understanding. I will leave you with those words, and I will try to help you.

Gary: I appreciate that, thank you.

Now, for this time, I will take another question, and then we will see what the rest of the evening will bring.

Lilian: Anyone have a question? George? Graham?

George: Yes—I'm a little bit disturbed by the nature of the industry that we have made from 'milk' on this planet—the milk of the cow. Yes, this has been going on for a very long time, but it's steadily grown, and my own feeling is that it's rather disrespectful, the way we use the milk of another species. And it seems to be in these modern times, a *growth industry* with a huge number of products being based on the milk of the cow. In our communications with Bonniol on Planet Aerah, it is clear that he has knowledge of ten other planets, and he knows of no other planet that imbibes the milk of another species! I just wondered if you would care to make comment on this.

I will indeed. Yes, you have to know that these things that you speak about are much realised and known of, on other planets. They are more advanced than this Earth planet that you all inhabit. You cannot separate milk products from all of your food chain, because upon your Earth planet at this time, the use of animals and their by-products is very much *mis*used. This is something which mankind will gradually come to see as being a foolish way forward.

George: Yes, this is part of our learning.

Yes, it is, and until such time, mankind will continue to worry and to concern himself about the feeding of the Earth population; and for many, the argument will be that they are doing good by all people—by feeding and by watering in whatever way they see proper, and of course, we have to acknowledge that the *profit* from these goods is an indicator of how much it goes on. So I say to you, my dear friend, it is an individual task to steer away from anything that you feel is not right in your world.

George: Yes, and this would clearly include the eating of meat and becoming vegetarian.

It applies to all manner of things, yes, but until mankind begins to open his eyes a little wider, there will always be struggle—yes. Are you happy with that answer?

George: Yes, that does very much help to clarify, and I'm sure that will encourage a large number of people who read about these meetings—I'm sure it will encourage a large number of people to think on this **(yes)**. Thank you Salumet!

Yes, if only, mankind could think more clearly for himself, without having to be nudged constantly by those more knowledgeable than they—but we must be patient. We cannot rush too quickly, but I must say to you, my dear friends, that I am happy by the progress that is being made. All is not doom and gloom.

Graham: There was a recent statistic on the television the other day, saying that 20% of young people in this country are now vegetarian, and this figure is rising and there're older people now beginning to eat less meat **(yes)**, and looking for alternatives—so it is happening.

Yes, as I have told you in the past. But again, one of the downfalls of mankind is impatience (yes)**. Yes, but I will not dwell too much upon that, because each one of you knows and recognises their own**

pitfalls in life. It is not for us to constantly chide you, but to allow you to open up to all that is available (yes)**.**
George: It's good, Salumet that you encourage us to look within and think. Thank you!
Yes. You see, you all have the answer to life's problems, but what you do not recognise is that it is all entirely within your grasp. It is too easy for people to constantly ask us in spirit for help, but I want you to remember you are all here for a purpose and to grow spiritually—and to grow spiritually, you must, *must* go within.
Now, for this time, I will take my leave—will allow others to come forward, and I say to you, my dear friends: Be open to those forces of spirit that stand close by, and as always, I will leave you cloaked in my love, and until next time, I will take my leave.
(General thanks)
Next, one named Belinda who was a nurse whilst on Earth spoke via Eileen to give several messages, concerning health. Rod was advised to be careful about what he eats. (He had in fact taken a bicarbonate tablet earlier that evening!)
Sarah then noticed that there was one with Gary:
(General welcome)
It's good to come through from our spiritual realm—my name is Harry. I was a policeman in old times—and I am overseeing what is going on in this country at the moment. I'm trying to see the good in the change. We don't like to see it as a corrupt system, like in other countries at the moment—I feel very British.
George: I feel there is *some* corruption—we do have these resignations from high positions.
Yes, but corruption always kills itself in the end—even in my time when I was in the forces—I was in the war—the 1st world war. Then I joined the police force. I survived—I was posted behind the lines fortunately. I was sad for all the injured on the Somme. They always haunt you—those images. I learnt from it and served the force with those experiences. I served for many years in the ... oh...
George: The Somme must have been a terrible ordeal.
Oh it was, yes. It was very traumatic. I served in Canterbury—that's where I was based—the Kent Force. But I moved around. I started there then I went to Oxford, yes. I was there for a while—it brings back the memories—in spirit you forget. Then we talk about it and memories flood back—I remember the images.
Lilian: So what do you do in spirit?
Well, I try and prevent crime in your world. I try and save victims. I try to stop events happening. It's a very difficult task I have really—to stop murders taking place.
George: Are you able to warn people?
I do, I attempt to communicate—instead of going by a particular route—guide them off of that route. Yes, it's still in me to prevent crime.
(Following more talk about the difficulties)
Lilian: So are there circumstances where you are not allowed to interfere?
Oh yes, we do have a strict system in place. Sometimes, we try to stop the criminal—that is harder still, if they are hell-bent on committing a crime. They have all these toxic substances that affect the brain balance and they commit crimes without being fully conscious.
George: Are you talking about drugs?
Yes—bonded to drugs. The old time was more natural in a strange way. The drugs are synthesised now—from a leaf to a powder. The drugs—powder from a foreign land.
Paul: So it damages the brain—
Yes, and it affects the mind—the ego mind—the alter ego, and it breaks through—the dark side, the shadow side, takes hold. So I'm continuing the work of the good—yes.

George: Sadly, we haven't got on top of the drugs trade. There's still a lot going on.
Indeed.
Eileen: So how do you try to help? Do you try to impress? Are you able to transmute your energy?
Sometimes, I become like a wall—produce a shield.
Eileen: Oh, like an energy shield?
They are incapable of movement—I have stopped people. There are few like me with my skill. I can come quite close to stop these activities. It is permitted to stop. I am not permitted to get into their heads. But I can stop their physical body—that is permitted.
Paul: I suppose you've got the question of free will—the free will of the victim—who doesn't want to be killed.
Yes. There is a complex interplay of rules—there are regulations in spirit—what we can do and what we can't.
Graham: Yes, interference must be an issue, mustn't it?
There is repercussion. I may stop it, but it may create a greater problem.
Eileen: So people would call you an angel, wouldn't they?
Well—I think they may.
—If you are able to stop crime.
—A force for good—yes (yes)***.***
Paul: Occasionally we get the feeling that people are murdered for political reasons to silence them. Do you ever get involved in those?
It is not wise for me to comment on that at present. I do not wish to attract negative things into the group (mm—thank you!)***. It has been good to speak. I will now bid you farewell.***
(Enthusiastic thanks)
George: Thank you for your words and I think we've all learnt something from them.
Paul: It's nice to know that there are people like you around, keeping it a bit safer.
Neighbourhood Watch!
Eileen: May I ask your name again?
Harry, Harry Walters—yes.
Eileen: Thank you Harry.
One then spoke via Sarah concerning a very difficult rescue:
Good evening to you.
All: Good evening.
We are very happy to join with you and to be able to take those who are troubled by what has been a traumatic passing for them. They are being helped by so many, but there are a few who will not accept what is being told them and, if you will be agreeable, we would like to bring one through to you with the lady in the corner, because this one has been for a very long time in between spirit and Earth, and we have had much problem trying to bring her over to us completely; so, if you would be willing, we would like to bring this one through.
George: Yes, please do!
Could I please advise you that I think it will not be easy.
Lilian: Right! Did she have no understanding of spirit at all?
This one had a most troubled life on Earth planet, and she has brought with her all her problems, which she cannot let go of, and it is for this reason—the fear—that she cannot move forward, so we would be most grateful if you could help us this time.
George: Of course! Thank you for coming through and paving the way.
Lilian: Yes—that will help.

Rescue begins via Eileen:

Lilian: Hello! Would you like to talk to someone? My name is Lilian and I hope I can help you in some way.

(No response)

Lilian: Would you like to tell me your name?

Go away!

Lilian: No, I can't go away. My job is to talk to you. I think you will be happier if you can talk to me.

I said, GO AWAY.

Lilian: No. There's a whole group of us sitting here waiting to help you on your way—you're just wasting time aren't you? Part of you would like to move on.

George: Lilian is a very kindly lady who would like to help you. Please listen to her.

Leave me alone and GO AWAY! GO AWAY!

Lilian: But surely you would like to be happier. You don't sound very happy at all. Well, I know that you had a tough life, but you've got to try and put all that behind you and move on. You've got to now move on into the spirit world where you can have lots of help, and have a fulfilled life again. It's what happens to all of us. You're not the only one who has had problems. We've helped a lot of people like you and that pleases us, and hopefully, it pleases them too.

Go away, because I'm not listening.

Lilian: Well you are, because you're talking to me, aren't you?

But I'm not listening.

Lilian: Don't you think you are just wasting time?

What's it to do with you?

Lilian: Quite a lot actually. I just want to see you happy.

George: We're all part of a very big family, and there's a wonderful life waiting for you in spirit.

Who are you? *(Said indistinctly)*

Lilian: A lot of us make mistakes in our lives—big mistakes, smaller mistakes.

Not me.

Lilian: Not you?

No, no! Just go away!

Lilian: No we're not going to go away. What's your name? Can you tell us your name?—to make it more friendly.

No!

Lilian: Well that's a shame. There are a lot of lovely people on the other side of life waiting to help you. Can't you feel the love and the warmth around you?

No! *(Stated firmly)*

Lilian: I'm sure you can! There's a little chink there somewhere wanting to do that.

No!

Lilian: Yes there is!

George: If you look ahead, there's a white light.

No, no, no!

Lilian: Can you tell us why you keep saying 'no'? Surely you don't want people to *keep trying* to help you?

What's it to do with you, anyway? What's it to do with you? It's none of your business!

Lilian: It pleases us if we can help you. Surely it's nicer to help somebody than just walk on.

George: It pleases us if we know that you're happy, and I think if you look ahead to the light, to the wonderful light, you will begin to feel what it is all about.

I've heard all this before.

Lilian: I thought you might have! *(With a chuckle)* Well just please us—listen …

Why should I please you? I don't know you or you. Why don't you leave me alone?
Lilian: We don't know you—but we just like to help people as they go along.
Why?
Lilian: Surely you must have that feeling yourself. ***No!***
Lilian: You liked animals, didn't you?
How d'you know that? How do you know that?
Lilian: Well that's a surprise isn't it; but you liked to help the animals, and you really had no time for anyone who didn't help them or be nice to them, and we're doing the same sort of thing.
What!—are you saying that I'm an animal?
Lilian: Oh no, no, no—of course not! *(With gentle amusement)* If you listened to me, you could go on into the spirit world, and still help animals.
George: And we have a love of animals as well.
Somehow, I don't believe you. I don't believe you.
Lilian: Well, there are a lot of animals that come over, missing their owners, and we look for someone to love them.
So what are you saying?
George: If you have a bond with an animal, then that animal can be with you in spirit.
Lilian: in fact, you may find that they are waiting for you—some of the pets, animals that you were friendly with and helped.
They never hurt me.
Lilian: No, they don't, do they? I think you'll find quite a lot of them waiting, and your job could be to help the ones back on this planet that are cruelly treated—and when you get there, it will be explained how you could do that. At the moment, I just don't know how that works—because I'm still on the Earth.
Well, how can you know? How can you know then?
Lilian: Intuition!
Intuition?—balderdash!
(Some general amusement)
Gary: Somebody broke your heart, didn't they?
Yes! How do you know?
Gary: I do!
How do you know that? I didn't tell anybody.
Gary: It's just the thought is put into our minds. You have to heal that broken heart. The heart that is broken can always be healed again. You have to believe that.
Why should I have to believe it?
Gary: Why do you wish to stay in a state of brokenness? Is that really what you want?
But it's my business, nobody else's.
Lilian: It is, but I still think you are wasting your time. You could do so much good.
You lot know too much!!!
Lilian: Well there! So could you, you see. You could get to know more than we know.
How?
Lilian: Because in spirit they will show you. You will become much more knowledgeable.
George: You can make a lot of animals happy as well, if that is your wish.
I love the animals (good). ***Don't like people.***
Lilian: You must see some animals waiting for you.
George: Did you have one in particular that you had a bond with—a dog, perhaps?
Gary: A horse?
(Much emotion—sobs)
Yes.

(Lilian to Gary: Thank you!)
Lilian: A bit of a shock is it—part of you doesn't want to know, but I think we're on the right road, don't you?
(Continuing deep sobs)
Sarah: If you look into that light, I think you might see that lovely horse. Oh look—just see if you can see.
(Much emotion)
Can you see anything?
I do feel lighter.
Lilian/George: Good!
There's something there. I can't quite see...
Lilian: You will.
George: keep looking!
(Huge sobs)
Lilian: What do you see waiting?
(Huge sobs continue)
George: It's a time of emotion, but that's good.
Sarah: If you start moving towards that light now, you can get closer.
Gary: Just let it draw you up—don't resist it.
(Whispering sighs as a hand (Eileen's) reaches forward)
Lilian: Do you see the horse?
Yes.
(This and other 'rescues' are available as audios to listen to on our website: www.salumetandfriends.org)

~25th July 2011~ SALUMET

I (George) missed this meeting and, during the course of the evening, Salumet saw the opportunity to have a quiet word with my daughter Sara to indicate a need for me to slow down a little. He is so perceptive! And in fact, it turned out to be a general evening surgery, presided over by Salumet, at which valuable advice re family concerns was dispensed. Sarah, being unfamiliar with starting the recorder, took just a little longer at the outset as Salumet raised his (Eileen's) arms, as is his custom:
Lilian: Welcome to you Salumet!
(Pause)
I was waiting for the lady to be ready for me—
Lilian: Yes--with the recording machine!
(Chuckles)
As I come to you this time, I am happy to see how much each one of you listens, all the while listening to our dear friend talking about her daughter. The rest of you were listening and not interrupting as she spoke. This, my dear friends is an advancement for you—a spiritual advancement, because, all too often, people in your world wish to speak, but never to truly listen. Therefore, I say to you how pleased that each of you has come this far. I would like to just ask our gentleman friend, who is new to this group how have you been feeling since last we met?
Gary: Yes really, I have felt complete energy shift and I felt like it's bringing about a new shift which I've been wanting for quite a long time **(yes)** within in my spiritual path **(yes)**. I feel very pleased about that.
I promised to try to help you and the help is available to you.
Gary: That's very kind of you. Thank you!
Now I would like to say something about our dear friend who is absent this time. He works so hard for spirit (yes)**. Yes, and he wishes to continue, at a steady pace of work. At this moment in time, it would be**

advisable for him to pace out what he does, not only in the spiritual work, but in his own daily life. I know we have one who is related to him, so perhaps a gentle word from you might just encourage him to rest a little more

Sara: Yes—slow down a little

Just a little, nothing sinister (no), **but he needs his rest also.**

Sara: Its more rest he needs (**yes)**, not so much exercise, more rest?

Whatever makes him feel good about himself.

Sara: Balanced?

Balanced—yes.

Sara: I understand. Thank you for that.

I feel he would probably not listen to his dear wife.

Sara: I agree! *With general amusement!* I agree. I will have a word.

Sarah: I'm sure he'll listen to you though, Salumet.

Yes, but I wish to encourage *all* of you to recognise that balance in yourselves—to not overdo the physical aspect of living (yes)**.**

Lilian: Especially when we're older—would that be right?

Well you people on this Earth plane like to think that as you become older, you become much wiser, but let me tell you, this is not always the way (no)**.**

Sara: I think the balance is important for any age—to feel at your optimum best?

Yes, but when you are endowed with the spiritual knowledge that you already have, it is even more important, because you *have* that knowledge, whereas there are many people in your world who have no knowledge, and are spiritually bereft of these things. Therefore, as I have said before, responsibility comes to you—the more knowledge that you have—yes.

Now, I do not intend to stay with you too long, so if there are any questions that you have, then please ask me now.

Sara: Could I ask about my daughter, Salumet? I know some time ago, you did tell me that she had some 'vibrations of fear' within her. Is it something we can help her with? She seems very fearful. She feels as if 'something is wanting to kill her'—this is how she has expressed it. She feels somebody is following her, if you like **(yes).** Would it relate to a past life?

I would say not—no. What better way for manifestation to take place than when there is fear. We have spoken so much about this aspect of your lives. All of you—fear is something that you do not want in your physical life, because not only does it undermine the spirit self, but it creates so many forms of illness and many other conditions. I would say to you only this: As the young lady whom we speak of, I would say to you that there is indeed an energy around, but she is helping to feed that energy. Therefore, yes, you must help her, because she is too young to help herself (yes)**. We in spirit will try to help also, but I would suggest that you have someone with knowledge who can speak with her and who can feel that energy around her.**

Sara: Yes, it's difficult—I have asked a few people to speak, but they haven't been the right people, I think.

You have already—had help?

Sara: I did ask a psychic person and asked him to speak with Carrie.

That is not enough.

Sara: I need somebody who can actually feel…

You need someone who will feel the energy (yes) **and of course, her fear is helping to manifest** (I see) **and give strength to that energy** (yes)**. Yes.**
Sara: is it some entity?
There is energy around her, but her *fear* is creating it.
Sara: I thought that.
She *feeds* that energy.
Sara: I can't seem to break through her fear of it, by talking to her. I've tried.
You will not do it just by talking. It needs someone who can feel the energy and help her to dissipate it.
Sara: There must be someone, perhaps I can find **(yes).** Would Gary be capable do you think?
Yes, I understand. I do not feel—and I hope I do not cause offence—but I do not feel the young gentleman is quite ready for this kind of situation.
Sara: Maybe a female might work better.
It matters not—male or female. It needs someone who has coped with this type of situation before. You understand?
Sara: Yes, I do.
Yes—but her fears are magnified of course (yes)**, because of her own fears, you understand?**
Sara: Yes.
Gary: I know somebody called Linda Consella who lives near Sara. Would she be able to help? She's a very gifted woman—Linda Consella—what do you think, Salumet? Would that be good? She's South African. She's got that toughness about her.
It would need someone who would not be too emotionally involved. They have to—yes I will accept this lady—but there is a gentleman I am trying to find a name—
Sara: Tom Smith?
No I cannot see that one.
Sara: There's a couple who do crystals—healing and teaching.
No, no, you must have a medium.
Gary: What about Peter Fowler?—the one I go to the channel to. Would he be able to help if Sara and her daughter came to one of the meetings?
Would it be possible for both to be together?
Sara: Peter Fowler and Linda?
That would be more suitable.
Sara: That would work? Could they come to our house do you think, Gary?
Gary: He only works from home generally. He can't get around.
Sara: Perhaps I could take Carrie to him.
You can, but it needs someone to go to the source of the energy.
Sara: In the home?
Yes.
Sara: Right, so we need someone to come. We could pick them up. Would Peter come if we brought him?
Gary: I'll have a word and see.
Sara: Yes, I am quite concerned. I think she needs help soon really, because she's disturbed by it.
Gary: Yes

Yes, you see you need—like this group is—who has worked with all kinds of spiritual energies, who have worked with rescues, because the energy around this girl has to be dissipated (yes) **and you need someone strong and who is not afraid or emotional** (yes)**.**

Gary: There's another lady called Belle Fuller. She's a spiritualist medium in Bournemouth. Would she be any help?

Sara: Belle Fuller? I don't know her. We have a vicar next door, but I think he's traditional!

(Chuckles)

Yes. No, you need a medium.

Sara: It has to be a medium.

Yes, you need a medium who can sense and feel and see.

Sara: Yes, it's difficult to find really good ones, isn't it? I'm trying to think—who do we know? Do you feel Tom Smith, if I said the name Tom Smith, Salumet—an Irishman?

I feel the combination of a gentleman and a lady together—I feel this combination of both is what is needed.

Sara: Maybe Tom and Linda—yes, perhaps.

Yes.

Lilian: Would Paul, you know, your brother.

Sara: I don't know whether he would be.

No, he would not be enough.

Sara: Do you think Tom Smith has good abilities? He talks a lot, doesn't he—Tom Smith?

I do not feel his energy—I have to say, so I do not want to commit to that name, because I am not feeling his energy at this time.

Sarah: Peter and Linda would be the best.

Yes.

Sara: We might be able to use Peter and Linda together.

Yes, I feel that speaking those names—yes I would say allow them to help.

Sarah: Maybe if Peter heard these words, Gary, he might be more susceptible and willing to do it.

But it is possible to help without being there, but I would suggest that in this instance that it would be more beneficial to be at the home where she is so fearful.

Sara: Yes and also because she doesn't want to sleep in her bedroom, it would be helpful if they were to go in the room **(yes)** and perhaps show her that it's clear.

She would feel instantly if all was well. She is a very sensitive young lady.

Sara: Yes, she has strong gifts, doesn't she, with this kind of work?

Yes, but, as in all things, that energy needs to be harnessed in the correct way.

Sara: She's a bit too young to do any sort of training isn't she?

She can be guided, yes.

Sara: Perhaps I could take advice from Linda?

Yes—there should be people around. The help is available to you, but it is up to you to take these steps on her behalf.

Sara: I'm quite happy to do that **(yes)**, but I haven't really known so much what it was about, until perhaps more recently **(yes)**.

Yes, she needs your comfort and your help.

Sara: Would you say that her gifts are more spiritual than musical, or do you think it is both with her?

Her music would help her spiritually.
Sara: Yes, that's what I feel.
Yes, but there is plenty of time for her, but really she would do well to be guided by someone, who knows and understands.
Sara: Yes—thank you Salumet!
There are many gifted mediums in your world, but not all are suitable for this kind of thing. You understand?
Sara: Yes I do, yes—finding the right one is all-important.
Yes.
Sara: Thank you!
Lilian: On a similar subject—my youngest granddaughter is interested in anything I tell her that you may have said, but she's also interested in hypnotism, past lives and so on. She's a very fearful young lady, with anxieties. Would it help her if she was—what word am I looking for—when you're hypnotised.
'Hypnotherapy' can help many conditions. I would not suggest to you that anyone so anxious should undergo regression—
Lilian: Thank you—
—Unless they are in the hands of someone who knows exactly what they are doing.
Lilian: Yes, thank you!
I have already told you, my dear friend, that there is no reason for regression, unless it is to *release* a person from these conditions which hold them back in this life (yes)**; and it is not always wise to assume that conditions in this life, always come from a past life—that is not always so. But, I would have to say to you that, because your granddaughter has quite a few *emotional* problems, regression is something I would not advise at this moment in time.**
Lilian: Yes, thank you very much. I will let her read the transcript when it comes. Thank you.
Sarah: On the subject of daughters, I would like to say: 'thank you' for the help that Emily's been getting, and you said that people from, not just family, would be helping her, and she's already finding this. People are coming into her life and helping her on her way. I'm sure she's said 'thank you' to you herself, but I know she is very grateful for your words, Salumet.
Yes, she will be fine. I know with this young lady there have been problems, but, because she has made the contact with spirit, we will not leave her on her own. So I say to you: Continue to encourage her and, as I have said many times in the past: nothing comes by accident. She will be well.
Sarah: Thank you very much for all that.
Lilian: It's interesting that—some things seem so horrific—but they are meant to be.
Yes, let go of all fear. That is my parting words to you all, my dear friends.
Lilian + Sarah: Yes, thank you.
I know it is not an easy task, especially in everyday life, when there appears to be so many problems, but it is possible.
Sarah: I always remember your words, you saying: negative attracts negative.
Yes, if you can remember that, you are on the right road, not only to good health, but to spiritual growth.
Sarah: Thank you very much.
And now, I will take my leave of you, and allow whatever is going to happen here tonight to happen; and I can tell you, there are many waiting to speak with you.

(General thanks)
There then followed a number of personal messages delivered. Next it was a North American Indian medicine man—Grey Eagle—via Gary. It seems that Grey Eagle spends much time visiting groups such as ours; explaining that it is in his nature to travel—he enjoys being free to wander beyond the tribe. He spoke of the use of herbs:
There is a certain sage—the burning of the sage cleanses bad spirits. One can eat it, but I refer to the spiritual use. It would be a white flowered sage—grey-white—California sage is good. Californian sage can be bought in certain of what you call 'New Age' shops .You can buy the oil, but the smoke has great power. It is what we used to use for our dance rituals—invoking the ancestors. My tribe settled in Arizona—Nevada with another tribe the Navaho. I was a son of their medicine man.
He went on to speak of animal spirits and how they were able to link with them. Linking with the eagle spirit enhanced their seeing into the future. Their tribal chief was 'Standing Bear'. Then, speaking of the world situation today, he described how he and others can be close to Earth with helpful influence. He said of our group:
You keep a candlelight going in a troubled world. It will improve, and we must be optimistic for the future. Fresh ones will return** (incarnate) **in the future and bring new knowledge.
He attends spiritual groups elsewhere, including one in Brisbane, Australia, stating that we have some kind of link with an Australian group.
(That may be the Circle of the Silver Cord, with whom we have communicated, knowing that we do similar work—with indeed, Emma Hardinge-Britten having visited both groups.)

~1st August 2011~

At the start there were clairvoyant messages via Eileen, including (following on from last time), further useful information concerning the nature of the 'presence' in the room of Sara / Graham's daughter. A small, delightful but frightened little spirit boy is involved (possible candidate for rescue) and the scary presence is poltergeist-like in that it is fed by fear energy, and so builds. Next, we were treated to a little over one minute of very loud and clearly articulated pre-Incan, now extinct language, as we had heard on a previous occasion:
George: Would you by any chance be the one from the South American tribe who spoke to us once before?
A lengthy pause followed, during which we recalled that earlier visit. In fact, on since checking records, this one was with us on 26th September and 17th October 2005. Sadly, his people were enslaved by the Inca and their language lost—which is why he loves to physically articulate it.
George: Welcome to you!
I am most pleased that you are still meeting together, and I wish to tell you that my people are still keeping in contact and keeping the tribe alive. We know how much your world has changed, and it has saddened us that you have in many places disregarded nature and all spirit that it contains. But we know that you are aware, and it is for this reason that I come back, because we have much enjoyed reliving what was taken so unkindly from us.
George: Well, you are most welcome, we love having you with us and we in this group—yes, know the wonders of nature, appreciate them, and we do our best to spread the word.
Ah yes—we know what good work you do, and we have been around when we have heard you talk about us.
George: That's good to know.
—And we had the opportunity to come back to you this time.

Sighs and another pause, then another spoke much more quietly:
I am just passing a message to you—the one who was with you has not been able to continue this time, but he wishes me to tell you how happy he has been to be able to give you some words that he knows you will be able to keep for future generations.
George: We much appreciate his effort in doing this.
Paul: We shall keep the recording of the language.
He will come back again another time.
George: He will be most welcome.
And then one via Gary:
Hello!
All: Hello!
I've been travelling—with a circus—acrobat—Chinese acrobat.
(It seems that entertainment continues in spirit—both adults and children enjoy the circus. On Earth, he travelled America in the 50s and 60s. There was then more optimism in the United States)
Not the problems they have today—auspicious time—a good time—sad to see not so good now. Time is like that. And I toured the United States.
Lilian: So you were with a group were you?
Yes—from Shanghai yes—Shanghai acrobat. I did enjoy Toronto in Canada—and Mexico City as well, and I was in South America—North and South, yes.
George: And you still perform as an acrobat in spirit—
I continue to, yes.
(It seems he is able to do more elaborate feats in spirit. It is more beautiful—more artistic)
I do Kung Fu and Tai Chi, yes—so I combined acrobat and martial arts—in combination in the act. And I see changing times in your world. China became big economically—if it is too big too quick, not so good to the environment, as you might expect. You have to be more aware of the environment, otherwise trouble looms—yes.
(We spoke of 'carbon footprint' and our friend said: some don't believe that—)
Lilian: So you are working together now?
We are always together, yes, travel together.
George: China is a major world power. Did you have any thoughts about Chinese politics?
They should respect the Tibetan people. The Chinese, they are different—not the same.
George: Yes, many of us were saddened by the Chinese invasion of Tibet, in 1950.
Yes, some hold it against us that I can understand. We have to respect their sovereignty eventually.
George: Yes, I think there was a consideration that Tibet is a Chinese province—
There is argument and debate. It is not—they are definitely genetically different (yes)**.** ***We do not look quite the same, and our belief systems are also somewhat different, but there is similarity between our ancient philosophy—Confucianism and the way of the dharma—a bond, yes. We are all brothers really.***
George: Yes, the Tibetan philosophy and religion go back a very long way.
But there's always the divide of the great mountain ranges- a natural border, yes.
Paul: And, as you said China is, in a way, not all one people, the Han, are, I think the biggest group.
In Ancient time, there were many small tribes. Modern China was a small province that expanded from little kingdoms, factions. If you look at the old map, there are many little kingdoms, not united as they are now.
George: Several of us have read books by the Tibetan lama, Lobsang Rampa.
Ah Lobsang Rampa, yes.
George: Do you know of him?
Not directly—'The Third Eye'—I know one.
Paul: That was his first book.

Popular—a bestseller!
(Pause and time now for our visitor to depart)
I will give you many blessings.
Lilian: Thank you! It's very nice to have you visit.
George's Notes:
We are aware that Tibet holds a valued place where Earthly spirituality is concerned, and it is distressing to many to see such spiritual endeavour invaded by the militarism of materialist powers. The Chinese invasion of 1950 was bloody and destructive and is to be deplored. And the Dalai Lama—'The Inmost One'—still remains exiled from his native land. But neither does this 20th-century invasion stand alone. In 1904, the British invaded, using Maxim machine guns to force their way to Lhasa. At that time also, the Dalai Lama went into exile, so that reincarnation links can remain accounted. Being British, I feel shame that this should have been so—also that our world governments continue to have belief in the warfare principle in preference to upholding the superior doctrine of spirit: "Thou shalt not kill". But, within the Tibetan spirituality, the future is known—hence, the Dalai Lama's safe exile always in good time. And we must remember that evolution's details will take their course in their own good time—preferably without harsh judgement from one to another.

~8th August 2011~ SALUMET

There was a virus going around and several could not make it. There were just six of us present to enjoy another wonderful meeting:
George: Good evening Salumet—welcome to you.
Good evening.
All: Good evening.
As I join with you this time there is a lightness in the energy of this room. There is at this present time on your planet, a lightness of energy which is spreading throughout your world. You may feel that with all of the hurt and wars and disasters within your world at this time, that this statement just made, does not seem to fit. But let me tell you, my dear friends, there is a new chapter beginning on your Earth planet. (Wonderful!) **It may not be in the next five minutes of your Earth time, but it is ahead of you and there will be a great change in the emotional makeup of human beings.**
George: I think we feel something of that change and there seem to be signs going around the world, in the shape of people sometimes challenging officialdom and the economic climate changing quite substantially. I suspect these are signs of big change.
Sara: Can we say that people are becoming more emotionally literate—able to communicate?
I have always told you that people of your time are now beginning to think for themselves. That is the beginning, but I have to tell you that from the beginning of time, the beginning of time of mankind, that there have always been challenges to authority. That is the *spark of life* which will *ignite* within all peoples in time to come. This is not to say there will be no problems—of course there will, because your planet has to evolve in a natural way; it has to function and deal with all of the negativity which has been created. But again, I will say to you all, my dear friends, that you should rejoice in the knowledge that all will be well. Do not despair as we see so many in your world at this time despair—they lack in spiritual knowledge. So, give out your loving thoughts for them—those in most need of spiritual knowledge. And of course, I do not have to say to you, to give love and support also for the physical bodies who are suffering at this time. It may seem an insurmountable problem—all of these things—but

with the love and support of those of knowledge, we can help many. Would you wish to ask anything about this? Have you an opinion about the state of your world?

Sara: The light that you speak of, has been partly created by those who are working to raise the energy of the planet?

It is never achieved solely by one person.

Sara: Yes, I would think it must be the group effort that is causing this light to spread.

Yes, we have endeavoured to spread the light of spirit for many thousands of years, but at this time in your history, we *have* begun to make some advancements; whereas in time gone by, human beings have tended to *fall by the wayside*—I believe that is one of your expressions (yes)**—yes.**

Gary: Much has been said about time speeding up—what's called 'quickening' in the Mayan calendar and all that—is that relating to the changes?

All of the information that is given and is gathered within your word is spoken in many different ways by many different tongues, by many different settlements. I always speak to you, my dear friends, in simple language. Without the help and knowledge of you human beings, we in spirit are almost like people having their hands tied and not being able to help—but yes, that quickening or speeding up of time, is just another way of describing the quickening of spirit. Do you understand?

(Slight pause)

I do not hear (yes) **the gentleman—**

Paul: Is it more our own energy vibration that's speeding up?

Yes—it is the spiritual energy which creates all of these things—it is just the understanding of humankind to what is round and about him, and what he is able to achieve in a spiritual way. You have to remember that in your world, there are many ways to describe one situation. So I say to you: yes, the quickening is not of time but of energy and humankind.

George: You mentioned 'negative energy', Salumet, and I wonder, at this point if I could put to you a question that a friend has sent in **(yes)**. He has recently joined a meditation group, and the leader of the group is proposing to take an expedition to Egypt to dispel negative energies from the Great Pyramid and Sphinx. The questions are: Is this necessary? Are they out of their depth in doing this and can it be done from a distance anyway?

He has answered his own question. Of course, the dispersal of negativity can be done from a distance—of course it can, in the same way as you ask for healing help for others (yes)**. How would you suppose we help those people? We are not present with them, but we are able to help; in the same way that if you are trying to dispel/disperse negativity, it can be done from wherever you are; sitting here or going to wherever the negativity is.**

Sara: Could I ask a question?

Well, I will allow you to, but I wish to just finish this point with the gentleman. If the lady in question feels drawn, that she must go, then so be it, but I would say to the gentleman who asked the question: there is no more or less negativity in that place than in many others in your world. Therefore I would say, and of course he has his own freewill and is able to think for himself, but I would say to him, there is no need to travel many miles in your world to do something that can be done from his own armchair.

George: Yes, I'm sure he'll be very happy with that answer. Thank you Salumet!

Yes. Now, I will take your question please.

Sara: Thank you. On the subject of dispersing negative energy, I was wondering how you feel the lady who has been helping from a distance with the room in our house—whether you felt this room energy was now

clear? My daughter seems happier, but we're going to allow her to sleep in a different room, so that she doesn't have to think about it. And I plan to sing in that room, which I hope will raise the energies further.
Yes, you need to *clear* the remnants of the energy—there is remnants but not much.
Sara: Am I right in thinking that it relates to the land below the house as well, because we've been told that it's something to do with the site of the house.
I am not aware of that. I will reserve my judgement on that for now. I would say to you: yes, dispel any energy left within the room, either by music or singing or whatever form of happiness you can take to the room. I do not feel fear around at this moment. I will speak to you again about your question.
Sara: Thank you! We're hoping that she will be able to sleep in the other room, but that remains to be seen.
She must now dispel her own fears.
Sara: Yes, that's what I feel **(yes)**. We've certainly tried to help in a practical way, hopefully I can find someone to guide her, but it must be the right person—
Be guided by your own intuition.
Sara: Yes, a lady suggested a gentleman named Tom Smith, because he does have gifts himself. I don't know if that name resonates with you?
No, I am not picking names—there are many people that you can choose from.
Sara: I think I'll just wait and see who comes—
You will know when you speak or see someone—you will know if they are suitable. Please be guided by yourself.
Sara: I will—thank you.
George: And it's so good to have your words on world change, Salumet; because there are doom prophecies **(yes)**, especially with regard to what is thought to be a roaming planet named 'Elenin', and earthquakes resulting from its close passage—its relatively close passage to Earth.
You have to understand, my dear friends, that much of these happenings have always occurred, but your scientists or whoever, have not been able to know what has been going on. Therefore, when something happens, there is 'scaremongering' as you call it. Your Earth is going through a time of change. Its evolution is still taking place. Allow it to do so without fear.
George: Indeed, yes these are precisely my own feelings. In relation to the Earthly upheaval—as you say, there must be the ongoing evolution, and what will be will be—we must be accepting of that.
Yes, yes. So many people are afraid—they are afraid, and I believe this to be one of your sayings again: to be afraid of their own shadows!
George: Indeed yes!
It is true, unfortunately, but I will continue to tell you to be positive, to view all of your life as being positive, and then, my dear friends, will you discover, not only change within yourselves, but change throughout your world (yes)**.**
Paul: It almost like a *weaning off* process. On the television they seem to gauge—they use terms like 'economic growth' as a gauge to a country's calibre. When the economy is growing, they're fixed on that still, when that's not what it's about at all. So, if they could get away from this idea—'economic growth' being unimportant—the growth of the people—that's the important thing.
Yes—as you do with children, you must be patient with those without knowledge. Their fear is real to *them*, but you can help them with your thoughts. Always you have done this, my dear friends, I know, but when humankind forgets to go inward and find his own answers—that is when fear grows. If only we

could encourage each and every one of you to go into that meditative state, then your world would be so much stronger; but that will not happen suddenly, but how much the people have grown on this planet, from some time ago when all was so negative! It is one of the reasons, as I have told you before, why I came to help you; and that is still my struggle, but without your help, my dear friends—how much you have spread 'Truth', and for this we will be always grateful to you.

George: The gratitude is two-way, I can assure you Salumet.

Sara: But we have a long way to go still. I think that all of us feel we have a long way to go—much more work to do still **(yes)**—at least, I feel for myself, anyway.

A lifetime is such a short time in your world. Why should you be living that lifetime in constant fear? It is something that you all regret—that so much of your human time is spent worrying about needless things. So, before I leave you, I just want you all to know, I am always with you. I will endeavour to uplift you, to hold your hand when needed and to leave you surrounded with the love of spirit.

George: And this is a good time for me to say thank you for the advice given two-weeks ago regarding myself, who had been overdoing it a little. Thank you so much for your advice, Salumet.

When you do not listen to that whisper in your ear, then the words have to be spoken (yes)**.**

Now I will take my leave of you and allow the rest of your evening to continue.

(General thanks)

One followed via Gary to add his thoughts on 'changing times' as seen from spirit; explaining that there are many different approaches to Earthly spirit:

We are all one big family and work together. Our differences dissolve and become unimportant—this is what 'the change' is all about—bringing harmony and unity so that all the light-workers can allow the great light to shine in the times to come. So it is easy for me to communicate with you—I was a spiritualist as well, when I was on the Earth, as my mother was—I was brought up in it—born into spiritualism, so I was very fortunate to be a small lad sitting in séance. My mother was a trance medium—she did platform and held her own circles as well. So it feels like home here.

George: Yes, your mother was a platform medium—

Yes, I was as well.

George: Really! Are these names that we would know?

Well—my mother was a friend of the one who was charged with the witchcraft act in the 50s.

Eileen: Helen Duncan!

Yes—Helen Duncan. They knew each other and they were close—Florence.

Eileen: Your mother was Florence—

My mother was Florence—yes—London—Richmond—yes. I was in the navy—that was in the 30s—yes. I went all over the place in the wartime, yes—battle of the river Plate. Our ship was blown up and I was lucky to survive really. I had some injuries—I recovered though.

George: There was rather more interest in a way in the war years (Yes)—people were so keen to have news of their loved ones who had been lost.

Ah yes! You do rescues here don't you? My mother did a lot of that during the war—that was one of the things she did—those on the battlefield, yes.

Eileen: Could I ask your mother's surname?

Born as Smith—then Kiers was her married name.

Eileen: Florence Kiers—

Yes—it was hard work, because of the volume of soldiers who were lost.

George: It has occurred to me that the one and only good thing to come out of warfare has been the increased interest in spiritualism.

Yes!—death has a way of awakening you! It does have an effect on the collective psyche (yes)***. When one sees much death, one can become enlightened by it in a strange way—awakens spirit. That's what the Rosicrucian's say—and the monks and the Buddhists—death is an illusion.***

George: I suppose we could compare the Earth life with a single page in a book—

It is a chapter that has its beginning and end—the soul journey becomes a book.

George: Yes, I suppose the planetary aspect could be compared to a library containing all the books—

Yes—do not fear that Planet X, as they call it—

George: Ah! Planet X!—also known as Elenin! ***Elenin—yes***.

George: Can you tell us anything about that?

It will come and pass (yes) ***and it will bring certain disturbances, but it won't be long lasting. It will not split the planet in half or anything. It will not reverse the Poles as some suggest.***

George: Yes, there was some doubt as to whether it is a planet, an asteroid or a comet.

It's more like a comet from what I can see of it (right)***. It is not the usual comet—it has a strange feel to it. It feels a bit like it's an 'angel of death', but it is a metaphor really. It will bring a certain 'death', but only to the old ways. It will only—so don't worry—it will not destroy all that is positive, you know?*** (Mm)***. Beyond that, there is more to come. There will be some—it's a new sub-cycle really—it's much in our interest as spirit.***

George: Yes, some feel that a close pass from Elenin would create earthquakes—

Earthquakes you have anyway.

George: We have those anyway—yes.

If you will have any more—I don't know.

George: But if it is a comet and not a planet, then it's likely to be a much lesser effect anyway.

Some think it's a spaceship don't they—a masquerading spaceship—yeah. The thing is not to be gone into now (mm)***. But you will have—the electromagnetic rays of the sun will—may cause some computers to dis-function in this next year*** (ah yes)***. That is a possibility—it will bring a lot of solar activity—solar storms will be quite intense, so be warned. But it won't disrupt human society too much.***

George: You seem very knowledgeable—are you able to say how you come by your knowledge?

I access it through the cache of great universal—knowledge is there for the taking of—once you seek it, it comes to you. Knowledge is always there in this universe.

George: Are you speaking of the Akashic Record?

Yes, one could call it that, but there is knowledge beyond that, which is within yourself (yes)***. You have your own knowledge.***

George: So this is going within—

Yes, this is our unity with the Godhead if you like—we are a part of the Godhead—we all have a Divinity spark in us—that is 'your' knowledge—your memory. And we combine our knowledge, and then we have a 'universal' knowledge. We have what is called 'cosmic—those beyond the sphere of the Earth—space-beings', share this with us.

Sara: There are some individuals who do not need to go within to access certain knowledge—they are linked to universal mind—

Their mind can link up to many—like a big 'search engine'—based on the Internet—a cosmic search engine—yeah.

Sara: When children are born with certain talents—would you say that they have certain links which can be made stronger?

They have 'access capacity'. Like yourself, with your music. You are accessing the 'bubble' as we call it, the information. It's been good to communicate with you. I'll not take too much of your time.

George: It's been interesting for us to listen to your words. Thank you very much.

Sara: Thank you for coming.

It's a pleasure!

Sara then took us on a guided journey:

I want everyone to be aware of the love within them, you are made of love—that is your real nature. Just feel that beautiful energy, which knows no fear. It has a lightness to it. Feel that beautiful warmth and that beautiful light that is your true energy. Whenever you feel a loss of that lightness and warmth, try to be in the habit of observing that loss within yourself, and try to be aware of why you are experiencing the loss. You may find it's something in your own mind that has caused you to lose it, or it may be something in the mind of someone else near you that causes it, but try to identify when you lose that beautiful and warm, light feeling which is your true nature. And when you lose it, try to sit quietly, if you are able to and bring your thoughts back to pure thoughts again and bring your mind back into balance—peace, gratitude and happiness again. Now sit quietly and experience that pure love energy that you are. Feel the expansion of energy when you sit in a state of pure love, with an open heart. Feel the expansion of energy from your heart. And notice when you are in crowded places, notice the different feeling that you have there, but when you're in situations that are perhaps less peaceful, still try to maintain that openness and that energy of love. Remember that the more love that you generate yourself, and radiate yourself, the more you receive, and the stronger your energy field becomes. Think of yourself as a radiating sun, shining your light and your love.

George's Notes:

1: Battle of the River Plate: 1939—the German battleship 'Graf Spee' was scuttled and British ships damaged, especially HMS Exeter which nearly sank.

2: Helen Duncan: Wonderfully gifted Scottish materialisation medium, who brought comfort to many during WW11 with messages and materialisations of loved ones who had lost their lives. The battleship HMS Barham was lost, November 1941 with 861 lives. The Admiralty, to maintain false morale, decided to withhold the news. But one, with the logo 'HMS Barham' came through in séance saying: "My ship is sunk." And the Admiralty got to hear of it. Two years later, as D-Day approached, it was decided that Helen Duncan's accurate spiritual information might pose a threat to security. She was 'tried' in the most farcical circumstances under the then still-existing 'Witchcraft Act', and sentenced to 9-months imprisonment in Holloway—this despite 41 people testifying as to her authenticity as a true medium (including one RAF Wing Commander). This must have been one of the most ridiculous examples of 'unjust justice' in recent history. But, on reflection, the Admiralty and the Law courts between them, have really proved the reality of materialisation mediumship. And the sad story does not end here. Sir Winston Churchill later repealed the Witchcraft Act; but the 'powers that be' were still not happy about Helen Duncan. During a séance in 1956, there was a police raid. She was seized whilst in deep trance, strip searched and flash-photographed. We all know that trance mediums must never ever be treated thus! Sadly, Helen Duncan never recovered from this. She was later rushed to hospital, where she passed to spirit 5-weeks later.

3: Planet X / Elenin: A Google search currently shows more than 1.6 million results, so there is huge interest! We've probably much overdone the Earthly conjectural interest, so how good it is to have some commentary on the subject from our friends in spirit!

~5th September 2011~ SALUMET

There was some discussion prior to Salumet joining us. We chatted about many things both terrestrial and extra-terrestrial:

Lilian: Good evening Salumet.

Good evening.

All: Good evening!

I have taken a little longer to speak this time, because it gladdens us to hear you speak so openly about all manner of things. I have been listening, my dear friends, to your conversation this time, and it is good that your hearts and your minds are open to all that exists, and although, you say you would wish to have contact with other beings, may I just say to you, my dear friends, it is important that you make contact and get to know your own fellow beings much better. Then the natural course of things will take you to those meetings that you desire. But firstly, it is important that you *explore* yourselves and other beings on *this* planet. Understand them first, and then the understanding of others will become much easier.

Paul: Do you mean understanding other beings on this planet—other humans?

Yes, your fellow man, yes. It is good to want to understand those from other planets—of course it is, and I applaud your openness. But firstly, become more aware of the being who sits next to you—to the human being in the next room, in the next town, in the next city. Encourage that knowledge to grow—that is important, and I know you understand, and I know it is in your nature to wish for other things, but firstly, *know yourselves.* Could any one of you make contact with someone many miles from here? Not yet, because you have not put yourselves to that exercise. So my dear friends, you see it is important to become aware of that being within yourselves first and foremost—then all other happenings can take place.

Jan: I personally, don't think the planet is anywhere near. I think we're all too busy putting ourselves first **(yes)**, and at the moment, the condition in which this planet finds itself, I think it would only be detrimental at the moment, and that's why we won't be shown anybody for some time—I think.

Only those who are truly *believing* and are wishing to extend their knowledge, will make this type of contact. After all, why should those beings with superior knowledge entrust themselves to—not lesser beings, but beings with less *knowledge*? They would, of course, be cautious.

Jan: Very— **(Yes)**—mistrusting of humankind/mistrusting of each other—so until they overcome that as a populace—

Yes, so I say only to you, dear friends, to develop your own inner being. I have told you this on many occasions, but it applies also to this topic that you have been discussing.

George: Yes, these are very wise words, I know, but our brief taster of extra-terrestrial matters has nevertheless made it easier for some of us—for me at least—to endeavour to contact scientists who are very often very material in their thinking **(yes)** and I think there is a lightening of this condition. Some scientists are beginning to feel more that there's much beyond materialism **(yes)**, and with our brief encounter with Bonniol, it makes it easier for us to talk to them about things that go beyond space-time **(yes)**—if I could put it like that.

Yes, if you remember, the reason for Bonniol coming was to demonstrate to you all, mind projection (yes)**—which is part of your own being. It is to help you to continue to develop that—what you *are* here on this planet** (yes)**, and when you adopt these attitudes to who and what you are, then you become much better beings—spiritual beings, who would then be able to encourage many people in your world—by your words, by your actions, by your demonstration that there is more to living than just this physical body.**

George: Yes, and mind and consciousness **(yes)** is something that we have so misunderstood.

Yes, and there is still so much to learn, yes. You are still, if I might equate it with a school—you are still in the infancy of teaching (yes)**.**

(Amusement!)

But the very fact that your hearts and your minds are open gives us much, much hope.

Paul: So you would encourage us to certainly, continue to try to develop our attempts at mind projection with each other **(yes)** — and telepathy.

Yes, and then that will enable you to go further—of course, yes.

Jan: I was listening to a radio programme late last week and I was so compelled, I nearly telephoned them. This chap draws and paints in his sleep. He's been to lots of doctors over the years, and they have no answers for him, and it suddenly came to me: I wonder if this is psychic artistry—he's being used by artists from spirit? He can only paint when he's asleep. In waking state, he can't draw—he draws very little—he draws like a child in fact. I just wondered if you have any comments about that.

Yes, of course, you realise that in sleep state, you return home to rejuvenate the spirit, and of course you are much in tune with spirit when you are in the sleep state—of course, that is what is happening.

Jan: I thought so **(yes)**. I nearly rang in and wanted to discuss it on the programme, but a little bit of self-doubt, I think, crept in, and I missed my opportunity. Part of me wishes I had, but, unlike George, the choice of my words might not have been appropriate for the radio at the time.

But, you know in your mind and your heart what is happening (yes)**. You cannot always persuade another person, as we have said on many occasions—you can sow seeds, but you cannot *make* people believe.**

Jan: No—I had a feeling though that he wanted answers **(yes)**, and I believed, in this instance that I probably could have helped just by sowing that seed and thought that he may not have had before **(yes)**, but anyway, I'm sure the opportunity will arise again, because I don't think it's the last time we've heard of this. WE KNOW it exists, but this phenomenon is going to be talked about a lot more.

Yes, you must realise and recognise that many things are talked about in your world today, and it is widely known, but still there are so many doubters, but it *will* come, the time *will* come when the tide begins to change; but, as always, my dear friends, I tell you: patience. It is happening, maybe too slowly for some, but I can assure you that that tide is turning.

George: Wonderful!

Jan: Yes—Just a funny little thing that he said that just amused me really— was that he decided he wouldn't put oil beside the bed, because it was too messy on the sheets. I thought that was really quite funny. He used pencils and watercolours, but certainly not oils.

(Amusement!)

That is his own freewill, coming into play (Oh right—of course!)**, yes, and why not?**

Yes—well that really, my dear friends, was all I wished to say to you for this time, unless you have any questions for me, I will leave you.

Lilian: Thank you.
George: There is one **(yes)**. You have spoken to us about EVP—Electronic Voice Phenomena **(yes)**; and I received a letter from one of our readers, and he says that he was able to examine the background sound from one of our meetings **(yes)**, and he manipulated it—I think he expanded and changed the speed, and was able to hear a large number of commentaries going on. Now, I've read that in this type of situation, some people seem able to hear these things, while others cannot **(yes)**; and I'm not sure as to how accurate the claims of this gentleman are. So I wondered if you could say a little more about manipulation of background sound and the extent of conversation that one is likely to hear.
Yes, I understand your question my dear friend. Let me say only this to you. This phenomenon, as you call it, does exist (yes)**—in the same way, as within this room, there may be people who can hear or see, whilst others do not, even though they are within the same situation. It is the same with the mediums upon your Earth, who hear the voice of spirit. Why should it be that they can hear, while others do not? It is a matter of their capabilities, of their development and in the same way, the more you listen to these voices, the clearer they become to the listener, but the listener has to know what he is looking for.**
George: Yes, I notice some scientists **(yes)** have produced enormous quantities of recorded sound **(yes)**, and found just one or two phrases that they could identify.
Yes, you have to remember that mankind is not aware of all levels of energy, and it is the frequencies of the energies that are being tapped into; but yes, I can tell you voice phenomenon does exist, and those who are using it at all times, become much more acutely aware of those background energies.
George: Yes, and I suspect that the gentleman I have been hearing from has become acutely aware.
Yes, yes, it has probably come from listening many, many times, and developing his own acute awareness.
George: Yes, he is a musician, I know **(yes)** and that possibly helps.
It helps, yes—it would.
George: That clarifies that beautifully. Thank you!
Jan: Just quickly: Richard, my son whom you know, Salumet—he's heard voices all his life. While he was growing up, he could hear voices all the time **(yes)**—since birth. He's learnt to shut them out, and cope with them now he knows what they are. So is that a similar thing to what you were talking of?
It is on the same level as the mediums who can hear clairaudiently. In the same way people are clairvoyant—not everyone has the ability.
Jan: Richard has numerous conversations—all at the same time, as if he's in a party situation—
Yes, but it is slightly different; what the voice phenomenon is, is levels of energy in the background—
Jan: Like a radio frequency?
—yes, whereas 'clairaudience' is direct hearing from spirit. You understand?
Jan: Yes, I do. **(Yes)**.
Graham: And this would be the same for seeing the human aura, as well—if you try and try, eventually you'll be able to see more and more?
Yes, the more you develop your senses, the easier it becomes.
Graham: Yes, I think to be able to see the human aura must be a wonderful experience, and it's certainly something I've tried to start to work on.
Yes, but again, my dear friend, have patience!
Graham: Yes!

You all have that ability. It is whether you have the dedication, because unfortunately, most of you human beings are *very* impatient. Remember that time is of no importance.
Jan: No, I think we try too hard, actually **(yes)** on one level **(yes)**, rather than as you always say, going inwards—on a conscious level, we try too hard.
Yes, it will come, but you must be open to it (yes)**.**
And now, my dear friends, I will take my leave. As always, I leave you cloaked in my love and protection, and we will await and see what else there is to come this time.
(Thanks from all!)
George's Notes:
Misunderstood Mind and Consciousness: In scientific circles, there is still a reluctance to acknowledge that mind identifies with spirit and is external to brain. But recent experiments concerning EVP (electronic voice phenomena), RNGs (random number generators) and a very recent statistical analysis of cognition tests that has been conducted, are posing deep seated questions that materialist doctrine cannot satisfactorily answer. A paper is in preparation that it is hoped will help clarify this important development.
There then followed one Rudolf Steiner speaking through Gary:
Good evening.
Lilian: Good evening.
It's Rudolf Steiner from the higher dimensional plane, yes.
Paul: Welcome!
I go up to different levels.
George: Wonderful!
I work with this communication. I have been working for some time—trying to—we have to be like your selves, very patient in spirit to develop the channel—the medium. We, in a sense, have to be tested with more patience because we have all the knowledge and want to share this with humanity. We become excited in spirit to share this, but the difficulty is, what is termed grounding this knowledge in its purity without it becoming tarnished by the lower dimensional influences. Throughout history, it has always been a challenge for us in spirit to achieve this. It is our spiritual development to master this—to create a high quality communication that gives you a pure source of knowledge that humanity has built up throughout history, from the past—all so much knowledge to share—not just the future.
George: Certainly, we all have this feeling of wanting to share knowledge here, and in this modern world, there is the Internet, and websites**,** which are, perhaps, an aid in this. Are you aware of these things?
Very much so! We even try to influence it. It can be used like anything, like a tool. It can be used for manipulation—can be used for sharing higher knowledge and wisdom the—what is called 'spiritual information' can be passed on through computer / Internet, yes. Much is being shared on sites.
George: Yes!
Much of it can be considered 'conspiracy sites', but there is an extension of that where it is more 'higher knowledge Inter-dimensional' communications. Channelled sites—where there is information from spirit, being passed on, through this powerful, global medium, so we support that. But unfortunately, it can also be manipulated by the lower levels. It is an open channel really, the Internet—it is very open to influence, and so much information, so much thought. Being on the fifth dimension, we can see how this intense energy of the Internet is growing bigger all the time—expanding—like an ocean, a bit like the Akasha—it's become overtaken—its own Akashic record, isn't it?

George: Akashic record?

Yes, it is a source of holding information—storing knowledge.

George: Yes, so are you saying there's a sort of comparison here?

Yes, I believe there is, yes. There is a natural, higher dimensional record—library, and now there is on the Earth level through the Internet. It holds everything, good and bad—purity, impurity, yes.

George: When you were on the planet, I believe you did some very interesting work with burying cow horns, loaded with material which became a wonderful fertiliser, which could be spread over huge areas.

Biodynamic!

George: It's biodynamic—yes!

And it came up with some interesting—I suppose it was ahead of its time, but it's been filtered through since I passed over, yes.

George: Yes, it seemed to be much more effective than one would expect from the amount of material used.

Yes, in places like Israel and Egypt, the concept is being used, and Australia, yes—and South Brazil. I keep an eye out on the various communities, but it is quite spread out—Japan, yes.

George: Yes do you feel that, in principle, this is a process that could be used to advantage on the Earth today?

It is an ancient knowledge that I tapped. It is one that was done in ancient times—the Egyptians used similar methods they knew how to grow on the Nile. They mastered these techniques, and I managed to access this in the Akashic records—a vision of old Egypt, and their methods of farming, and that's the basis of my biodynamic inspiration. It goes back to the Ancient Egyptians. They were true masters of growing food. They had to be—and in India, yes. As I said, the past holds much knowledge as well! The past sometimes goes through decline that has a way of being resurrected from time to time.

Lilian: Yes, so we've been told—

It evolves; it develops— a bit like a painting. You start it and then you add to it and it becomes more complex. Sometimes, it goes through a process of looking worse, before it looks brilliant again. Adding layers, sometimes takes the beauty—until the right amount is added. It's been good to communicate with you.

Graham: Yes, thank you for speaking with us.

Paul: Yes, it's a shame that more of the planet doesn't use the biodynamic approach.

In time there will be more advanced levels to come, yes. It will have to come. With the new energies coming, it will come. All to do with the sun—it will instigate higher wisdom—the trigger. The sun is going through a huge shift at the present.

Paul: Right!

Your scientists know this, yes.

George: Changes in the sun will benefit the planet?

It will benefit the planet very much so. It will spiritualise it—purify it.

George: Yes, I think it is realised amongst scientists that changes are about to take place **(yes)** in the sun, but I don't think it is understood terribly well about what those changes will, accomplish.

The sun is a spiritual entity ultimately. The ancients knew this. It has a spiritual dimension to it *(mm).* ***Once science recognises the spirit of the Sun—the Logos—then transformation is guaranteed. The beginning of an advanced society can be realised.***

George: That's very interesting.

What we also can term Ascension—the raising of the planet and how high is humanity.

Jan: So we should turn our attention more spiritually to the Sun, then, should we?

You can worship it, if you wish. There's no sin in that.

Jan: But surely, that would have a positive effect on the Sun if it is a spiritual entity.

It will recognise your calling. Part of it has a consciousness, as does the planet.

Jan: Whereas we've lost everything—

Sarah: It hasn't lost anything has it—consciousness?

Jan: Ancient civilisations worshipped the Sun, and, as a modern civilisation, we don't.

It is worship in the physical sense in creating and beautifying in the body—

Jan: Yes, exactly rather than having a detrimental effect.

—Absolutely, yes.

Jan: So with every positive, there obviously comes a negative. Yes, that's very interesting. I shall look at the Sun in a different way tomorrow.

See it as being alive.

Jan: Yes.

I will finish on that note.

Jan: Okay, Thank you!

Graham: That's given a lot to think about!

Lilian: I was just laughing—Jan, you will be lucky to see it, but it's definitely there!

You need psychic vision to see it—go beyond the clouds!

(Laughter!)

Paul/ George: Thank you for coming

Jan: You *will* come and talk to us again?

If I am invited to do so, that is fine. It is not my group, but I am a guest.

Jan: Well. You're very welcome

(All agreed!)

Yes, thanks!

George: Thank you for joining with us. Wonderful to have you!

George's Notes:

Rudolf Steiner. (1861-1925): Austrian philosopher who founded the spiritual movement known as anthroposophy—an esoteric philosophy. He developed the system of biodynamic agriculture that can convert arid infertile areas to agricultural productivity etc. Biodynamic agriculture is a specialised system of organic growing, involving buried horns filled with cow manure 'maturing' through the winter—then one teaspoon is stirred with 40-50 litres water for soil treatment etc.

Solar Changes: There is a current period of strong solar activity. This involves a sun magnetic field reversal and powerful solar flares directly facing Earth. Flares do not usually face Earth directly—this time they do.

Science recognising spirit: Again we hear of the need for our scientists to recognise spirit. It is imperative that this happens. And a detailed article, in scientific language, concerning this has been prepared for circulation. If only a journal would publish!!!

~19th September 2011~

Our evening began with healing prayers as usual. There then followed an impromptu free-ranging discussion between ourselves on the curious state of Earth's formal religions—erroneous beliefs conflicting

with scientific proofs. And many people until relatively recent times ignored fossil record and believed the Earth began in 4004 BC! Sadly, denial of the obvious truth still happens today, with little or no desire for update. The confessional seems such a complicated way of countering bad thought. In this week's TV 'Question Time' feelings about religious controversy were so ridiculously passionate, and priest's infidelity with young children is distastefully unacceptable. We know that the true spirituality concerns thought / mind / prayer connections; but formal churches seem to have converted this to material objectivity—crosses, cassocks, pulpit, icons etc. Perhaps there was once a need for this hardware if people could not grasp the intangible nature of spirit? The Roman Catholic Church, under Constantine's guiding initiation, has had a very, very sad and questionable history with huge numbers of unfortunates murdered and tortured along the way—500-years ago, the erudite philosopher Giordano Bruno had good understanding of God and Creation and had written that Earth goes around the sun—the Inquisition had, for stating this truth, gagged and then burned him at the stake! In today's world, the new 'GlobalShift University' in Tuscany is named after that illustrious one. And today, some schools are dropping 'the holocaust' from curriculum, because it offends the Muslim Faith—it even being claimed as a non-existent part of historic record? Yet many church car parks are seen to be filled and church-goers are frequently good, nice people. Well, perhaps our conversation points to a bizarre historical backcloth that continues to bend or colour the basic spiritual truth.

Via Eileen:

Lilian: Good evening.

Good evening!

Paul: Good evening.

Hello!

Lilian: Welcome to you!

There's a lot listening to you tonight. Don't need religion—don't need religion, to be good.

Lilian: No, I'm sure the people who came with those messages meant well and it was good, but it's all been twisted and turned.

George: Yes, you don't *need* religion. Religion is an Earthly way of looking at it which isn't quite right—an Earthly way of looking at spirit which isn't quite right. Does that sound correct?

I don't know. I didn't follow any religion.

Lilian: Right!

I didn't know anything.

Lilian: You weren't aware of the spiritual side of things?

No—no!

Lilian: So, you had a bit of a surprise!

Yes, but I was a good person, actually.

Lilian: Exactly--yes, well that's interesting!

George: Did you just not know, or did you have spirit connection?

No, I didn't know anything—couldn't read nor write—tucked away in the countryside—yeah.

Lilian: What year would that have been?

Oh goodness—I8—I can't remember—five and a two, I think—not sure—forgotten now.

Lilian: It's the life you live, isn't it?

Yes.

George: Well, I was brought up on a small farm in the 1930's, so I have some idea of what it's like to be tucked away in the countryside.

Yes—not with a wicked old man—no. He was wicked—he was. He used to beat my mother.

Lilian: Oh dear!

Yes, and I was made to look after the animals. His belly was always filled with ale.

Jan: That's still a problem today with some people.

George: We still have a few with their bellies filled with ale—yes.

Yes! My mother lived a life that was really hard.

Jan: Yes, I can imagine—in fear most of the time, I would think.

Yes, we used to hide from him yeah. I used to hide in the old shed, yeah.

Lilian: Were you the only child?

No.

Jan: Have you seen him in spirit?

No, I wouldn't want to—no.

Jan: No—not even if he'd changed, which I'm sure he has.

I don't really want to even now.

Jan: So the memories are still quite raw, are they?

Only sometimes—like now.

Jan: Yes when you talk about it, they come back.

Lilian: What do you do in spirit now?

I help those who can't read or write.

Jan: Ah, those who can't read or write properly. So *you've* learnt to read and write since, have you?

Yes.

Jan: Do you enjoy reading?

Yes.

Jan: Are the books similar? Are there classics for example? Are you able to read Shakespeare or Wordsworth?

I can read anything I want to.

Jan: What are you interested in?

Paul: You've probably got a much bigger library than we have.

Yes, I like to read about people—what people who used to live like—not my kind of life—happy lives (yes).

Paul: Are they similar books to what we have down here, or are they a bit different?

They're replicas.

Paul: Replicas!

Only yours are the replicas!

Paul: Oh yes—yes!

Jan: Yes, of course! They're written in spirit first, aren't they?

Yes, I had a really kind gentleman, who taught me to read and write, because I wanted to.

George: Was that in spirit?

Yes!

George: Good!

Jan: Is it easier to learn in spirit? Is it quicker?

Yes, once you, know how to use your mind.

Jan: Ah, yes, I see. It's a different way of learning.

Yes—I like to help children here as well.

Lilian: Oh, that's good of you.

So I kind of—how would you say—sit by them and try to help them.

George: Oh, that's nice! Is that because sometimes parents are caught up in the fast ways of living today and they don't really get time to sit with their children?

Could be, but some just have a natural block to learning. I like to help all children.

George: So the children—do they have awareness that you're there?
Sometimes, (yes) ***and I am going to come back as a teacher one day.***
Jan: A great idea!
Yes!
Jan: Is that your freewill? Is that your choice, or is that something you actually do?
We've discussed it and I have agreed.
George: Mm, that sounds nice.
I think there's about another twenty of your Earth years first to go.
Jan: Before you come from spirit—are you able to watch part of yourself, then reincarnate? Are you able to watch that journey, or does that not happen?
No, I cannot see—it just happens. I go to the level where it happens, and then I'm born.
Jan: I see. I've always been inquisitive about that—as to whether we're actually aware when we're in spirit of the next life.
Yeah, you have to agree to reincarnate.
Jan: So, you don't have any influence over that next life at all, do you?
Yes!
Jan: You do!
If I didn't want to, I don't.
Jan: But when you say you want to come back as a teacher, you must already be aware of what's going to happen.
Yes. I know that's what I'll be my next incarnation, because that will help me, it will help others; and it's been talked about by some that I call 'Elders'.
Jan: That's interesting, because I have a great wish while I'm here in this life to come back as a Doctor, so when I do pass over, if I still have that enormous wish that I could help, then I can make that happen.
You will be trained in spirit, if the desire is strong enough, and that is what you really wish to do, and it is a way to move you forward, then that can happen.
Jan noticed a change:
Jan: You're Salumet now aren't you?
I'm being overtaken by someone.
Lilian: Yes your voice has changed a little. *Surprised murmurs*
Yes, I don't know what's happening.
Jan: Oh well, we do! We understand.
Lilian: It's been lovely to talk to you.
George: It is a teacher who comes through to us sometimes with your instrument. If we don't get the opportunity—it's been very nice to have you, and thank you for coming.
I'm being told to leave.
Jan: Yes, yes.
Rod: Bye-bye!
Jan: Bye-bye then. That was really helpful, Thank you!
(Pause)

SALUMET:

Lilian: Good evening, Salumet
Good evening.
All: Good evening!
My dear friends, it is as always, good to join with you this time.
Jan: Likewise!
Lilian: It's good to have you too.

My intentions were not to speak, but I felt it necessary to help the soul who came to speak to you, because although they have been in spirit with us for some time, *he* is still quite a young soul, inasmuch as his knowledge of spirit goes, so he was beginning to feel a little confused by the questions.
Jan: Yes, right! We're sorry if we did that to him.
No, it was meant to happen for his sake, for his understanding, so that he could take back with him an understanding of how you speak and think today.
Jan: Ah I see, right.
Although, he has contact with many children, it is on a very *childish wavelength*, you might say.
Jan: A very simple wavelength—
Yes, and although he knows that he will reincarnate, he still needs that time to grow a little more spiritually.
Jan: As we would say here, it's almost like 'immaturity' in some ways.
Yes, yes. Therefore I felt it necessary to step in and to overshadow him just a little.
Jan: I can see that.
But your awareness of me is pleasing to us—that we are now recognisable to you in the way we present ourselves to you.
Jan: It was very clear to me—yes. It was as if you were sat behind him.
Yes! You have seen this evening the growth of a spirit who came to us from a lifetime of poverty and deprivation—a soul who innately was good and kind, and felt strongly the injustice of that lifetime.
Jan: Yes, that was his initial conversation to us—I think he must have been listening to our initial conversations about religion.
He was, as many, many were. This evening has been a time of listening and learning for many.
Jan: That's wonderful!
So, if the need to speak feels great, please do that amongst yourselves, because there is always a reason for it, within this room.
Jan: That's been proved—well, we don't need proof, but that's manifested itself in that one visitor—when we came into the room, there was a need between us to speak of the things as we did.
Yes, it is good—it shows many that to be able to speak on various subjects, even to disagree with one another, is acceptable (yes)**. Yes, and for many, even in our world, that is necessary for them to know and understand.**
Jan: I see. We really are a two-way connection, aren't we?
Indeed—indeed we are. So, my dear friends, that is all I needed to say to you this evening.
Lilian: Thank you for popping in.
Rod: Could I just ask—do you get disagreements, Salumet on your side? Is that what you're saying?
Not disagreements, as you would know, but differing points of view.
Rod: Differing views—yes.
People come to us with many ideas (yes) i**nstilled from an Earthly life—**
Rod: Ah yes, the Earthly one, yes—
—and you do not suddenly become, as you would say, 'spiritual'. They have to work through many issues.
Rod: Yes, we have so many different religions, don't we?—as we were already talking about.
Yes—their beliefs can be so strong sometimes, that it takes a little while for them to recognise that it is like an unwanted coat, and they can easily discard; but that recognition does come.
Rod: That could take, in our time, some years, I imagine.
Many, many, many of your years, yes.
Rod: Good gracious!
George: I imagine the hierarchy of the religions would find it more difficult.

Yes, sometimes, but there have been many who have known, but not spoken verbally whilst on Earth about what they know, because sometimes, you have to understand that these people—what you call meditation and they call prayer, are one and the same thing.

Jan: That's something that's always struck me, because they are spiritual beings **(yes)**, and they ask for help and they're praying for people **(yes)**. They must receive—they must have received the truth and—yes I can understand that entirely.

It is just their dogma (yes), **they have to release, but yes, many of them *are* spiritual people.**

Paul: Also, you wonder if, sometimes, there's such a strong social—where they feel they belong to a social group, and, within that social group, there are certain rules and norms, and they don't want to 'rock the boat'. For them, the social side of it is more important than actual Truth.

Yes—it, in time, with many religions grown to such a status, that they do not know how to let it be. Many of these, what you term religions have started off with very good and pure intentions, but whether by greed, or money—

Jan: —or control.

—or control, it has gone astray—

Jan: —and fear—fear comes into it.

Unfortunately, fear has been a big part of many, many religions (yes)**.**

George: Many religions and our wars, I think.

Yes, and it is so hurtful to many in our world to see those suffer with those fears and so much disharmony in your world because of the religions that are with you now.

Jan: We're sad for that too. It will change!

It already has begun, but you cannot take thousands of your Earthly years and change in a moment of time.

Jan: No, you can't compress it that much. You can't condense all those thousands of years.

No, but be generous of thought to these people within those religious groups, because, I feel I can say to you, that the majority of those people are good human beings.

(Agreement!)

Jan: Yes they are. We recognise that.

Yes, so always keep that in mind, and, as the gentleman said, it sometimes is the hierarchy in all of these things that is wrong.

George: Yes, we're aware of the various—shall I say—'campaigns' that have been mounted from spirit to try to steer things in the right direction **(yes)** and that includes the Mary visions at Fatima.

There have always been, my dear friend, instances where we have tried to help those on Earth to become better people, more loving and generous in their daily lives.

George: I would like to refer back to that question of the third prophecy of Fatima **(yes)**. You would probably like to talk about that another time, because it's quite a lengthy matter.

Yes, I will be happy to discuss it with you, of course I will, but not this time.

George: Right!

Rod: A little while back, you mentioned that some children that are being born are going to be spiritual children, and come through in a spiritual way. Was that right? Did I get that right?

All children born are always spiritual (yes)**. They are closer to spirit than they are to your Earthly lives. What, probably I said, was that the world in general, *is* becoming a more spiritual place, but it is a very slow progress.**

Rod: Oh, yes!

George: I think there was mention of input of new soul material.

Yes, that's right, but all of these things take time, and I probably said to you that patience is a very big word.
(General amusement!)
George: Yes!
Rod: Apparently, men haven't got much of that—so the girls tell us—
(More chuckles!)
Yes, well I am aware of Earthly troubles, and I do not intend to make any comment.
(More amusement!)
Now, I really must take my leave of you, my dear friends, and until we come together again, I enclose you always with my love and my protection.
All: Thank you!
George: Our love goes with you.
Paul: Thank you for popping through!
George's Notes:
The Marian visions at Fatima (1917): It is a tantalising thought that, had the series of visions been adequately reported by media (which it was not) and then sensibly heeded by world population, then World War 11 might have been avoided! The Third Prophecy / 'secret' was made known to the world in 2000, and I'm sure Salumet will help us to understand its complex meaning, next time.
Last Week: One we know as 'Bill' came via Gary and reinforced some of our information on 'world change'. He spoke on 'money', describing it as an illusion indoctrinated into the human psyche—not all planets have money. It is not essential. Resources and skills may be bartered (that would of course avoid taxation excesses). He works together with Rudolf Steiner in the communications. We can expect new energies that will make telepathic communication easier. The Mayans knew all about the SUN cycles and the alignments taking place. We should be prepared to expect the unexpected! Solar flares could temporarily disrupt electronics / Internet. With similar flares in the 1800s, the Earth was without vulnerable sensitive electronic systems. Our sun has its 'spiritual' aspect—Logos. There might be seismic activity and we should expect some chaos—philosophically, chaos has a place in our way forward, it is part of progress. Visits from others in the universe also got a mention. Some are harder to see and comprehend, because their matter is based on different frequencies—different densities. Bill makes no claim to be a philosopher like RS, but is clearly very aware of all that is happening.

~26th September 2011~ SALUMET

Lilian: Good evening Salumet—welcome.
Good evening.
All: Good evening.
My first words this time are directed to the lady next to me.
Lilian: Yes.
I am pleased that at last you recognise it is okay to ask for help for oneself. We cannot come close to you, if you do not ask for our help, because if we do so, it would be classed as interfering in your life, and as you know, we cannot do that. So, I am happy, my dear friend, for you to ask for help.
Lilian: Thank you!
You are all so eager to ask for others, so why do you feel that you cannot ask for yourselves. Of course, that is what we are waiting for—to hear your cries.
Lilian: I'm glad you have pointed that out to us (**Yes)**.

Rod: I think it's probably that there are far worse than we are, Salumet.
Lilian: Yes, I think that's some of it.
Rod: That's what I feel.
It is an unselfish act that you do each time you meet to offer your prayers for others—of course it is—but if you are not fully well, then your spirit suffers, because each goes hand-in-hand. Remember that your physical body is your temple—your temple for that spirit which you all are; so you must keep healthy as much as you can.
George: Yes, thank you for that advice.
Rod: Maybe, it might be the right time for me to ask: I've got a page and bit of prayers for ourselves, the family and all the different people that are in need and then there's the whole world and the universes—it goes through the whole lot. Is it still just okay to do that each night? It's quite a lot!
Yes, if you wish those people to be included and you take the opportunity each evening, then we are aware of this and we will take action accordingly. By having your list, there is no need to verbally express each name individually, because we are aware of the time and the place. Do you understand?
Rod: I do and that helps me a lot. I was hoping that you would say that, because each night I do it, I think, well, I know it's a repeat, but—
Yes, what you don't wish to do is to become repetitive in the way that many of your religions in your world say prayer. Prayer is individual, and you, of course, must still ask for our help, but when it becomes so repetitive, it then is meaningless.
Rod: Oh right.
Yes, but we are aware of your lists for all peoples.
George: Yes, I imagine it is important that the feeling is there **(yes)** with the prayer.
Yes, you have to give of yourselves, yes.
George: And the feeling tends to be lost with repetition.
Yes, you must have that spiritual sense of what you are doing, of what you are asking.
Rod: Oh!
It is important. There are so many who stand by each one of you, not only you people within this room, but all people whether they are aware or not that many stand close by waiting to be asked for help, and of course, as I have told you previously, those in the angelic realms are only too willing to come closer to uplift and to help. I think it is necessary to again remind you, my dear friends, of these things.
Rod: Right, I will read the transcripts and I will try and improve my system. Thank you very much!
Thank you, my friend.
Sarah: And while we're doing thanking, I will just say again with Emily: she said the other day, she suddenly realised from within what her problem was and she said there's no going back now—and George reminded me of your words that any problems you have, 'look within' and that's exactly what she'd done and seen—and thank you very much for all your words Salumet **(yes)**. She really looks like she's going forward this time, and not going back again, so thank you very much!
Yes, I will say: do not worry for that child. She will survive.
Sarah: Yes, thank you very much.
Yes, you must all be more aware of who you truly are, because with that knowledge, so much can be achieved.
Sarah: Yes, thank you. I think she's worked quite hard on it, and she's now got the results, so thank you.

Yes. Does anyone wish to speak with me this time, before I leave, because this time I have someone who wishes to take you on a journey?

George: Oh, can you take the Fatima question?

I will, yes.

George: Thank you. It was a wonderful series of visions in 1917. What is known as the Third Prophecy or Third Secret, was entrusted to the Vatican, and it was after being kept in the Vatican archives for several decades, its content was released to the world by Cardinal Ratzinger, who is now the present pope, in the year 2000. It was not well reported by press at the time, and one didn't really know what account to take of that prophecy; but the precise content has since been published, and the first part of the Third Prophecy —well it is all in symbolic vision—and the first part concerned an angel with a sword, and flames were coming from the sword, and those flames were going towards the Earth, and they seemed to be countered by the radiance of Mary. I want to compare this with our sun and the solar flares that will be coming very shortly towards Earth, and I suspect the radiation within those flares will, in some way, react with the Earth's spirituality, and I couldn't help but wonder, if that part of the symbolism should be examined in that way.

I understand your question, my dear friend. When this event took place, it was indeed symbolic. It was symbolic of the goodness of Mary, as you have called her, and the flames towards the Earth, indicate a time of worry, of anguish and destruction. That was the symbolic meaning of the flames. You can, if you wish, make a parallel for happenings of today, but I would say to you, it is rather an optimistic viewpoint; and I would also say to you, my dear friend, that whatever occasion helps mankind to think for himself, can only be good.

George: Yes, well thank you for that.

I wish only to say one more thing—that the Vatican and the Catholic Church always feel empowered by happenings of this kind. So I would always be a little cautious as to what they tell you, and that is my words, my dear friend, on this happening.

George: Thank you! There is a second part **(yes)** to this Third Prophecy, and again, it takes the form of symbolic vision **(yes)**, and it concerns a white-clad cardinal figure walking up a mountain, and through a ruined, or part ruined city with corpses, and there are other cardinals and other figures of churches following him, and at the top of the hill is a cross and two angels beneath it—and he kneels at the cross and is killed by soldiers firing bullets and arrows; and the other church people are also killed in that way. The angels collect the blood of the martyrs, and sprinkle it over those still making their way towards the top of the hill.

Why do you call them martyrs?

George: In the message that was released, that is the name given.

Yes—they are not martyrs. They are symbolic of the church's following on their downfall (yes)**. I have told you in past times that religion, as you have known it, will crumble; that is symbolic of what is happening. The angels that they walk towards are the angels of Truth** (yes)**. The cardinals who fall are the symbolism of your religions. That is the true meaning of these images.**

George: Yes, some have suggested that it is symbolic of the attempted assassination of a previous pope.

Yes, always there will be those who put their own storyline to these things, when in fact it is a much more simple matter.

George: I was wondering if it is, in part, a prophecy of the demise of the formal church.

Yes, yes, indeed—there it is, yes. It is the demise of the churches and their representatives.

George: This would be in line with the prophecies of St. Malachy.

Yes—yes. I would always say to you, my dear friends, to use your own spiritual thought and mind, and *feel* for yourselves what you feel to be the truth. There will always be many theories—there will always be those who argue as to the reasoning why or what it means. Again, I say to you all, my dear friends:

Go within and answers will be given to you.

George: Yes, well thank you for clarifying that, Salumet.

I hope it helps you and I hope it helps you to realise the power of your own minds.

George: Yes, and I felt the whole series of Fatima visions to be so very important **(yes)**, and it's a sobering thought, that, had the visions been well reported worldwide at the time **(yes)** and heeded—then World War II might have been averted.

These messages were meant for *all* people (yes)**, not only the Catholic Church**, **who engendered them for their own power status—you understand?**

George: Yes, the message—for *all* people **(yes)**. Unfortunately, I don't think it was sufficiently well reported by the media at the time to reach all people **(no)**, and *many* today have still not heard of the Fatima visions.

No—I agree with you, my dear friend.

Paul: It's interesting to observe now, how these institutions seem to be falling on their own swords everywhere **(yes)**. Many of the priests are straying from what most people think they should be doing. Even the media moguls are having problems—and bankers. It seems like these people who are in positions of power, where probably they aren't quite meant to have such power—it's part of the old material world that's beginning to crumble.

Yes. If only they could only see and realise the great fear that they spread amongst the ordinary human being, they would hold their heads in shame; but things gradually are being recognised for what they are, and people now will not accept the *Church's* word as definite proof. They think for themselves and that is what we in spirit are trying to instil in the human being of this age—to go within and find the Truth.

George: Our heartfelt thanks for that.

Now, I will take my leave this time. Again, my dear friends, it is a joy to speak with you like this.

George: And Salumet, if you have had some hand in arranging the link—the beautiful link that we now have with the new 'GlobalShift University' established by Professor Ervin Laszlo in Tuscany—it's so wonderful to have that link, and we feel most fortunate. If you had any hand in that, then thank you very much!

As I have said many, many times: there are no accidents!

(Quiet chuckles)

And I will leave that one with you.

George: Wonderful.

Lilian: Thank you again Salumet, and it is a joy to have you, that's for sure!

General thanks

And do not forget, my dear lady, to ask for your help—

Lilian: Yes, I'll remember what you said.

—and you will receive—if you do not ask, we cannot help.

Lilian: Thank you!

Now, I will leave, because, this time there will be someone to take you on a short journey (yes)**.**

Eileen then took us on a beautiful guided journey, the audio of which can be found on our website: www.salumetandfriends.org

George's Notes:

World War I: 'FEAR' was its underlying cause—fear of the increasing militarism and naval power; with huge taxation sums being assigned to development of the 'Dreadnought class' battleships. This led to the two triple-nation-alliances and their warring. History books say much about the assassination of Archduke Ferdinand and his wife, of Austria; by a Bosnian-Serb teenager. In retrospect, this factor has to be seen as an excuse. Obviously, the fear and the underlying cause for that fear, was engendered by the major powers —the powerful lead nations—the aggressors—and they must clearly shoulder the full responsibility.

Mary's Visions: Some of the more firmly recorded visions / manifestations have been at: La Salette in the French Alps, Lourdes in South West France, Knock in the Republic of Ireland, Llanthony Abbey in Wales and at Mary's house at Ephesus (restored in 1951), where Mary lived following the crucifixion. Nearby in Ephesus are the tomb of St John, the first basilica dedicated to Mary and the amphitheatre where St Paul confronted Demetrius. The house—Meryem Ana—has been a place of healing and the build-up of discarded limb braces, crutches and votive offerings is testament to that.

Meryem Ana – Efes (Ephesus), Western Turkey.

Inside – Lovingly maintained with floral tributes.

The Fatima Visions (1917): The series of visions at Fatima, Portugal, initially to three young children tending the family sheep—Lucia dos Santos and her cousins Francisco Marto and sister Jacinta, was spectacular. Mary explained that she had come from heaven and would come again to the children on the 13th of every month for 6-months. The doubters of their acquaintance showed little respect. On 13th August, the children were abducted to the city jail at Ourém for insensitive questioning. But it is said there were convicts there who comforted and said the Rosary with them. So Lucia had good reason to ask Mary to work a miracle to

convince others of the happenings. Mary's reply: 'In October, I will work a miracle to make everybody believe.'

Mary's accurate prophecies during the various manifestations include:

-World War I to end soon and soldiers will come home.

-Short lives for Jacinta and Francisco—I will take them to heaven. (They were both claimed by the flu pandemic of 1919.)

-Long life for Lucia, (Died 13th February 2005 aged 97).

-The rise of global communism.

-The bringing upon ourselves of a second world war, unless the world change its ways.

-A portent to announce the outbreak of World War II would be a 'great unknown light' in the night skies. And this would happen within the span of the next Pontificate.

-There would be a need for a third world war, unless Russia turns away from communism—1991 saw the completion of Russia's change process.

In the evening of 25th January 1938, within that next Pontificate, the skies of Western Europe assumed a strange light. The media reported: Unknown phenomenon, and in some parts, night-shift workers had no need of lamps. But no connection was made to the former prophecy—all that forgotten by media that sadly remained inadequate.

13th October: The miracle was enacted before a gathered crowd of 50,000. The children saw Mary, Jesus and Joseph in the sky. The crowd saw the sun as a coloured pinwheel. It dived, giving out coloured lights. And flowers descended that some in the crowd tried to catch. The more sedate newspapers reported: 'A mysterious solar occurrence'. The more imaginative reported: 'The dancing sun'.

Fatima: The Third Prophecy (1917): What is known as The Third Prophecy was entrusted as a written missive, to Lucia, to be passed to The Vatican later. The text as released:

"I write in obedience to you, my God, who commands me to do so through his Excellency the Bishop of Leiria and through your Most Holy Mother and mine. After the two parts which I have already explained, at the left of Our Lady and a little above saw an angel with flaming sword in his left hand; flashing, it gave out flames that looked as though they would set the world on fire; but they died out with the splendour that our lady radiated towards him; to the earth with his right hand, the angel cried out in a loud voice: "Penance, Penance, Penance!"

And we saw in an immense light that is God: "something similar to how people appear in a mirror when they pass in front of it" a Bishop dressed in white, "we had the impression it was the Holy Father." Other Bishops, priests, men and women Religious were going up a steep mountain, at the top of which there was a big cross of rough-hewn trunks as of a cork tree with the bark; before reaching it, the Holy Father passed through a big city half in ruins, and half trembling, with halting step, afflicted by pain and sorrow, he prayed for the souls of the corpses he met; having reached the top of the mountain, he was on the knees at the foot of the cross when he was killed by soldiers firing bullets and arrows, and in the same way there died the other bishops and priests and various lay people of different ranks and positions. Beneath the two arms of the Cross there were two angels each with a crystal aspersorium in his hand, in which they gathered up the blood of the Martyrs and with it sprinkled the souls that were making their way to God."

St. Malachy: The 12th-century seer received in trance a Pope list which seems to indicate that there will be just one more to follow the present Pope.

(These various matters and more recent visions are described in greater detail in Chapter IX of 'A Smudge in Time'.)

~3rd October 2011~ SALUMET

As always, our evening had begun with healing prayers. And one within our number was joining with the group for the first time—Carol-Ann. Lilian usually welcomes Salumet, but she could not be with us on this occasion:

George: Good evening Salumet. Welcome to you.

Good evening.

All: Good evening.

I am happy to join with you this time.

Sarah: We're happy to have you back again.

I would like to say to the gentleman who sends thoughts for his father.

Graham: Ah yes!

He is lacking in B12.

Graham: B12? Thank you!

I also welcome the lady who comes to us this time. I am sure you will feel much love and warmth from those within this room. You, my dear friend, are indeed on a pathway of seeking, but you have been seeking from within for a long time. Yes—yes, please let me hear your voice.

Carol-Ann: Yes, Salumet, I'm listening.

Thank you! You are seeking, and, my dear friend, you will find the pathway that is right for you.

Carol-Ann: Thank you!

As always, whenever someone seeks the truth there are always doubts and questions, but that is natural, and that is as it should be, because, if you remember, my dear friends, I have always told you, you accept what you *feel* to be the truth, and if you reject anything that is said—that also is correct—for you. We do not come to you from spirit to demand attention—to insist that you accept every word that is spoken. You know and understand, that is why you have your own freewill. Have you any questions for me this time?

George: Would you wish to ask Salumet any question Carol Ann?

Carol-Ann: There's so many questions that I'd like to ask, but, nothing specifically now. We were talking about that on the way here.

Yes, she would be better just to absorb the atmosphere for now.

George: Right!

Graham: Okay, I was going to ask a question, Salumet, about freewill—that on this planet of Earth we have —

—I have led you to it, yes.

Graham: Yes—is freewill—does that exist throughout the universe on all other planets? Do all physical forms have freewill?

Yes, there is some dispute about this, but I will say to you that any form of energy which is part of the *whole* has freewill. It may not necessarily be freewill as you understand it, or as it may occur in human beings. After all, plant life has freewill, it has freewill whether to grow or not. That is a form of freewill.

Graham: Oh gosh! Yes, I'd never thought of it like that **(yes)**. Yes!

You need to look again to the wider picture (yes). **Yes—so yes, it is most definitely, 'yes' to your question.**

Graham: Right, that's interesting. Thank you! So Bonniol and Planet Aerah—they have the same freewill that we do then?

Of course (yes)**, yes—and even when you return to spirit, you retain an element of freewill.**

Graham: Ah—yes.

It does not just disappear.

Graham: But, as you ascend spiritually in spirit world, then that freewill gradually diminishes?

Only as you go forward (yes)**. No, you will remain the same as you are here. Your counterpart in spirit still has all that freewill to use, but freewill would not be allowed in any negative way in spirit** (Ah!)**. That is the only difference, whereas upon this Earth and in other planets, your freewill can be used for good or bad; but of course, in spirit, things are much different.**

George: I think it's perhaps easier for us to understand freewill in the case of a being such as Bonniol, than in the case of a plant; but I think you amply demonstrate that there are numerous versions of freewill **(yes)**, and many we just haven't thought about.

You have to look at the fuller picture of energy. After all, everything that exists is energy. Would it make sense that some should have freewill and not others? Would that not create an unfairness?—or a distance between? That cannot be. So you see, my dear friends, it takes your own freewill to begin to think about all of these things. No one will force you to think for yourselves, but it is always your choice while you are here upon this Earth.

Rod: Tonight Salumet, I see we have some new telescopes and they have just been opened up and they showed a shot of two galaxies colliding. Wonderful I thought, but there's life on there, and not only that, but I just wondered about the spirit world. Would the spirit world be able to get away from this calamity that's happening—that happened some 12 billion years ago–I think that's the time it takes the light to get here—but I just wondered whether the spirit world could get away from that collision?

You cannot think of spirit as being like another galaxy or planet. You have to begin to realise that *all* energy *is* spirit—it originates from spirit, and you cannot separate in that way. You have to look to the wider view of what spirit is. Spirit is *here and now.* You *are* spirit as well as human beings. You cannot separate them, except on what you call death. Then the body and the spirit separate, but spirit world will confuse you if you see it as a separate thing.

Rod: Yes, I did. You're right—yes.

I know I am right!

(Hearty laughter)

George: I've been wanting to ask a rather philosophical question **(yes)**, which may connect here. A long time ago, you said: 'spirit has always been'.

Yes—always will be!

George: Yes, so presumably, there was spirit *before* the creation of space-time **(yes)**. So I've tended to think of the universe as being in two parts—the space-time creation and spirit, which scientists only fairly recently have been thinking about—and according to their approach, they've given that non-material part of the universe various names **(yes)** such as 'quantum vacuum' and **(yes)** 'ψ-field'.

It always makes me smile—

(Chuckles)

—So, I've been thinking of the universe in two parts—the 'space-time creation' and 'spirit' or whatever name scientists care to put to it; but, that's perhaps an over-simplification **(yes)**, because there is a feedback from the space-time creation to spirit.

Yes, it is a much complicated subject for any of you upon this Earth to understand, but you cannot simplify it like that. If anything, spirit is everywhere. Spirit is within everything. Spirit *is!* You understand? (Yes)**. When you begin to separate, no matter what name you give, you are giving yourselves problems. Spiritual energy is all-consuming.**

George: And I wanted to get a little personal, but I assure you, Salumet, it's purely in the interest of gaining a little more understanding; but you, yourself are part of spirit realm **(yes)**, of course; and I think you, yourself have a certain amount of feedback from humans living in space-time, if I could put it like that **(yes)**. And, perhaps, it's inappropriate for us to think back to the time of the creation, but I couldn't help but wonder if you existed before the space-time creation.

Again, we begin to touch on very deep matters. I will say only this to you, my dear friend: *part* of what I am, did exist before what you call 'The Creation'—a very *small* part—a part of energy as I have said: *has always been*.

George: I'm pleased to hear your answer, because that fits beautifully with the picture that I have.

Paul: And that would be true of a small part of all of us as well—if spirit has always been, and we were also here before creation. Is that right?

But you must realise that it was a different form of what you call creation. These matters, my dear friends, go very deep (yes)**—too deep really for understanding, and, as we speak, I am feeling the pull to that energy that you speak of. I commend you for reaching this point of understanding, and, that my dear friend, is why you belong here—to help in that understanding.**

George: Thank you!

I hope that has clarified for you a little.

George: It has indeed! Yes, thank you very much for that.

(Pause)

Sarah: Yes it's something really to think about!

That is always our intention—that you allow your physical and spiritual thoughts to be stretched a little more each time we come across these deeper matters. I can only say to you, my dear friends, how much I admire this seeking of more knowledge from you, and this time, I really do need to take my leave. Know that my love is with you all, and I will be with you soon.

(General thanks)

George: Thank you, Salumet**,** for being with us again. Wonderful!

Sarah: I know you're leaving, Salumet, but, I know you will be able to hear this. Because, we can accept your words, it does make it so very much easier when you say something, even if it is perhaps a little too deep for our physical understanding, but it just seems easy to accept what you say, because we just feel it is right, and that's what makes it so much easier for us. So, thank you for that—for all your words—for your teaching.

George: Certainly these things feel right. Thank you!

Next, attention focussed on Gary, who channelled someone called Bill, who said a few words, preparing the way for the wonderful Rudolf Steiner. Then he was with us, and seemed to launch straight into one of his lectures—typical of his previous Earthly character?

Rudolf Steiner speaking!

George: Welcome to you! Wonderful to have you with us again!

Good to come down from the—what you call the spirit realm—many names given to the spirit realm—but it is pure energy—light. Spirit is light more than anything. The definition—a word given for light

itself—the deeper we go into light, the more we go into spirit—the more value is our journey within our own light. Light can sometimes be contaminated by the illusion of darkness—that can be externally seen or internally felt within one's own spiritual journey. So, the journey to light is the ultimate journey that we seek to make, as a human—as a spiritual being; and the challenge is to not allow the perception of darkness to taint the light—to confuse the journey. That has always been our challenge—my challenge, your challenge, everyone's challenge. The Earth's evolution is based on that as well. A planet evolves on the basis of how much light it holds—how much light it can absorb. But this is changing as the end of the Mayan calendar comes in what you call '2012'. Ultimately, it's a phase of more light. It is a phase where darkness cannot overshadow so much. The deception will begin to lift, like a mist—

George: More light—you're talking about spirit—spiritual light

Yes, more light, spiritual light of the sun really and the solar energy. The sun is the nearest light—emanation of light in this part of the universe. It is our spiritual battery; it comes from our local sun—Planet Earth to our yellow dwarf—yeah *('Yellow Dwarf' – a category of smaller star to which our sun belongs)**. So many have always worshipped the sun, because it's the light that they worship. Call it 'Ra' or the 'Christos'—'The Christ'—that is a term I like to use—Christ energy is the light. 'The Christ' means 'The Light'. That which Jesus experienced is the illumination of the light body.***

George: Yes, I think we're aware that there is both physical and spiritual light that comes to us from the sun. Yes—are the two blended together?

It is one, yes. The separation is—on the lower realms separation is always seen—the higher you go, the less—separation ceases to exist (Ah!)**. Everything becomes one, and ultimately, you reach the Godhead—the Source. The Godhead is—everything is born from the Godhead, the Elohim—so we are drawn ultimately towards the Source. We are going towards the Source. And within ourselves and as a greater collective, and behold a bit of the Source, the Godhead is within us. Going within is discovering our connection with the Godhead, with the one Source of Creation—where creation is ultimately born. The Great Creator, the Architect—there are many names given to—if you like—God. And one's prayer is to the Source. That is everything—everything is contained within the Source, so that is my journey and it is also everyone's journey. The fascinating process of discovering, learning, enhancing oneself through challenges of Earthly life—one becomes more aware of the Creative Force, and understanding the destructive force of chaos as well—'Theos' and 'Chaos' being the 'Cosmic Unity'.***

George: We have to see chaos as part of progress—

Chaos exists next to Theos. Creation and destruction are there. You could say opposing each other, but are they ultimately opposing each other? I don't know. Is it really a breaking down of the greater dividing process, where ultimately Chaos and the Creative Force become one? It is an evening of deep thinking is it not?

George: It is indeed! One could see the centre of the sun as a ***(yeah)*** creative centre, but to we humans, it would also appear chaotic.

Yes, I'm always thinking, always try to learn more of creation. When I was on the Earth plane, this was basically my lecturing.

George: There's a question, I wanted to ask you about that. When you were on the Earth plane, you had a teaching centre built just inside the Swiss border—

The Goetheanum yes—

And it burnt down.

It did, yes.

George: It has been rebuilt—um—

It's there still.

George: And when you were first in spirit, were you able to enjoy seeing it *being rebuilt* and completed?

It was a great joy—and a great learning occurred also. I had many opposing forces on the creation of the Goetheanum at the very start. I will let you into a secret: It is easy to see the image of myself as one that nearly succeeded, but it came at a very high cost—and I did not live so long, as you may know. I had to go through many dark days within myself to get to where I did. That is the nature of establishing anything on the Earth plane. The prophets, the saints—

George: Well you did so much while you were on the Earth plane. It must have been very hard work.

Yes, but I was so driven. I felt a lot of support, a lot of help—Celestial beings were—well I had contact—Archangel Michael and that—My inspiration was Archangel Michael—that was my power, if you like. I would seek his strength to keep me going in my spiritual work, so Archangel Michael, if you are working with spiritual forces, is a good one to seek help from—

George: Archangel Michael—

—In establishing any centre—and the others as well. When you had the Nazis, at the time, opposing my teachings, I had to have a stronger protection.

George: Yes—were you listening in when we were speaking with Salumet?

Yes, um, I had the permission to listen, yes.

George: Yes, and I think we understood from what Salumet was saying that these Angelic Beings—a small part of them were in existence before the space-time creation.

The servants of the Elohim—of the Godhead do the work of creating. The demonic aspect does the work of chaos—so they are each opposing each other. Sadly, some even fell, but that is the nature of the thing—fallen angels—yes. But, in the end, it all works out. It all returns to the Source to do better.

George: It all seems connected. And, as we progress a little on Earth, there's a certain amount of feedback to those angelic beings, I believe.

Yes, you will come into more contact with them in the near future. Communication with beings of light will become easier than it has been. I will finish on that note—that you are in interesting times. Communicating with spirit and light beings will become easier and easier as the years go by.

George: Well, we do appreciate you coming through to us—

It is a great honour—

You always have been the philosopher and your thinking is probably way ahead of ours. Thank you for coming through to us.

Yes, you never cease to know it all, you know. You think you know, then you do not know, and then you know again and then you do not know—a constant process of recalculation.

George: Yes, I think we learn a little more each time. It's a slow process for us.

Bill was then through again to close down, with: ***Thank you for inviting us.***

George: Thank you very much for coming through—wonderful!

It is a very good group here—it is quite rare to have such harmony in a group, it really is, so we value it—each time we come, we think this is a very special group.

George: You may be interested that we are in touch with Dr Ervin Laszlo, who is one of our present great thinkers on the planet, and sometime in the New Year, he plans to come over and sit in with us.

Oh, that will be very good, yes! A very good thing for the group! It will get known, especially in the new energy phase. It will attract more—men of science will come, yes. It will be open to the New Year information. You are instrumental in doing a very good job—

George: Well, we try, we try.

You are a link between spirit and science.

(Thanks and farewells)

George's Notes:

Bill went on to say that I had a past life link with a student of Socrates. This feels comfortable, and it is true that what is known of Socrates comes to us largely via his students. A treasured photo of the bust of Socrates, taken in the museum at Selçuk, Turkey, hangs in my computer room and I have on occasions quoted Plato, who was one of his students. Socrates and his students have certainly had their impact on western philosophy and it is on record that the Oracle of Delphi stated there to be none wiser than Socrates.

Goetheanum: Rudolf Steiner (1861-1925) had been an admirer of Wolfgang Goethe and had lectured on his thoughts concerning thinking and perception. And he named the cultural centre at Dornach, Switzerland after him. It was one of seventeen buildings for which he was the designing architect. Please note: I referred to it as 'a teaching centre'. Our visitor supplied its correct name—some may see this as a neat piece of 'evidence'! It was constructed largely of wood (1913-1919) with much volunteer labour, and through the war years, cannon fire could be heard across the border. On New Year's Eve 1923 it was destroyed by fire, possibly arson. RS immediately began designing a replacement, largely of cast concrete. It was completed in 1928—a remarkable building, fitting well into gardens and landscape. As stated by RS, it still stands today—a wonderful and unique work of art with not a single right angle within its design.

*Nazis opposing my teachings: **Nazi** is a contraction of **Na**tionalso**zi**alist. As a political party in Germany it was strong through the period 1919-1945. It was anti-bourgeois and anti-Semitic. Adolph Hitler became prominent in 1920 and the party regarded itself as Aryan Master Race. It was suggested in their literature that RS was a Jew. One RS lecture was interrupted by Hitler Youth throwing stink bombs and further lectures had to be cancelled.*

Theos and Chaos: It is said that, during lectures of which there were thousands delivered across Europe, RS constructed his own terminology. Well, theos is not a dictionary word (apart from abbreviation for theosophy) so I guess he still continues to do that!

Anthroposophical Society: The Theosophical Society had been founded by Helena Blavatsky and colleagues in 1875, to advance spiritual principles and seek truth. RS became head of its German section in 1902. He and some members were to break away and form a separate society, The Anthroposophical Society—anthroposophy being seen as an esoteric philosophy having links to both theosophy and transcendentalism, sought a synthesis between science and mysticism, leading to the term 'spiritual science'.

And it was the belief of RS that all could experience spirit world.

~10th October 2011~

No Salumet this time. The evening had begun with rescues—two via Eileen, one a very distressed and remorseful lady who had taken her own life and was now just so concerned for her young children. She now has a much better understanding of her position and how she can be positive and watch over them. A third rescue came via Sarah. This one was all stressed up about the pig that was out of the pen and thought that

was still the situation. (Rescues are freely available for listening to on our website: www.salumetandfriends.org)

Bill (via Gary) then introduced Rudolf as we now know to be their customary arrangement; Bill's task being to ground the communication as there are so many different levels in spirit—some high, some linked much more closely to Earth than others. Bill said that the zone close to Earth used to be a more temporary zone but it has become more complicated—the new energies should be a help:

Rudolf Steiner here!—coming through again.

Lilian: Good evening!

George: Oh! That's nice!

It is always welcoming in such circles. It interests me that you do 'rescues' here. 'Rescue' is not so common nowadays, but they need it—they need mediums to come through. The astral is often a bit confusing at a certain level. It needs more light to shine on it on that level and then they will not be troubled souls. They will be released from their—in a sense they're still asleep still. The lower levels of the astral are in a deeper sleep—the ability to reflect clearly is limited. But on the higher astral levels, the ability to see clearly is like a sight—a vision—it's a bit blurred, the frequencies are more blurred. But I'm beyond that, on the ascended level. Once you ascend, then you see things totally differently—and clarity comes, all the lives fit in, history begins to make sense, and confusion goes. One sees the challenges as well. The Earth is in some ways a troubled planet. It needs to rescue itself. The whole planet needs rescue and that is what the highest spiritual forces wish.

George: It's interesting that you say that history begins to make sense. Yes, one feels there are periods on the Earth when what is done *doesn't* seem to make a lot of sense.

Yeah, there's progress—setbacks—progress—setbacks. Humanity goes forward a bit, then it has periods like the 'Dark Ages', where it seems to revert backwards, and the lower annihilistic ways of the Earth come back. Then you have a 'Renaissance' with a push forward towards the realm of spirit. It's like a magnetism, and this is an age of being drawn back into spirit realm again—dropping the lower physicality—the material domination—not to be trapped by the illusion of materialism. I tried to convey this on my short time on the Earth. It is much—Sara: Could I ask a question?

Yes, fine!

Sara: I feel a bit guilty asking a personal question ***(no you're not),*** but I know you understand about education, and you can probably see the problems currently in our world ***(big problems, yes).*** I'm trying to decide whether to move my son to another school, because he's really unhappy where he is—

The problem is somewhat in his self as well.

Sara: Do you feel that?

So the problem may continue.

Sara: You think it wouldn't go away.

It will not clear—it happens to everybody. If there is an issue, it has to be resolved internally—internally resolved.

Sara: What do you see as the big issue?

The big issue is: he doesn't—he feels troubled by communicating with some of the others.

Sara: Yes, yes. Do you feel it is because of—

He is trying to express himself fully with them—young men have that issue—yes.

Sara: Is it a typical issue?

Trying to find his place in the world, isn't it?

Sara: So, it's a sort of growing up issue?
—Part of maturing into adulthood.
Sara: Right, so you don't see it improving in a smaller environment?
It depends on where you can find locally.
Sara: Yes, I see. So, if you had to look at the scenario we have, would you advise sticking with it and working with it?
Yes. I would say: see it as a challenge.
Sara: See it as a challenge to overcome? (Yes) Okay!
Then, you always think there's another option. Sometimes, the option is to overcome the situation you're in.
Sara: Well. That's helpful to me, because, at least I know we can—perhaps we can overcome it. It might be possible.
Oh, it is not easy at any level, especially in your modern schools. There is too much external interference going on in their minds. They are influenced by television, computers. And they play these games that express—encourage an aggressive streak, which I see as unhealthy for their minds.
George: Yes—aggressive streak—that's a good term in relation to computer games.
War games—war games really, aren't they? (Yes)—***which are allowed to be played—yeah.***
Sara: It's difficult in our environment, because all of the boys are doing this, and the way we see it is that if we ban it from our home, he'll probably go to another home to do it
A lot of the problems he has are due to these games.
Sara: Do you think so? ***(Yes)*** Ah! Good! I can tell him that!
I see it in his—he's absorbed in it (right, okay!) ***It can possess them, you know. It can take them over*** (right)**.** ***A lot of these children are overshadowed by the characters of the games. So really they become psyched into the games so much they develop certain traits of the characters of the game—being a Ninja or a soldier, and they lose their own personality within it. That upsets me, certainly—a great deal. They start worrying. They do not understand the higher influence of the mental aspect.***
Sara: If we were to remove it completely, do you think that that could help him, or do you think it would cause more problems.
Well, he would react initially, for sure, and you will find his behaviour a bit difficult, but it is your challenge to consider that option.
Sara: That would probably bear the most fruit? ***(Yes)*** Yes, okay! I like the sound of that.
I do not like these games at all.
Sara: I don't either.
They are poison to their minds.
Sara: That's exactly how I feel.
And it's like, yeah, it's like 'an opium' to them isn't it?
Sara: The problem I see is that I don't think he knows anyone who doesn't do them.
There's an addiction issue with them. They're becoming addicted—
Sara: I know—horrible games—
—what I would call 'satanic games'. I have to use such a term because that is applicable.
Sara: Of course!
George: These are good words. These are wise words to set down and circulate.
Sara: Yes, I'm quite happy with this. This resonates!

I am not some—I'm quite happy to express my views on that in the strongest terms.

Sara: Good, thank you, for that!

They are dangerous and unhealthy in society, basically.

Sara: I would agree with that.

And those in power should know this, but they're so weak.

George: Right, these words will be circulated to our correspondents.

Okay, that is fine!

George: I would like to say, that I heard today—only today, from one of our correspondents who began his education in one of your schools.

Ah, that's good!—yes.

George: William wrote in, and from the age of five to seven, he was actually at one of your schools—the one at Ilkeston, in Derbyshire.

Ah! Much has been established since my passing over—yes. I look over them from spirit, of course. Yes they have been very instrumental in assisting the continuation of my work on the Earth plane, and I thank them for that. One man cannot do it all—only with the assistance of others can you establish a movement—a spiritual order.

George: Yes, he has good memories of that, so I think he had a good start in life.

But, the downside is that some of your original teachings can get lost on the way. You cannot continue the flow in spirit so easily. There can be movement in certain directions. It's a bit like trying to tame a river, isn't it? You can only do so much—then it finds its own course. What I wish to do before I go is to put down the Christos—the Christ golden light for you—to assist you in your lives.

Lilian: Thank you!

If you wish for that, I will provide it.

Sara: Thank you.

That of the sun—the divine love of the solar Logos. So, you will be blessed with that.

Paul: We will be very honoured.

So that is what I will do now. So just open your heart centres to the Christos light.

George: Wonderful!

It is a beautiful light of divine celestial love which heals and removes troubles within you. It is a cure for many ills—yeah.

Rod: Thank you!

I wish you to share this—for it is my strongest pillar of my teaching—the Christ impulse. I will share that with you at this time. Okay, so I will put that down and I will bid you a good week ahead.

(General thanks)

So just receive it now. I will transmit it—transmitting!

(Pause)

It has been put down—yeah

Sara: Thank you.

It will protect you and guide you also, and I will assist on the rescue issue, also—see what I can do to help. There's Bill again, come in there to close it down—

Oh! I saw that—a good bit of light there, yes. Thank you for receiving us, yes.

George: Well, thank you for coming through and it's been very nice again. I *feel* for you, in some ways. You had difficulties at times when you were on the Earth—when the Hitler regime—

Oh, he's gone now—it's Bill!
George: Oh! Bill now!
(Laughter)
I've had my troubles as well, you know, not just him.
(More laughter)
George: Oh well, farewell Rudolf *and* Bill.
George's Notes:
Rescues: The nature and need for 'rescues' is made clearer. The majority that we receive are insufficiently aware, or insufficiently knowledgeable, to realise that they have passed over. They think they are still in physical life on the Earth—yet something is not quite right. Some simply do not believe in any 'afterlife' and have closed their minds to that possibility; these can be the most difficult. Occasionally, we have drawn their attention to rings on fingers or to character of hairdo to convince that they have 'borrowed' the body of a medium so that they can speak with us!
Electronic Games: Our philosopher friend provides a powerful message from higher spirit on the decadence of the warring / Ninja games and their bad effect on the minds of youth.
Mind: Again the all-important nature of mind comes to the fore. There is much value in youth guidance. And clearly, when we pass over to spirit, the 'rescues' are only necessary when mind has remained closed or has become a little lost in some way. But such hiccups can be overcome and it seems that the new light frequencies will assist.
Planetary Rescue: This aspect of rescue also gets a mention; and perhaps we should think back to 1994 to recall that this was the first part of Salumet's mission to Earth.
Humorous note: The voices of RS and Bill are alike, so one has to listen hard at times to know who is speaking. Anyway, that similarity gave us a really good laugh at the end of session!

~24th October 2011~ SALUMET

Lilian: Good evening Salumet—welcome—nice to have you here again.
Good evening.
All: Good evening.
As I join with you this time, it is noticeable how peaceful that you all are. There is, my dear friends, much love surrounding you and those who are absent this time. As another one of your Earthly years comes closer to its end, I wonder how often you think about how far you have come since that moment of curiosity—that moment of trying to find Truth; how far have you come? *I know* how far you have come, but tonight, my dear friends, I would like to ask you individually what you feel, and how far you feel you have travelled in your own special goal. How far do you feel?
Lilian: A long way! It's strange I was thinking about it this morning—earlier this morning when I sat down saying a few 'thank yous', and I thought: well to start with there were Ruth and Les Bone , as you know, and, from there, it's just been a wonderful journey.
Sarah: —and on the way, you've made a very good friend of Salumet!
Lilian: Yes!
(Chuckle)
George: Yes, we mustn't underestimate the help and encouragement that we've had. For me, I think this journey began in 1989 in Mexico on a Mayan site when I seemed to get the message that the greatest

thing in all the universe is *Love*; and I feel that to become more loving and feeling for humanity and the universe—the whole creation—loving and appreciative—I feel *that love* has been my journey **(yes)**.
Lilian: Yes, another good thing on the journey has been talking to Bonniol. I thought of that as well this morning.
Paul: Part of my journey—I was thinking this week about the *fears* that keep us imprisoned throughout our lives. Part of it is simply working through all these fears, which sometimes they can be nothing more than a little bit of tension in you that carries through your day and affects the way you live your life each day. And so trying to work through these fears, some of which are childhood based, some of which are insecurities and things. It's partly my own communication—I guess that was some kind of fear of communicating myself as 'how I am', to people. It's sort of a journey of working through those fears, so that you can sit back and really *see* and experience that beauty and love.
Sarah: Saying about the fears—I must say—yes, obviously you get times when you get a bit tense and stressed over things, but I would say I'm not nearly as fearful as I was. I very much feel that as long as I do the best I can—I was going to say 'nature will take its path'—it will all work out right in the end, so I think I am less fearful than I was and I try not to be too judgemental—I do have the odd moments in the car, maybe this evening which wasn't quite so good, but mostly, I think, I try not to judge people too much, which I think perhaps I did more in the past. So, I think that's the thing—probably lots of little things that have happened and you don't even realise that you are moving forward—yeah, I think it's a good life.
George: Could I just come back on the judgemental thing and say: we did leave one person out in our prayers, which I tried to put right mentally, afterwards, and that was Muammar Gaddafi and—
Sarah: I did actually ask for him George.
Graham: He was asked for.
George: *(Apologies to all—I should have tweaked my hearing aids up earlier!)* I would like to ask for him in his journey forward. It is no doubt a lengthy journey, but I wish him well in that.
Lilian: I guess like all of us, he'll have to face his own problems.
Rod: Well, mine seem to tie up some years ago—I'd done about four courses with the police to improve my driving, because I used to do a lot of driving with my work, and at the end of this course, a policeman came up and he said: what have you learnt? I said that I feel that whatever comes up in front of me now, I can deal with—I'm confident that I can deal with it—I make up a plan and I can deal with it. And it's funny now, in my private life, I feel that whatever comes up now, I can deal with it. It sounds a bit big-headed, but I feel that I've got all my friends in spirit who help--yourself and everyone around—and it's given me more confidence, and I feel happier that I can do it, and I'm much happier to help other people, and I suppose the whole thing's you make a happier person, out of me anyway—and thank you very much for that—from my heart.
Daphne: Well, I think—well I know—I've become much more caring and loving towards friends. I've always been that way towards my family and now the family's grown into grandchildren and great grandchildren. We've had some worries over the little one, Harry, for the past five months, but thankfully he's holding his own at the moment, although he's still in hospital, but I feel confident that he will pull through, and go on to be a normal little lad. But I'm much more loving and caring to my friends and I like to meet different people and I find that I'm not so judgemental about people as I used to be and I thank you for that. I've been working on it and I have been helped a lot, and I think the consequence is that I feel better in myself and I am much happier, I think and I know Rod feels so too. We are very, very blessed, and we are grateful for all the gifts and prayers that surround us at all time and the love, of course—so thank you!

Graham: I think when I was a little boy, or perhaps a bit older than a *little* boy, I can remember being very impressed by the teachings of Jesus, where he loved everybody, and I thought: how could you do that? Because some people seemed to be so awful! And yet, as I've become older and particularly, since I became a member of this group, I've looked at that again through totally different eyes. I really do now believe that I'm closer to feeling that I love everybody; and since I was approached by somebody who, although it seemed very unlikely—but you get the love back! And it's a wonderful experience when that happens. And putting your fears aside—and we are fearful when we don't understand people—we become frightened of them. If you can put that aside and forget about your fears, then what's left is just love.

(Murmurs of agreement!)

Rod: Well said.

Paul: Yes, it's kind of working out that there really is nothing to fear. I don't know what it is, but it's beginning to finally click that this physical body really is just an overcoat, and it's that spirit that's the only important thing.

Sarah: I think that Salumet's words that if we believe what you say, which we do—then if you just take that all on board, then you can relax and go ahead, so yes, thank you, again, Salumet!

Yes, do you see, my dear friends, how when you express yourselves and speak of *physical* feelings, and how it affects you *spiritually*, can you see that connection with each one of you? I would like to say that each one of you is approaching something that I would call *acceptance.* The curiosity and the intellectual stages have passed, and now, my dear friends, how you recognise that love for your fellow man is all important—love, not only for each other, but to recognise that you ARE *units of love*, each one of you, and it is up to all of *you*, as individuals, to express that love, in the best way that you can. But, by speaking openly to each other, it gives you recognition *to* each other, of who and what you are, and that you are not so different from one another after all. It gladdens us all in our world to hear those such as you. We know you have struggles and we know that you fight fear and many of its companions, but we are so happy to see those spiritual lights grow ever brighter. So, my dear friends, I say to you: for once, feel happy with who and what you are, and accept our thanks from spirit, because it is a great thing to watch that spirit grow and unite. If only all of your Earth plane could have the understanding that you have gained, what a much better world you would live in! So, continue on your way, question whatever you must, but always, no matter what you do, that it is done in the name of Love. That, for this time, is all I wish to say to you, but you are surrounded this time, by many who love you—not always those you would recognise, but nevertheless, those who love you. Absorb their energy and their love, and with those words, my dear friends, I will take my leave.

(General thanks)

Sarah: And, I hope, as you leave, Salumet, that there's somebody there with you who will encourage you as you encourage us, because you said: you also are growing, so I hope there's somebody who can let you know how well you are doing as well.

Thank you.

George's Notes:

CURIOSITY: As stated, that time of curiosity generally comes first. We cannot continue through life without thoughts of—why?—for what purpose? There has to be some kind of a reason! What about those strange dreams and compelling feelings? What about all the wisdom and philosophy that has accrued through history? Surely that is not just the imagination of freaky people? No way! And forget for one moment this

potty little planet, what about that universe out there?—its details of construction? Explain that! Why the 'red shift' (element absorption lines shifting towards the red end of the spectrum of light according to distance of distant galaxies)? It has to be that either the universe is expanding from a time of 'big bang'—OR—in its journey across the unimaginably huge distance from faraway galaxies, light actually slows down—this due to the way it negotiates its passage through the 'energetic void'. I favour the latter far simpler explanation; and of course, the big bang theory was developing while the void was thought by many to be merely empty space. It now becomes clear that there is no such thing as empty space. That was one of the many examples of wrong thinking of modern mankind. On that magical Mayan site in Mexico, I was turning over such thoughts, when the message just zapped in from somewhere:
'It's alright to tinker with the mechanics of the universe—to try to figure things out—as did Newton, as did Einstein—It's a kind of appreciation, a kind of homage—BUT—the—most—important—thing—in all the universe—is—LOVE.'
That for me was a special moment!
LOVE: This is something that seems to get extended and can go on expanding. Love of family comes easy. Then there are friends—some becoming special. Then there is patriotism, but that can have its flaws. There's a whole world of people out there—we can love them all (so long as we stop the nonsense of warring). Sometimes we like people for being different! Some people are especially fond of a horse, a cat, a dog, a parrot—and vice versa. But there's all nature out there—animals, birds, whales, trees, plants, insects—all creation is lovable. And if we love the antics of bees as they visit and pollinate the flowers, resulting in good crops, then we must play our part and stop poisoning them with insecticides! That's all part of loving nature. But love extends beyond this planet and embraces the entire universe. As we have seen, we can communicate with many others, not of this planet—all one big family. But that's just the physical creation—there are all those in spirit too!
FEAR: As we have seen, in opening up to the many aspects of love, there are fears to overcome along the way. Largely, it is fear of the unknown and the imaginings that go with simply not knowing. In order to get to know, we must firstly of course, have the curiosity; so we have now gone full circle back to note 1 – curiosity! And curiosity really takes hold when it is realised we are not just here for the beer!
ACCEPTANCE: Perhaps what Salumet means by 'acceptance' is the full acceptance of the spiritual basis of life and the oneness of universal community, without hang-ups or reservations.

~7th November 2011~

Those of us who have watched on TV 'Upstairs Downstairs' or the more recent production 'Downton Abbey', may wonder how the strengths and foibles of yesteryear's upper class show up in spirit. Rebecca's clear refined voice was easy-listening via Eileen:
Lilian: Hello.
I'm here to tell you that your friend will be with you next time. I am told you will know who I mean.
Lilian: Yes, thank you for that!
(Pause)
I wonder if you will permit me to stay just a little while?
Lilian: Yes!
George: Yes, please do—welcome!
Thank you!
Lilian: do you want to sit quietly or would you like to talk?

I'm fairly new at doing this, so it's important that I practise.

Lilian: I see, so you would like to talk.

Yes, please!

Lilian: Yes, do. Is there anything we can help you with?

I don't think so.

Lilian: Can you tell us a little of your life where you are?

Of course, I will. My name is Rebecca.

Lilian: I'm Lilian and at the other side of you is George and we have other friends here as well.

As I am speaking with you, I am aware that my problem in life was 'vanity'.

Lilian: Yes, yes.

George: Well, yes, I guess there's quite a lot of that about!

Lilian: Yes, I was going to say—'quite common'

I was so in love with my hair. I thought it was beautiful, but it became a stumbling block for me, because I became so vain. I can see it now, but I didn't then.

Lilian: No, I can understand that.

So, in a way, I wanted to do this work in order to learn humility, and to understand the problems of others.

George: So when you were on the Earth, did you have social graces?

I suppose you could say I did.

George: Were you an aristocrat?

Not quite, but I aspired to be (ah!) ***yes. So I have much to learn and I felt that in doing this work, I have come a little way*** (Yes) ***in making changes.***

Lilian: Well, it might interest you to know that I've been told one of my lessons in this life, is *tolerance.*

Tolerance—really?

Lilian: Yes.

Well, I know we all have a cross to bear—like I say. Do you all have something that you carry with you?

George: I'm sure we do and we well recognise that this is a learning planet.

Yes, indeed! But it is well that you recognise it (yes)**.** ***I unfortunately did not.***

Lilian: No, I was told by the friend that you mentioned was coming that one of mine was tolerance in this lifetime.

I must say that I'm most interested in finding out who your friend is.

Lilian: Ah well, he's a teacher from your realms. We call him 'Salumet', but he teaches, obviously, spiritual teaching.

George: He is from Angelic Realms.

I see!

Lilian: I think you have them—you can go and listen to these people.

Yes. They come to our level (yes). ***Yes, we do not go to them.***

Lilian: Well, we were lucky enough that he came to our group—very lucky!

Do you know why?

George: I understand it took a very long time to prepare the way ***(Yes),*** and much depended upon the lady whom you are using now.

I see. I am aware of teachers who come, but there are many I am not aware of.

George: your instrument—she can go into full trance which is necessary when the one we know as Salumet comes through.

I see. It is most interesting—

Lilian: it's fascinating—absolutely fascinating ***(Yes).*** The man who started the group—he and his wife worked really hard with healing and rescues ***(Yes)*** and they deserved something really, so that was another aspect of it, but we're not the only group. There are lots of groups that have other teachers.

I have visited other groups. I like the feel here. I don't know what is different—

Lilian: Thank you for that—

But it feels calm. It feels comfortable.

George: Good! I think we're very well bonded.

Ah! Perhaps that's what it is—yes.

Lilian: we have our faults and all the rest of it and it doesn't matter. We're all very different.

It doesn't matter?

Lilian: No.

What faults do you have?

Lilian: *(With laughter)* I couldn't tell you offhand, but we're all so different ***(Yes),*** but it doesn't really matter.

If I might just add a word and say to you: do not leave it, try to alter your ways whilst you live on the planet, because it's so much harder when you come to spirit. It is harder because you feel that you have let yourselves down. And it causes some grief, I believe.

Sarah: We have been told that before.

Lilian: And, also, say we smoked cigarettes—if we can get rid of that habit before we come over, it's better, because otherwise you are going to want—

If you could see the people who crave these many things, it pulls you in the direction of anxiety, might I say—so I would suggest to you to think about your faults and to rectify them if you can. Not always easy!

Lilian: Or a bad habit—

Yes, I am feeling some faults within the group—

(Knowing laughter)

Lilian: I'm sure you are!

Perhaps you need to address them.

Rod: Mine's too long to list for you—

(Chuckles)

—I know they're there, ***(ah ha!)*** and they are difficult to get over, especially on a bad day.

Ah well that's the opportunity given to you to change—yes. May I ask with whom I am speaking?

Rod: My name's Rod!

Yes, you do have a few faults, do you not?

(More laughter)

Rod: I do—I have a few ***(Yes)***.

Lilian: So you—can you see those faults?

Rod: Can you feel them?

I feel them.

Rod: Oh! Golly me! Is it that obvious?

(Chuckles again)

Not only you—

Lilian: All of us!

—you all have some.

Lilian: Well we're human aren't we?

But I have to say, don't worry too much, because there is a calm feeling here, so perhaps you should take the feeling you feel now, and use it in your everyday lives.

Jan: We do try since Salumet has been coming. That's what we endeavour to do, in our daily lives.

Yes—is that what he teaches you?

Jan: Yes!

Yes. Well, I'm sure that, with a teacher from our world, you cannot go wrong.

Jan: Of course we're still human, still got all the faults that go with humanity.

But you need to strive to dissipate them. Do you not agree?

Jan: Yes, totally!

Rod: I'm surprised that it's difficult to get over the faults when you come over to spirit. I would have thought it would be an easier realm to do that.

But it is much easier to do it while you are here, because you then recognise your faults. If you bring them to our world, you suffer because you realise they are things you should have disposed of—you understand?

(Agreed)

Jan: Also, we're taught that if you recognise a fault, the recognition is half the battle (Yes), but, with recognition, sometimes comes regret, but we've also been taught not to hold on to that regret.

Yes, yes, I quite agree. Firstly comes the recognition of the fault. That is the first thing you must do. Recognise the fault within yourself, and, then it can be dealt with. I'm not saying that you can think about it and it will disappear—no, no, no!

Jan: It's how you deal with it.

It is how you deal with it and how your heart is, yes.

(Agreed)

Yes!

Jan: I think I've been learning that I'm a great one for living in the past and having regrets—that's how I've lived my 52 years so far (Yes), but, if you're not quite hard on yourself, and you realise that you've made a mistake and that was wrong which is what we've been taught, if you then live by that lesson—

Yes, let it go—yes—

—and you try to change, the regret isn't quite as hard to carry along with you, if you know what I mean. You become softer on yourself.

Regret is very negative, so you have to let it go, yes, because, if you don't let it go, it is one of the causes of your illnesses in your world.

Lilian: So we've been told.

I have learned that since I came here.

(Agreeing murmurs)

Paul: You can't regret really—because you only do what you can each moment (Yes), and, of course, ten years later, you know a lot more, so you would have done things differently, but back then, you didn't know.

What has gone—has gone; and you must live in the moment. If you are to be true to yourselves, you must live in the moment.

Jan: That's been one of Salumet's biggest lessons for us, hasn't it—to actually be true to ourselves.

That is something that you do learn, I suppose, if 'learn' is the correct word, when you come to spirit.

Jan: Because you can't be anybody but yourself in spirit can you?

Yes, you are open for all to see (yes)**.**

George: Yes, 'living in the moment'—that is spoken like a philosopher, and I would say you are very well-spoken ***(Thank you).*** Does that mean—when were you on the Earth—in the nineteenth century?

Yes, you are correct—yes, you are quite aware aren't you? But time is of little importance. I do not live by time or what happened when I was here. Those things should be left behind. We need to move forward, and, in the same way, as you need to move forward.

Rod: Did you have a family here?

Well, of course, no one is a single entity.

Rod: Did you have children?

No! No, I did not—um—not a regret for that lifetime, I have to say. I was much too vain! My vanity really was my downfall.

Rod: Tell me Rebecca—this lovely hair—what did it look like—what colour was it?

It was the most beautiful golden-brown that shone like the sun.

Rod: And you washed it with what?

I washed it with natural water and perfumes.

Rod: You'd have a good choice now if you went to Tesco's. You've got all these products!

(Chuckles)

Tesco?

Rod: It's our supermarket.

Ah, yes, I am aware of a great range. But, of course, you know, in my time, I did have a lady who brushed my hair always, and that is one of my regrets—that I expected her to do this task for me, but my true failing was my vanity. I can't stress that enough to you.

George: That was quite common in those times ***(Yes).*** There were the upper class and lower class. One who was possibly on Earth the same time as your self was one who has been through to us three times recently and that is Rudolph Steiner, who was a philosopher.

Yes—I am not aware of him.

George: No, he might have been a little later. He left the planet in 1925.

Yes, I do not recognise who that might be. It is impossible to know everyone, although the blending here is amazing.

Lilian: Talking of faults and things, have you ever been anywhere close to the dark regions where you are?

Have I? Never! No! I know that they exist, but, no, I fortunately have never been close to them.

Lilian: I would say that there would probably be quite advanced souls that would help in those places. Is that so?

There are those—I believe the gentleman mentioned the Angelic Realms. There are angels and there are those who work towards helping those unfortunate people, and it would be very difficult to get close to those regions (I see)**.** ***Yes, you would not be able to approach them.***

Lilian: Ah right! Yes, they must suffer, really.

They are lost souls for a while, until recognition comes to them (yes)**.** ***Anyway, I am being called.***

Lilian: Well, it's been a pleasure to have you.
And I am so pleased you have allowed me to talk with you.
George: Well, we've much enjoyed the conversation, and your voice is very pleasant—a very pleasant one to listen to. Thank you!
Well, I thank you. I am never quite sure what I sound like when using someone's voice. It's not easy to gauge.
Jan: The instrument you are using has a very nice melodic voice anyway, so you sound very, very pleasant.
Well, thank you very much. You are all most kind.
Rod: have you got your hair in curls tonight?
Ah, now you really are making me think about 'vanity'.
Jan: No, she doesn't want to think about vanity. ***No!***
Rod: I've got mine to get over.
Jan: What your curls?
Rod: No, my faults!
(Laughter)
Yes perhaps when you all reach your homes, you can think a little about one of your faults, because you do have more than one each of you—*Chuckles!*
Yes, now I really must go. I am being called.
(General bye byes)
A rescue followed involving one who was paralysed on one side and brain-damaged. Communication was difficult, but there was some response to Lilian's healing hand and understanding of our encouragement to look to the light. She was then able to move forward to those waiting in spirit, declaring with much feeling: 'I am happy.'
George's Notes:
Planetary Progress: There are of course many indications of planetary change. We know for certain from conversations with Bonniol that an important practical step is to harness an energy that is available to all and which does not pollute and so ruin our world. The days of the oil-based internal combustion engine are thus numbered. And you don't need to be a financial expert to realise that the demise of the motorcar and present transport systems will cause a huge hiccup in high places. But the change will come, and like most changes, there will be resistance from some.
Stop Press: *According to AFP News Agency, Earth's Pt/Ir 1 Kilo standard of weight, established 1889 at Sevres, has changed by 50 micrograms and scientists do not know why. But we know why, don't we!—Bonniol 8th August 2005 / The Chronicles of Aerah, pp. 89-90, 96.*

~14th November 2011~ SALUMET

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
(Pause)
I hesitate in speaking with you this time, because I was feeling your individual energies, to create something which so far has not happened. There is some positive energy with you *all* this time, which has not always been available to you; so from our point of view, it is most interesting to watch each one of you glow as a candle would glow. As, my dear friends, we approach the end of another one of your

Earthly years, I would suggest to you that you look back just for a short time to see just how much you have grown. We know sometimes that some of you feel that not much progress has occurred. That is *not* true. Each one of you—not only those here, but those who have been within this group, have grown so much; but I wish tonight to reiterate some of my previous words to you. You have to ask, my dear friends—you have to ask for our *help* in your unfoldment of spirit. It is not enough to know that we are close by. Without your permission we cannot help you further, so it is imperative that each one of you thinks deeply about who and what you are—but not only that, but where it is you are heading. You could all stay still and be pleased with what you have achieved, but it would, my dear friends, be in your own interests to ask for that help in your spiritual unfoldment. There are so many who stand close to each one of you, ready to help in any way that they can. So this time, I want you to think just a little more deeply about what you wish to achieve. It is all there before you, my dear friends, but it needs your freewill to become *activated*. I hope you understand my words (yes)**. Would you wish to comment on what I have just said?**

Sara: Yes, thank you Salumet—that's just what I needed to hear, because I had been wanting to progress myself, and sometimes feeling that what I want to achieve is quite a big task, but now you've said the words, I feel I can achieve it. But I do need the help—so thank you for that!

Yes.

George: Yes, I'm sure we all give thanks to that. I feel that we are all moving forward within this group. I feel also that the planet is moving forward and there is an interesting fact that has recently emerged. The one kilogramme platinum planetary standard in weight that was set up in the year 1889 has lost a small amount of its original weight, and scientists cannot explain this. I feel we have covered this ground in our Bonniol conversations, and we have learned that, *as the spirituality of the planet increases, then densities decrease—*and I feel that this is an important event and possibly a trigger for the scientific community to think more deeply.

I understand what you say, my dear friend. Let me just say this to you. Always, you are so surprised when something is said that we have already told you. You never cease to be amazed in the most human of ways, about these small matters. All of energy is forever transmuting—changing in many, many ways—in ways that you may never understand. And of course, I would say, it is always welcome news when your scientists have some proof of what is happening.

George: Exactly!

Yes, I understand why you feel that this one detail is so important.

George: Well, I feel delight **(yes)** in that there is proof, which they are likely to see as tangible.

Yes, it is a long time coming—it has happened in the past, and it will continue to happen in the future—but your *infantile joy* gladdens me.

(Amused chuckles)

Sara: I get lots of infantile joy from synchronicities, sometimes **(yes)**, and I had a very nice one this week. I took a book from the library by David Wolf. He's written about 'Super-foods and Nutrition'. I don't know if this is a name which resonates with you?

It matters not.

Sara: But anyway, I phoned a friend in my enthusiasm who likes him too, and she said: 'Oh he's coming to give a talk in our shop tomorrow'. He travels all over the world, so that was quite synchronistic for me, but I do get excited about these things.

That is because you are only human. Only the human species allows themselves to become so over-excited by what to us is quite normal. *(Chuckles from Sara)* **I'm sure you understand** (yes). **But your scientific community will always discover many facts, which previously they had denied or doubted in many ways. So yes, continue my dear friends, to feel your joy at these happenings, and know as I have always told you, to accept that not all things can be proved to your scientists, because their hearts and minds are sometimes too closed. You understand?**

George: Yes, we certainly understand that!

Sarah: Emily was reading an article—I think this is right—she read that as you progress, your energy within you slightly changes and that can actually affect things around you, and she said she does feel that she's moved forward quite a bit and in that particular week, three electrical items of hers had broken, so she thought that she had perhaps, after all, really moved forward and her energy had slightly changed.

As I have said, all energy can be transmuted, which, of course, have either positive or negative ways to them, but I am going to use one of your Earthly sayings: *'No man is an island.'* Of course, whatever happens to any of you has some kind of repercussion with others, because you are all formed of the same energy. So how can you *not* be connected?—not only to other humans, but, as you have said, my dear friend, to objects, which, too, have energy. So does it not make a little more sense that the connection that all of you have with this *beautiful* planet should be respected a little more? (Yes) **Not only this planet, but as you know, the many universes thereof.**

George: Yes, I feel with illness too, there can be so many connections between people; and I wonder if I might ask a question about yet another of our illness conditions? **(Yes)** It's a general problem, because it's something I feel that our medical people don't seem to know the answers, and it's brought home to me by the fact that my wife has suffered with sciatica for several months now, and the doctors seem to hand out painkilling pills, but they observe that the condition may last a few days, it may last a few months or it may last several years. There doesn't seem to be any serious move to *cure* the condition—just kill the pain that arises from it, and this so as to interfere as little as possible with sleep pattern. So I wonder, Salumet, if you may care to say anything about the condition of sciatica?—the trapping of the sciatic nerves?

Yes, I have to be a little more general in my reply (yes)**, because what you call 'sciatica' or 'arthritis' or any of these conditions, is indeed the showing of *unease* within the body** (yes)**.Throughout your time, there have always been illnesses, there has always been *disease* amongst mankind. We have spoken about this on many occasions, I believe, and I have told you that any disease within the body will result in a condition whether it be affecting bones or flesh or whatever the body is made from. I would like you, my dear friends, to just consider what your physical being is. You know that you are first and foremost spirit** (yes)**, clothed in physical garb made from flesh and bones and blood, and you know what a human body is made from. I have to say that throughout time, there has always been some discomfort with the human condition throughout your Earthly history; and always, from our side of life, we have helped to solve many conditions,** (yes) **yes. I would say to you, at this moment in time, the condition that you call sciatica and arthritis, and after all, sciatica is trouble with nerves** (yes)**—I have to say: it takes many of your Earthly years before this condition shows itself** (yes)**. It is not something that happens in a second, a minute, an hour, a day. It is a build-up of tension within the body, which then creates the nerves to become trapped—to become jangled—that is another one of your Earthly expressions which I would like to use—the nerves become *jangled*. In other words, they are not happy within that human garb.**

Lilian: That's interesting.

I can only tell you at this time in your world, that many and much help can be given, but there has to be an alignment between spirit and physical body. It is not always easy, I know, because, as I have said, you are dealing with something which has taken probably many years to come to that point (yes)**. So, my dear friend, I cannot give you the answer which you are hoping for—only to say that the more the spirit comes forward, the less the physical body reacts—and I know, as the body becomes older and older, that too the mind loses that energy to make itself better.**

George: Yes, and this connects with 'going within' no doubt.

Yes, it is something that all of you, all of you who are well, can work upon. Any illness or upset of the physical being lies within. We can influence doctors, which we do all of the time for help with the diseases, and you must know there are many diseases which you now do hear very rarely of.

George: Yes, many diseases, and many dedicated doctors I must say, and so many do a wonderful job.

Of course, but ultimately, I have to say, my dear friend, all illness is the responsibility, hard as that may be to take—illness is the responsibility of that soul.

George: Yes—yes, thank you for that, Salumet.

Lilian: Whereas, I imagine, the majority of us, myself included, would think that a back problem comes from something we've done—like a bad fall that we've had—

That may be the trigger, but it comes from much longer back.

Lilian: I see, yes.

Jan: Trauma tends to bring forward **(yes)** to the spirit, things that are waiting to come forward.

Yes, thank you. I hope that has helped you just a little.

George: Yes, thank you.

Rod: Could I just go back to your statement about individual progress **(yes)**. My learned friends seem to know what you were talking about, but I'm not too sure. Does this mean when you talk about 'going within' is this something that you've mentioned before—I'm willing to be reprimanded—but is this what I should be doing—'going within'?

All of you should 'go within'—yes, yes.

Rod: Right! Thank you very much, Salumet.

Lilian: Did you want to say something, Gary?

Gary: Just reflecting on my own condition of my immune system and the tiredness I get **(yes)**. I've been told it's accumulation of past lives, and I see that I don't really feel comfortable at this physical level and I'm partly trying to escape to a higher realm.

But, you cannot escape, my dear friend, until you have dealt with the problem now. Escape is not the way. If you have a problem now, it may well come from past times, as it does with many, but you have to deal with the problem *now* by 'going within' and strengthening that spirit. Then those outer results will follow. But you cannot escape what you have come here to experience. Do you understand?

Gary: Yes—

No, you do not!

(Laughter)

Gary: I thought—I'd been a very *long time* on this planet and I suppose I felt a bit tired and wanting to go to another planet. That's how I feel.

But you cannot always have your wish.

Gary: I don't feel bad about feeling that way—I just feel that's how I feel.

Yes, but that is what you have to let go of, and to *deal* with your time here. All of the time that you spend wishing for other things, is that *moment wasted*—if I could use that word. I advise each and every one of you, as I have done for many occasions—to live *NOW*—not a time gone or a time to come, but *now*! And you will find, or you should find, if you are going within also, that your health would improve.

Jan: I think I can vouch for that—living for 'here and now', certainly does help with certain conditions. Simple things like hay-fever, which I know is an environmental problem, for many on the planet, but—

But why is it not a problem for all people? You all live in the same environment.

Jan: But I cured mine.

Yes—yes, that is what I have been trying to tell you.

Jan: I was reiterating really what you were saying **(yes)** that certain aspects of health I think we hold onto—feeling that we have to—and once I let it go, it went. I've had two years now completely free of it, but I was completely debilitated in the summers with it, but it's gone. Yes, I'm just confirming really what you've been saying from my own experience.

Sarah: And also this business of 'going within—Graham, Sara's husband, is another example.

(Affirmed)

Jan: Yes—certain illnesses confuse me on this issue though, because you've talked about and I can only talk for myself—I do believe that some illnesses are obviously meant to be—that people are born with an illness, either out of choice before they come here, before they reincarnated this time—I can think of several people that I know that have got the most awful diseases or conditions but with such spiritual light energies, always smiling and they never complain. So those conditions—I'm not sure whether they've come to learn a lesson from that disease, or whether that's a condition that other people can learn *by*.

We are speaking of something slightly different when you speak of someone coming with a condition. That spirit, that soul has chosen to enter life with the opportunity of those conditions being there. That is why I have said it is not parents that you choose, but the opportunity and conditions that those two people will bring to a life (Mm)**. And of course, if those conditions exist from birth, that is slightly different, because free*will* has a much stronger part to play**, **but still, they can free themselves from many of those conditions** (ah right!)**, as life continues. Not all, not all, by any means, but—**

Jan: Some of them don't have to hang onto the condition as long as they do.

Yes, they can improve with a lifetime. It is not an easy subject for you to understand, because most people feel: I do not want this condition; but are they happy to have the results in a spiritual sense from those conditions? I can tell you, my dear friends, that when they come to this side of life, those experiences will have been invaluable to them.

Jan: I can imagine.

So again I say to you: look to the wider picture.

Lilian: Yes, because if we never had pain, we can't appreciate other people's pain.

That is one way of looking at it. It gives you an empathy with others—yes, of course. But that does not mean that you have to hold onto pain. Release it and release yourselves. You understand?

Jan: I'm not sure if I'm on the right line or not, but I've often said, especially to Mum sitting next to you—my mother-in-law, on the phone—that, after a while, if you have been in pain, the pain becomes part of you, not in a negative way, but in a positive way, whether or not that's because you're actually learning through the pain—but it's not that you want to hang onto it, it's because it becomes part of your physical

spiritual being, and sometimes the pain will disappear because it's part of you. That sounds really contrary, but that's what I've experienced.

It's because you have recognised it and let it go.

Sara: It's a bit like when you give birth to a baby, the more you embrace the pain and allow it, the better it is and then it ceases to be a problem.

Yes. Pain, as you know it in this world, is so individual to each one of you—that what is right for one, may not necessarily be right for another.

Sarah: Yes, that's true.

But what is right for each one of you is that you live every second in the 'now', that you 'go inwards' each and every day until you unite with that spirit within, which has the power to strengthen and uphold you through all of life's trials. And finally that you give thanks to all of those who surround you with love and are there to help in any way that they can. And with those words, my dear friends, I am going to leave you.

George: Yes, well thank you for that Salumet—and to use another of our expressions, I think you have dotted all the 'Is' and crossed all the 'Ts' on these matters. Thank you very much!

For those I have not dotted, I would say: think more deeply.

(General thanks)

As always, I will take my leave. Know, my dear friends, that you are loved by many. There are so many who stand close to you. I am always telling you this, but it is now time for each and every one of you to begin to recognise those who are close.

George: I think we sense this—we do not need scientific proof for this!

(Thanks and farewells)

George's Notes:

1: 1 kg Standard Weight Decrease: When Bonniol spoke of the 'density' of things and how density decreases as spirituality increases, I had pointed out that, on inspection, there was no difference between sets of atomic weight tables spaced 20-years apart. His response was: don't hold your breath—it takes longer! Well, the Earth's standard kilo at Sevres was very, very carefully arranged, using platinum-iridium alloy which is very, very stable; and it has had 122-years in which to show a change—long enough it seems to show a 50-microgramme reduction. Conventional scientists cannot understand this. But the fact is now with us that, whether acknowledged or not, those who set up the standard in 1889 have:

-Proved the universal principle that densities decrease with increasing spirituality

-Proved our material world's connection to spirit.

Q. E. D.

CERN Claim that their Neutrinos exceed light speed: Whilst on scientific matters, perhaps some mention should be made of this topic. The neutrinos should have taken 0.0024 sec to complete the 732 Km journey but arrived 0.00000006 sec ahead of schedule, a small fractional increase of 0.000024 / 1. The 1 kilo weight standard has a fractional decrease of 0.00000005 / 1. So, if my arithmetic is correct, the two fractional scientific 'anomalies' are in ratio 1:500—similar orders of magnitude one might say; so I wonder if there is a connection? Perhaps we shall discover in due course.

Illness and Body Condition: An important part of Salumet's teaching seems to be that we are all very much architects of our own situation. It is easy in retrospect to see our errors with illness arising from a toxic material such as asbestos. The sad asbestos story goes back a long way. Pliny, writing in 1st-century AD, noted that slaves working in Roman asbestos mines die young of lung disease. (They wove it into napkins

and clothing and flame-laundered—also used as lamp wicks—those of the Vestal Virgins never wore out!) In more recent times (1918), the Prudential Insurance Company in New York refused to sell personal life insurance to asbestos workers. They knew the score! In the early 20th-century, several notaries drew attention to the known hazards. But still we made a huge industry of asbestos causing widespread distress throughout the world. A learning for unthinking commerce no doubt! When we discussed cigarettes and smoking with Salumet, he was quick to point out that, although toxic, not everyone succumbs, or not all are affected in quite the same way, because there is also the spirit connection to be considered. But smoking is nonetheless unwise, and we should of course respect the human body that is a home for the spirit. But when we consider conditions such as sciatica and arthritis—these differ in that there is no external toxic material involved. It relates much more to mind-play and how we think, and this makes it so much more difficult to understand—for ourselves as well as medical profession. The doctors and nurses can assist, but meditation and looking within will often alleviate.

~21st November 2011~

There was some conversation beforehand and mention was made of the people of India. Then our old friend Emma Hardinge-Britten spoke via Eileen:

Lilian: Good evening.

Good evening—it is I, Emma.

(General welcome)

George: I thought it was from the way you sit, with a straight back. Welcome to you!

Thank you. The mention of India captured my attention, because of course you know, I have been helping the suppressed women.

(We recalled Emma's previous visit)

So of course, the mention of India was enough to bring me here to you. I have to report that the suppression of women in your world is slowly being unravelled. After all, as spirit, you are both male and female energy, therefore, why should females be suppressed in your world? I have continuously supported women by using subtle energy to persuade them to take control of their lives. It is not always easy as you may well know, and there are still many places throughout your world where women are still not superior to men.

Jan: Or equal.

Yes, equal.

George: Yes, unfortunately there are traditions that are upheld—this putting down of the womenfolk—

But these traditions have to be dissolved.

George: Yes, I like your word 'unravelled' (Yes) because I think it is good to unravel deeply held traditions. Within the Moslem—I think it is called the 'Shariah' system, which must be quite a problem as seen from spirit.

Yes, not so much a problem as a need to educate, I would say. That no one should in any case, in any place be subservient to another human being. This is the teaching of spirit. As I have always been involved in the way of the women of the world—not because I feel they should be superior, but there should be equality between men and women of all nationalities. And again I say to you: that is always what I strive towards.

Jan: I think with the Arab countries at the moment, fighting for their democracies—I think that will be the next step.

Yes, it is, slowly, slowly, but progress is being made.

Jan: Yes, because, obviously they can't give democracy just to the men *(no).* They have to give it to the women as well.

Of course!

George: There's considerable unrest in the Middle East at the moment **(yes)**. One feels that, eventually, there has to be a good side to this.

It is their time of evolution—perhaps that is the kindest way to say it, rather than think of the discord that exists amongst these people. I'd rather see it as a form of education—their evolution.

Jan: Mm, so you're educating the females as well as the males—you are impressing both?

Yes, in effect, in a very subtle way. Yes, it will not happen overnight. It will take much time, but the fact remains that we are making progress (Good)**.**

Paul: Where do you think it comes from—this lack of equality, because we understand that before the big religions of today's world came, feminine qualities were respected a lot more.

Yes, many females were regarded as priestesses and higher, but you see, all of these things take their course. I cannot give you one definite answer to that question. I do not personally know that answer, but of course, men in your world have always been physically stronger, and I feel that perhaps in many cases this has taken precedence, and of course, when you speak of religion, that is another matter.

Jan: I was thinking along the same lines as Paul who asked the question—it's the male throughout our evolution, who has picked up the arms first *(yes!).* And, as women bear children, men don't like to see them physically fight. They actually can't handle that spiritually—to see a woman bloodied and injured, and I think history along the way, has twisted that somewhat. That's just my viewpoint.

But any idea is open to change and that is what I look to. I look forward to seeing women becoming stronger in their viewpoints in these countries where they are downtrodden—and be assured they are downtrodden.

Jan: Yes, we know. I think though, women have a universal power that extends to every sisterhood of the planet and we're very good at coming together as a whole.

Yes, I do not even strive for a sisterhood. I strive for 'equality' and a 'oneness' and a 'wholeness', which is the spiritual aspect of life.

Jan: Yes, but first of all, because you are talking of the female form that—

They have to be recognised as a whole, yes. I do understand what you are saying, but I need to tell you that my objective is that equality of spirit is paramount (Mm—yes)**.**

George: And with equality, there is the matter of 'team'. Male and female have developed different qualities, and these qualities can work together as a team.

Yes, as they should—one should complement the other. That is the purpose of male and female. Of course, there are always exceptions to rules, but you have to think I feel, of the spiritual nature and quality that exists in all humankind.

Jan: When you look at it through spiritual eyes, to be reincarnated as a female when your previous life was a male, and to be treated in that way—what actually happens to the spirit—the soul?

It is abhorrent—yes.

Jan: Yes, I can really understand that.

That is why most people wish to experience both female and male energy at some time. This is why reincarnation is important for that very reason, because we are all male-and-female energy, and it would do well for this whole world to recognise that. But anyway, I did feel that I had to come and say a little about the progress which is of course happening around the world. You may not hear of it, but it is creeping very slowly towards change.

Paul: I notice that some of these countries now have female Presidents and female Prime Ministers, as leaders.

Yes, and why not?

Paul: Exactly!

Equality should be there should it not?

Paul: I think India has a female Prime minister.

They have—they have indeed, but they also have many castes, where women are suppressed—as in all areas of your world (yes)***, even in your so-called dignified countries.***

Jan: Yes, the western world has other problems such as trafficking and all those sorts of things which are still suppressing, so yes, we're not exempt from it.

And there are many ways to suppress the spirit of another, so it's a delicate issue I feel, and one that keeps me extremely busy.

Jan: Yes—a very worthwhile. Would you call it a project, Emma—your quest—is it a quest?

It is! It is something I feel I have to do. I have always fought for women, and from spirit, I can see the larger picture, which encourages me to go forward, and, also, I have to tell you that it is helping in my own spiritual growth.

Jan: Yes, of course!

George: Yes, I think when you came to us before you used the word 'project'.

Yes, you may use any word that you wish, but to cap it all, it means going forward and soul growth.

George: and to remind us all that we are each of us both male and female energy—that's a good message to impart.

It's something that you should always keep in mind, and I know in your world you will say, men are so different, and women are different from men. No, you are not! You are all part of the whole, and if it takes a little understanding, then, so be it! That is another part of spiritual growth in recognising others and recognising within yourself what is wrong in your thinking.

Paul: It's very noticeable with the younger children—up to a certain age, the boys and the girls do similar things. They play together—you get tomboys—basically they're just doing what boys do, and boys sometimes do what girls do. At a certain point, suddenly, they become aware that they're not supposed to be doing that—'I'm this' or 'I'm that' so they start to move away from what they actually want to do, and adults then either become either one or the other, and we are, as you say, much more similar than we realise.

I have to say it is only human beings who put so much emphasis on gender. If you are both male and female, then you should accept yourselves and each other for what and who you are.

George: Yes, I'm afraid this problem is exacerbated by the advertising firms which advertise items for women and items for men, and there's the connection to making—some people *so committed* to making large amounts of money, and this is a complication which attaches to the male /female thing, I believe.

Yes, if, as the gentleman has said, young children were left to their own devices, they would find their own way, their own pathways whether it be towards male or female, as long as there is love within that soul, how does it matter? That is what is important—love—love for one another, to help one another—that should be your goal in life.

George: Yes, unfortunately, there's a few who have sidestepped into this as a means of making money, when it should really be a love of one another.

Yes, that sullies the word' love' does it not—when it is for such things as wealth and such things as ego shall we say? I do not like that word to be used with those things. One's love should be pure.

George: People are recognising that a minority of population is making too much money, people are reacting to this and this is another revolution that is going on at the moment.

Yes, inequality has always existed in your world and I have to say it will continue for quite a long time to come, but mankind is at least aware that there are these inequalities, whereas at some point in your history it was not recognised—it was just part of living.

George: Yes, I think this is a time of growing awareness of these things.

Yes, in many areas of your lives, there is a growing awareness. Anyway, I do have to say, it's been a pleasure to come and talk with you all, and now I really have to go.

Lilian: Well I'm glad your work is going well with the Indian ladies.

(General farewells)

Thank you and goodbye!

George's Notes:

1: Emma Hardinge-Britten (1823-1899): Last with us 30th May 2011. It is of course always good to have news of old friends and their work in spirit. Whilst on Earth, Emma founded 'Two Worlds' magazine. It continues, and in fact, in its August issue, appeared a favourable review of 'The Chronicles of Aerah', leading to a few book sales via the magazine. Thank you Emma!

2: Islamic Law – Shariah: As with Christianity, there are many variations according to sect and country. There has been harsh interpretation of original teaching with much criticism, for example: severing hands as punishment for theft. Shocking! But then, 'Christians' have burned at the stake, and some US states still operate death penalty. All is horrible! But where religions are concerned, there is one certainty: West cannot judge East and East cannot judge West.

~28th November 2011~ SALUMET

We gathered and chatted in the conservatory / lobby as usual before going through to the room used as our 'temple'. Eileen had been listening to a compact disc recording of Salumet's voice. We chatted about world news and how leaders and politicians seem to be faced with serious dilemmas. I read a passage from Chairman Mao Tse-Tung's Little Red Book:

"We are advocates of the abolition of war, we do not want war; but war can only be abolished through war, and in order to get rid of the gun it is necessary to take up the gun."

The statement is of course self-contradictory, but would appear to well demonstrate present day political thinking. I suggested it might be good to read the quote to Salumet and seek his thoughts on the matter. We then moved into the inner room and proceeded with prayers for those in need—and then Salumet was with us:

George: Good evening Salumet. Welcome to you.

Good evening.

All: Good evening.

As always, your thoughts have been directed for all those people in need. So many in your world are in need not only of healing, but spiritual upliftment and enfoldment. To unfold those spiritual gifts which are within each and every one of you, it is important, my dear friends that you understand and know yourselves. I have used these words on many, many occasions, but I feel it important enough that they be repeated from time to time. If you do not know yourself, how can you come to know and understand others? So do you see the importance of getting to know yourselves? It is all too simple at times to say: *we are all one, we are of the same energies*—that is to simplify matters too much. But rather than think of yourselves this time, I would like you, my dear friends to focus upon some words that are used in your world today, especially those of Christian denomination. Those words are pure and simple, and they are:

'Peace and goodwill to all men'. **Simple words, but words which mean so much; and I ask you that each and every one of you ponder upon these words until we meet again, and I will be most interested to see what they mean to you individually.**

George: Yes, it's one thing to say the words, another thing to *feel* them strongly inside, and just feel that they spread.

Yes, they are words that are used freely, especially at this coming festive time of your year in your world, but I would like you, as you say: to *feel and understand* what those words mean—not only to those you love, but to every man who has his feet firmly planted on this Earth plane—not only physical man, but also those in spirit, who are in need of your understanding, and your love.

George: Of course, with goodwill towards all, there cannot be any wars—would you agree, Salumet?

There should never be war, but I have been listening to your conversation, before we entered this room, and of course, the ideal in your world would be that no man should go against another, but again, I have to say to you: until mankind uses his freewill for the good and betterment of mankind, there will always be problems, but as I have told you also, on many occasions, the most powerful thing that you can do is to use the power of your thought. *(Agreeing murmurs)* **I hope that you understand and agree with my words.**

Paul: Yes, it's a tricky situation when you get a bully—knowing how to deal with bullies can be a problem. It's sometimes almost more effective to stand up to them.

***Never* more effective—it is always better that those who are bullied give out love and compassion to those who do wrong. In that way, energy can be transmuted. I am not saying it is easy, but that is the way to go.**

Paul: Yes, that is something that needs to be practised more.

If you *believe*, my dear friends, that thought is the most powerful asset you will ever have in this world, then why not use it?!

George: Yes, I think you are saying, Salumet, that in a sense, the best way to stop wars is to use power of thought and love, and I think the thought and the love work together.

Of course! Thought producing thoughts of *Love*, you can almost see grow in our world. Mankind is at this present time, unable to see the effect of those powerful thoughts; but I can assure you, my dear friends, there is no stronger force than the thought of love. *(Agreeing murmurs)* **No matter the situation, the thought of love for another, and especially those who wish to do wrong, and hurt another human being—that thought becomes so powerful, that as I have said, that energy is transmuted.**

Sara: So it's the best thing to teach our children **(yes)**, when they're being threatened. I have always said this in the past to my children—

It is not easy—

—that you send thoughts of love—but, it's quite hard sometimes, when they're feeling very victimised.

Yes, I know. It needs to begin from a very young age (yes—yes)**. But, I understand that it is not always easy, but show by example.**

Sara: Yes, I'll keep trying.

You can also help your child by sending thoughts to *him* and to those that you feel are not so friendly towards him (yes)**. Good thoughts are always *used*.**

Sara: Thank you, yes.

George: Yes, it seems to have been the policy amongst politicians and leaders to feel that war can only be stopped by war, which is ridiculous really.

I have to say when I listened earlier—I have to say, it made me *smile.*
George: Yes, I'm so pleased you were listening Salumet.
Yes, you were not aware of me, but I have been listening—yes, because it is an important topic that you chose to speak about in a sensible manner. So many people when they think of wars and disagreement become so irate with other people that they do not always realise that they are harming themselves.
George: Yes, and during that earlier conversation, I know I mentioned your name Salumet. Did that attract you to the conversation, or were you there anyway?
I was already there. What attracted me was the instrument was playing *(a recording)* **and my voice came through, which helped me to be with you—so no, my answer is: I was already there waiting for your conversation.**
George: Wonderful! I'm so pleased about that!
Now, I do not intend to stay long this time, because if the lady is willing this time, I feel it would be beneficial to all of you to be taken on a spiritual journey.
Sara: Yes, that's fine!
Yes—I will, my dear friends, be with you one more time, before we come to your festive season.
As always, after my next meeting with you, I shall be returning to where and whence I came for just a short time. So, until we come together again, I cloak you all in love, and I hope to endow you with much thought of peace and goodwill to all men.
George: Thank you Salumet. We look forward to a further visit this year. Thank you.
(General thanks)
And so, our teacher was already present, aided by the CD recording that Paul had prepared. Salumet remained with Eileen whilst Sara delivered a meditational journey—audio version freely available on website: www.salumetandfriends.org
Sara's meditative journey:
Following on from the theme of peace and goodwill, I'd like us all to go on a journey, in which we're going to focus our energy on perhaps someone—there may be someone currently in your life who you have been in conflict with or felt in conflict with—or perhaps if there is no one currently, you can think of someone who perhaps you have had those feelings towards in the past.
Try, if you can to think of someone who has at some time caused you some aggravation, either recently or in the past, and what I want you to do is—I want you to imagine that you are in a beautiful circular room, and the room, itself is filled with gentle light—a white light and rose-pink light—a very sweet, very warm, very beautiful place to be. And I want you to imagine that that person that perhaps at times you felt in conflict with, currently or in the past, is sitting in a large white, comfortable chair opposite you on the other side of this circular room. The room itself—it feels very spacious and very light, but also very peaceful—beautiful, warm , peaceful, loving energy in that room—a bit like this room here now. Imagine that in that beautiful, peaceful space, this person that you felt perhaps unhappy with is sitting in that chair opposite you now.
What I want you to do is, encompass and enfold them with your love. Look deep into their eyes, and, if they have treated you badly, try to come into touch with the sorrow and the pain in their eyes. Try to see and feel something of their soul and the state of their mind. Try to sense how it feels to be them with the life they live and the pathway they tread. Just sit with that feeling for a few moments.
Try to absorb or learn what it is you might need to know about their mental state. Try to connect with that person. Now imagine that your heart is sending out light rays—beautiful light rays—white golden light, and

these rays are transmitted towards this individual, and they encompass this person completely in a cocoon of pure love and pure light. If you are a mother, try to imagine a maternal feeling towards this person, a protective, maternal feeling of unconditional love. If you are a father, try to do the same, and, if you are not a father, just think of it as a protective, unconditional feeling of love and support for that human being. No matter how justifiable your annoyance may have been, forgetting the rights and wrongs, and who has got the upper moral ground. Just think of it as giving to that soul what that soul actually needs at this point in time, which is more love and more light to sustain them—to stop them flailing around in an agonised state. Try to bring that peace to them in an energetic way through these light waves of energy and love. And, as you transmit that powerful love of which there is no higher vibration, feel yourself raised up in the process to feel at one with peace. And when you feel that the connection is total and complete, and that you have given as much as you can to that soul, then you can say 'goodbye' and leave the circular room, and hopefully feel much lighter than when you entered.

Next, Eileen gave clairvoyant messages for those sitting, and indicated that a large 'A' seemed to be with Gary.

Finally, Bill spoke his thoughts via Gary, referring once again to 'World Change'—a world changing fast, and the change being felt in spirit as well as on the planet:

So we'll be coming closer to you—we'll be quite near to each other in the future.

George: Spirit world is coming closer—(Yes) Right.

A merging of dimensions—in ancient times it was like that, and again it will happen—a dimensional absorption—call it 'Ascension' if you like. Ascension is to do with merging—you can ascend physically as well, you can be in both camps. You can be in the physical realm and also with the higher cosmic realms—can exist in both camps. That is what we encourage in you—harnessing cosmic light into the physical realm, so the light can spread. And that is called 'Planetary Ascension'. The great sages and prophets prepare us for this.

George: 'Ascension'—so that is the significance of the 'A' that was mentioned in clairvoyance earlier.

Yes—it is all to do with stopping wars and conflict—honouring the planet, and each other and respecting all life forms—no need to hate. When you see yourself as everything, then everything is a part of you.

Bill went on to say conflict becomes impossible—you can only blend and merge—no separation—any hate is in separation from the oneness—the condition of 'love' is a united one—all is in a state of joy and happiness. It was suggested that this might help reluctant scientists to accept the reality of spirit world.

Sooner or later they will recognise spirit—all is changing—so I bring you the 'good news'—well someone has to, you don't get it on your news!—all gloom and doom, yes.

(Fond farewells)

~12th December 2011~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

I am happy to join with you once more. As I join with you, I am aware of some depleted energy within some of you. As you approach your festive season, take the time dear friends, to recuperate, to feel uplifted and to realise how important it is for each one of you to renew that spirit within—as I do when I leave you—I return to that place of upliftment, and so too, my dear friends, should you always also take the time to focus upon that spirit within. Last time we spoke, and I mentioned a few words to you: 'peace and good will to all men'; and I asked my dear friends, that you thought deeply on those words—and what it means to you. Words are easy, but is the realisation of the meaning of those words a little more difficult? I think so.

(Agreed)

Yes, so I feel that as we have come to the end of another one of your Earthly years that it would be appropriate for you all to discuss: 'peace and good will to all men', and to what it means to you personally. So, shall we begin? Have you thought deeply about those words?

(Pause)

George: I feel that there is a double-aspect in some ways. There's our personal interpretation and a more general widespread interpretation. 'Peace and goodwill' to me personally is quite simply bonding with others in such a way that you wish them no harm, you wish them a good life and enlightenment—peace is perhaps more mystical—that lovely feeling that goes with relaxed living without recriminations of any kind, and in the wider context, it means that humanity cannot possibly indulge in warfare or indeed bad thoughts concerning those beyond this planet—all must be entirely accepting of all creation and its wonders.

Yes, I am pleased that you have mentioned other planets, other peoples and not just to people of the Earth plane. That is all that I will say to you at this time. Who would like to speak?

Mark: I was going to say that when I dwell upon somebody in a negative way, I do feel I'm cutting myself off from something—a vital part of myself. I don't feel at ease, and I feel like it's quite damaging.

So, you feel the recognition of your own spirit. Yes, I will accept that from you.

Sarah: Well, I didn't hear your words last time Salumet, and I have to confess I haven't read the transcript, but just thinking about it now, when you said those words, I just think of an inner peace. So, if you have that inner peace, then 'goodwill to all men' would, I think, come automatically, because you're at peace with yourself—you wouldn't want any conflict to disturb that—so I think that would be a lot of the way to having goodwill towards others.

So, you are speaking of peace in the physical sense that would allow you to be more open to others. Is that what you are saying?

Sarah: Well, yes and No. It would be a physical peace, but if you go further in—search—so you've tapped into your spirit, going deeper within **(yes)**. I was thinking of a *deeper* sense than just the physical, although if the spirit is at ease, then I think the physical would become at ease as well, so the whole thing would become more relaxed **(yes)**, and it would become a more automatic process.

Yes, thank you, thank you.

Rod: Well, I feel that I cannot put much into this. I came back from that meeting a fortnight ago and, for a start, I sat down with Daph and I said 'Peace and Goodwill to all men'—what about you women?—of course we had a lot of laughter. But I don't think that over the last fortnight that my mind has altered a great deal on that—but I suppose I'm too set in my ways. The other thing is—I suppose, it's not a good time to say it, but I'm on some tablets for blood pressure and there's one that can give you a bit of depression and a bit 'niggly at times. It's not very good really—I'm very ashamed of that. But, if you push that aside, I like to spread the word around about spirit as far as I can with different friends. It doesn't always go down well, but I think you said if you can plant a seed, then so be it—and I think we must do that—I'm sure we must do that. But I'm not a good example Salumet, I'm sorry.

You must not put yourself down. You may not feel that there is anything to contribute, but I will say to you, my dear friend, it has opened up recognition of *yourself*. So you see, even when you feel there is nothing to give, *you are learning* and that is most important. Thank you!

Rod: Thank you very much!

Yes, who is next?

Daphne: Well, it's only very short, but I try each day, and it's a very simple maxim that I try and hang onto—it's just to treat everyone as I would like to be treated by them—with kindness and all the loving feelings. I'm not the best, because I do have people that I just cannot get on with, but I just try and put loving thoughts out to them, and I hope it does some good, but I feel that to treat others as you would be treated yourself, is, in my eyes, anyway, not a bad thing to do.

Indeed, it is not a bad thing to do—the striving for good*, that* is what matters, and the very fact that you *recognise* your faults is good. Thank you!

Jan: I too wasn't here when you had the last discussion, but I'm sat here thinking that lots of people have said how they feel and that's not a 'cop out'. 'Peace and Goodwill', to me—when I'm at peace with myself and the world around me, then that's the feeling that I would wish upon my fellow men; without conflict, and I think the internal conflict that we all deal with, is a tremendous battle as human beings. It's part of our make-up—part of our generic make-up. But when you are at peace with yourself and everyone around you, I think it's one of the most wonderful feelings that anyone can have. So my thoughts would be—for those on this planet and all the others, like George has said, that we all strive to feel like that all the time, and hopefully, one day we will.

Because you see, to offer these good thoughts for others, you are in fact, using your *spiritual* self, and it is the *spiritual* self which must *feel* that love and peace and goodwill to all. You say that these feelings that have to be suppressed are part of your nature, but it is not your *spiritual* nature.

Jan: No—I understand the difference between the two.

Yes, thank you. Now we have one more to speak with.

Lilian: Yes, I've given it a lot of thought, but no clear answer—but Jan just mentioning the feeling that can come on very rare occasions—with me it's just been a wonderful feeling and you just feel a great love, and if only we could hold that all the time, then yes it would be marvellous. Obviously, the spirit comes to the fore, but I'm afraid we've got a long way to go.

Yes—can you, my dear friends, see the connecting link that you have all made?

Jan: Mm.

You can, I know—yes. You have come to recognise your own, what you would term 'failings', but which I would call striving to know yourselves (Mm). **They are not failings, my dear friends. They are happenings in an Earthly life which need to be *changed* in order for the spirit to *grow* even more. You are *beings of***

love. **Therefore, feelings of peace and goodwill towards all men should be natural to you, but of course, being human beings, makes it a little more difficult—but that is why you are here. But I would like you to always retain those words in your minds, and whenever you encounter upsets and troubles in your lives, remember those words, and automatically, you should find that that spirit within will come to the fore and uplift not only yourselves, but all of those people you know. So my message to you, at this your festive season, my dear friends, is to shine within that love which is eternal. *Feel* that love, *feel* the peace which emanates from that love; and I will tell you, now, my dear friends, you will experienced the utmost love and joy in this your everyday lives.**

I hope you understand my words this time and I am saying to you and to all of creation: *PEACE* AND GOOD WILL TO ALL!

George: Yes, wonderful!

If there is anything you would like to ask me before I leave?

George: Yes, as a matter of fact Salumet, we received a question today from one of our readers of the website, and perhaps it would be good to add this question on to what has been said. The lady has said she knows that there are various spirits around her, including her son, and she acknowledges those spirits. She would like to feel their presence more, and is wondering if there is something she might do to increase her awareness of those spirit friends about her. Would you care to speak on that, Salumet?

Yes. Firstly, let me say this to you. You cannot always have what your heart desires. That is the first point. But that is not to say you cannot expand your own consciousness and awareness to spirit. Again, I say to you, my dear friends, you *are* spirit. The possibilities for all of you are to become more aware—more spiritual than human, although that sometimes takes great sacrifice on your part. The lady is aware of those around, but it is not just a one-way system. There has to be from our side of life, a willingness to show yourself, and let me say: not all are ready to do this. So no amount of calling from the human side of life can make another come closer. That is my second point. What I would suggest for this dear lady, is that she continues to open her mind, but to learn more patience.

George: Yes, and might I say, she thanks you and the group here for all that has been made available for general reading; and perhaps I could add: perhaps we should extend our wishes of peace and goodwill to include those about us as well—in spirit.

Yes, thank you! Tell the lady that they will come closer to her, but, as in all things, it is a two-way system.

George: Mm, yes, thank you.

Jan: I would like to mention—I was asked to mention by Richard, my son, that he feels ready—they are his words—to write his book, and he's asking those that come close to him to help guide him with his book. I don't know what he wants to write about—it's on spiritual matters and that's for him to know, but I just thought I'd ask you Salumet or to let you know that I think he's beginning to want to work for spirit. And that was your quote: when he's ready he'll want to work for spirit.

Yes, when the pupil is ready—I will leave those words with you—

Jan: Right, thank you—

You know what I am saying?

Jan: I do—I'm just the messenger tonight **(yes)**. Thank you very much.

Those who open to spirit, will in whatever way—will be used for the good—and there are different ways that you are all used, as you well know. But it is up to each person to direct their pathway, and I can tell you that those in our world are only too happy, and usually overjoyed, to help one of you here on the Earth plane.

Jan: Thank you.

Now, my dear friends, I feel I will take my leave of you. I wish you much love, not only from me, but from all those who stand close by you every day of your living. And I know that you may not always be aware, but you are becoming better at seeing those little synchronicities that happen in your lives; and I know that you are more aware of the signs of spirit (yes)**. So, with those words I take my leave and I will look forward, my dear friends, to our meeting in another one of your years.**

George: We look forward to that meeting also and I'm sure we wish you well and send our love with you. We can't imagine where and how you will be—

And I can't explain it to you—

(Laughter)

—in the coming weeks, but we send our love and look forward to your return.

Thank you.

Jan: And thank you for the upliftment tonight. I think we all sensed that our energies were completely depleted when we walked into the room.

Yes, I did feel that, but hopefully that love will uplift you in the days to come.

Lilian: Thank you!

Jan: Well, like we say here: *Safe journey!*

As a blink of the eye!

(General amusement)

Prior to our meeting, there had been healing prayers as always—this time, one included for Ann my wife, at home with a difficult sciatica problem:

We spoke amongst ourselves a little following Salumet's visit, then it became evident that one was with Eileen:

Lilian: Good evening and welcome! You've been listening?

It's so lovely to be with you.

Lilian: Well, thank you for those words, Nice to have you with us.

It's been a long time—a very long time. I've been with you before.

Lilian: Yes, can you remind us of your name please?

I am Sister Agnes.

(Delighted murmurs)

Yes, I was so attracted to your energies tonight and I wish to come just to wish you all a beautiful Christmas.

Sarah: Thank you very much.

Although, I don't need to honour the Christian religion anymore, I still do enjoy this time of year because of the love and the singing—I don't call them 'hymns' now—singing of love and joy and what you were speaking of—peace. It's just so beautiful.

George: And it goes beyond any single religion, no doubt.

Hold on, I wish to give you these beads. I want you to give them to your lovely lady wife.

(As Sister Agnes' hand—Eileen's hand—reached across, I cupped mine to receive the beads ... and later transferred them to an envelope. Both Lilian and Jan declared that they could see them.)

George: Oh! Wonderful!

Please accept them from me.

George: Wonderful! Thank you so much!

Each one I have blessed. Please make sure she has them.
George: I will, I will. These will be treasured—much treasured (Yes).
Lilian: She will be very, very pleased!
Yes, I used to be most fond of them. They are most beautiful, but they are imbued with not only the love that I give, but all of those sisters who are standing behind me (ah!)**.**
Lilian: Are they the colours of the rainbow?
You can see the colours?
Lilian: It just came into my mind ***(Yes).***
George: This is wonderful, and, going back in time, Ann was educated at a convent.
So, she will appreciate the rosary bead, yes?
George: She will, indeed!
Yes. Oh, I can't express to you my pleasure at being with you again. I really did not think I would ever visit you, but it is my great joy to be with you tonight.
Lilian: It's been a pleasure!
George: It's wonderful for us too, to receive you Sister Agnes; and you are now beyond any single religion? Could I put it like that?
Of course, but as you are well aware as a group, we do sometimes return in the old garb that we became so used to and, my goodness, was it not garb—so itchy!!
(Laughter)
I was so pleased to dispose of it.
(Laughter)
Although, it took me many of your years to even allow that thought to enter my head.
George: Yes I can imagine.
Yes, but it is wonderful the freedom that you feel.
Sarah: Do you ever go and visit nuns who are still wearing the garb?
Not too often. I have really gone past doing that. This has been a very special visit—this one—
Lilian: We're honoured!
—yes, because our acquaintance goes back such a long time—your time I mean, not ours. And I just felt I needed to just say 'hello', and because of the teachings that you have had, that I felt it appropriate tonight.
Sarah: Well that's lovely, thank you!
George: We're so blessed with all those teachings, and it's a wonderful, if I could use an expression 'icing on the cake' for you to come through to us again.
(Much Laughter)
How generous of spirit!
Sarah: I think the last time you came to us we were in the other house. We were at Leslie's house **(yes)**. Have you come across Leslie since he's been over?
I have encountered that dear gentleman, who spent so many hours speaking with us. Yes of course, his contact with, not only with myself but the other Sisters goes back much longer than you would know.
Jan: Oh, that's interesting!
Yes—yes I have met him. I believe he keeps himself very busy.
Sarah: I am sure he does.
(Chuckles)

And now, I really don't want to go, but I have to. It's been lovely. I don't know what else to say, but one of my old sayings—'God bless you all'.

All: thank you very much!

George: It's been a wonderful treat for us to have you with us again, and, if it is possible for you to come again, you will always be *most* welcome.

Thank you!

Sarah: We send our blessings to you too.

Thank you, and now, I really have to go.

George's Notes:

1: Leslie spent much time speaking with many Sisters: Our regular records date from June 1994 with the start of Salumet's mission. Since then there have been visits from Sisters: Anna, Marian, Marietta, Rosetta and Veronica. The visits of Sister Agnes were pre-June 1994. Lilian remembers, and several older members are aware of Sister Agnes, simply because Leslie often spoke of her visits. He had fond memories and was clearly much impressed by those communications.

2: Beyond Religion: This communication helps to make clear the place of 'religions' in our world. It might be said that they have become increasingly enigmatic. Some devotees follow in good faith, while others (often younger people) are apt to criticise. To some, the repetition of service is questioned. Did those, such as Jesus and Buddha, who delivered 'the word' ever intend that it should be cloaked in ceremonial ritual and split into hundreds of different sects? Such presentations seem only to make sense if, on becoming more aware, we see them as 'jungle pathways' that eventually lead to the 'main thoroughfare'. And, of course, the main thoroughfare is what it is really all about. It is clear that Sister Agnes is on that 'main thoroughfare', having progressed beyond any single Earthly religion.

3: PEACE AND GOODWILL TO ALL: It seems clear, from Salumet's words and his commentary on our feelings, how we should regard this traditional wish. And I think we can see that 'peace' arises out of 'good will', at least the terms are well connected. That means: no wars, no munitions stockpiles, no thoughts of hostility, and always honouring that principle which is embodied in the original teachings of EVERY Earthly religion:

'Thou Shalt Not Kill'.

Ideally, our wish extends across all international borders, datelines, class groups, age groups, ethnic and monetary divisions; it also permeates nature and all Creation—not just this one single planet, but the entire universe—other universes too. And let us not forget all those in spirit—associated with all planets. The Creation—of God, or Creative Principle—extends so much further than just one single religion, or indeed one single little planet of our most immediate knowing!

★★★★PEACE ★★★★AND★★★★ GOOD ★★★★WILL ★★★ TO ★★★★ALL ★★★★★★★★

~9th January 2012~

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

They still come, unfortunately.

Sarah: There's a lot of talk about soldiers today. People are helping the wounded a lot more.

Yes, so they should—it's not just physical help they need; it's mental help.

Sarah: Moral support—
Moral support, yes my dear. War is never a good thing.
Sarah: And there was a lack of understanding of how people felt during WWI, wasn't there?—had to put on a brave face and go with it—couldn't understand shellshock etc. then.
No—and so many of those poor lads were killed by our own people, and you know, that sticks to me still!
Sarah: I think it was just a lack of understanding what was happening. They just felt it was the right thing, and people shouldn't give in, but they didn't understand what was happening.
They didn't—and you have to forgive them. They thought they knew what was right.
Lilian: I was listening to a story—a young man of 18. Once he landed in France, he went straight into the situation of killing. He pulled his trigger first and killed this young German—the same age as himself. He then sat down and really sobbed his heart out. They don't think of that do they?
I wish you could see these people when they come over to us—the shock and horror of what they have done to each other.
Lilian: Yes, it's too horrible!
It doesn't matter what side they belong to—the shock and the horror is devastating to them. So, my dears, I would like to ask that you give thoughts for all those people who are still in wars, and even today—
Lilian: Yes, and they have no idea really about the killing of another person.
No—they don't know what it's done to their spirit. That's the tragedy—that the spirit itself is damaged—not forever of course, but that is something that has to be worked at—that is what my friends Peter, Tom and I do.
Sarah: A very worthwhile job!
And now I have to go. I'm sorry if I've intruded.
Lilian: Not at all. It's nice to talk to you.
But seeing the train just brought me back.
Lilian: It's probably why my friend saw the train. I expect there's a reason.
There's always a reason—nothing by chance.
Lilian: No, thank you for calling in.
Yes, that's a good way to put it.
(Fond farewells)
George's Notes:
Much to think on here:
-*How sad it is to see youth being encouraged to go to war to kill youth.*
-*What of the politicians who consider there to be just cause for this?*
-*What of those who devise the weaponry and supply it to blow people to bits?*
-*Why do people in majority, regardless of their religion, support governments in their warfare activities?*
-*What about the selfish intent and the ways of suicide bombers?*

~16th January 2012~ SALUMET

Lilian: Good evening Salumet, welcome back to our New Year.
Good evening.
All: Good evening!
It is good to see so many of you here, my dear friends. I join with you in another one of your Earthly years, and it brings me great joy to know that each one of you continues along your Earthly pathway—not always easily, but nevertheless with a determination that is a credit to you all. I will say once more, life's journey on this Earths plane does not always run smoothly, as you would like, but my dear friends,

what you should gain from those experiences is a strength and a knowledge that, spiritually, you are growing strong. That will be my hopes for you in this your coming year—that each one of you recognises that divinity which you all are—that you recognise it and you make full use of the knowledge that you have gained. I do not and could not expect more from you, and I know that at times, it must seem that I constantly repeat myself. I do this only for *you*, my dear friends, in order that anything you gain from our meetings sinks into your minds and hearts and souls. That is my wish for you all. I will not stay with you too long this evening, but, if you have any questions for me, I will endeavour to answer them for you.

Lilian: Any questions?

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

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

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

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

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

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

George: Yes—yes.

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

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

(Said with tongue in cheek)

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

George: Yes!

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

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

It is everywhere!

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

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

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

Jan: Surely that has got something to do with the fact that, in my little wisdom, I see it that more and more of us are on the planet and more and as more of us return to spirit and, obviously things are going to grow because of spirit.
George: There are alternative explanations **(yes)** for this red shift, and one that I would like to voice is that—just supposing in its lengthy journey across the universe, light gives up some of its energy to the energetic void, if I could put it like that—then it would increase in wavelength—and that could be a further possible explanation for the red shift that is seen **(yes)**—in which case we have a 'steady state' universe.
Jan: I would much rather simplify things—much rather.
I was about to say: you can give names to anything at all within the scientific world. I will repeat what I have said on a few occasions: energy is never static.
George: It is transmutable.
Yes, of course—so I would like to simplify, as the dear lady says, to say that energy is all around, in the same way as spirit is nowhere but everywhere. Energy can NOT be static—it is transmutable. Therefore it can travel across many universes as quite a natural happening (yes)**. Your scientists complicate matters by their theories** (yes)**. You would agree?**
George: I would agree, and I was going to put the question if I may **(yes)**: would you feel comfortable with the idea of a 'steady state' universe as opposed to an 'expanding' universe?
Jan: I'd much rather it expanded, personally. *(Chuckle)*
You cannot be comfortable with a steady state universe (ah!)**. No—energy is ever changing, ever moving, transmuting itself—energy cannot stay still. But I know where your question is going, and I understand how your scientists and people of knowledge feel; but basically, a lot of the time these people do not believe in spirit; therefore their outlooks and their views are coloured by this** (yes)**.**
Jan: If it's not a judgemental thing to say, I think that their egos are jostling for position to write the next paper more than if they spent the time meditating / going within and doing something completely different with their time.
I understand your view, but they are after all people who are only seeking what I call the truth. Therefore do not be too harsh on them. They are trying to find out, but they fetter themselves by their own views. You understand?
Jan: Yes, I do.
George: Yes, there's a great need to take on board the values of spirit **(yes)** and place those values together with scientific thinking—I think that is a way to put it.
Yes—only in that way will they arrive at the true conclusion. But you have to give credit to them for the work that they are trying to do.
Jan: Yes, I do appreciate and I respect, but they have a long way to go before they are willing to look at the other side of the coin.
Those who have partly closed minds will never find the full picture. In the same way as you, my dear friends, within this room, will never know the full picture whilst you inhabit human garb.
George: yes, I think I would be right in saying that our friend Rudolf Steiner, who has been through to us on three occasions recently—he seems to have been a scientist or philosopher who had spiritual connections whilst in his Earth life?
I have to tell you, dear friend, there are many in our world who have had minds of *seeking knowledge*, but who have also been spiritual people. So be careful that you do not judge another by their viewpoint, because, as I have told you, you cannot always know what or who that real person is.
George: I merely wanted to pick him out as an example.
Yes, I understand.
George: I appreciate there are many others.

He is one of what I would call the more modern age—yes; but remember that much of spiritual knowledge has been lost on your planet through time (yes)**. Therefore, it would only make sense would you not agree, that those who have gone before have had a far more superior knowledge?**
George: Yes, I think you're referring to the past great civilisations **(yes)**.
Jan: Salumet, changing the subject if I may, can I ask a question about freewill? **(Yes)** Not the freewill to remain on our Earthly plane, but the freewill in which a person who is encumbered whilst here with a body and a mind that they've chosen to come back with—a disability. Cheryl had a patient who died last Saturday in front of Cheryl. I had the overwhelming feeling, and I said so to Cheryl, that her freewill to die because she was unhappy seemed to override everything. Am I correct that certain people do have the freewill to do that—to pass on at will?
I would hesitate to call it 'freewill', but rather the 'power of the thought'. I have told you so often that 'thought' is the most powerful thing that you can possess, and of course then, freewill can change the course of where you are going. So, if someone creates the situation of wishing to leave the body, then that power of thought creates the reality.
Jan: Right, yes, I understand that.
So that is why these things happen. I would not say always that it was the right choice or that the freewill was used wisely, but you have to take individual cases as they are. You understand?
Jan: Yes, I do.
Remember always, the power of your thought creates the reality (yes), **whether that be right or wrong.**
Lilian: I believe you said something like that about Leslie when he passed over.
Yes, yes he did.
Sarah: I was going to ask you actually—there's been a lot of discussion recently about euthanasia—people who want to take their own lives. They're not going to do it through the power of thought, but they want to go to a clinic and end their lives, and I know you've said in the past that that isn't the right way to go about it and you've also told us that maybe we weren't ready to understand why, and I wonder if now you're able to tell us a little bit more about why we shouldn't do that. Is that possible?
Because you are curtailing your life before your life span is finished. Why should you curtail that lifespan because you think it is right, or you are right? You do not see the wider picture, once again. So therefore, why do you feel it is right to curtail that life? It is not correct. *(Affirmed)* **It is *never* right, and I will stress *NEVER right.***
Jan: In no circumstance whatsoever is it right—is that what you're saying?
When the spirit is ready, they will go naturally.
Jan: So, no matter how much pain and discomfort they are in—that is where they have to be at that particular time **(yes)**, and, even if they were to touch one more life while they were in that despair that is their—
Yes—very often, in the time of discomfort, does the spirit come to the fore.
Jan: It seems to soar, doesn't it?
Yes, and although I understand that human beings find this distressing, and so often we hear: we would not allow animals—and I understand that love that you have, but you do not have the right to shorten your own lives. You can use your mind to help you along (yes)**, but it should be a natural end.**
Jan: So with an elderly domestic animal—
Animals apply to the rules of the human beings on this Earth. Yes, they belong to *spirit* in the same way that you do. So, I would say no! (Okay.)
George: It's very good to have your firm statement on this, Salumet, because there's been much discussion in the media.

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

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

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

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

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

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

Rod: When they go over?

Yes.

Jan: You can't turn back.

You cannot run away from a life given.

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

In a way, I understand what you are saying, but it is selfish that they deprive those who have loved them of that love (yes)**. Remember: Love is everything and just to hurt deliberately one human being can never be accepted. No one on this planet is a sole entity. All of you are intertwined in one way or another, be it to a husband, a wife, to children, to parents—no one stands alone. So, I have to say: yes it would still be considered as a selfish act; although, as I say, I understand that *they feel* it is unselfish. Their view will change when their whole picture is once again shown to them. I cannot deviate from this answer,** (no) **because it is the truth.**

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

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

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

Lilian: We've kept you—sorry!

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

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

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

All: Thank you!

Next, one addressed us very clearly via Sarah:

Good evening to you!

All: Good evening!

I always hope that I can make myself apparent to you without having to speak, but I never seem to have much luck—so I decided, this time, I would just call in to say how much I enjoy being with you all. You are such an inspiration to many who have just passed over to our world. We often show people the light that comes from you all, and tell them that they are indeed 'spirit' but only in a physical form, and that those who have passed are indeed spirit and they have left their physical behind. So, although you are

unaware of the help you have given to so many, I now wish to let you know that you are used in many ways that you are not aware of.

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

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

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

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

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

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

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

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

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

Yes, thought—good thought always helps.

Lilian: That's interesting.

But, it is not always the case that somebody who is a non-believer—when they are here—sometimes when they come back to spirit they start to realise that they have made a mistake. There are of course others who remain adamant that there is no such thing, but it's not always the case. It varies so much from person to person.

(Appreciative indications of understanding)

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

(General thanks)

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

George's Notes:

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

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

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

~23rd January 2012~ SALUMET

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

Standing by each one of you are people who have come to bring you some upliftment this time.

(Thanks expressed)

Therefore I would say that when you leave this room this time, there should be some lightness of spirit. I have listened carefully, my dear friends, to your conversation about how the spirit is low, and how you are all feeling, and dependent upon the Earthly drugs of upliftment.

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

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

Lilian: Emily or Cheryl?

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

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

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

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

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

But you cannot live their lives for them.

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

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

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

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

George: Yes, I rather like to compare our brains with a computer—and the Internet is beyond the computer. It is not exactly physical, but we can control our brains just as we can control a computer, I feel.

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

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

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

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

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

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

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

Emily: Right!

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

Emily: I do get really frightened.

Jan: Do you?

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

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

Emily: Yes, thank you!

Jan: Yesterday, I had a terrible episode—absolutely dreadful! Well, I'm amongst friends, so I don't mind saying it. It's all to do with hormonal imbalances—I know it is and that's all human and part of my garb; but today, I'm learning that if I have an episode like that, I must quickly forgive myself with my own inner love

and get back on the horse, as it were and not hang on to that—I'm going to try again. That was just one tiny little blip along my journey. I think I'm right in thinking that, aren't I? **(Yes)**. You have to forgive yourself. You keep telling us not to be hard on ourselves.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Why do you feel it is not?

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

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

Emily: Thank you!

(Brief pause)

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

Emily: Yes. Thank you!

I will try to help him clear.

Emily: Thank you very much!

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

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

Sarah: Thank you!

It will be okay. Do not worry too much.

Emily: Thank you.

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

Lilian: So this is something he needs to learn.

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

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

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

Cheryl: No—thank you.

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

All: Thank you.

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

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

Yes.

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

with a 'Poor Daphne!' and to get us all laughing seems to have been her intention. She had parried the question about her name. Rod was keen to get some answers from our visitor, and as a parting shot:
Can you tell us what you do—up there?
I try to avoid men!
That caused much laughter! Our visitor then said she was being told it was time to leave and off she went midst fond farewells.
Well, she certainly brought good cheer and left us in good spirits—in more ways than one. Perhaps Salumet had placed her with us for that purpose.

~13th February 2012~

One spoke via Eileen very clearly and with deliberation passed on to us words of guidance from another in spirit. The idea seemed to be to keep us on track:
Lilian: Good evening.
I have been waiting.
Lilian: Sorry about that.
Doesn't matter, I'm here now. I'm here to tell you: next time brings the one you wait for.
Sarah: Thank you.
Next time.
Lilian: That was one of the reasons I waited. I wasn't sure if he would come tonight. *(Referring to Salumet)*
I see. I'm sorry if you're disappointed.
Lilian: No, that's fine.
Sarah: We're never disappointed. It's always nice to have anybody through, so you're very welcome.
I've also got to tell you that two of the ladies here will be used tonight—not the one I'm using—two of the other ladies.
George: That's nice to know. Thank you!
Yes.
Lilian: Is there anything else?
Yes—this year will be a time of self-development again for you all (Yes)***, but you have to work at it—WORK AT IT!***
Sarah: Thank you.
You can't wait for it to just happen. Work at it!
George: Well that's a good message for us to have. It should hopefully stir us in the right direction.
Yes, someone says you need a little help, but you must do the majority of the work for yourselves (yes).***We can help but only if we are asked to.***
Sarah: Thank you! I know I need a lot of prompting—a lot of reminders—a bad culprit for not doing the self-development work ***(Yes).***
Lilian: I think she's needed a rest, maybe.
But don't you understand that by development, you would not be so tired?
Sarah: Ah yes! Thank you!
Do you understand?
Sarah: I hadn't understood that—but, of course! Thank you for that!
Lilian: I don't think any of us had given that a thought.
Sarah: I have been *very* tired ***(Yes).***

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

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

George: I am very aware of communicating with others at the moment (Yes), and we get email communications from people in various countries, and this is quite valuable—well, it is very nice to know that the word is spreading (Yes), but perhaps you would see this as *going without* instead of *going within*?

No—because we know that you find it quite difficult to absolutely go into deep quietness; so, in a sense, you are being used in another way, but at the same time, may I suggest that you also find time for the quietness (yes), ***even if you don't find it so easy, you are rejuvenating the spirit within, which in turn, looks after the physical being.***

Rod: That's good news!

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

Rod: Thank you for that.

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

Sarah: Thank you for those words and thank you to the one who is giving them (Yes)**.** That's very helpful.

She says you do not know her, but she is well aware of each of you in your daily lives (oh right), ***because you are part of this one group. She is interested in what you all do.***

(Appreciative murmurs)

Sarah: That's very nice.

Rod: Has she got a name?

I will ask if it is permitted—

(Pause)

Yes, she gives her name as Alison—Alison.

Lilian: Oh, thank you.

Rod: Thank you, Alison.

Lilian: Would she have known us in other lives?

No.

Lilian: I just wondered why she was interested.

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

George: Well thank you communicator and thank you Alison.

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

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

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

George: Thank you—wonderful!

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

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

Lilian: Thank you!
Sarah: I was just wondering—when we go into our meditation—if we asked or just thought of Alison if she would help us a little bit in 'going within'—helping us with our endeavours. Would that be a good idea if she is going to be around us?
She thinks that is not her task (no, okay)**.** ***She does not wish to disappoint you, but that is not what she has to do.***
Sarah: No, that's fine. I just wondered if it could be done.
George: It has been our pleasure to receive you both. Thank you!
Yes, thank you all.
There followed a clairvoyant message via Eileen—from 'Jim', who said: "Hello friends—I'm okay." A brief but much appreciated message passed on from our dear colleague Jim, who has in earlier times contributed to both Salumet and Bonniol exchanges, until his illness and passing to spirit nearly four years ago. Thank you Jim—so good to hear from you!
Next, one via Sarah—a little confused at first, as sometimes happens, but was soon able to deliver a message:
—Yes, the one with the dark hair—yes, she must relax. She passes on her anxiety to others, and this does not help. She is a caring person, but because of her worry, she is not achieving as much as she could. She must put faith into what she knows is right. The one she is concerned with is receiving much help from us in spirit and she will achieve her goal. But she needs the support of her mother. Please do not have any fear. Fear is being passed on and this is slowing down the process of healing for your loved one. We are helping you as well, and when you have problems you must not worry, but ask for help from those around you—and much more will be achieved.
Lilian: It is something that is hard to follow, but we know you are right—I'm sure you understand.
There was at this point, the sound of exhalation. Then another with a very clear and quite different, distinctly male voice, took over—still via Sarah:
My dear lady—do you not have faith in the words that you have been taught? You must not let the physical thoughts override your spiritual knowledge. You have much knowledge and you would be wise to make that your number one priority. You too, dear lady, are a most caring person, and you too worry far too much.
Lilian: I must agree with you!
Yes—please try not to worry but put your faith in the knowledge that you have. We will help you, but you must ask and put aside these negative physical thoughts. We like to see progress and we are only too happy when we are asked to help. We cannot interfere with your daily lives, but if you ask us for help, we are only too pleased to oblige. So I would say to you all: there is no need for this physical worry. You need only to concentrate on the spiritual side, and you will go forward with much more ease. We know you are all capable of so much more, and I was by the other lady when you had the message to go within and use this quiet time. We can be with you in this quiet time and can help you even more. So I would say that the message from this other person and from me is the same. Spirit is there for you—please make the most of it whilst you can.
Lilian: Yes, we shall remember.
And now, I will take my leave, and leave you all with a gift of 'hope, love and guidance' for you to use when you are in need. Thank you for your time.
George: Thank you for your splendid guiding words. I'm sure we shall use renewed effort.

This will make us most happy and—

Rod: Could you please give us your name?

I am 'Father Jacob'.

Rod: Thank you Father Jacob—thank you.

Lilian: Is this your first visit to this group?

(A few whispers and Sarah was saying: 'He's gone now'.)

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

If you wish to listen to rescues, there is a page for this on our website: http://www.salumetandfriends.org/7.html

George's Notes:

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

Salumet devoted an evening to meditation – 23rd Nov 1998.

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

~20th February 2012~ SALUMET

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

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

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

Paul: Thank you!

There are many who wish to be here with each of you this time. As you grow, so too do those people who stand close by you at all times. Some of you know and understand why so many come; some of you understand that at different times of your lives, upliftment is needed, information is needed, but most of all, especially within this group, that you need to feel the love of spirit; and they are only too happy, my dear friends, to oblige. As I have said on many occasions, you must ask for our help, because, without

the asking, we cannot then interfere in your life plan. Some of you are still a little reticent about doing this. So again, I say to you, my dear friends, always ask for the help that you need.
Lilian: Yes, sometimes, for myself especially just lately, I feel a bit of a pest—I know I *can* ask.
My dear friend, you are a child of love, how then can you become what you term a 'pest'?
Lilian: True.
Those of us in spirit are only too happy to help in any ways that we can. Sometimes our help is not what you would expect, but nevertheless, the help you receive is a gift for the spirit; and again I remind you, my dear friends, it is the spiritual aspect of you that is ever important. Therefore, that is why I continue to remind you many, many times that that spirit within is what brings you here together. That spirit within is what helps you along life's path, and that spirit within is your teacher for all of your physical lives. I hope, my dear friends, you can see and understand what I am saying to you (yes)**. I feel, sometimes, my dear friends, that you complicate your own lives, and all I can say to you is: give yourself to spirit and they will always endeavour to help you to the best of their ability and to what is the universal 'right' that you deserve. Do we have any questions on this?**
Lilian: Yes, I do have one. Last week there was a particularly sad and difficult 'rescue' through Jan. I hope she was helped to go on her spiritual journey, and I just wondered if you could say that she was on her way?
Yes, of course, we would not bring anyone who we did not feel to be ready to move forward.
Lilian: It's just that I felt so sympathetic towards her and it was a difficult one to handle.
George: That one had such a mother-bond attachment to the very young children that she would be leaving behind; although she could see the light and those waiting for her, there was a moment of panic at the end and she was drawn between—well she didn't wish to leave her children, but I think she knew she had to go forward. It must have been very difficult and distressing for her,
The trauma belonged to the fact that she knew that she had already left those children behind (ah, yes) **and she knew that that next step forward would take her beyond their reach—so to speak. Do not be concerned my dear friends, we were here with you** (yes) **and we wish to take this opportunity to thank all of you within this room for the help that you give to these souls who are finding difficulty in passing to our side of life. Although, it will seem traumatic for you, you,** *(referring to Lilian)* **my dear friend are helped in such a way, that you find the correct words at the correct time.**
Jan: We've said this lots of times to you, haven't we mum? They do come to you.
(Jan is Lilian's daughter-in-law)
Lilian: Yes, but I was struggling. I think the sympathy from me was getting a bit too strong maybe.
But it was a successful rescue.
Lilian: Yes, that's the main thing.
And each one of you completed the task that you were asked to take.
Lilian: Yes—it's kind of remembering there's a job to do.
Yes, and I would suggest—and I know it is not always easy, that after each rescue, you just allow it to be part of your work (Yes)**. These people are brought to you at the time we feel is right, for the time is ready for them to take that last step further into spirit, because so many are tied to the Earth plane, which is in a way, understandable, because, after all, you are human beings on this planet with many attachments; whether it be children, husband, mothers, fathers. But again, I say to you: remember *who and what you are*! Human living is but a transient stage, and you must allow it to take place. But so many are ill-advised or ignorant of spirit, that sometimes these difficulties arise** (yes)**, and we need many, many more**

people who can be as yourselves in groups who give out love and wish to help those who are lost. My friends, you should be happy that you have been given the opportunity to do this kind of work, because not all people are suitable.

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

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

Lilian: And they were so dedicated.

As you are!

Lilian: Thank you! **(Yes)**

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

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

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

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

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

Yes—never assume that you know *all.*

Sarah: Oh, gosh no! We know that!

(Chuckles)

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

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

George: A fear of losing the comfortable 'status quo'—

Yes, yes, you understand, that is so true. So, my dear friends, rather than reject those people who do not follow the same *lines* of understanding, give love to them, that in time, they too, will understand the

truth of life—the truth of themselves and the much wider picture of who and what they are, in connection with this Earthly planet. Slowly more people are beginning to *think* and to accept what is before their very eyes, but it will take some time.

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

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

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

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

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

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

Sarah: Oh—that's interesting!

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

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

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

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

If their decisions had been the right ones (ah, right). **Your freewill, my dear friends, is responsible for so many unhappy episodes in your lives. I am sure that each one of you here, if you look back at some time in your lives, you have made wrong decisions. Yes, it is true for all of you, and only as you move forward in the right way, do you realise what that free will has created.** *(Agreed)* **Yes, I'm sure you all know of an instance. So, it is a powerful thing that you have been endowed with in this life, but it has been there to make you stop and to think whether you ignore the truth, or whether you move forward.**

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

That again, my dear friend is fear.

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

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

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

And wouldn't you all be—in spirit?

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

(Chuckles)

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

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

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

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

Spirit animates the physical being.

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

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

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

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

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

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

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

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

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

All: Thank you!
George: Thank you so much, Salumet!
Next, one spoke via Sarah:
I am happy to be back with you once more!
Lilian: It's lovely to have you back.
But who was it? Then in less certain tone:
I am being taken over by another one, who has not yet been with you ... I am now one other who is bringing one to you...
It was a slightly strange beginning that had us wondering—and now a louder, crisper voice was speaking:
I wish to let you know that the one that you know as 'Kumbala' is taking you on a short return journey—one that you will have taken before, but you will not have any memory of it now. You are in a desert plain. You are a group together, working in hard conditions. You have asked for help from those who you termed in those days as 'Gods' (ah!)***. You built very substantial buildings and you used these, not only as your work place but also for your gifts to the Gods.***
George: The ones we called 'Gods' were those from elsewhere in the universe, who visited this planet? Is that correct?
These Gods were 'spirit' and you believed them to be human. You were as one with these Gods. You had no fear.
Lilian: Do you mean the Gods were from spirit?
Jan: Or do you mean the sun and other elements?
I am talking about the ones who came to you—who came close to you.
Jan: Oh I see.
They were sometimes visible to you and in many cases, just around you. But you believed them to be Gods. These visitors were trying to give you a message, but although you felt no fear, you did not interpret their messages correctly. I am now coming to you, because I feel that these messages that were brought to you so long ago would now be accepted by you in the way they were intended.
Lilian: I'm sure we would.
So this is why I have come to you this time. (Wonderful!) ***It is just to let you know that we are so glad that you have all developed into such beings that we had hoped that you might be, so long ago. My visit is one of joy, and we hope that, in your quiet times, you might again be able to see us, and when this takes place, you will have some recognition from the times past. We are the same. It is you who have changed somewhat, but that element there—that was so long ago—is still with you, and it is this part of you that we will tap into, should you be able to see us once more.***
George: Well, that's wonderful! So—I'm just trying to find a description—so you are 'beings of spirit', that have on some occasions become visible to humans, and you bring messages, or have attempted to bring messages that will help us to move forward. Is that fair description?
Yes, that is quite correct, and we are still here to help you should you need such assistance.
George: Wonderful! (Yes) Thank you for making this known.
We are most happy to reconnect with you, and are always happy when we can be of help. That is our work.
Lilian: How would you describe yourselves—guardian angel or angel of some kind?
I would not say 'angel', but I would say: 'higher being' (Thank you)**.**

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

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

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

You were indeed—a part of you.

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

You were indeed.

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

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

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

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

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

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

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

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

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

More was said, leading to:

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

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

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

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

Yes, that is correct.

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

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

George: Thank you for that information.

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

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

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

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

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

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

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

Well, I would not call us 'an organisation' I have to say.

(Chuckles)

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

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

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

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

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

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

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

George's Notes:

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

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

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

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

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

~February 2012~

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

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

How comfortable and secure you feel in your own words!

Lilian: Perhaps we shouldn't!

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

Sarah explained that we have a very good teacher.

Might I ask who that may be?

Sarah: Salumet—have you heard of Salumet?

Ah—Salumet the teacher! How wonderful!

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

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

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

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

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

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

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

George: So it never feels crowded—

It never feels crowded.

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

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

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

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

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

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

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

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

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

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

Jan: As an analogy—

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

And earlier had been mentioned 'Pearly Gates':

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

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

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

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

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

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

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

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

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

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

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

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

If they so desire. I would say a good proportion are interested in their funerals, because it is still all new to them and they are concerned about loved ones left behind. Yes, so I would say a good proportion like to watch their own funeral, but of course they are saddened when they see so many people crying and sad, when they themselves are so happy.

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

Finally, our guest was saying:

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

~12th March 2012~ SALUMET

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you this time, there is just a little uneasiness which I will help to clear for you (Thank you)**. We welcome the lady who joins with us this time.** *(Diana—a friend from New Zealand)*

(Pause)

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

Jan: Yes Salumet?

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

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

We know, we know.

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

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

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

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

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

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

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

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

You mean from your friend?

Gary: Yes, from Peter—yeah.

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

Gary: Right.

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

Gary: Yes, I think I know the one—

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

Gary: He certainly needs it.

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

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

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

Sarah: Have you any questions, Diana?

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

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

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

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

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

Sarah: Yes, thank you.

Jan: I felt very mindful, Salumet of what you said to me a couple of months ago regarding animals, which was also against the universal law **(yes)**—to put an animal down. And, as you know, I'm in the situation at the moment that can be quite difficult at times **(yes)**. Well, I think we are able to communicate a lot better than we were, and I'm asking him to go in his own time—and the vet says the time is not quite right yet, but she will let me know when it is. I don't want to put him down—I want him to go on his own. Is there any advice that you can give me apart from keep talking to him to help him on his way, in his own time?

You cannot do more, my dear friend. I know it is difficult, and the love that you feel for your animals is as great as the love you feel for another human being. We *know* and we fully understand, but still I have to say, it is the right thing to do. You do not have that right to end another person's or an animal's life before their lifespan is completed. Therefore, I say continue to speak with the animal, and, if you are together in that thinking, the animal will slip quietly away; and I know that you are torn by the advice that has been given and I have said to you, on many occasions (that it is wrong)**—it is wrong, but it is always looked upon as if—**

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

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

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

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

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

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

Jan: Right, okay, that makes sense.

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

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

You cannot do more.

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

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

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

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

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

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

Sara: My friend also did the same thing with her mother. She sort of gave her mother permission to go. She loved her mother very much **(yes)**, but she didn't want her mother to suffer anymore, although, she could see in herself she was clinging on to her mother, so she went to the church, because she likes to go there, and she just said a prayer that let her mother be taken if it was her time, and she was releasing herself from the bond **(yes)** really in doing that—but it just reminded me of that**.**

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

Diana: Could I ask a question, please?

Yes, of course.

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

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

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

You did have the knowledge?

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

Yes, you see instinctively, people do *know* it is wrong, but, of course, your pet will have forgiven you. There will be that love bond always, if there was true love.

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

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

Sara: Salumet, could I ask a question?

I will take one more, yes.

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

(Pause)

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

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

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

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

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

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

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

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

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

I would simply like to say: What is new?

(Much mirth/chuckles)
George: Yes! I quite understand!
Of course the time will come when it cannot be denied and many people *do* know more than perhaps they would say, but this has been knowledge for quite a long time.
George: I think the difference today is that it is actually published on the internet.
Yes, that is a way of communicating that passes information so much more quickly—yes, so therefore knowledge will become known as time continues. So—but, I will leave you with that 'what is new?', because that saves me many words.
(More laughs)
George: Thank you, Salumet, thank you!
And now as I leave you, I would like you, my dear friends, to know that there are many around you this evening and some of you we would like to try to use for clairvoyance. Might I suggest you pick another within the room and see what information you can get?
Lilian: You mean from each other?
Yes—pick one other person—you may be surprised! But, as always, my dear friends, I leave you cloaked in my love. I leave you with upliftment, with *hope* and with *joy*, and I look forward to our being together another time.
George: Certainly, we look forward to that, ourselves.
(General thanks)
And we continued the clairvoyance exercise with some degree of success.
George's Notes:
'Thou shalt not kill': One fundamental commandment given to Moses—sadly overlooked by so many. Acceptance of this biblical tenet would of course mean no warring or support of war-initiating governments, no working in munitions factories, no 'mercy killing', no slaughter houses etc. and we would all adopt vegetarian diet. These have to be seen as ideals, but then this is a 'learning planet', so we flounder, become aware, and acquire knowledge bit by bit.
Looking to our ET-exchanges, this is what makes the Bonniol communications so wonderfully interesting. The much more advanced Planet Aerah (both technically and spiritually) has no memories of warfare, is vegetarian with main employment agriculture, has an equal-salaried work ethic and there is full recognition of the ways of spirit. This includes communication with loved ones after 'death' and before birth, mind links with many beings living on other planets and a spiritually-centered recognition of one Creative Principle instead of a muddle of faltering religions interpreted from early teachings.
'What is new?': It was 7th Nov 1994 when Salumet spoke of governments withholding ET information. Further data on UFOs, crop circles and space-travellers … 11 Jul 94, 9 Jan 95, 27 Jul 98, 11 Apr 05, 30 Jul 07. And the Internet is in general helping to spread awareness despite government secrecy.

~26th March 2012~

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

(Pause—then a loud clear and powerful voice)
I was the one behind this lady.
Lilian: Ah were you? So we were wrong—at least some of us were.
I am one of her guides and I hoped that one of you would be able to tell this lady about my appearance.
Lilian: That's disappointing for you.
I am not so disappointed, but I hoped it would be an exercise for you. I would have been of a large stature and I would have towered above this small lady—but it is not of importance now.
Lilian: So you were one of the lady's guides?
I was not. I am *(now)*—***yes.***
Lilian: That's interesting!
Eileen: Might I ask your name?
My name is Gregory. I have, for a long time, been with you dear lady.
Eileen: Thank you very much.
We have met before, and now that you are reincarnated, I wished to stay near to you.
George: Well, that's fascinating. Thank you for that information, Gregory.
Lilian: can you tell us of when you were together in the physical life?
We have been together in a monastery.
Eileen: Ah! Do you know I was just thinking that?
We were a great support to each other, and when I passed first, I know that it was most difficult for you, but the bond was there and so it remains.
George: Might I ask, would that have been the Myddle Wood monastery?
No—it was before that time.
George: Ah! Thank you.
(In fact, we are aware that some of us were together at Myddle Wood, but not Eileen. So Gregory's answer fits nicely with the information that we already have—evidential)
Eileen: Did you use to grow grapes, Gregory?
It was my passion (yes)**,** ***and your passion was the flowers*** (mm)**.** ***Together, we tended the garden and the two plants complemented each other, as did we in that physical life. It was a time of complete blending of both physical and natural*** (yes)**,** ***and this has yet to be repeated.***
Eileen: Right, in another lifetime, perhaps.
Yes (yes)**,** ***the awareness of that closeness with nature and physical was not appreciated in quite the same way as it will be when we join together again the next time we meet in the physical.***
Eileen: Well, thank you for being in *this* lifetime, Gregory. It's much appreciated. May I ask how your legs are now?
My legs are just fine (good)**.** ***Yes, it was a difficult time, but now, I have of course been relieved of all that physical pain*** (yes)***—yes, and may I say to you: what a pleasure it is to still be close to you.***
Eileen: Thank you very much. I'm very touched.
The pleasure, as I think you say, 'is all mine'.
George: Are you able to say what part of the world this monastery was in?
We were in what you call, Norfolk.
Lilian: That's interesting to hear of the past lives—difficult to grasp, for me anyway, at the moment.
And now, I will return and leave by saying how much I look forward to our next physical encounter.
Eileen: Thank you, Gregory. It explains why I like grapes so much.

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

~2nd April 2012~ SALUMET

George: Good evening Salumet. Welcome to you.
Good evening.
All: Good evening.
As always, I am happy to be with you all once again. I of course am aware of the thoughts sent by you this time, and I would also like to say that I am aware of your discussion last time about your own, what you call 'faults'. Not many of you answered; but still I found it useful to listen to what you feel about yourselves. What I would like to say to you, my dear friends about this, is that within this group you have over many years learnt dedication and love and become less fearful in your everyday lives.
George: Yes, one feels this deep down.
Yes, it may not always be apparent but this is what you have gained—dedication and love for your fellow-man and that is why, my dear friends, that when you come together and you send healing thoughts, they have become much stronger with time—because your energy and your *love* has grown so much. And for this, my dear friends, I want you to recognise that within yourselves, and to be grateful,

and thank yourselves for that love, because you too, my dear friends, deserve much love from us here in spirit.

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

Why should there be competition?

George: I guess that links to commerce.

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

(Added with further increased feeling)

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

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

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

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

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

(Chuckles)

George: Indeed, Indeed yes!

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

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

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

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

Rod: Well, Salumet, I think you'll reprimand me badly, because we've been having a rat go from the hedge under where I put seeds out for the birds. It goes to and fro getting this food, and I got worried because I knew the children were coming up and my neighbour put some food out mixed with poison, and we don't get any rats now—well we've only had one since. I don't feel very comfortable with this, but, I suppose, in

my mind I've got rid of the rats, but I feel sorry about that, but I just can't bear having rats and children in the same area.

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

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

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

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

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

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

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

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

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

George: You have, indeed!

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

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

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

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

They are pyramids!

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

Older!

George: Yes, I thought you would say that!

Older—yes.

Rod: Good gracious!

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

Paul:—Teleportation?

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

George: Comparisons with the Great Pyramid of Egypt?

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

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

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

Yes—yes.

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

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

(Chuckles)

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

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

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

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

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

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

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

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

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

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

(General thanks)

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

Then followed a rescue via Eileen: (If you wish to listen to audios of these 'rescues' they are freely available on our website: www.salumetandfriends.org)

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

Who are you?

Sarah: My name is Sarah.

What do you want?

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

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

Sarah: Just had enough, have you?

Yes.

Sarah: Do you remember what you were doing last?

Just give—kids—kids—

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

Yes.

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

No—no, no.

George: Now—

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

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

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

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

I don't understand what you are talking about.

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

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

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

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

George: Can you tell us how old you are?

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

Sarah: Tell me what you are worried about.

I can't bear it—I cannot bear it!

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

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

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

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

(She declared herself to be Roman Catholic)

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

George: To what we might call 'heaven'.

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

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

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

I've got six.

Sarah: Six children!

Yes (oh)***.***

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

I don't know where I am.

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

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

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

Paul: Who would you like to greet you?

Well, I hope it's Jesus.

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

No.

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

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

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

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

Sarah: Can you see the light now?

(Still very upset) ***I thought that might be it—***

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

(She expressed concern about her confession)

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

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

Sarah: Is it lighter now?

Yes.

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

It's drawing me.

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

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

(We continued to encourage her to move forward)

Yes.

George: Move into that beautiful light.

Sarah: Happy to go now?

Be-au-ti-ful!

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

George's Notes:

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

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

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

~2nd July 2012~ SALUMET

Welcome to our return from an unplanned recess. Eileen's fractured ankle has healed and much has transpired through this period. Ann, my dear wife and group member, with whom I have shared so many

adventures, has taken her journey to spirit. Paul and Mark have briefly visited Bosnia and forged a valued link with pyramid excavation project leader: Dr Sam Osmanagich.
Firstly, one spoke via Eileen to deliver a personal message and to say that another would follow. Then Salumet followed:
Lilian: A very big welcome Salumet.
George: A very big welcome, following the pause in our work.
Good evening.
All: Good evening.
As I join with you again, let me just say my dear friends, that I have always been close by for *all* of you.
(General thanks)
Some are more aware than others, but nevertheless there have been many of those from our world who have supported and uplifted, and I am sure my dear friends that you are most grateful to them.
(Much gratitude and thanks expressed)
Lilian: I think we've probably overwhelmed them with our asking for help.
George: Yes it's been a difficult journey for some of us and I have felt we have been very much helped through it. Thank you to all concerned.
I can assure you that you are much beloved—all of you within this group. There are many who are there to help, but for the asking. And as I have told you on many occasions: there is nothing wrong in asking for help, not only for others, but for yourselves; and that is what we have achieved in the short time that we have not gathered together. But I have to say it brings much joy, not only to myself, but to all those friends and helpers who are so close to you. I will take some questions from you, but we have plenty of time in the weeks to come where much can be answered for you. I have to say that for a very short time, the energy of this instrument was a little depleted; therefore I wish to give time to rebuild her energies. Therefore my time with you this evening will be shortened.
Jan: In that case George, we'll let you ask the questions.
George: Well, I wonder if we could ask some more questions concerning the Bosnian pyramids—since our last occasion when this matter came up, two of us—Mark and Paul—have visited the pyramids and have spoken with Dr Sam Osmanagich who leads the excavation work there. He has published a book this year and we have read it, and so we are equipped with a few more facts. There has been radio-carbon dating of the pyramids and the result of that is 30,000 years. And I wonder how that date rests with you?
I believe I told you that they were older than they would appear to be—(yes)**. Yes, I still stand by that—I would say, if you are desiring a timescale, that 5,000 more of your years would be a closer equation.**
George: Yes, thank you—I have felt for some time that our radio-carbon dating that we get for things do not seem to be quite in a linear sense.
No—of course there can be accuracy sometimes, but on other occasions it falls a little short of accuracy. But that is my reply to that question.
George: Thank you. There are many, many tunnels—many kilometres of tunnels, within the pyramids, and the leader of the excavations is wondering why there should be such a length of tunnels. I don't know if you would care to suggest a reason for that?
Yes. Firstly I would say: transportation. And I feel that I have to say that people at that time were fearful—fearful not only of fellow man, but of those who came from afar. So tunnels were created for movement-without-being-seen. So basically it was for transportation—to move freely.
George: Thank you. And at a much, much later stage, the tunnels have been filled in with stony riverbed material—totally filled in; and the radio-carbon dating of that material is around 5,000 years—so much, much later, those tunnels were filled in.

Yes—at one time there would have been some filled with water. I know that seems strange to you—
George: Well, not entirely, but we'll come to that later.
Okay, I will leave it to you to tell me—
(Chuckles)
George: I'm sorry, I didn't mean to interrupt.
Not at all, I am most interested to help you.
George: Oh well, this is coupled with a further question I had **(yes)**. There are some ceramic or fired clay devices within some of the tunnels—very large—one in particular is about 8-tons. This was moved, and when it was moved, water began to come up through the floor of that tunnel **(yes)**. When it was moved back in position, the water disappeared again.
Yes, because there was always the fear that some of the tunnels would be—not able to be used, because of the water. The tunnels would become 'flooded', as you would say. Yes, there is water—lies beneath certain areas, not all, and that is the reason for the in-fills.
George: These ceramic pieces would seem to be very clever devices. They seem to have an effect on the nature of the water—
Yes, because all is energy. You are speaking of people in that time who had much knowledge of the Earth (yes)**. Not just as you view it today. These people were rather intelligent in their foresight—you understand?**
George: Yes, I'm sure we have a very great intelligence here **(yes)**, and I think you were saying, the original creators of the pyramids were extra-terrestrial people; and I get the impression that one of the first things that extra-terrestrials do when they visit our planet seems to be to construct a pyramid. That produces an energy and I imagine that energy to be instrumental in either their travel or communication.
The pyramid power has always existed and they have found ways to utilise it upon this Earth planet—or they did. Even today, you will find many people who rely on pyramid power (yes)**. To them it is quite usual, but for many people, they do not fully understand that energy.**
George: So would they be for use here on the planet and not for use in space travel?
For both; why not utilise the energy available?
George: Yes, thank you. Another interesting fact is that there seem to have been very large concrete blocks used in I think the 'sheathing' part—or 'outer' part of the pyramid **(yes)**. It seems to be a superior and very hard concrete—rather better than that which we produce today—
Again, I have to say: the answer is simple—because you have superior beings, in as much as knowledge goes, who were capable of much more than mankind today. That is the fact that you must always remember. You are dealing with a race of people much more advanced than humankind today. Therefore, all their knowledge and skills would have become part of that creation.
(At this point Sara indicated that she had a question when this topic concludes)
George: I just wanted to mention that those concrete blocks are *very* large—much larger than we produce today. We make them about 18" X 9" X4", while these are X40 larger than that, I estimate from looking at photographs.
Yes—if you have a being who can travel space, who can create much that mankind knows nothing of, you should not be surprised that they can produce far superior—'goods' shall we call them—to what is available to man.
George: And no doubt, move them through a dematerialisation process—
Yes, all of these things are available to them—yes.
George: Yes—that's all very helpful.
I hope it has helped you. There are many wonders yet to discover in your world. It is mounting evidence of other species of intelligence.

George: You have told us that there is much yet to be discovered **(yes)** and several things recently have come up.
Yes, did I not tell you that this year, when you questioned me about what would happen this year, I told you that it is a year of *new beginnings* (yes)**, rather than doom, and these new beginnings also include new information.**
George: Yes, and an interesting, shall I say '*device*', which has the look of perhaps a flying machine, has been located on the bed of the Baltic Sea **(yes)**. This is being investigated at the present time.
Your oceans and seas have much to offer up—but not just yet—each step is more informative for man, and each will be discovered at the right time, for mankind to use and to utilise for his own knowledge. But there is much you do not know.
George: Did you want to ask a question Sara?
Sara: Yes, um changing the subject—when my mother passed to spirit, I think it would have been her sister's birthday, and I wondered if that was significant—do you know if she was met by her sister and her parents?
She was met by a grandparent firstly, but there were many who awaited this lady (oh--yes)**. Yes, there was a group of them and of course, family when there is love, always seem to come to the fore** (yes)**.**
George: That's very nice to know!
Yes, but she needed a little time just to rest (yes)**, yes. But I know that you would wish communication, but it is not time yet** (yes)**.**
George: Yes, I think that is one thing that you've taught us, that there has to be this time interval.
Well, only if it is necessary. And of course, when someone has suffered a little physically, then spiritually, they need to recoup their spiritual energies (yes)**.**
George: Yes, I felt this had to be so.
But I will say to you that this lady is very happy.
Sara: Oh good! Every time I thought of her I kept imagining that she was happy... this is recently and this has helped me to feel happy.
Yes, she wishes—she is not giving the information of course—but others do, and she is happy—yes.
Sara: Thank you!
Now, my dear friends, for this time, I will withdraw and allow others to come if they so wish.
(General thanks)
Jan: Lovely to hear your voice back with us.
George: It is lovely that you are with us again Salumet and thank you so much for the information given. Our contact abroad will be very happy with those responses I am sure.
Yes—yes—as always, I leave you with much love.
(Voiced reciprocal wishes)
George's Notes:
Ann: It came as wonderful news that Ann now has loving reunion with those in spirit. I am aware that spiritual energies often need to recoup and I had not expected any report quite so soon (following 18th June), but Salumet of course has timeless all-knowledge. How blessed we are to have confirmation that dear Ann is happy and all is well!
Pyramids Around the World & Lost Pyramids of Bosnia: – "Almost everything they teach us about the ancient history is wrong: origins of man, civilizations and pyramids": Dr Sam Osmanagich, Archaeological Park: Bosnian Pyramid of the Sun Foundation, Sarajevo, 288pp, 2012. This is a two part book, part 1 encompassing pyramids in many countries around the world; then part 2 describes the Bosnian pyramid work. The book abounds with illustrations, breaks new ground and is a pleasure to read.

Extra-terrestrial Knowledge: We clearly have to get used to the idea that Earth has received visits over many, many years from others of far greater intelligence and with far more capabilities than modern humans. As Dr Osmanagich suggests, history really needs to be re-written. Our development has clearly NOT been insular and it is time to throw comforts of status quo and to recognise Earth's place in the much wider scheme of things.

Concrete Blocks: The enormous blocks are indeed concrete. A chemical analysis of the cement binder has been published. Looking at the figures for element oxides: the silica, alumina and iron oxide values lie within the spec for Ordinary Portland Cement (OPC). Calcium oxide is a little low but there is in addition magnesium oxide. This means that, in addition to complex silicates of calcium, complex silicates of magnesium would also be present in the set cement. This might well explain the superior hardness of the binder compared to OPC.

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

Dr Sam Osmanagich and some of the massive concrete blocks as illustrated in the author's book and as seen by Paul and Mark during their visit. Photo reproduced with kind permission of the author. Would you care to lift one???

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

~30th July 2012~ SALUMET

Lilian: Welcome Salumet.

Good evening.

All: Good evening.

Sarah: Nice to have you back.
As always I am happy to be with you once again. I wish to say this time, that our joining together brings me great pleasure.
Sarah: Likewise.
(Murmurs of agreement)
George: We're really glad of that, thank you.
There have been many breaks in your time this past year, but we now have come together and hopefully my dear friends, this will continue. Some of you have energy—physical energy, which is a little depleted at this time; nothing to concern yourselves about, but just to let you know I am aware of it and will help in any way that I can.
(General Thanks)
I would like to say to you, my dear friends, that as far as your own *self* development is concerned, you perhaps are just a little—I use the word 'lacking'—but as always, I say to you, it is entirely your own free will, which will enable you to develop more spiritually. Our aim this past year, was to encourage you to develop that spiritual self, to bring it more to the fore, to have the recognition more easily of your spiritual gifts. So I ask you, my dear friends, that you continue when you are not within the confines of this room, to develop your own gifts of spirit. I hope you will agree with me.
(Affirmed)
Yes, much more could be done.
Sarah: Yes, I know I'm probably the worst culprit.
We do not call you culprits.
(Quiet laughter)
But it is for your own growth, it is for your own betterment and it also enriches the physical lives that you lead. So it is imperative for *you all* that you look upon these quiet times as one of the most important areas of your physical life. I must at times sound, my dear friends as an echo, but I say to you that I repeat these things in order to encourage and to help and to uplift you.
Sarah: Yes, thank you. I think sometimes you must think you're hitting your head against a brick wall. You keep telling us and you keep telling us and—(**No**) sometimes—but anyway, we need the reminder.
My purpose always is to show you patience and love.
Sarah: You certainly do that.
Paul: I think it always has to be a daily routine, more or less at the same time. As soon as you step out of that routine, you've lost the chance. I think the way our lives work, it has to be a little bit like, always doing it at the same time each day and you have to stick to it no matter what—it needs to become a habit—
Yes I understand. You human beings are so much involved in daily routine that probably it is a good idea for you to include it in a daily routine, if that is the easiest way of doing things, although, my hope for you all is that there should be no thought of it, but it should become a more natural part of your being.
Lilian: Yes, if you walk in a quiet place (**yes**), there is one near me—a lake and it's very pleasant there.
All of these opportunities, as I have told you in the past, can be utilised for the benefit of your spirit, but to develop more, you need that quiet space and if it is done regularly at the same time, we in our world are waiting there to help you (Thank you)**. Although you know we are with you instantaneously anyway, but it is a good discipline for you all; after all, you are responsible for your own beings and as much as I try to encourage and to influence, I can only do so much. But we are in a time of self-development; there is so much you could do my dear friends, not only for yourselves, but for others who come after you, you understand?**
(Murmurs of understanding)

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

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

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

George: Yes, thank you.

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

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

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

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

Sarah: Do you mean a ringing in the ears?

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

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

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

Rod: Yes that's good, ok.

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

Rod: Yes.

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

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

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

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

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

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

(Knowing chuckles)

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

Lilian: You mean like coincidences?

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

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

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

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

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

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

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

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

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

Sarah: That sounds a good way actually.

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

George: Yes.

That should be your goal, where all things are part of each other.
George: Yes, that is a thought that has become much stronger with me in recent years.
That is what we are trying to achieve for you *all.*
Sarah: You said two things there about becoming *one* and you also talked about the *universes.* I was listening to a programme on the radio and this person was saying about there being more than one universe and then they said, well where does one end and the other one begin? Perhaps we've talked about this before, but I just wondered if you could—perhaps it's because we're thinking in a physical way —
George: Perhaps they are coincident?
Yes and density of energies. You are moving into an area that would be difficult to explain to you at this time. But if we speak of 'many universes', it is all gathered within the one energy, as I have just spoken of. But energy can be transmuted, and we have also spoken about this at times, which offers some explanation also.
Paul: And none of the universes have any end do they—there is no end is there?
There is no beginning—no end, yes.
Sarah: They're all part of one, but different densities (**yes**). A bit like sound waves, you can't see them but they are there.
There are many energy waves that mankind has yet to discover. There is a continuance of discovery ahead for your scientists—energy waves they have not as yet discovered.
Sarah: Have these energy waves already been known by mankind in previous times?
No, there are energies yet to be discovered, but that is something to come.
Sarah: So the ancients—the space travellers we've talked about before—with pyramids as now found in Bosnia (**yes**)—so that would have been a different energy as well being used, but it wasn't used by us Earthlings. Is that one of the energies you are talking about?
You are speaking of other peoples?
Sarah: Yes, I was thinking of the space-travellers at that time. That would be a different energy that they were using—
It would be an energy that they recognised and used, yes.
George: Incidentally, the one who is excavating the Bosnian pyramids (**yes**), he was delighted with your answers last time and wonders if you would be prepared to take more questions on that subject?
I will, but not this time. Next time, I would be happy to answer questions.
George: Thank you very much.
This evening I am more concerned about your developments.
Sarah: Could I just ask—Emily certainly works fairly hard with her spirit, but she was looking after somebody's house for a couple of months and she never slept very well in that house right from the start, and in the end she became aware of a presence in that house. I can't remember the address, but I wondered if you could tell me if there was a presence in that house or whether it was Emily's fear that was creating—
I would say she created the fear.
Sarah: She created the fear—thank you.
Yes. This young lady has much to develop, but when you start to develop and understand energy, you can also make yourself fearful. You have to be careful that all things are under control and that is why I say to you all, it is important to go within, because when you go within, there are those who wait by you, protect you and help you to develop all of these senses wisely. But I feel on this occasion, it was her own fears rising to the surface.

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

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

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

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

Sarah: Yes, thank you for that knowledge—

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

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

Rod: Thank you Salumet.

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

Rod: Yes, thank you.

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

(General thanks)

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

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

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

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

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

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

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

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

Lilian: I think you've encouraged us all.

So with those words—

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

Yes if all are happy to invite this one.

(Agreed)
Lilian: The second lady, she was supposed to be coming when we met at *my* house, so I feel that one's ok. There is another lady, I feel she's ok too—who I met and talked to on Saturday, which you're probably aware of. I did feel it was rather a strange coincidence—
You are always so surprised my dear friend.
(Gentle laughter)
Lilian: I was on *that* occasion, very surprised!
It never ceases to amuse me how often I hear one or the other say it was *surprising.*
Lilian: It was really!
(More chuckles)
George: I too am amused because I was talking with Lilian about this and I *said* those would be your words.
You know me well—
(Further chuckles)
And yet you cannot cease to be amazed. Yes, again I am happy to ask this one to join with us, if that should be her wish—and again I say, provided everyone is comfortable with inviting other people in, then that is fine.
Now I will take my leave and—
(Pause)
Yes, I think there is one more to come.
Lilian: Thank you for a lovely evening.
George: Thank you Salumet for your tips on going within and I'm sure that will help us all.
Yes, I hope so.
Paul: I think so too, yes
As always I leave you cloaked in my love.
Sarah: Thank you for coming.
Paul: Our love goes with you too.
The 'one more to come' then spoke via Sarah:
Good evening.
George: Good evening.
I have been listening to the words of your master, and I felt that I would like to come to speak a few words with you.
George: Good—you are most welcome.
I am most interested in your scientists, and I heard your master speak of the new energies that you will discover. And I just wanted to say to you that this is something that I am most interested in, and I'm trying to impress upon your scientists one of the energies that is available to you now. But it is not easy, and I hope that I will be able to continue with my work so that you as a people will be able to go very much further in your thinking and your development as a people.
George: Thank you very much! Now, this is something that I feel is much needed at the present time. Might I ask if in your Earth life you were a scientist?
I was, yes indeed, I was. But of course, the knowledge was very much limited at that time. But I've always felt there was something that I could not put my finger on, and now that I have returned to spirit I realise it was the help I was getting from spirit. So you see, I have in turn decided: this is my job now—to try to influence those scientists who are at present working so hard—though may I say: a little bit in the wrong direction? (Yes!) ***But it will come—I know it will come, but it just needs a little—'tweaking', shall we say in the middle—so as to turn their thinking a little bit to the other direction. And then I will be able to influence them very much more.***

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

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

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

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

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

I—let me think—I—

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

George: Would it have been early 20th century?

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

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

Much earlier—yes.

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

George: Forgive my interruption. Please do continue.

(A few sighs and then recovery)

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

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

Yes—energy—energy—yes.

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

No, I was always interested in energy—

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

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

George: Wonderful! We do appreciate that.

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

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

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

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

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

It will help in many, many ways. Yes, and I can tell you that whilst I was here I wasn't a good dancer, but when mankind discovers this energy I will be the best dancer ever!
(Chuckles)
George: Yes, that's a nice way to put it—very nice.
And so, with those words, I will return—but I will stay close to your scientists.
Rod: Could you give us a name so we know who you are next time?
You can call me 'Joshua'.
Lilian: Do you think you might call again?
George: Well, thank you very much indeed Joshua, and it's very nice to know that you are close by.
Thank you.
Georges Notes:
Joshua's Earth Life: We were left with the impression of perhaps a hot Middle East country in ancient times when scientists would have worn robes.
Scientists and Energy: The huge CERN particle accelerator experiment continues—a search for the Higg's Bosun particle, thought to confer mass/density to physical matter. The suggestion seems to be that that kind of understanding is not necessary. We need to think on another level! We are also aware of scientific groups 'sitting in the background scratching their heads' and I guess one of these will discover.
Article: The accompanying article, adds further perspective, and will be posted on website 'Scientific Enquiry' page.

~6th August 2012~ SALUMET

Lilian: Good evening Salumet.
Good evening.
All: Good evening.
As I join with you once again, my dear friends, we give a warm welcome to the lady. She is, as many have been before, a seeker of truth and light. I am sure that she will be comfortable within the presence of this room. As I always do I offer her to ask any questions that she may have?
Serena: Nothing at the moment—I may have later!
Yes—we will continue then with other questions this time.
George: Yes, I have some questions from the one who is leading the excavation of the Bosnian pyramids. But firstly perhaps, I could mention something very topical: Salumet, have you been watching the Olympic Games, or are you aware of the Olympic Games?
I thank you for your question, but I have to tell you, my dear friends, that there has been much for me to do other than watching your Earthly games.
(Chuckles)
So my answer to your question is: I am aware of them of course, but not as you would imagine.
George: Thank you. It occurred to me that a number of people who are doing particularly well, especially in the shorter races, are the ones that originated from the terrible slave-trading days, and are black or mixed race people now living in the West. And it just occurred to me that perhaps there's a spiritual connection with ancestors watching over as well as a genetic factor which helps them in their efforts. Any comment on that?
Indeed—I would say my dear friend, that you are over-activated! I would say to you: of course, all of your forefathers are keen to watch over each and every one of you. But to simplify your question, I have told you—what is the most powerful thing that you possess?
George: Thought.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

George: Yes, thank you. He is also asking questions about the energy—the energy beam from the pyramid, and is it still active today?
It is still active, but to a lesser degree—a much lesser degree—but it is still active.
George: To a lesser degree **(yes)**—thank you.
Sarah: Why has the energy been depleted—because it has not been used?
It has not been depleted, it has been transmuted (ah—yes)**. I hope that is helpful to this gentleman.**
George: Yes, I'm sure. He has been very pleased with the questions so far—answers to them. He was asking if there are ley-line connections in relation to the energy generation.
Yes as always in all of these places, you will find that energy is there.
George: So there would have been—
There would have been, yes.
George: And this perhaps would indicate a selection of the site, with the available ley-lines—
Yes, of course—much more was known in those times—yes.
Sarah: Much more was known by man, or was it the extra-terrestrials who knew these things?
Both—as I have told you on many occasions, mankind has lost so much—so much more was known in times gone by.
Sarah: I was watching a programme on television about an excavation in the Orkney isles. One site was for burial and another was for living, but they were in two separate places. They seemed quite advanced places for Neolithic man.
Yes. Past people were so much closer to spirit than you are. I have remarked on this on many occasions—yes—it is up to mankind now to see for himself—to go within, to seek and to know that spirit; and with that knowing comes knowledge (yes)**; knowledge which has not been lost, but only has floundered a little. All of you have the possibility of great things.**
George: Yes. In relation to extra-terrestrial matters, you have told us, or confirmed that the governments of the world withhold information on that **(yes)** for their various reasons. Would the matter of the Bosnian pyramids be in the same category? Do governments know about this, but are not anxious to promote the information?
That is not an obvious one to answer too. But of course all governments should know and understand a little of what is happening within their country. So my answer, my dear friend, is that they probably do know, and have stifled the information that was already there.
George: I imagine that some may simply just not understand—
Of course—yes.
Sarah: Going back to those Bosnian pyramids—if they were having extra-terrestrial help, how long would it have taken to have built one of those pyramids?
If you want a truthful answer—from extra-terrestrials, it could be instantaneous.
(Various exclamations of surprise)
Paul: Instantaneous—I thought you might say that.
Again we are speaking of the 'power of thought', as we do in our world in spirit—what you think becomes reality. Again, I am repeating myself, but the thought is instantaneous.
George: Yes, we appreciate that the thought is instantaneous, and where pyramid construction is concerned, it may well be that things associated with that thought are also instantaneous **(yes).** Would that be true?
You have to remember that, not only are you speaking of other beings, but you are speaking of humankind, of mankind. Therefore there would be slight alterations between the thought of the beings and the humans. There had to be collaboration. But that, my dear friends, is something I would like you all to think about this time—THOUGHT—(yes)**. You have forgotten my words I feel.**

George: Now that you've reminded us, I'm realising how central thought is to this matter.
Yes, and how negligible all of these Earthly things are (yes)**, yes. That is something that you should ponder on.**
George: Our friend was asking also: are you able to confirm that the beings who built these pyramids and are associated with them, no longer have that contact—the pyramids are not active now as links between us and those beings?
Those links were broken long ago.
George: Long ago—
Yes, long ago.
George: Thank you, I thought that would be your answer to that, but our friend wished to place the question. There is one further question I would wish to put, concerning the filling of the tunnels with riverbed material. And you indicated to us that the reason for that was concerned with water. Are you able to help us in this regard? Perhaps you've already given the answer with the instantaneity of thought, but were the tunnels filled by human or extra-terrestrial endeavour, or was there some kind of water cataclysm which filled the tunnels naturally?
Yes, it was a natural occurrence. That is the simple answer. It was a natural occurrence.
George: Thank you—thank you. That answer will be well-received I'm sure.
(Slight pause)
George: Paul, I think you had a question?
Paul: Yes, in the author's book, *(Pyramids around the world by Dr. Semir Osmanagich)* he found some runes written on one of the ceramic blocks inside a pyramid. And it was translated as: *"We are at a standstill. We will have to be as warriors and defend and conquer, until we can move again through the star-gate."* So it seems like the pyramid as a transportation device to their home planet was no longer working for some reason. Can you shed any light on that?
George: It seems these rune-like marks were on one of the large ceramic devices within a tunnel.
I would have to—yes, I am not being shown the reason for this, but I will return to it next time we meet. I will give you an answer.
George: Yes, I'm not sure how accurate this information is, but—
No, there is some block as far as this goes, but I will look to it and give you an answer.
George: Our question does involve human interpretation (**Yes**) of the rune-like marks. I cannot guarantee that is accurate, but we have reason to believe it might be.
It is most interesting for you human beings I know, when these things are discovered. But again I reiterate: it is nothing as compared to your spirit; please remember this, my dear friends. That is the important aspect of yourself that you should be discovering.
Paul: Yes, we should devote more energy to that (**yes**), rather than (**yes**) looking at pyramids that were built so long ago
That time has gone, yes.
Paul: It's gone, yes.
Sarah: These extra-terrestrials that came—the humans were then ready to make contact with them?
They were not ready, they already knew—it was not a case of being *ready*, it was a natural *'knowing,'* that is the word—a *knowing.* So contact was very easy for them, in the same way as you make contact with spirit now (yes)**—you do not prepare yourself, it happens. You understand?**
Sarah: Yes, so like when we've been in contact with Bonniol?
Yes, you see.
Lilian: We were ready for that—as were they—(**yes**)

Sarah: Just as a matter of interest, are there any extra-terrestrials helping or in contact, apart from like with Bonniol, helping physically on this planet at the moment anywhere?
Let us say there are presences all around your world.
Paul: They're making the crop circles, aren't they—interacting.
Sarah: That's true, yes.
Rod: I don't know if I can put this over correctly—you've talked about the power of thought Salumet and I wonder about the president in Syria, who seems to be upsetting things a little and I just wonder, if you had millions of people putting their thoughts out against his wishes, whether that affects his brain/outlook, whether—
Lilian: Whether it would help?—(yes).
Of course positive thought has to be for good, but you cannot change a human being's way of thought, if he is against it. It is a much more difficult procedure I would say, when you have someone who thinks they are completely right and their thought pattern is telling them they are correct. It is a little more difficult to overcome those kinds of thoughts, but of course it is possible. Positive thought will always overcome eventually any negative thoughts.
Sarah: The thing is though that people might be putting forward positive thoughts to him, but the rebels, if they do get into power—that won't be perfect either. So is it right that we should be intervening, when we don't really know either?
You should never try to interfere in someone else's life pattern. But you are not to know what their life's pattern is. That is why I have always told you: try never to judge other human beings, because you do not have the full picture.
Sarah: No, that's right.
George: While it is sad to see a civil war in progress, and one has feelings for all the people who suffer there, I also have the feeling that we in the West have had our periods of civil war in the past and...
And still mankind does not learn (yes)**.**
Sarah: That's right—you miss a couple of generations and then it all starts again.
George: And therefore we should not intervene in a military way, if other countries have their civil wars.
Lilian: I was thinking of the Irish thing—that's not far away.
Paul: The only thing we can do I guess is to stand back and send our loving positive thoughts.
Just give out love—that is all you *need* to do, that is all you *should* do and in that way, you are not *interfering* in someone *else's life*. It is a great responsibility, to decide what is right and what is wrong.
(Agreed)
Paul: Our media doesn't help, by painting one president as the 'baddy' and the rebels as the 'goodies' and —
No, that does not help at all.
Paul: Better to think of them as, they are all *beautiful spirits*, all of them.
You are all born of the 'Light', remember this also. No one is brought to this lifetime as an evil being. So always keep this in mind.
Sarah: But does anybody really turn into an evil being?
Yes.
Sarah: They do?
They can do yes, if they do not look after that spiritual self—allow negativity energy to enter their being —yes of course there are people in your world, who are not what you call 'good' people.
Sarah: No, but are they sort of misguided or do they have some kind of mental problem, which makes them like that?
All of these things are *possible*, but remember they have their own free will and nothing makes them do anything to harm another human being. That is their sole responsibility. And it matters not whether you

or anyone else decides to criticise—you do not *know* the full picture of that human being. There is a lot to think about I know, but if you try to see the wider picture, then you are a long way to understanding what *Love* is.

George: Yes, LOVE—POWER OF THOUGHT, these are all central to our living—or should be.

Yes, this is my teaching to you.

George: This is your teaching, and where the pyramids are concerned, although it's way back in the past, it nevertheless seems to enhance our understanding a little bit.

Yes, it helps with your *intellect*, but it does nothing for your *spiritual knowledge*, that is the point that I am trying to make. Of course it is most interesting to *you* as human beings, but if as much interest was put into knowing yourselves, think how wonderful this world could be.

George: Yes.

Rod: Isn't it that when we are reborn / reincarnated, we seem to have the computer up here wiped clean *(our past life memories)* and if we could just leave a little bit of the heavenly memories, I thought that might be an advantage and help things on, because we are a learning planet as you say, but we've got so many problems down here that it doesn't seem to improve over hundreds of years.

I can say there *is* improvement. I know that it seems that all is dire and everything is bad news. But when first I came to you I promised you that there would be a much better future, and I still am saying those words to you my dear friends. This could be a *planet of love,* but of course it will take much work—not only on your part, but from us in spirit, who are dedicated to helping each and every individual.

Rod: Wonderful!

It is a task not taken lightly, by those of us who come to help and sometimes it feels that to use an earthly term that we are *treading water*, but I can assure you, slowly progress is happening.

George: Well I recall when you first came to us Salumet in 1994, we seemed to be heading for nuclear disaster (**yes**) and I think you and yours in spirit have helped us to move away from that.

Our task is to influence and to *teach you*, that is what we all endeavour to do and I hope, my dear friends, that you feel I have helped you in some way, to recognise your own spirit beings.

George: I know we all feel that Salumet and many others around the world as well.

(Agreed)

Yes, and you only have to think of the words that have travelled from this small number of people and this is only one small pocket of people.

Rod: Thanks very much for that—great words!

George: And since moving us in that better direction, you have spoken much and taught us much and I'm sure our awareness has improved immensely (**yes**)—we still have far to go I know, but—

I am forever nudging you. I know sometimes you must feel: 'but you have already repeated those words'—of course I will continue to use those words if I feel they are helping you. (Yes)

Lilian: Please do.

George: That's appreciated.

Serena was then asked again if she had questions and Lilian added: Serena also visited the White Eagle Lodge and asked if Salumet was aware of him in spirit—I think we've mentioned it before actually, so I do apologise if we have—

Yes, there are many from spirit who have come to this Earth plane.

Lilian: As you have, as you do through a medium.

Yes, we all come at a delegated time in your planet's growth. As you would expect, no one or nothing stands still. But what never alters my dear friend is TRUTH ... is LOVE. These things will never alter.

And now for this time I will take my leave of you. I encompass you as always in my love, in my protection and hopefully in my teaching.

George: And thank you so much for the answers to all those questions and for guiding us in the way you do.
Paul: And all your gentle nudging.
(General thanks expressed)
Finally, there was a child rescue:
One was with Eileen but there was no response to Lilian's 'Good evening'. Another advised, speaking via Sarah: 'Take that child's hand and he will answer you.' Lilian held Eileen's hand and continued:
Lilian: Hello, will you tell me your name please—my name's Lilian.
Michael.
Lilian: That's better—that's good. Where do you think you are? What do you last remember?
Waiting.
Lilian: Who are you waiting for?
Mummy.
Lilian: Do you know where you were when you lost mummy? What were you doing? Shopping?
Yes, shopping.
Lilian: What were you shopping for? Do you remember?
Shoes.
Lilian: I see—shoes for you? You know I am here to help you, don't you?
I'm waiting for mummy.
Lilian: Yes, I see. Did you talk to anyone else? Someone came along and talked to you?
I was naughty.
Lilian: Yes, alright—we all do naughty things, don't we, sometimes? Did you go for a walk with that person?
Yes.
Lilian: I see.
George: How old are you Michael?
Five.
Lilian: Five—do you remember where you walked?
I ran away.
Lilian: You ran away.
A big bus came.
Lilian: I see, that's okay—don't get upset.
I want my mummy.
Lilian: That's okay, we're here to help you, but first of all, you were hit by the bus and you're obviously not feeling very well are you? What we've got to do is to get you better, and then you can see your mummy again. So what I want you to do—you see in front of you, two nice nurses. Can you see them—nice friendly faces? Can you see them?
George: There might be a light around them—they're there, in a sort of light.
Lilian: Lovely faces. Can you see them?
Mummy—
Lilian: Yeah, don't worry about that at the moment we've got to make you better. First you need to go with the nurses and get better. They can explain a lot more to you than I can.
George: Can you see them, in that light?
Mm.
Lilian: They're holding something out for you. What's that?
My scooter!
Lilian: That's a nice thing. Well when they make you better, you'll be able to scoot around on your scooter. And they'll explain a lot more than I can, because I'm not a nurse, I'm just someone to help you, to encourage you to go with them. Happy to do that? They'll make you better.

Ok
Lilian: There's a good boy.
George: That's the thing to do.
Lilian: What colour's the scooter?
Blue.
Lilian: There you go.
George: And I am sure mummy would wish you to go along with them, Michael.
Lilian: You'll be very happy.
She'll be cross.
Lilian: No, she won't be cross—she'll be pleased that you're ok.
George: We are all a little naughty at times but we get over that. All will be well again.
Lilian: So I'll let you go.
George: Good boy.
And Michael departed with his scooter in the company of the two nurses and went on his way.
Audios of 'rescues' are freely available on the website: www.salumetandfriends.org
George's Notes:
1: Lost knowledge: It is clear from the various teachings that there have been past peoples living on Earth with much stronger adherence to and recognition of spirit. Hence, they would have an 'inner knowing'. The stronger link to Spirit Realm would sometimes mean direct access to 'all-knowledge' contained therein, and for some it would mean a link with spirit guides who would themselves have that access and be able to communicate information. There is some account of this in what are considered to be the more mystical Holy Bible passages; also in the 'Dead Sea Scrolls'. Extra-terrestrials visiting this planet would have developed such spiritual connection.
2: Information withheld by governments: It is known from spiritual sources and from logical deduction that news of ET visits, UFOs and crop circles (All with ET connection) is being withheld.
3: Instantaneous construction work: Thought and the power of it are instantaneous. Our communications with Bonniol on Planet Aerah have been instantaneous. And on that planet, we have learned that houses are erected through the thought-power of a team instantaneously. Thought is an energy, entirely compatible with spirit—aether—continuum energy, so that it can achieve such activation. And events that cannot be explained by material science have sometimes been called miracles.
4: Something to ponder on: Our present day Earthly science has yet to embrace spirit and be in a position to work miracles—like for example producing a complex crop circle overnight!
5: ET presences around our world: There is clear evidence—UFOs, crop circles and communication with individuals—some of us being much more sensitive to these things than others. Evidence of past visits are spectacular stonework, stone circles, the larger pyramids, Nazca plateau markings etc.

~13th August 2012~

This was a quiet individual development evening. One through Eileen guided us on a meditation, the audio of which is freely available on the website: www.salumetandfriends.org

~20th August 2012~ SALUMET

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 'tetrahydrocanabinols' 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—Wiki Leaks 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 extra-terrestrial 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 'extra-terrestrials'.
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 extra-terrestrials 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 extra-terrestrials? 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 extra-terrestrials influenced us in their design of animals, but I cannot say if they were exactly how the extra-terrestrials 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 extra-terrestrials 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 extra-terrestrials 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 extra-terrestrial 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 mind-set 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 extra-terrestrials (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 extra-terrestrials 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 extra-terrestrials 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 extra-terrestrials 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 extra-terrestrials 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 extra-terrestrials 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 extra-terrestrials 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)

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.

(Thanks expressed)

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 extra-terrestrial 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: Extra-terrestrials: It was clear that our visitor was not used to the term 'extra-terrestrial' 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.

~3rd September 2012~

The evening began with clairvoyant messages via Eileen, some concerning friends and some for those of us present. Then one spoke via Eileen as an intermediary with a message; and it is sometimes an interesting detail how the correct one in the group to receive the message is pinpointed:

"I am being given a name: 'Sarma'." Mark, whose wife Isik's country of origin is Turkey, then realised that 'sarma' is a spicy rice dish and they'd recently had some, and so he responded. The message was indeed for Mark—a profound and wonderful message that is befitting of family circumstance perfectly. Our carefully spoken visitor was duly thanked. There followed some chat about Eileen's periods of clairvoyance which seem to be increasing, then silence. Next, one was clearly with Sarah and not quite ready to speak.

George: Welcome to you, please take your time.
I—I have with me one who has expressed much—ah—wish to be with you, but has much difficulty in coming alone.
George: Then welcome to you both.
This one is a follower of the great *(North American)* ***Indian movement and has much connection with the other lady, who was healing.***
Eileen was engaged in healings just prior to our session
He was in the same group as this lady at that time and has wished to come through to rekindle the connection. This lady can call upon this one by calling the name 'Koolah', when she is needing some help with her daily tasks. Koolah would be most happy to help, as indeed he used to in times gone by. If the lady could just say to Koolah one or two words he would be overjoyed. So, would this be possible for the lady to say something now?
Lilian: Do you want to say anything Eileen?
Nothing happened so we asked for clarification as to which lady
Yes, the lady in the corner *(Eileen).*
George: *(looking at Eileen)* Are you able to speak?
Do not worry, the contact has been re-made.
George: This is the contact with Koolah—
Yes.
George: Thank you.
Paul: We'll make sure she gets the recording.
Thank you. I think she will be getting the message anyway, now. So I will withdraw and let her continue.
(General thanks expressed—one was clearly with Eileen at this point but no voice)
George: Koolah? Welcome to you—please feel free to speak—
Now there was a pause. This was not Koolah, and there was a slightly confused look on Eileen's face. Lilian and Sarah noted there was a little difficulty with the breathing and commented. And a characteristic of our old dear friend Leslie coming through was the breathing (An Earthly difficulty that would return at first when speaking via a medium). Eileen now looked towards Lilian, and a voice said:
Hello Lilian!
Lilian: Hello—is that Les? This is a nice surprise!
(A pause for adjustment followed, with sound of deep breathing very characteristic of Leslie. It was to our heartfelt delight that Leslie—he who founded and ran this group until the autumn of 1999 when he passed to spirit, was once again with us.)
I said I'd come back. How are you all?
(Enthusiastic greetings)
Sarah: We're all doing well and the group's still flourishing—meeting regularly, thanks to you Les, for getting us all started.
Thought I could manage this old lung by now, but—
Lilian: It comes back as you come back?
Yes it does Lilian.
Sarah: Anyway, how are you getting on?
Better than I expected *(whispered with enthusiasm)****—thought I knew a bit—not at all!***
(Laughter)
Don't think you know everything—'cos you don't.
(Agreed)
George: Anyway—wonderful to have you back.
Lilian: Have you been in the Halls of Learning listening to teachers?

I have done of course—um—taking a bit of adjustment using Eileen (yes)***—with the voice, but I hope you can recognize that it's me*** (yes)**.**
(Lilian extended a hand to give helpful energy)
Sarah: I recognised right at the beginning**.**
Yes. Ruth's busy these days—not with her all the time now.
Lilian: No, I understand.
Sara: How do you spend your time, Les?
How do I spend—I make the most of the books (yes)**.** ***Love to read about more knowledge. Plenty to learn and of course, I'm still healing. The hospitals and I expect Eileen will tell you: very occasionally I use her for healing,*** (yes) ***but not too often.***
George: You speak of books; well of course we have the Internet these days, which I suppose is rather like a large collection of books—
Let me tell you George, I'm still learning.
George: You're still learning, yes—aren't we all!
Thanks to Sarah, *(About computers/the internet)* ***I learnt*** *(whilst still on the Earth plane)* ***a little bit, and I'm still quite interested in what's going on, on the Earth.***
Sarah: Do you call in and listen in to our meetings these days?
Mm, very occasionally—I know you're all alright. I would have liked to have thought you couldn't manage without me, but I knew you would!
(Chuckles)
Sarah: You laid the good foundation for us—that's what it was.
Sara: Well we always think of you, as where it all started—
Lilian: The boss—
George: Your name comes up quite often.
The Boss? I like that one—
(Laughter)
You know I wouldn't have been impressed by that.
Sara: No, but even so, you haven't lost your standing with us—not at all.
George: We have a website now, which Paul has built, and your picture is on the front of it.
Yes, well there's not much to be said about that is there?
(Chuckles)
George: Anyway, you take an interest in what goes on, on the Earth, and I guess you feel there's quite a lot going on, on the Earth, these days—
Not enough, but quite happy I think—yes. Never was too impressed by people—
(Chuckles)
—except you lot of course!
(More laughter)
George: Oh how kind!
Sarah: Glad you said that—
Sara: We were a bit worried there for a minute—
Sarah: Otherwise we were going to send you away!
(More laughs)
Anyway, I just want to say to Lilian: Roy sends his love (ah!)***—couldn't be here tonight, but I'm the messenger as usual, and he's looking out for you so don't you be worried.***
Lilian: Oh that's nice—thank you! And thank him when you see him.
Sarah: Have you met up with anybody else we know?
George: I was just going to say: Ann is with you lot now, in spirit.
Yes, I haven't met up with her, but I was aware of her passing.

George: It's a bit early days anyway.
Yes.
Sarah: My mum's over your side too—
Ah—all the good ones first eh?
Sarah: Yes, we've still got too much to learn!
(Laughs)
***You're doing well! I shouldn't say it, but I'm very pleased for you*.**
Sarah: Good! Well, Salumet's become a really good friend and—
Yes, weren't we blessed?
Sarah: Absolutely.
Not what we expected, but a wonderful surprise.
Sarah: Actually it was *better* than we expected really, wasn't it?
Oh yes.
Paul: And it's gradually expanding—there are people reading the words in quite a few countries now (Yes).
Sarah: And I don't know if you are aware, but Paul channelled one from another planet.
I am aware of that, but I haven't gone into that yet. I'll have to do a little bit more investigation on that. You know me, I never accept things easily!
(Laughs)
And unfortunately that's still the way things are.
George: Well, Salumet arranged it and we've had 73-communications through Paul, from the other planet ***(right),*** so it's an interesting development for us and we learned quite a lot from that.
Ah, I won't book my flight just yet—
(Laughter)
I'll reserve judgement—
Sara: Well you started it all Les.
Yes—
George: Do you bump into Salumet these days at all?
No—I'm not on the same sphere.
(Chuckles)
George: Well *none* of us are on the same sphere, but—
Well I don't say I have George. I'm aware of him, but not on a friendship basis yet!
(Chuckles)
George: Yes, it's for him to come to your old group and that we pass on to the rest of the planet (Yes), well we do our best.
You're all doing a sterling job.
George: Well it must give you great pleasure to see the ball still rolling—
Yes—it's nice to be able to come without tears (ah)**.** ***Yes—I was emotional before, but I—***
Sara: You haven't got it now.
All I have to get over is this lung problem, when I come back so close.
Sara: Mm—Give our love to Ruth.
Sarah: You are talking actually well—
Yeah I've got the hang of it a bit now. It's not as easy as you might think. We all took it for granted, didn't we? Communication is not quite so simple (no)**.**
Lilian: I can imagine!
But, before I go, I'll tell you one thing—that was right—as I expected, that was 'Time'—it doesn't matter a jot. And you're guided by your clocks—that doesn't apply here.
Lilian: Does that take a bit of getting used to?
Mm, for a few—most people adapt wonderfully.
Lilian: Because you're going home, aren't you, really.

Yes, and let me tell you: it's a wonderful experience, not that I am wishing any of you to join me just yet.
Sarah: And you're not thinking of coming back here again just yet either then, by the sound of it.
Not if I can help it!
(Laughs)
Sara: What happens, Les, do you just keep on doing things until you feel you don't need to do them?
Yes, you grow spiritually of course and each endeavour that you take on and 'capture', as you might say, let's you move a little further on. But of course it all depends on whether you wish to move on. Nobody is forced to progress.
George: Well Leslie, several of us are in our eighties now, so don't be surprised if we do pop up—
(Laughs)
We can always start the over-eighties club up here, can't we!
Hearty prolonged laughter as Leslie delivered the perfect punch-line
Anyway, my dear friends, it's been a real pleasure to talk—without the emotions and —
(Agreed)
George: It's most timely Leslie, because only today we were talking about the need for another Salumet book, and we devoted the final chapter in the last one to you—and you've come through again, which is wonderful!
You've humbled me George and I don't say that to many, but you have made me very humble.
(Laughter followed that—I think because we just can't imagine our old friend Leslie who organised so many of our meetings, to be exactly 'humble')
—and now it really is time for me to depart.
Sara: You were a very important person for all of us, because really you set us all on a new pathway, by meeting you Leslie.
George: I don't know how much effort it was for you to come through, but we do appreciate it Leslie—
(Agreed)
George: Thank you very much! And our love goes with you.
Yes, you're a wonderful group of people—keep up the good work.
(Thanks and goodbyes)
George's Notes:
Koolah: This may well have been a colleague of Eileen during her incarnation as 'Nahashiwah' with an Amerindian group. Nahashiwah actually addressed us via Eileen (26th Feb 1996) bringing greetings from another past colleague, White Horse. Nahashiwah spoke again via Eileen (10th January 2005), explaining that her name means: 'small body, great spirit'. We were also addressed by our old chief: Gran Mancha, Chief of the Gor-rukka tribe within the greater tribal community Baa-ba. At that time it would seem that several of us in today's group were sharing life's adventures under the guidance of Chief Gran Mancha. This chief came to us again (21st February 2005 and 14th March 2005), and we spoke of him with Salumet (7th February 2005).
Leslie: This is Leslie's fourth visit to us since his departure from this life in the autumn of 1999. His previous visits were 30th July 2001, 25th August 2003 and 9th May 2005. It was the dialogue of the 2003 visit that was transcribed to conclude the Salumet book. During his 2005 visit Leslie declared that he had seen the Salumet book, and felt some pride in that. As he signed off, we added: "Do come again because the next book will require an epilogue as well. His reply was: "Ah, he wants me to suffer!" and we all laughed heartily as our dear friend withdrew.

~10th September 2012~ SALUMET

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?

Olive: 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 deal 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 extra-terrestrial 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 build in China than anywhere else in the world—in remote China—because China is obviously a very big country. There are things on the Internet, but the Internet can be sort of 'played with'. Can you confirm that pyramids *are* plentiful in China, but no one's bothered to explore them?

I know that there are many pyramids around your planet, but I cannot at this time confirm, because I have brought with me the messages from those of the Bosnian pyramids and we can do some communication with others and find this information out, but at this time I cannot confirm that for you.

Olive: Okay—thank you.

Paul: One thought I had—if you were to come back to Earth, would it be difficult to use your spaceships without being detected by our satellites. Or could you land on Earth without the satellites detecting you?

Yes we could. And do not forget they are already coming here and giving you messages with the crop circles.

(Positive agreements)

Paul: Well it would be lovely as far as *we*'re concerned to have you back on the Earth!

Trish: It would also be very, very nice if we could understand the messages sent with those crop circles, but of course that probably is far off for us on this Earth.

Yes, I think you will find that part of these messages is to help you to focus on your inner self and to work them out for yourselves, because if this knowledge is just given to you, it will not be accepted as well as when it has been worked out, and suddenly the light dawns (yes)**.** ***So I am of the understanding that it is something for you to work on and not just to be given.***

George: Yes, so it's up to us to go within and discover within ourselves the meaning. There are I believe residual energies with the crop circles. Is there some factor in the crop circles that might *help* us to go within?

Yes of course. That energy that has been left behind, was used by those visitors and yes, I would say that any extra energy that your bodies can be given can only be of good. But I would also say that it is up to you to focus—you cannot allow others to do all the work for you. But yes, I would say if you were to put yourself on this area that has been left energized, you would find your thoughts much easier to come to the fore.

Trish: Does that energy stay within those circles for such a time?

Yes, not for all, but it does stay there for a while and then like other energies it gets absorbed into other, in this case 'areas', and you will have other crops growing on there that each time they grow, they take a little of the energy away from the soil.

Trish: I understand.

George: So there would be an advantage to visit these crop designs and imbibe that energy —

Yes, if you are interested in getting to know what messages are being sent then I would say yes, this would be a good idea.

Paul: Going back to the Bosnian pyramids, if I may, I think they're being excavated at the moment and I know they'd love to be able to find an artefact, maybe left by the beings that built them. I don't know if there was anything left that could be discovered amongst the ruins there? Would you know if there were any artefacts left there?

We would not have brought any with us, but I can tell you that much work was done in the pyramids, and as gifts to each other, small artefacts were indeed exchanged. So it is possible that you might find, let us say a small tablet or perhaps—and I don't know if this would still exist, but carving into wood was always most popular. So I would say there could be some small tokens, but if you are looking for something from our planet, then I would say you won't find that.

George: That's interesting. Of course there are large, what one might call artefacts. There are large ceramic objects that weigh several tons. I believe they were used—I think they're enclosing devices that have an effect on the ground waters of that area. But there are I know large fired clay objects in some of the tunnels.

Yes they were used to fill with water and then you could take water from them without the water coming up into the passageways.

George: Ah yes, so that would be water for your use—for drinking?

Yes, and for whatever other reason.

George: Yes. One of those other reasons might well have been for making what we call large concrete blocks, for constructing the outer faces of the pyramids. Is that a term that you would understand?

Yes I do understand what you are saying, and yes, some was done by the population and indeed they would have needed water. I would also say quite a bit of it was done by the visitors, and this was not needed when the visitors did it.

Paul: Using Power of Thought—

Yes.

Olive: We are talking about levitation are we?

Paul: Not just levitation, I think you would sort of like imagine the whole pyramid into being.

Olive: Yes, I agree with that; but I also understood that *levitation* was also a thought —I've been levitated so I know it exists—My own personal view is when I do think about it, is that everything that the guide is saying to us is true, but I think a lot also is done with the power of levitation—in my own mind.

May I say something to you?

Olive: Yes please.

We were able to create and place in one movement. But yes, you can levitate and levitation of those things that have been made by MAN, but those that are made with the mind—they do not need to be levitated, because they are placed directly in the right position, once created.

George: That's very clearly stated, thank you.

(Agreed)

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.

(Agreed)

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)
And with my teaching I thought that God would never forgive me and I now know that that's not true.
(More agreement)
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)
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 extra-terrestrials 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 Wiki Leaks 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.

~24th September 2012~ SALUMET

Our healing prayers included mention of those around the world caught up in wayward militarism and adverse weather situations:
Lilian: Good evening Salumet and welcome.
Good evening.
All: Good evening.
As we draw close to you this time, we hear your prayers of healing, and always you would imagine your world to be in a constant state of turmoil. I would like to say to you this time that your planet Earth is evolving in the correct way.
Several: Good/Good to hear.

We understand the concerns and the upsets of humankind, when so much seems to be going wrong in different areas of your world. My dear friends we are fast approaching the time when change is inevitable. These changes may be very subtle, but nevertheless they will happen. Mankind has reached a platform to go further in your development—it is our task as I have told you on many occasions, it is our task to see that this is so. So I would say to you, my dear friends, look forward to the progress of your world, do not despair at all that is happening, but do continue to give of your love and your healing thoughts to *all* peoples ; not only to humankind but to your animal kingdoms also—they too are part of your Earth's evolution. I would like you if you would, to consider what is *good* in your world, rather than dwell upon those negative happenings, because as you see and feel good, so it continues to grow.

George: Yes I think we feel inside the good progress of going forward **(yes)** and I think we realise that the unrest in the world has to be a side-effect of the very general forward motion that is happening.

Yes—if I may use one of your Earthly sayings: '*All of these things must have their day.*'—You must remember this—so often have I told you that good comes from bad, on many occasions—not *always* as yet, but on many occasions you can see the good results from bad situations.

Jan: I was reading today some of the previous transcripts where you were talking more of less the same thing— the light and the dark, the good and the 'evil', as we were talking about it at the time, though we know it's not evil at all **(yes)**. One profound statement that you made: How would you know if things were 'bad,' or 'good,' if you didn't experience the other side?

Yes, that is true and it always will be true, that both sides of the coin have to be experienced to know the difference.

Jan: And equal—they balance each other out exactly **(yes)**.

Sarah: But actually if we concentrate on the *good*, as you've said, that would create more energy and *promote* the good hopefully.

Yes that is what I've said. Yes, it would grow stronger and then the negativity is dispersed.

Sarah: Yes, I suppose people are so concentrating on the negative side or the *bad things* as we think they are **(yes)**, we are actually *helping* them.

You have only as individuals to see and recognise that if you dwell on something that you would term 'bad', you have to see what emotional cause that would create and then compare it to thinking of something 'positive' and 'happy' and again judge your own emotions—and you will see how different that is. That is a simplified statement, but it also applies to all of your Earth. So now you begin to see my dear friends, the responsibility that with the knowledge you have, what there is to achieve.

George: Yes and the knowledge that we've received from other more advanced peoples in the Universe, helps us I'm sure, to *see* what further evolution that is good, is possible.

Yes, we all come to you with a mission—for some it is to give further evidence or advice about your world. We choose those we come to carefully, and always I have told you: I like to keep to the *simple* word, because *truth* is simple. You need no extensive words / complicated language, to tell you that what you are about is *Love*. It is a small and simple word, but it *has* a meaning that enfolds all of your Universes. And I would like to think and feel that that small word called *'Love'*, comes from within each one of you, much more easily than at one time it did—I'm sure you all feel this.

(Some agreements voiced)

Sara: Could I ask a question Salumet? **(Yes)** From time to time people tell me that they would like to meet a partner and sometimes they ask for advice. Usually I suggest they focus on those qualities that they would like to share with a person/enjoy and then I usually suggest that it's divine timing and that they just need to be patient, and continue enjoying their life on their own terms. Would you like to comment?

I would say that to be comfortable and to, as you say: *find* a partner, takes *time*. But first of all you *have* to love yourself—without that love of yourself, how can you attract the right—I prefer to say *spirit* to you?

Sara went on to ask a personal question on behalf of a friend who felt they would like to meet somebody but they despair of it happening sometimes:

— Which is a negative response (yes) **and while those negative thoughts abound, he almost creates the barrier for meeting that special person, if you like to put it that way. I rather see it on a different level and sometimes it is not necessary that you have a partner in life; but if you wish that to be your reality, then so it can be. But I would say to him that he must first find and love himself, because within him there is a little negativity.**

Sara: Yes I did feel that **(yes)**, but I wasn't sure whether to say that, so I thought I'd bring the question to you.

Yes, there is *someone*—I don't like to do this, but there will be someone, but not yet.

Sara: Thank you—that gives him hope.

Yes, but he must look inwards to himself.

Sara: Yes—thank you.

Sarah: I would just like to ask Salumet—I know you've said to me before I mustn't doubt what comes through me, but when what comes through me goes out to the rest of the world, I would just like to have a little confirmation that what I've said is right. A couple of weeks ago somebody came through that actually had been around at the time when the Bosnian pyramids were built. Was that right?

(One of the builders from Planet Simkah)

George: Of course he was speaking from spirit, was he not?—

I cannot answer that question—I will have to look to it and let you know. Next time I come, I will have the answer.

Sarah: Thank you very much.

But let me just say about doubt—some would say that all that is said, comes from our world. But sometimes you have to remember that in being used, as what you term 'channels', includes your own deep subconscious mind and although there is no question of trickery, it sometimes can happen.

Sarah: I think I started to doubt a little bit—when I was talking it seemed right, but afterwards, because he'd said that he was coming to bring a message from others and then by the end it seemed he was actually talking about himself—that's what confused me—

Yes, I will look to it for you.

Sarah: Thank you very much.

I do not wish to detract from this evening, but try not to doubt yourself.

Sarah: No, you've said that before **(yes)**. I just feel that something like that, because it's going out to so many **(yes)**, I would like it to be right.

But sometimes it is *healthy* to have doubts, because then you are not engaged in thinking that all words come from our spirit world, as so many do. And I have to say that there are many in your world who are creating for themselves much untruth and confusion.

Paul: I think I was reading something recently that was supposed to be a channelling, but it was so *wordy* and complicated—unnecessarily so—it made me think that that was an example of someone who was—maybe they weren't aware of it, but I don't think it was from a source of truth in a very clear way—usually it's so clear and simple and the understanding is somehow gentle and clear.

George: Yes I think the account included many long words, which would be beyond many people.

Paul: Yes it was a bit like it was showing off at how many long words—but anyway, truth seems to have a beautiful simplicity to it.

There are many people in *our* world who find words an absolute joy let me say. But that is their passion, but it should have nothing to do with love or truth or philosophy from our world. That is why when first I came to you I decided that simplicity was the way forward.

George: Yes, thank you for that.

Sara: I think with teaching it's very helpful to have simplicity **(yes)**. As an art form, words when they're poetry, for me that's an art form, like music or painting. That's how I see *words* at their best really.

Yes, we could all give very colourful descriptions—long sentences of complicated words, when two or three will exhibit to you the same content. Yes, there is no need and that is why we decided when we chose to come to you that our words would always remain simple. That is why I do not like going into too many personal details. There are many in your world who will supply this information. My mission to you all is to bring only simple truth and pure *Love*.

George: Salumet, I wonder if I could ask a general question about spirit? **(Yes)** Spirit has always been **(yes)**, mind is part of spirit and I think we appreciate that spirit has a number of parts **(yes)**. And then there is what we call the 'energetic void', which extends throughout the Universe **(yes)**. I am wondering if that has always been or is it a part of Creation?

It is a part of Creation, but it has the ability to *change*. So yes, it has always been.

George: And I imagine spirit has to be in association *with* the energetic void?

Yes, you cannot separate the two.

George: Going on from there—this may be an over-complicated idea, but if the energetic void is part of evolution, then I would imagine it continues to be created and is in pace, in a way, with the expanding Universe?

Yes, as I have said, it is able to change.

George: Yes, and I suspect that what we call black holes at the centre of galaxies, are energy-converters, and I think physical matter and light feed into those black holes and I suspect that the energetic void is being produced here, in pace with Universe expansion.

When all belongs to Creation, we do not speak of static energy. I have told you energy is ever-moving/changing (yes)**. And of course every planet that is within every Universe has its own pocket of energy, to put it in a simplified way. So yes, you cannot separate the two, although your scientists would say: that is not quite correct—as I am sure you are aware.**

George: Yes, it seems a very logical notion that the energetic void is part of Creation and ongoing.

Yes and the word 'void,' is slightly misleading I feel. What is a void?

George: I think it simply means that material atoms are missing from it.

Yes, but it is still part of all Creation (yes)**—yes, you cannot dismiss this in any other way.**

George: And spirit and mind —

Mind belongs to spirit, yes —

George: Mind belongs to spirit and in a sense would seem to be conveyed by this badly named void. *(Chuckles)*

Well, there are many ways to explain it, but I feel for the sake of the group as a *whole*, these are complicated matters—matters that although of interest to many, really are unimportant at this stage of existence. It is something that you can begin to unfold and understand at a later date. But I know you have an active mind my dear friend and seek many answers. But again I will say: try to keep all of these thoughts on a more simplistic wavelength.

George: Well that does help clarify and I think it's firmly with us that mind is part of spirit and —

Jan: Consciousness is part of spirit—so you can't have a void if consciousness is part of spirit—it doesn't make any sense that there should be any void at all.

***All* is energy, whether you give it a name or not—yes, that is true.**

George: Well the old-fashioned term was to call it 'aether', which is perhaps a better word.
Yes I would agree. I would prefer to use that word. It is basically a spiritual energy—yes and all is part of Creation—you cannot separate it.
George: Yes, well thank you for that also. Yes, that does help to clarify the thinking. It helps if we use sensible words for our descriptions.
Yes, it is easy to complicate that which is simple. But it is understandable also.
Jan: Well, George does have a scientific mind and background **(yes)** and without George, we wouldn't have got as far in the group as we have. So we appreciate George's inquisitive mind.
George: Well I try my best to relate it all to spirit and to bring the two together.
Yes—and that is his purpose within this group.
Jan: Absolutely.
Yes, as you *all* are involved. Each one of you has a place and a purpose.
Jan: That's why we all blend as a group. I think we each bring something completely unique.
Before we come to this world with whatever mission we have chosen, it takes quite a long time to find those people who are suitable, not only in spirit, but in their daily thinking. All are different within this group, and yet you are all as one. Unity has become purer as time has passed by and for this I am eternally grateful.
George: Well so are we—I have to say that. As a matter of fact I have just written an article and I know that I received help in doing that from spirit and your words this evening have further clarified, so I can present it in a better way. So thank you for that.
Sara: Can I ask, following on from that, did we all make a pact before we incarnated this lifetime, to work together here?
There was knowledge available for you—not so much a pact, but a *knowing* that at some point there would be a coming together. At that time it was not intended that I would take this Earthly mission, but of course as I have said, it takes a long time to find people of what you would say 'calibre'.
Sara: So we were head-hunted!
(Chuckles)
Well, if you wish to think that, then I will allow you to think that—but no, everything is done *willingly.*
Sarah: And I think you've worked hard to bring us together, because Sara and I met in a choir, which neither of us sing in any more. But just for coming together at the time I'm sure was right to bring *me* here.
Yes, as I have said there are never coincidences, they're always planned for you—*opportunity* is there.
Jan: If we were to actually write down how our journeys brought us here, they would make fascinating reading **(yes)**. We have—not only within this room, but even when people have visited once—or we have extended family members. From my own point of view, I came here through marriage. That never ceases to, not amaze me, because I'm not surprised any more, but just how wonderful is the journey! Are you with me?—meeting my partner—meeting my in-laws, who were part of Leslie Bone's group, who introduced me, who introduced my children and we've been together before—my children and I. I just find it—I wish I had the words to write it down for people!
Yes. Perhaps I can say to you, you are all a family of spirit and there are many instances of groups who work with us, who are interested in the way they have come together. But you all have *pathways* and you all have *choice* and it is your *choices* that have brought you together. You may well have for example been married, but you may have rejected what was in front of you. So remember—
Jan: Do you mean the free will **(yes)** could have taken me on a different path completely?
Yes, remember always that you have that freewill and it could have been that as many before you have, *rejected* the pathway in front of them.
Jan: But that rejection is *always* part of spirit, so neither choice is ever wrong.

Yes—the choice *can* be wrong.
Jan: It can be?
***Yes*—you have made the right choice by the right pathway. If you had rejected what was in front of you, you would not now be in the position that you are. You always have the choice.**
Sara: Well, there's a better choice, there's a pathway which is going to lead to more fulfilment.
Yes, you will all of course return to spirit—I believe that is what our dear friend means. But there is a right pathway and there is a pathway which will meander in all kinds of ways in life and is not the pathway that is best suited to you.
Sarah: Maybe it meanders because it's still looking for the right pathway—
It meanders because that has been your choice. You understand?
Jan: There's something deep down in your core that is very difficult to express, when you know that something is right and we've mentioned this so many times in the group—Paul's mentioned it, and Sarah—where you do something and obviously you know that you either *shouldn't* have done it or *should* be doing it **(yes)** and I think years ago that feeling would have been completely ignored, but your teachings have brought those feelings more to the fore, so it's far more important to feel comfortable with a decision.
You all have the ultimate truth—you all have the knowledge of what is right and what is not so good. But that is *why* you have been endowed with freewill, so that you develop that 'knowingness' that you already possess.
Jan: The freewill is still part of spirit, because that's a learning curve.
Yes, freewill returns with you to spirit, for some time at least, until the recognition comes that it is not necessary.
Sara: Part of our growth is to recognise what is true and what is good for us **(yes)**.
Sarah: And would you say when you make the right decision—
You will know.
Sarah: —you know and it's an easier journey.
Yes, and you feel that upliftment within yourself. Your spirit soars because it knows that is what is right.
Sara: And others also sense when you are on a good pathway, because they become attracted to the light **(yes)**, and they want to understand what gives you that light—that feeling.
And you are attracted to continue onwards and further, because of your understanding. So you see, *others* are attracted to you, whilst *you* are attracted to greater things (yes)**.**
Jan: It's not a question—it's just something I've noticed a lot. It's not an egotistical statement at all. I've noticed that I stare at babies and I'm often told that he/she doesn't smile/wave at anybody. It's as if I'm looking at a child's soul; it's a wonderful feeling. I get a response from children that I don't know and I just put it down to a spiritual connection. I don't need to understand it, they don't need to understand it, but it happens.
And your understanding is great because of it (yes)**. Yes, that is correct.**
Jan: I suppose they're nearer to spirit.
They are still close to spirit and you of course would be attracted to that strong light (yes)**—in a kind of 'being pulled back home'.**
Jan: Yes that's how it feels. I'm sure I can actually see their soul rather than the person, if that's the right word—the physical bit's not there—I'm looking at something much deeper.
Yes, and that is what happens when the spirit develops when still within the physical being. This is what should happen, that the spirit comes forward and recognises what we would call 'pure love'.
Jan: Of course it is—yes.
Yes and pure love, the closest you will find, as I have said before, is the bonding of a mother and newly born child—that is as close to the pure love as you will find—on this Earth anyway.

Jan: I find the same experience happens with animals **(yes)**. It's the same love bond.
Yes. Now my dear friends I feel it is time to leave you this time. I hope our talk has been informative to you.
(Strong agreements and thanks)
And as always I leave you bathed in love. I bring you comfort and strength and upliftment for your daily living.
George: As always it has been a wonderful evening Salumet. Thank you.
(General thanks)
George's Notes:
Circumlocutory Prolix: —or excessive wordiness! Salumet is clearly for simplicity of the well-chosen word. How very logical! Having read scientific papers recently that use extremely long words BUT end up saying very little, I couldn't agree more. Yet the very wordiness of those papers and their absence of content have urged me to write the article that accompanies this transcript. It is the reverse—not too wordy but, thanks to our friends up there and everywhere, it is of huge mega-content. It will go onto the 'Scientific Enquiry' page of our website and to any newspaper or journal that will take it.
Medium's Doubts: It is possible that I caused some confusion last time with my question about the visitor's size compared to humans. The speaker was relaying information, and it was unclear if he spoke of the height of the pyramid builders or that of himself. It was my impression that the dialogue developed with really positive thrust, inspiring trust.
AETHER: 'Aether' (Sometimes spelled 'ether' just to confuse it with the anaesthetic), is the old name, before it was given half a dozen quite different names to suit mathematician's and scientist's meandering ways. In Plato's 'Timaeus' the Aether is described as: 'that which God used in the delineation of the universe'. A 1930s quote re aether states: '...has dropped out of science, not because scientists as a whole have formed a reasoned judgement that no such thing exists, but because they find they can describe all the phenomena of nature quite perfectly without it.'
The Universe Around Us ... James Jeans
We are of course, in a position to strongly dispute that wrong-thinking in science, and it is time to reinstate the aether using its original name!
Free Will: It is made clear that opportunities are presented in life. There is no rigid plan, but there is a plan for opportunities; and we can then exercise free will as to whether or not those opportunities are accepted.

~8th October 2012~

On this occasion, we were visited by our dear friend Emma via Eileen—Emma Hardinge Britten, who in 1887 founded 'Two Worlds' magazine that still continues on the bookstalls today:
Sarah: Good evening.
Good evening to everybody.
George: And welcome.
I can always expect a good welcome.
George: That's nice.
Sarah: Have you been before?
It is I, Emma!
(Warm welcomes—we normally recognize instantly, because Emma straightens her (Eileen's) back on joining us, which makes the chair creak, but on this evening Eileen was using a different chair!)
Sarah: Very nice to have you back.
I have come this time to update you on my work.
George: Thank you.

Paul: I was going to ask: how is the work going?
The work is progressing beautifully. I am sure you must be aware of the change in the women of your world, even in those places of disruption and war. You know well my work took me to those places where women were downtrodden. And that is slowly, slowly changing I am so pleased to report.
George: Your work centred on India, or does it go wider?
It goes wider now but mainly India (yes)***—that is my mission. But I am so pleased—so pleased that it is happening at last.***
Paul: Yes, I think we hear on the news or on documentaries occasionally that there are steps forward. I think even in Saudi Arabia, some of the women now are able to do certain jobs that they just were not allowed to do before—they also had them in the Olympics—they still had to wear a funny headdress, but at least they are allowed to compete.
Yes indeed, many are amused by my headwear. As you know, this is one of my great joys to wear these hats.
(Chuckles—we are aware from previous occasions of Emma's love of decorative hats)
I don't surrender them too easily, but that is not important. I am unimportant—the work is important. But I just thought you would like to know this.
George: Yes indeed, and when you put on a hat you felt perhaps quite important, and I think it was the fashion in those times, for the western ladies to have very decorative hats (Yes) and there's a series running on TV at the moment which is a period piece, and you came to mind actually because of these ladies wearing extravagant and detailed hats.
Yes, it was a form of recognition with these hats. But of course that is not why I wore those hats. I have a particular love for them, and I still retain that, even to this day.
Sarah: Is the one you are wearing today blue?
It is.
Sarah: Yes, I thought it was.
Yes, you are quite correct.
Sarah: With pale blue flowers?
There is one flower, and a very substantial feather. I have to just say that I am being told—the lady I am using has forgotten to take her line out—the telephone line.
Paul: Oh right!
Don't be concerned about it. I am being told just to tell you that.
Eileen normally unplugs the telephone so that our séance is not disturbed
George: Nice that they were able to get the message through, thank you!
Oh, we are most organised here!
(Chuckles)
As organised as you maybe, but nothing goes to chance, everything is well organised, and that is how I like it.
Rod: Do you go to the races here—to Ascot on Lady's day—where ladies go with their hats?
I have seen, and I am quite amused, I have to say—quite amused! Some of them—could you possibly call them hats?—I don't think so, do you?
Sarah: Not only could you not call some of the hats, hats, you couldn't call some of the dresses, dresses either!
Well—they look more like underwear to me!
(Big laughs)
But that is just what you call progress!
Rod: I think I misunderstood something here, because I thought you were working with downtrodden women in Pakistan, and I don't see the significance of you wearing a hat.

Don't you?
Rod: No.
Because that is just who I am (aha)—***yes—or was.***
George: I think you travelled in the United Kingdom and America—you sailed to America—
I did indeed go to America—a wonderful opportunity, yes. But all of that is so insignificant as to what I am doing now (yes)**.**
Paul: Do you ever work in Afghanistan as well?
Do you know, it's possible to go just wherever you please? It is not a place that I have had a mission to, but I am aware.
Paul: I think they don't always get it right on the news, but they announced that was the second worst country for women ***(Yes)*** at the moment. I don't know how they rate it, but I just wondered, from your angle—you see more than us—
I would say in general most of these women have a spirit that is waiting to show itself—in all of these countries where they are downtrodden. Women will not be kept down indefinitely. There has to be change; after all, we are all made from the same Creator—yes, we are all part male and female. So one cannot suppress the other and it is time in your evolution to change these things and this is what attracted me. I have always supported the women's right.
Sarah: So how do you actually get to change this? Do you work with the leaders, or?
I do not personally—I work with the women. I try to uplift, encourage and support them. They of course cannot see me, you must remember. It is spirit working with spirit.
George: A matter of adding to their thoughts—
Yes, it is changing the way they see themselves—that is my mission.
Rod: I wondered if you might be working with the leaders of the countries, but—
No, that is not my mission (I see)**.**
Sarah: Do you know the people who *are* working with the leaders?
It is not something that I have looked into. I am only concerned for the women at this 'moment in time', anyway—as you would say. But my work is ongoing, and for that I feel pleased.
Sarah: You've made good progress ***(Yes).***
George: With any change, it does take time—on this planet.
Yes, and you know that 'time' is most complicated!
(Laughs)
Sarah: Yes, you don't have any, do you!
No—but I just thought I would take the opportunity and visit, what I believe to be 'friends' now.
Sarah: Very much so, yes!
Rod: And do you have helpers—your side who are helping you?
Oh yes, it is not just me. There are many who wish to do this.
George: It's nice to know—very nice to know, that it's going on; and does the passage of time here make your work difficult in some way?
Not really—I am of course aware of Earth time, but it doesn't affect what I do. I go by the time, if you like to call it time, in our world—yes, that is what matters.
George: It's very nice to know that there is the influence happening for these people, who must be—well perhaps they've got so used to the status quo—that they are not really frustrated with it; so would I be right in saying that it's like that and it has to be a very gradual process?
You can't change eons of time in a second of your time. Things have to progress at their own rate. I am on this mission because I can see the time is ripe for these things to change. That is why I chose this mission.
George: And it is very much a time of change on this planet—

Yes—the WHOLE of your planet is changing—not just for women, but for human beings in general.
Sarah: I think even in my lifetime I've seen huge changes.
Yes, I'm sure you have. All is possible.
Sarah: I think the planet went through a long time of little change and then suddenly it's been a huge acceleration.
Yes, I would say 50 years of your Earth time has seen great changes and I know that people here do not always feel that it is so, but I assure you it is. You ALL can play your part, but I am pleased with what is happening.
Sarah: Yes, well, well done! You're obviously doing a very good job.
And now I really must go.
George: And you are a very good friend ***(Thank you)*** and it's very nice to have you drop in from time to time and let us know how things are going with you.
I will indeed keep you updated from time to time.
Sarah: Thank you.
Thank you all for your welcome.
Sarah: We will think even more of you as women's liberation continues.
I agree.
George: Thank you Emma for being with us.
Rod: Do you need a hat pin by the way, for your hat?
I don't think so
(Chuckles)
But thank you anyway.
George: You would not wish to change it for a burka?
(More laughs)
Oh my goodness me, now we do have a naughty one! I will leave you all in peace.
(More laughter and fond farewells)
There then followed the rescue of an elderly lady in her 90s who died a physical death at some steps. She needed a little gentle counselling, before she was able to move on. At first she would not accept that she had died and believed she was still at the bottom of some steps, until Sarah got her to feel the arms of the chair that Eileen was sitting in. This convinced her that she was in fact sitting in a chair in Eileen's lounge and was no longer in her old physical body. She could see light from street windows, but on looking above, she became aware of the spiritual light. She was then able to move through the tunnel of light, where she was met by her husband Denny, who had passed on before her. (Many audios of 'rescues' are freely available on our website: www.salumetandfriends.org)
George's Notes:
Emma Hardinge Britten (1823-1899): Advocate of the then 'modern spiritualist movement', an author and orator who has retained her public speaking voice. Books: Modern American Spiritualism (1870), Nineteenth Century Miracles (1884). She was herself a spirit medium and entertained by pre-emptively playing at the piano songs that her audience were thinking of requesting.
Previous visits: 8/12/2003, 13/6/2005, 22/6/2009, 30/5 2011, 21/11/2011. This lady first came through as a 'control' with messages. We noted the name 'Emma' and her fine public speaking voice and did a literature search to get the full name, then checked with Salumet who confirmed it was indeed she. He added (12th Jan 2004): 'The dear lady works tirelessly still for what you call 'spirit'.' Quite so! Emma HB also appears on Utube: https://www.youtube.com/watch?v=8Uhxf6zSqDU

~15th October 2012~ SALUMET

Lilian: Good evening and welcome Salumet.
Good evening.
(General greetings)
As always I have listened to your conversation this time. It is worthy to note how your viewpoints have changed. At one time, my dear friends, you would have considered situations to be either black or white. But now all of you are much more in tune to other emotions and are much more giving to others. This my dear friends, is entirely due to your own spiritual growth and as you know, that is something we have been working with, with each one of you in this past year of your time.
Lilian: Yes, with your help and a lot of help from your side.
Yes, I would this time speak to the lady who asked a question the last time we met.
Sarah: Yes.
As always your doubts surrounded you after speaking (yes)**. Yes, I have told you on many occasions, you must not doubt yourself. But it is not unnatural for human beings to doubt themselves; it is part almost of your physical make-up. What I would say to our dear lady friend is that when she communicated she was speaking as a *group*, speaking *for* a group, who were aware of the questions being asked. The information given was coming as a group, but then seemed to *change*, and this is what confused you.**
Sarah: Yes it was.
Yes, a little—shall I say 'hiccup,' occurred then. So, yes you were right to consider that it was not as it seemed, but that is not to say that the information given was incorrect, only in the manor that you gave it. You understand?
Sarah: Yes I do, that's nice to know anyway, thank you very much.
Yes—please do not doubt yourself.
Sarah: No I shouldn't do that, I just feel it was quite an important thing to be saying/giving out and when it goes to so many people, I just wanted to make sure it *was* right.
And I would say also that when you are speaking of something *so* far back in your Earthly time, it seems unlikely that it would be the person *of* that time. That is why sometimes the information comes from group knowledge.
George: It was certainly wonderful information for us to have.
Yes—of course, but it is more important that the channel is comfortable with herself, otherwise what will happen is that she will continue to mistrust her own judgements.
Sarah: Thank you Salumet very much. Whilst I was channelling it seemed fine, but it was afterwards when I thought about it, that I thought there had been a bit of confusion in there, which made me doubt.
Yes, your very deep subconscious wanted to interfere—that is what it is. But please *know* that your communication with us is now strong.
Sarah: Yes, thank you very much for coming back and telling me that.
Yes, the same as our other dear lady friend who doubts sometimes what she receives—yes.
Jan: I do.
Yes, we have already spoken about that, yes.
Sarah: I won't doubt any more—
It is not always a bad thing to have doubt. But don't allow it to *suffocate* you. Have the doubt, deal with it and let it go (yes)**.**
George: Well it seems most wonderful to me that that information was sourced in that way from so far back.

Yes, that is what I mean—there is more than one at work in these situations. Not everyone would understand those words, but each one of you is most capable of accepting this as being so. Have you any questions this time about this? *(Pause)* **You are all happy with that explanation?** *(Affirmed)*

George: Yes we're very happy with that explanation I'm sure and we're very happy with all the information that has been coming to us about pyramid construction and the reasons for pyramid construction on our planet—that is very clarifying for us and I'm sure all those who read the transcripts.

Yes.

Jan: It's not only when we're in this room, I think we should remember that we're impressed and given things *all* the time. I've learned not to doubt those feelings, thoughts, that inner voice—I think that's important to remember.

Of course—once you open up to spirit, you will not be left—let me say it to you that way. Once we have a channel, and it doesn't necessarily mean a channel who uses speech—but once we have a channel who becomes aware of those spiritual feelings—that spiritual knowledge—then it is imperative that we continue to use them, because in that way the world becomes more knowledgeable and that is what is important. So your own individual development is of the utmost—yes.

Jan: It brings you to question—not to question *why*—how can I put this—the *reasons* seem a lot easier to fathom. Life's reasoning seems easier. It becomes more complicated and harder as you've said before, *with* the knowledge **(yes),** but when you're able in quiet moments to sit back and think, '*Let's just think about this now*, *the reason that's happening is because of that.'* It's just healthy and it's opening up channels of questioning that maybe I hadn't thought about personally before.

Yes, whereas before all was black or white, now you look at a slightly wider picture, yes.

Jan: Yes, looking at it from outside in, not inside out.

Yes, that is correct—you must, as I have said these many past times of your years, you must look further, you must go inwards, but you must look further. It will come with awareness and knowledge.

Sarah: I find it makes life less stressful and more in harmony. I was talking with somebody today and she was so sort of angry, and I thought I wouldn't want to speak like that anymore. Your teaching's been a very *calming* influence—everything's much calmer and easier to deal with.

Yes, I believe you will remember words I have used—to be in control of emotions. There is nothing wrong with the human emotion, but it *can* instil within you a dread and fear of *life.* That is why I say take control of those emotions and think things through, and your own spiritual being will tell you and keep you calm.

Sarah: Yes I don't think I'm consciously trying to be calm, I think I am just calmer.

No, that is because your spirit is more to the fore in your daily life.

Sarah: That's nice to know.

Jan: When it does happen—I can't speak for everybody else here, but I have occasions when I think, *'Oh no here we go—,'* but it's so much easier, like Sarah's been saying and I'll use a silly expression, *'To get back on the bike,'* and it just feels easier to get back on the pathway **(yes)**, whereas before I might have spent weeks and weeks being in this black place **(yes)**. But now if I do get angry I can now laugh about that anger and think, *'What did I do that for?'* Much easier than taking it within and then having pain somewhere weeks later, because I became angry.

And also remember too, that to express anger is in effect to express your inner fears. I cannot stress it to you often enough—*FEAR* can create all kinds of situations, not only illnesses, but it can stop you growing spiritually, whilst you are in these bodies. That is why it is important to always see that wider picture.

Jan: I think it's one of those emotions that personally I don't think necessarily is a bad thing to have, as long as it's managed and you know why you became angry and you get rid of it as quickly as possible—you don't hang on to it **(Yes)**. I think—

The recognition is good, but the absence of anger is *so* much better. But that is what you strive towards.

Sarah: Getting rid of everything that's negative.

Yes, but as long as you feel you are moving forward as a human being—and I am not saying do not be compassionate, I say *be* compassionate, but without the fear and guilt of anger, because anger does result In fear.

Jan: Yeah.

George: I feel it's very important for this planet to conquer its fear of others from across the universe. We have been so fortunate to receive information on friends from across the universe, from other planets, from the spirit realms of other planets, and information concerning various pyramids and their purpose. And we are in the fortunate position to be able to use intellect and to cross-reference this information and this should result in all this information being very acceptable to those in our population and it should help everyone to conquer 'fear of the unknown', because these things must eventually become *known.*

Yes, you can only give out the information that is available to you. It is *then* the responsibility of those people receiving, to decide whether or not they also accept this information. You cannot rush the process of acceptance, but as time continues and we all do our best to influence your world, then more and more people are beginning to *think* for themselves, to *question* also, what they read and hear. This is healthy and we would not discourage people feeling that way, and if it means that their own emotions at times override their own common sense, then so be it. But it is important that we continue to strive for the truth and the knowledge which is available to you all. Your world will become a much better place, but it is *slowly, slowly.*

George: Yes, that's a lovely thought and an axiom of one of our institutions, is 'knowledge dispels fear,' **(yes)** and I feel there is much truth in this. *(Parachute Training School)*

Yes, I would like to say *truth* dispels fear, rather than *knowledge*, but I accept that saying as being a good one.

George: I see yes the knowledge has to be *truthful* knowledge—

Yes, not all knowledge is truthful.

Paul: And it needs to come with love.

Yes, of course that would go without saying, yes. Truth is love, Love is Truth. Yes, you must remember my early words, when I stress so much about Love and Truth (yes)**. That is what is important and the knowledge and the information that we pass to you about your planet, your world, is good for *you,* but inevitably what we are striving for is that the population as a *whole* begins to recognise who and what *they* are as individuals. *That* is the importance of being alive, that is what we strive for all of mankind to have. It is simple, but it is powerful. You understand?**

Paul: Yes, it's small steps —

Continue to give the truth, the information, and the others will do their job. We will try, not only to influence you, but all those who come into contact with you. There is much work to be done.

George: We feel that via the website, there are more coming into contact with us **(yes)**.

Paul: It's almost like we have a very wonderful fire or something very pure in the middle here and every person we meet, or even those from other universes or coming through as channels—everyone you feel is just a *friend* or a *potential friend.*

Yes and that is the expansion of your spirit. Each one of you must by now realise that in your everyday life, that you will find more and more people are attracted to you. It is because your spiritual light shines brighter and they will be attracted to you. It may even be something quite—shall I say *Earthly*, but in that moment of meeting, there is a blending of *Love* and *Truth*. And I know all of you *feel* this at times (yes)**. I am sure each one of you could give some information in your daily lives as to people you come into contact with, who are *seeking* and are ready for the information that you can give to them.**

Jan: Unfortunately for myself, I don't feel I come into contact with many people—I do live a very insular life, but those that I do talk to, I can see them growing spiritually over many, many months of talking to them and I suppose that's my pathway. I remember you once said to us that if we only ever help one person in this lifetime—

One person—if you touch the soul of one person my dear friend, you have achieved much. So do not be concerned about numbers. Remember that one person will radiate that love from you to another—and that is what happens. Imagine one person radiating out to *thousands.* It has to begin somewhere—so do not be concerned about numbers.

Rod: I'm afraid I was a little greedy—I thought we would leave a trail of believers, but I don't think we've ever done that.

Well I am sure sir you do speak to many people I know and you can, but—as I have said before, leave the seed of truth with them. And then it is *their* responsibility. Do not become concerned about whether they believe you or not, because you have done your work well.

George: Perhaps this is a good moment to mention that two people hope to be sitting in with us next week, plus Doreen who has sat in with us on previous occasions.

Yes—yes I am happy for them to come if the others are. You all know by now whether you are willing to accept others here. If I did feel there was any problem, do not be afraid that I would not tell you (Thank you)**. So if the others are happy, then yes my dear friend, so am I** (Thank you)**. I will of course, endeavour to be here with you as I always try to, when we have other people with us.**

George: Wonderful, much appreciated.

Jan: I'm letting you know my thought here **(yes)**—I mentioned to the group earlier on, when Eileen your instrument was healing—I suddenly start seeing patterns I suppose, but Richard my son who you know well, is going to start a new job in a month's time and it suddenly occurred to me, I wonder if—and I haven't mentioned it to him at all—I wonder if the reason why he has got a job nearer here—and I know his free will, will come into it—but he will have the opportunity in time to come back to the group on a Monday.

Yes, if his free will allows him then his pathway will always lead to where he will be comfortable. So I say only that with free will you all make your own choices. However much influence we place upon one person from our world, inevitably we cannot interfere with their free will.

Jan: Yes I appreciate that 100%, it's just my way **(yes)** as I said earlier on, of thinking 'Ah!,' **(yes)** I can start seeing life in—I suppose, because you've told us so many times that there are no coincidences **(no)** and Richard's free will I know comes into it and I'm not going to mention this to him at all. I want to see whether or not his free will leads him back to the group **(yes)**, because he's been given the opportunity to do so geographically.

Yes, if people really do *desire* to come together, then they will. The opportunities of course are given, as you have said, but it is entirely up to their free will, whether they take or recognise those opportunities.

Jan: Yes so it's my exercise you see over this next year, just to see whether he takes that opportunity.

Yes, and of course there is a closeness which allows you to feel these things and I know you understand what I am saying.

Jan: Yes I do. Thank you for that.

Yes, but we welcome *all* who wish to experience or learn a little more about themselves or what we do here. And I know dear friends, there has never been a moment when you have denied others that opportunity and for that I wish to say thank you to *all of you* for your dedication and your love, which encourages me to continue in this mission.

George: I'm sure we all reciprocate that love and are so happy **(yes)** that these meetings continue.

Yes I will of course be with you next time, so for now I will take my leave. I leave you all this time, again feeling uplifted as you leave this room; uplifted and filled with the joy of physical living. I know that life can be harsh at times, but you are all equipped now with some knowledge of dealing with your lives. And with those words, I ask that a blessing be placed with you all.

(General thanks expressed)

There then followed some clairvoyance through Eileen making a connection with Jan from a friend of Jan's grandmother. She mentioned toothache, holidays and Grangemouth, which all seemed to be meaningful.

Ann: *Ann passed to spirit in June. Jan has strong clairvoyance at times and she now became aware of Ann joining us and saying: 'Am I in time for tea?' I moved across the room so that I could hear Jan's commentary on this, and Rod thoughtfully moved from his place next to Jan to a chair opposite. Ann declared that Rod was now sitting in **her** chair. Correct! Ann said she loved the music—probably the CD medley of her favourite music played at the funeral. Jan reported that Ann was smiling—beaming, the whole time and was surrounded by an incredible feeling of love. She said that where she is, is everything she expected and more. She spoke of the emotions felt at time of passing—pulled in both directions, but knew it was time to go. There were tears of happiness. 'The love bonds are not broken'—she loves everyone just the same. In conclusion, Jan noted a tall man then drew her back. That would likely be her grandfather whom I met once. (He would be about 6' 2" and Salumet had informed us that Ann had been met by her grandfather) Jan was left with the feeling that Ann would be visiting more, once she was better settled in.*

We then closed and had tea as usual and Eileen placed an extra cuppa where Ann used to sit—life continues—onward and upwards

~22nd October 2012~ SALUMET

Doreen and Mark sat with us as guests on this occasion:

George: Good evening Salumet. On behalf of us all, welcome to you!

Good evening.

All: Good evening.

As always, my dear friends, it is good to be with you once more. I wish to give a welcome to those who come this time (Thank you)**. As we are approaching the end of this Earthly year, I wish you, my dear friends, to think of my words to you in this controversial time of your Earthly living. So much has been spoken about the ending of this Earthly year, and I have assured you that all is well and the evolution of your world is happening as it should. So, remember my words when we reach the end of this year. Does anyone have any questions this time?**

(Pause)

George: I'm sure we have—any questions from our visitors?

Doreen: I'm fine thank you George.

George: Or would you rather wait until you have acclimatised?
Mark: Yes please!
Yes. So full of questions, and yet, when they come within this room, there is nothing to say.
(Spoken with appreciated humour)
George: I have some thoughts on Earthly charities today. It's obviously good to give—to give to others, but I've noticed that it is getting a little out of hand. This country alone now has 185,000 registered charities and that number is growing 5,000 each year. I feel there's something wrong in this, especially when one third of moneys contributed are spent on advertising the charity and sending out persuasive letters to people. So I feel we need to take account of how we give, and I just wondered if you have any comments on this Salumet?
Yes, of course I will not say that you must not help others in any way that you can. The purpose of mankind is to help others—this I have said on many occasions. But I understand your concern about the greed that also exists in your world.
George: Yes, I'm sure there is an element of greed in this.
Yes, of course, that has always been and all I can say to you is this: that each individual must think for themselves, and to give in whichever way they so desire, to others, and it must be with their own conscience. And that has to be not to give to those who are seeking to gain for themselves, but to find some way that will help those most in need. It is a world-wide thing I know, but I cannot say: do not give to those in need.
George: Perhaps we should be more circumspect within ourselves **(yes)** and perhaps also it would be good to attempt to influence our government and Law Society to give some measure of control over what is happening.
We have been striving for so long with the governments of your world to do betterment for mankind. It is an onward struggle, but I am encouraged by the many good people that are within your world and who give to others without thought or need for themselves. We strive to help those who help others, and also to influence those in power who are able to change the state of things in order that this greed might be 'annihilated', if you like—yes.
George: Thank you for that.
I am afraid mankind has a large part to play in these situations.
Sarah: One with so many charities, as you say, we all have our own free will and it gives you a chance to choose the ones that you feel are right, and perhaps somewhere along the line, each one of them is right for somebody; as long as you say, it's not for personal gain.
Yes, those who seek personal gain over helping others are not doing themselves much good, because any good that they have achieved is struck from whatever good they have done. So yes, the responsibility lies with each individual if you are looking to stop this kind of greed.
Doreen: Could I ask a question please Salumet? **(Yes)** I've been sitting here trying to think how best to put this. If somebody has struggled with a belief—with a religion that they were born into, and wished to search for something that they feel has more truth to it, is there a way in which you would suggest they search for this? Does that make sense?
I understand your question and of course within each one of you is 'all-knowledge' and 'all-truth'. So I would say only that if you wish to change anything within your life, then you know what is right. I would follow what you call 'instinct', what I call 'spiritual knowledge' and you will not go wrong.
Doreen: Thank you very much Salumet.
You all know what is right and wrong, because it is innate within each one of you.
Doreen: That's very kind, thank you very much.

You will find that always I teach that each one of you has the ability to know and to live a life that is rich in the spiritual gifts. But it is within you *all.*

Doreen: And I'm sure you realise I did not ask the question for myself, because I have great belief in the work that we do spiritually—it was for the help of somebody else.

Yes, but you see, my dear friend, you cannot help another to find their own way. You can sow seeds, you can have discussions, but ultimately that individual has the knowledge to go forward in the correct way.

Doreen: That is what I have tried to do Salumet, but it is still a struggle, but I do understand.

Yes and it *will* always be a struggle for this one.

George: Yes I think you were telling me recently Salumet, to just place the knowledge before people and then it is up to them.

Yes, you must be like your farmers, you must sow the seeds well and leave the rest to the seed. You must allow it to grow naturally. You can encourage, you can help, you can nurture, but you cannot take responsibility.

Doreen: Thank you very much.

Sarah: You did say to us some time back that different people are on different pathways and as long as the religion that they believe in is doing good, that can't be wrong.

Yes, you cannot judge. Again I return—you cannot judge another human being; until you have that whole picture, it is not your responsibility to make judgement.

George: I think you were also saying some time back, that the various religions of the world, they ultimately all focus in the one direction.

Yes, you are all destined to go to the same place, of course. No matter which different pathways you take, you will eventually reach spirit. And then sometimes you will find that there would have been an easier pathway, but it is all part of your growth—spiritual growth.

George: Yes, and I think you indicated that it would be some time before everyone realised this.

Yes—we have to go slowly, slowly. But as I have told you, my dear friends, that I am *encouraged* by your world. I am not disillusioned in any way, because I see the Light grow—grow stronger, grow bigger. Therefore again I repeat myself, that to have positive thoughts, even in situations of negativity, is allowing that spiritual light to grow within your world. You understand? *(Affirmed)*

George: Yes, it's good to have that thought. Could I turn the clock back 2000 years to that time when the Royal Library of Alexandria was destroyed by fire, losing an enormous amount of knowledge to the world? I think it was about ¾ of a million literary works—in the days of Julius Caesar's campaign, that huge ancient library was lost to the world, widely regarded by many historians and academics as a huge loss. But I imagine all those books are still in spirit. When our dear friend Leslie comes through and he refers to the 'halls of learning', and how he loves the books; I imagine those works are all still available in spirit?

Yes, nothing is destroyed in spirit. And do you remember my words when I explained to you all that the thought, the creation begins in spirit, before it comes to *your* world?

George: Yes and you indicated this for the creation of the planet itself.

Yes, but anything that is created will remain of course in spirit. So do not fear that any knowledge of any importance has been lost—that is not quite true. It may not be here in the *physical* sense, but of course it remains in spirit world. So you see my dear friend, there will be plenty for you to do.

(Chuckles)

George: Yes indeed! I can just picture our dear friend Leslie, having a wonderful time, going through those books.

Yes and even now he does not always accept what he sees.

(Chuckles)

But he is improving!

(More laughs)

Sarah: Going back as George was going back—sorry to bring this up again, but you very kindly answered my question about the pyramids last time and one thing you said was that it was my deep unconscious affecting what I was saying. Could you just explain a little bit to me exactly what that means?
It means that you have all been given subconscious material, which is deep-seated and can come to the forefront of your thinking at certain times and under certain conditions. There is within each one of you, your own small library of knowledge, which is able to resurface at any time.
Sarah: Is this knowledge that we've accumulated ourselves or that everybody is just given?
It is knowledge that you have retained from many times.
Sarah: Ah—thank you very much—yes that makes more sense to me now, thank you.
Paul: One little loose end—we've been given wonderful information about the pyramid builders and the influence of the extra-terrestrials—our *Cosmic friends* should I say—and I don't think it's been said yet, but I think a lot of the stone circles that we have in this country have a lot of similar traits to some of the pyramids—the *huge* size of some of the stones, which would have been *so* difficult for the Earth peoples of the time to have moved by themselves. So would it be true to say that the stone circles were also built by friends from other planets?
I would say only that help was available. Not to all, but to quite a number, yes. But I do not wish to go into particular detail on any one set of stones or another, but the help was available.
Sarah: And also some of the burial chambers/tombs that I saw in Ireland, with huge stones placed on top of other stones, probably was the same help?
Yes, as I say, *some* were created by man, but a lot of help came from what you term, '*friends'.* Yes, I will say that to you.
Sarah: Thank you very much.
Paul: Yes, thank you, I thought that must be the case for *some* of them.
Yes—what you must *not* do, is give *all* of the credit to your cosmic friends. But you have to *realise* that of course there was some involvement.
Sarah: Could I just ask—the help that was given to the human beings—were they aware that they were getting the help?
Of course, their knowledge, their sensitivity, their awareness was so much greater in those times, as we have discussed on many occasions.
Sarah: Yes that's true.
Yes, mankind in this day, because of materialism, has lost so much of that spiritual knowledge, but it is becoming much more *known* to humankind today.
Sarah: Yes, a good many people are interested in what you've taught us today that probably even 30 years ago wouldn't have been.
No, and even today it will be as our dear friend here has found, not always acceptable. Human beings must find their own way, they must find their own Truth, it is important that each one discovers their own pathway.
George: Yes, I think a factor is that human beings are very good at copying and if someone from across the universe builds a pyramid, there are others who will endeavour to do similar work.
Yes, you are as I have said again, you are a very young planet, with much still to learn, or should I say, re-learn? Yes.
George: Yes, one of our philosophers, René Descartes—the basis of his philosophy was, *'I think therefore I am.'*
As I have said, have I not?
George: As you have said, yes indeed—
Your thought is your reality (yes)**. It is only used with different words.**
George: So I think it's reasonable to rate him highly amongst Earth's philosophers.
I would say that he had some element of the Truth—yes—yes of course.

And now my dear friends I feel that this time I will take my leave of you. Of course I leave you all with much love and surround you with much Love and Light and until we come together next time, I will take my leave.
(General thanks)
George: Wonderful! Thank you Salumet—our love goes with you.
George's Notes:
1: Sow the seed well and leave the rest to the seed: This seems to connect with the Jesus' parable of the sower and the seed—some fell on good earth and yielded 30, 60 and 100-fold.
2: Royal Library of Alexandria: Regarded as the largest and most significant library of the ancient world. It was a major centre of scholarship from the 3rd century BC until the Roman conquest of Egypt, 30 BC.
3: René Descartes: French Mathematician and philosopher (1596-1650)—sometimes thought of as 'the father of modern philosophy' and a key figure of the 'scientific revolution'. His name goes with the 'Cartesian coordinates' of graphic representation with the quantified x / y axes.
'Cogito ergo sum'—'Je pense donc je suis'—'I think therefore I am.' This was to become a fundamental corner stone of Western philosophy.
CURRENT NEWS ITEM OF SPECIAL INTEREST:
Pyramids in Antarctica: As the ice melts in Antarctica, pyramids (three so far) and rock artefacts are being revealed. There has been photography at ground level and satellite image analysis to reveal further details, so that the (re-)discoveries have had reasonable confirmation. There is in addition to the pyramids, evidence of step-work and rock statues, and nearby quarried areas. The analysis of satellite images takes into account shadows cast by tall structures. We have left blogs on Internet sites, making known our website and our work with others of this universe, and their involvement with pyramid construction. Thank you Neil, for alerting us to this new development!
An interesting 2012 end of year revelation perhaps!

~29th October 2012~

After a few minutes, one spoke via Eileen. This was a trainee spirit doctor who was able to explain to us some of the preparation work that goes on in spirit in respect of healing others:
Good evening.
Lilian: Good evening.
Can you hear me?
Lilian: I can hear you fine.
(Pause)
George: Have you dropped in for a chat?
I have indeed (good!)**.**
Lilian: Can you tell us your name?
Stephen.
Lilian: Stephen.
Bursel. I suppose I should tell you why I've come—
George: Well, we'd be interested to know.
Lilian: You're always welcome if you've come for a chat.
I've come to learn (oh!) ***yes. You will help me to learn. You see, I always wanted to be a doctor, but my intelligence level let me down.***
George: There are many like that.
Yes, and so now I am being trained to be a spiritual doctor (ah—wonderful!) ***so you very healthy people attracted me to you. I am indeed most interested in doing all that I can for people on the Earth.***
Lilian: Yes, well the lady that you're using as a channel, she is a spiritual healer.
Yes, I believe so. I am still looking for my instrument to heal with.
Lilian: I see—is there a particular field that you would like to help with?

No, I am interested in all things (I see)***, perhaps in time to come I may be allowed to specialise—I don't know at this moment in time.***

Lilian: Funnily enough, when we were talking before you came through, there seem to be on the planet at the moment an awful lot of people with depression.

Yes, that is not something I have had to deal with so far, but I know that there is so much of it, because I think the people in your world do not take time to allow their spirit to rejuvenate.

George: So, normally we rejuvenate during sleep state.

Yes, but when you live with so much stress and anxiety, it counteracts that state of being that is created that night when spirit returns to us (yes)***; it needs to continue more than in your sleep state. I would say it is important that you all take time to allow the spirit to rest—consciously.***

Paul: So in our quiet times—meditate.

Yes, you must do it and be conscious of doing it.

George: So there's meditation time, and we all try to do daily meditation. I think you are also talking about relaxation periods during the day. Is that?—

You must learn to relax the MIND, which is of course, spiritual as you probably know. There is too much activity—that is an opinion of mine.

George: Yes—physical and mental?

Physically and mentally, yes.

Jan: You said you are still looking for an instrument ***(Yes).*** How are you going about that?

I do not do it on my own. I am being guided at the moment. I am being trained by spirit doctors who will then encourage me to blend with another on this Earth.

Jan: Has that person already been chosen by spirit?

I feel it is coming closer, and at the moment, I am listening and learning—listening and learning to people in your world, in order that my knowledge expands.

Jan: So spirit has already chosen the channel ***(Yes)*** and have you been introduced yet?

No, it is in progress, but I have not been informed yet.

George: Will there be any trials here and there to find out, and make a final choice?

Well, 'trial' is a word I would not use. There obviously has to be those who understand energies, and what would be the best pairing for me to have.

George: So the selection process—

Selection—yes.

George: Would be entirely in spirit?

Yes—of course, with my agreement.

Jan: So you are going to concentrate on healing on the Earth plane rather than those in spirit are you—or both?

I would wish to do it on the Earth—I think probably the need is greater.

Jan continued, commenting on those who carry Earth problems (pain/illness etc.) into spirit, though of course they no longer need to hold onto that pain —

You do not change so quickly—some do some do not. There are many spirit doctors who are there to help. There has to be—if you think of your tragedies or disasters, when so many people come so quickly—there has to be many doctors available. And they are the ones who train people like me, who have the desire to help. The desire is the important element.

George: I have met the Apostle Paul, who works through the instrument Ray Brown ***(Yes)*** and he seems very adept at understanding and manipulating the energy pattern.

Yes, he is only one of a few I think. I would of course need an instrument to work through. I would not have the ability as he does. In fact, I believe he teaches others in the spirit world for medical reasons. He is a teacher in our world (right)***.***

Jan: So are you hoping to be a psychic surgeon, or hands-on healing or—
No—I will find an instrument through which I can work and then as time progresses, perhaps I will have the desire to specialise in a particular part of the human body. I do not know as yet. I am only too pleased to be allowed to train at the moment, and to be allowed to come to people such as yourselves, just to talk and gain knowledge. It is a wonderful vocation.
Jan: Absolutely! So when you were here, working in your previous life—you wanted to follow a similar pathway but you could not? Did you follow a medical line at all?
As I remember, to be turned down was devastating for me and my life, I have to say, took a turn for the worse (oh)***. And I am not happy to discuss that.***
George: You are not alone in being turned down in something.
Yes—so I always admired those who went forward and did their work. I of course had time to face up to my own—I do not want to say 'wrongdoing'—that is not right—but my mistaken pathway was not easy to face. But I feel now my desire is strong and I will have a good channel eventually.
Rod: Do you have somebody teaching you or do you have to read up a lot?
We have doctors in spirit who train us, because healing in our world is not as you would expect here. We work with subtle energies—we work with the spirit body. So it is not quite the same. That is why we need to have an instrument through whom we can work.
George: Are you able to say *when* you were on Earth—what time?
I sir, have no recollection of time any more. I only have recollection of what I wanted to do, because it is associated with what I do now.
George: I only enquired out of interest in the state of the art as it would have been.
Yes, I understand. Everyone wishes to know: what is your name? When did you live? What did you do? And it is really, really not important.
Jan spoke further re our nosiness, but he explained that he was not one to wish to hang onto past knowledge
Lilian: So were you aware at the start of our meeting?
I was listening—I was already here. Yes, and I wish I could fix it for all of you, but I cannot be so bold as to overstretch my visit here.
(On speaking further, he stressed that his ideal situation would be to work through an Earthly surgeon.)
That to me would be the ultimate, but I know of course that may not be the case.
Lilian: And they wouldn't be aware of that?
I would like a doctor who was aware and there are many.
Jan: Well there aren't any coincidences, so I assume our conversation blended with your coming anyway ***(Yes)***—I can imagine there are doctors throughout the world, Paul mentioned some, in Thailand?
Paul: Beijing, China—a hospital where they use three physicians who use the power of thought to heal.
I think I am right in saying that in those countries, their knowledge goes back so far, and in fact that knowledge was used in times gone by, and this may be re-discovered, if I might use that word.
Jan: We've forgotten how to use it, especially in Western civilisation—we have forgotten.
Paul: Like the Chinese, many do tai chi—working with energy. I think they already have a better understanding of energy and things that are not totally physical.
I think that I am right in saying that in the last 200 of your years on this planet, there is a return to nature—a very welcome return, and I know we are happy to see this to be so (yes)***.***
Jan: And return to using plants—
Yes, nature is a great healer. Those words are so true.
Jan: It is all there for the taking. I'd imagine it must be quite sad for the plant world really, to be sat in a wood somewhere thinking: here I am, I've been growing for maybe thousands of years and nobody has discovered me!

Well if only you could see the plant life we have in spirit, you would be overjoyed. The life and energy that they produce is something to behold—yes.

George: Our teacher and guide uses that word: 're-discovery', very frequently.

You will find that lots of teachers in spirit will use that phrase, because it is almost like a cycle of energy that continues—it is lost—re-discovered—it continues. It is never-ending (yes)***. And I am learning more and more. The more I study and work with these wonderful people. I KNOW that there is so much wonderful stuff that is happening.***

Lilian: So, can you look in on our operations in our hospitals?

If you so desire, you can do whatever you wish. Yes, we are everywhere.

Lilian: Yes, I had a spell in hospital a few years ago now, and I was very aware of the atmosphere— a lovely atmosphere.

Yes, I beg to say: it was probably the Angelic Beings. They work very well in hospitals. They bring peace and calm a lot of the time.

Rod: Are they with the doctors as well as the patient?

They are wherever they are needed—yes.

Jan: Well I'm sure I speak for everybody when I say we're honoured you popped in tonight, and I wish you every success in finding a right channel in the future.

There is no doubt that the channel is waiting, and as soon as I am ready, I will begin my work.

Jan: Very exciting for you!

Yes, 'exciting' is a strange word to use. It is a word used much on the Earth.

George: Yes, it's a physical expression.

Yes, it brings to me 'humility', it brings to me 'peace'—love—humility —so many, what you would call emotions.

Jan: Obviously your emotion is more ***(contained—)*** yes, contained than ours. You'll have to excuse our Earthly emotions.

I would just like to thank all of you for allowing me to speak, because not all do. Do you know, there are times when we can be so close to people and yet they are still not aware of us?

George: I would like to say that we do very much appreciate that there are people like yourself in spirit who are wanting to help in their various ways. This is very much appreciated.

Yes, most who have returned to spirit, eventually wish to help others in some way or another. It may be small, it may be large, that is their choice—but ALL eventually wish to help others.

George: We had one through recently, who was killed in the war together with two others. And the three of them, he explained how they work together to help military killed in the war, because, when they pass over they are in such a state—they are so distressed about what they have been doing ***(Yes)*** and it's good to know that there are people like those three who are helping out.

Yes, you would be amazed by what goes on. Spirit world is a beautiful place—it creates beautiful people eventually. But it does not happen in a second. It takes time in—it takes great need to go forward and help others.

George: Do you still have consciousness of time, but not in quite the same way that we do.

No, you remain the same for a while, and then you can see your true pathway. And that is what has happened to me. Until the point was reached where I knew I could achieve what I did not achieve on the Earth.

Lilian: Very interesting!

Thank you. And thank you lady for recognising that I was here.

Lilian: You are very welcome to come again.

Well, perhaps in time to come, you will recognise Stephen Bursel and I will be able to say that I am working through another for the health of your nation.

George: Well thank you Stephen and we look forward to another visit.

I cannot say when that will be— but I will make note—thank you all.

(Farewells)

A rescue followed via Eileen. This was a little unusual in that the one being rescued had a deformed face and wanted to whistle. He had got used to whistling with his mouth one-sided, but using Eileen's face, his whistle did not work. He took a little convincing that he had been brought to us and was borrowing a body so that he could talk with us. So we guided his hand up to Eileen's face so that he could feel. He was amazed but convinced.

It transpired that his special friend on Earth had been his dog 'Jesse'. He reached the stage whereby he understood about the need to go forward to the life in spirit. He could see the light. He moved forward and was again amazed because he was met by Jesse. This was clearly a most happy reunion and we wished him a happy life in spirit.

Paul will be transferring the audio file to the 'Rescue' page of the website: www.salumetandfriends.org

George's Notes:

Beijing Hospital Using Thought-power: There is a U-tube film depicting a Greg Braden lecture re a hospital in Beijing, China, where thought-power is used for healing. It is a remarkable piece of film in which three doctors enhance their therapeutic thought-power with a simple chant that creates the feeling in their patient of already-having-been-healed. During the sequence, an ultrasound image shows a 3" bladder tumour disappearing in less than three minutes. Wonderful!

(Ctl + click to follow link) http://www.youtube.com/watch?v=ufVjdvRw4LM&feature=related

~5th November 2012~ SALUMET

(Natasha joined us as a guest this evening)

Sarah: Good evening Salumet.

George: Welcome to you.

Good evening.

All: Good evening.

Firstly, let me extend a warm welcome to our new friend. I would this time, like just to mention about what you call 'depression' and why you feel there is so much in your world at this time. There is only one answer and that is my dear friends: because people and their lives are so busy and so rushed that they do not allow themselves time to connect spirit with our world. Although so many more people have become aware of spirit and we are pleased about that, sometimes materialism runs hand-in-hand. I have said before, there is nothing wrong with material things as long as you have the balance with your spirit. Mankind is slow to understand this, but it is coming, it is coming.

George: It's very nice that we had Stephen, the trainee doctor through last time and he was talking about the need for spirit connection and rejuvenation, both during sleep state and at times during the day.

Yes, it is a connection that you all should be making on a daily basis, not just when it suits you, or time permits. It should be the most important part of your daily lives.

Paul: People remember to plug in and charge their mobile phones, but they forget **(yes)** to plug *themselves* into spirit to have a recharge.

George: All that energy out there **(yes)**.

Rod: That's a good way of putting it Paul!

And of course, you would not try to run your vehicles without fuel and yet you abuse the housing of your spirit. So perhaps it is time to remind you once more, of the importance of that silent state.

George: It's very good to observe the connection with depression—a very real factor.

Yes and there is, as the gentleman said, too much of it at this time of your existence.

(We had mentioned it in our prayers at the beginning of the meeting, which is probably what Salumet is referring to.)

It has to be attended to otherwise you become engulfed in a state of desperation and eventually a state of darkness, because the spirit is not lifted

Paul: So would you recommend for depressed people to learn the way to go within quietly?

It is already being used in your world. It is already understood how music and quietness and all of these gentle pursuits are uplifting to the spirit. And yes of course, if people would only accept that they are more than a physical body, it would be so much easier for them.

Paul: It's almost like music is—you can get a bit rigid in your thoughts—stuck—and music comes along like an oil and loosens everything up.

Yes, provided of course, it is the right *kind* of music (yeah)**; not all of your music is uplifting.**

Sarah: Like heavy metal or something like that's *not* so good **(yes)**.

Paul: That's right. There's a lot of debate over the music industry, that it's become so polluted with all the commercialism surrounding it. Going back a few decades it seems the music industry was less *manufactured* than it is today.

George: More melody perhaps.

Jan: There are an awful lot of depressives within the music industry itself—

Yes, very often because of the type of music they listen to—or are absorbed into—and of course, music can be intoxicating for many.

Jan: I think more so than the music today are these consol and computer games, which draw people into darker sides of themselves **(yes)**. I think that's a great cause of depression in children and young people.

All of you should be aware of that spirit—they say 'the spirit within'—the spirit is *not* within, it is WHAT YOU ARE!

Jan: I think it's tainted—people allow external stimuli into their lives **(yes),** which is damaging. I like to—as well as quiet moments, as somebody who's suffered from depression in the past **(yes)**, it's very important not to forget one another, because your fellow man can help pull you out of depression just as quickly actually as being on your own.

I believe I have said to you in the past that depression is not a good thing, because it is a *selfish act*. And I know that will cause much debate, but when you are so depressed, all you can think of, as you have just said, is think about yourself. So to allow others into your life, just to listen perhaps, is that first stage of upliftment.

Jan: It's that feeling of connection that we are all connected **(yes)**. I think there are varying degrees of depression and people that suffer from depression know themselves, what they require, whether it be those quiet moments **(yes)**, or whether it be their fellow man that helps. I think most people start to recognise eventually what it is they need at that particular time **(yes)**. That only comes with awareness I presume?

It does, because some people never find what it is they need. If only they would listen to their inner voice, things would become so much clearer. But ultimately I have to say it is a selfish state of living.

Jan: It is a *very* selfish state of living **(yes)**. I recognise that when I've been in it—extremely selfish—self-absorbing/selfish **(yes)**. But it is part of—I don't think it *has* to be part of our physical, but it seems to be something that is very prevalent within our physical bodies **(yes)** and it's just learning to deal with it.

A lot is to do with the state of your lives at this present moment in time.

George: A very simple thing for people who do not really understand, is to ensure that they get adequate sleep.

There are many things, but they need to be taken from themselves. That is why I would say music is a great upliftment; for those people who have no strong beliefs, music can have the effect of soothing and uplifting.

Paul: Can that also apply to animals sometimes?

Yes, of course, of course.

Sarah: I was just thinking also that people who are depressed, they tend to sleep quite a lot and I suppose that gives spirit a chance to connect.

Yes, because you see the depressed people almost close us out. We come close, of course we do, to help in whatever way, but it is like a barrier that is placed between those who wish to help. Yes, it is something that should be discussed often.

George: Yes, the influence of music is interesting, because it also has an influence on plants **(yes)**. I have carried out experiments myself and have discovered that tomatoes grow rather better if music is played to them.

Yes, of course we have discussed these things before—

George: We have.

Jan: Yes, it's the vibration, isn't it? It's the vibration that they pick up on—

Yes, but it does no harm to be reminded of these things.

George: It's interesting to see how it's beneficial to humans, animals and plants—right through nature really.

Yes, you are all vibration—you know this.

Sarah: Yes and George was saying last week how in China somebody's tumour was shrunk just by chanting **(yes)**.

George: Yes, this was in a Beijing hospital, where medicines are not used. Three doctors enhanced the feeling in the patient of: 'I have been healed.' And a three inch sized tumour inside the bladder disappeared within three minutes and this was all recorded on film.

Sarah: They were chanting and I remember you saying before Salumet, how certain chanting can put a vibration out a very far distance.

Yes, you are not fully aware yet, of the many vibrations that exist. In fact it is something that is being worked upon in our world at this very time.

George: Yes, so to put it down to 'power of thought' is really perhaps an oversimplification.

Yes, yes—now—

Rod: I find it a little bit embarrassing to bring it up again, but you did say somebody who commits suicide when they're depressed, is selfish. I've thought about this a lot and I just can't get my head around it Salumet. I just thought these people are so darned ill, that they crack —

Yes, they are ill, as far as you are concerned. But if you look to the wider picture of life, these people leave behind such *hurt* and such *grief*, as affecting many others, not only themselves. You have a responsibility—all of you as human beings, to be kind and to look out for those you love and those you

care for. People, I accept, are ill in the way that you mean, but on a spiritual level, it is not really acceptable. And they will find, many of them, so much upset and regret at what they have done.
Rod: When they pass over?
When they pass to our world.
Rod: I understand that.
You have to look at the wider picture.
George: Yes, I think you said that their death deprived others of their friendship.
Yes, and their *love!*—and so many other things.
Sarah: We've had rescues through of people who have taken their own lives and they are just so very sorry for what they have done.
Yes, of course, *they* don't—when they reach that pit of despair, all they can focus on is *themselves*, and the freedom away from the worry and concern. We *know* and we *fully* understand and of course they are *helped.* There is none of this *punishment* that is talked about by many, because they have taken their own lives. They are helped in the way that is needed for them. But that does not detract from the fact it is a selfish act. I hope that helps you a little more in your understanding.
Rod: I can understand that side and what you said about when they go over, they're always sorry, and what they leave behind. I just think in my mind—and you know far better than I do, of course you do, but I just think at that moment that brain is gone **(yes)**, and they do the most stupid things **(yes)**—put a rope around and jump—and it's just in that 2 minutes they're not thinking.
But in that moment, if they had thought of those loved ones —
Rod: They haven't—
They haven't of course and that is why it is a selfish act. Think of those left behind, confused, hurt and the pain that they suffer, because of that one individual soul.
Rod: Yes we know this personally **(yes)** where the father has hung himself and the child **(yes)** has opened the door and found him **(yes)**. Now that still is in our minds **(of course)**, and the guy was a lovely fellow. I can't get my head round it now.
No, you probably will not, until you begin to look at the wider aspect of spiritual life. Only then does it become understandable. That is why it is important to look to these people who are depressed in such a way that they contemplate taking their own lives (yes)**—that is why help is needed so badly for them. But we in spirit are limited to what we can do, when there is so much negativity. Believe me when I say that we try so hard.**
Paul: Yes. My sister asked me to put a personal question to you. I don't know if you'll take a personal question tonight?
You know I do not like to, but I will listen to it.
Paul: It's her son Georgie who wants to opt out of school now. It seems to have reached a bit of a head. I think he's a sensitive guy and he feels the coldness of people at school a bit too much. I don't know if there's anything you can—
We will endeavour to help him, but he is a very sensitive young man, yes.
George: That's true.
It is true, but it also means that that sensitivity was part of his whole being, or existence. And it is also true to say that although we can try to encourage and inspire him, we are not allowed to interfere with his life. It is something that he will have to learn to deal with for himself. I know the parents, as any parent would, wishes only the best for their child and that too is understandable. But he is of an age

when he can make his own choices (yes)**. Yes, so I would suggest the parents stand back a little and allow the judgement to come from this young man.**

George: He's not alone, and there have been times in *my* life, when I've felt to be **(yes)** a misfit, but one just has to see that through and get on top of the problems.

Yes, you have to live within this world.

Paul: Yes, thank you for that and sorry to have asked a personal question there—but anyway, thank you.

George: You mentioned Salumet—this is not really a question, but I think you stated quite clearly that *light* is *physical* and I just wanted to say, on reflection, I can very readily see that and agree, because *light* exerts a radiation pressure and it has to be physical, in order to do that.

Yes of course. I am pleased that you have understood my reply. I know sometimes what I say to you, sits a little uncomfortably with some of you. But I endeavour to bring you truth and in bringing that truth, I do not always give you the answers that you desire.

George: Well, there's a little bit sometimes for us to work out for ourselves.

Yes and that can only be good for your soul (yes)**.**

Now I feel for this time, there is enough for you to think about and perhaps sometime, we will discuss what you have learned and what you feel about this word 'depression'. Now my dear friends I will take my leave and allow others to come who are waiting close by.

(Thanks and fond goodbyes)

There followed a period of clairvoyant messages via Eileen, then a rescue:

The rescue was via Jan and counselled by Eileen:

This was a young lady—Julie—caught in a fire. She was hot and confused—had come out of her office on hearing the fire alarm. But she was now in a corridor with a number of closed doors before her. People were calling to her to go through the door but she did not know which one, fearful of opening the wrong one to be confronted by the conflagration. Eileen explained that she had not survived the fire and remained confused by the suddenness of it all. She would now help Julie to go forward, but she was still reluctant to open a door. Eileen assured her that the third door on her left would be safe to go through and it would slowly open. This was so. Julie was now calm, less hot and observed beautiful light with people who called her to them. She moved on, calling back: 'Thank you for helping me!' The audio file of this rescue and many others is on the rescue page of website: http://www.salumetandfriends.org/7.html

George's Notes:

Depression: One might say that depression is a widespread phenomenon. American statistics (2006) declare that 1 in 20 adults report periods of depression. The American College Health Association carries out extensive student surveys. These indicate a quite alarming increasing incidence amongst young people:

2000 – 10 %

2011 – 21 %

Medical articles have a lot of big words in relation to categories of depression and its causes, but I feel Salumet's few words are much more to the point. Symptoms are stated to include a feeling of becoming detached from the world and emotions becoming negative. It is generally recommended to take counselling, join groups, take part in an activity of some kind; even anti-depressant drugs get a mention (together with acknowledgement that they do not always work!). And of course there's always self-analysis of the situation. But perhaps country walks, communing with nature, music and going within offer the best and most forthright solutions.

~12th November 2012~

Sister Wendy—spoke via Eileen to say that Salumet would be with us next time. She was apparently drawn to us by our prior conversation about animals. This had concerned the obvious gratitude that is shown by some, following help given by humans. Examples: the injured dog given veterinary aid, then licked his keeper all over; and the whale, released from netting that eyeballed each rescuer before swimming away. Our visitor had a love of animals but was not allowed pets in her situation. She was a convent nun:

Sarah: Were you happy there?

If I am being truthful: not always.

George: Was it a silent order?

Yes. So you see the birds and the other animals were like having a conversation, in my head.

Our guest went on to say there was the feeling of having missed quite a lot, but in a way it helped to develop her spirit.

George: I was going to say: do you feel that you have gained through being silent?

Yes I do—aside from the physical things that you miss, the silence brings a whole new aspect to living, and the sisters I was with were kind. There was never any animosity that I know now existed in some convents.

George: Were you able to travel in mind at all?

—In what way?

George: Were you able through your mind work, to go beyond the nunnery?

Yes, of course! My spirit developed so that I was able to leave the physical body and I was able to travel in that way. Is that what you mean?

George: That is what I mean.

Yes, I found, after a number of years, in my quiet times I was able to, I suppose you could say: 'let go'. And I knew, but was afraid to say, that there was something more. It would not I think, have been acceptable to some; although, I have to say, I think that some of the sisters had had the same experiences as myself. But of course, it was never voiced.

George: And did you enjoy the animals in some of those excursions?

Of course because all—not only the animals, but the spirit is free. It is most wonderful to experience.

George: And were your activities confined to this one planet?

—M y activities?

George: Your mind ventures—

Yes, I ventured into space-time—what I call space-time—I don't have another word for it *(Astral travel?)****. I was then guided to the world of spirit where many experiences took place.***

George: That's nice.

Sarah referred to Salumet's description of Earth life as 'the mere blink of an eye'—so it's good that we also manage to find the time to develop spiritually:

And you live on a beautiful planet—your Earth is beautiful! But I have to tell you: In comparison, it is really quite dull.

George: In comparison with spirit—***(yes)***.

Sarah: We've been told that before.

I could not describe the difference to you, but let me reassure you that you have something special to look forward to.

George: We take part in spirit rescues sometimes—helping people in their transition—

Yes, I have been involved in some of that work—

George: Ah! And we have noted that when they make that transition, we get expressions: 'Oh beautiful! Wonderful!

Yes—I really don't feel that you can appreciate such beauty. If you take something beautiful here, then you really have to triple it I would say. It's beautiful!

Paul spoke about seeing more colours than the range normally seen here

Yes, you will see hues of colour not known here on this Earth. Yes, I can confirm that for you. And even the water is full of sound and colour.

Rod: Does it rain for the flowers and plants?

There is no need! But sometimes we have people who have looked after plants on this planet, and THINK that they need to be watered—so of course, whatever they desire, that is their reality. But they soon realise there is no need.

Paul: And when you meet people, everything is revealed? They cannot hide who they are?

There is nothing that is not known. You cannot be false in anyway.

Paul: That's so nice, because down here, so many people—like politicians talking one thing and thinking and intending different—

Yes, many of your people are like 'Janus' [the Roman god facing both ways at once!]**.**

Paul: Ah yes—it's such a two-faced world I think. It must be so nice, when you meet someone, to see exactly what they're about!

Yes, of course remember: you will only be drawn to those you are compared to—the same kind of people—you will not be so different. It is nice to see that openness, that honesty and love.

George: I was interested in what you said about the sound in water ***(Yes).*** I once had a wonderful 'raised awareness' experience in a Mayan temple ***(Yes)*** and somewhere within it there was a water-drip. In raised awareness I put my ear to the wall, and the water-drip seemed to have many, many musical notes!

Yes, it was singing to you! Yes it was singing to you and that experience is something that is common-place in spirit.

George: Common-place in spirit—

Yes, people stand under beautiful waterfalls for healing, because of their colours and their sounds.

Sara: And do the flowers sing as well?

Yes, everything sings. I think perhaps a better word would be 'resonance'—but it is like the flowers are singing.

Sara: Every colour has a sound resonance.

Yes it does, in the same way as your names do here, have a resonance to you.

We chatted about effect of music on plants, knowing how they may show more growth when melodious music is played to them:

All plants would respond in some way, but perhaps not in the way that you would expect.

Paul: Like us.

Yes, listening to a piece of music, you may all have differing opinions.

Paul: Everything is one and the same really, whether it be a plant or a human or an animal. Everyone wants music that is beautiful.

Yes, even people who say they do not like music—they still respond to it. It is wonderful to see the response.

Paul: Salumet our guide, mentioned how music can be a very effective way to help depressed people—to get them 'out' of themselves.

I see yes. Music can carry you to another place, in the same way that the silence did for me. That is what I got from going into the silence.

George: So do you enjoy having conversations with people now?

Well I think I have proved that this evening! I don't think I have stopped talking! That is quite unusual. ***(****Chuckles)*

George: In spirit also—do you enjoy conversations with others in spirit?

Well, shall I tell you something? I often meet with those Sisters with whom I shared the convent—and just for shall I say 'devilment sake,' we talk!

George: You are making up for the silence!

We are making up for the silence! Although we were all of us extremely happy, but we meet sometimes just to talk.

(Rod asked if she had seen the film 'The Sound of Music'. No, but she would now be looking into that.)

Rod: You can just switch it on can you?

Of course! I can do whatever I want to. I may even collect some of the sisters and watch it together.

(Sara then referred to an engagement that she has to sing tomorrow and coincidently, she was thinking of singing some of those songs from the film.)

Lovely! Everyone should sing!

This led to some humorous chat about our spread of capabilities where singing is concerned, some of us having rather gravelly male voices! But now our visitor had thoughts of departure:

I really have to thank all of you for allowing me to speak with you this time.

George: Well we thank you for joining with us and having a lovely chat.

But Rod asked one last question, about her present work—she explained how she teaches young children who come to spirit quite early—the teaching is not fraught with the Earthly problems! It brings her great joy and she often allows them to sing!

Rod asked if, as the children progress, they begin to learn more complex subjects, like algebra and trigonometry?

They learn the kinds of things they would have done here, but they also learn spiritual things, hand in hand. It goes together.

Paul: Mm, the way it should be.

Yes, but the children have a very special light and they ENJOY learning. I think that is not always the case on Earth.

(Agreed)

But the spirit children just can't wait to learn.

There followed some brief discussion of some of the differences in learning/teaching between children in spirit and here on the planet, where both children and teachers are subjected to so much discipline or regimentation.

And I have to tell you that I have been blessed both in the life that I had as a Sister and in the life that I lead now.

Very fond farewells and Eileen was left with a lovely feeling from experiencing this one.

Next, we received clairvoyant messages via Eileen—Paul receives guidance during dream-state. He keeps pencil and paper by his bed at night. It seems that dear Ann was with us again, and whispering to Eileen that she would help him in this. There is so often that lovely feeling that we are being helped and watched over—wonderful!

George's Notes:

1: Musical notes in the water drip: An account of this experience given in 'A Smudge in Time', page 86.

2: Astral travel: It is well documented that Tibetan Monks who have chosen to be incarcerated to experience solitude and mind development, enjoy 'astral travel'—such may well become their experiential life, and that of course brings much learning.

~26th November 2012~ SALUMET

George: Good evening Salumet. Welcome to you.

Good evening.

(General greetings)

As I come close to you, I feel laughter and also pain. Each time I come to you my dear friends, it is never quite the same. The diversity of love and feelings is immeasurable and I wish to say to you this time, that upliftment is needed in your world at this time. That is not to deviate from the pathway of knowledge and love, which still continues to grow, but also there are times when people of your Earth, seem to feel overwhelmed. We have come to accept these conditions, but as always we focus on all that is good. Therefore my dear friends, I say to you, continue with your love, continue with upliftment, continue with your prayers and you will see the returns of that love. It may not be tomorrow in your time, it may take some hundreds of your years, but I am here to reassure you of these happenings—of the great joy that will come eventually to many. So place aside your earthly worries and give to others that great joy that you feel at times, within this energy. *Share* with others, not only your knowledge, but those doubts that you may have, because in speaking words, you are then able to control the thoughts. Do you understand?

George: Yes, the speaking of the words, seem to reinforce our thoughts and convictions somehow and I guess it helps us all to work together in that.

Yes, and to dispel any negativity—by expression, you can then let go.

Paul: Yes, it's sort of *acknowledging it*, by *speaking it.*

Yes, that is exactly what I mean.

George: It's a very good thought for us, that even if things don't seem to be happening necessarily in our lifetimes, a process has begun, which will eventually lead to its maturity.

Yes. Be secure in that knowledge, be secure that what we in spirit are endeavouring to do, is to bring many more people back to the truth; and what they do innately know and recognise. It indeed is a task that few would wish to undertake, but I of course, as you know, bring optimism to all of you. I strive that each one of you recognises within yourselves that spiritual aspect of all knowing.

Have you any questions this time?

Sarah: I was going to ask a quick question about the Bosnian pyramids if I may. I had an internet connection with somebody who had been out to the pyramids and she sent me two pictures. One appears to show almost like a finger of light, with colours of the spectrum, though not in the usual order of colours as in a rainbow and this was taken inside the pyramid. There was also another picture of some orbs of white light all over the picture. I wonder if you could give me a few words on that that I could relay back to this contact?

We have already discussed that spirit has been involved and what is being seen are spiritual lights, which of course you would understand to be different from your everyday colours and light. So there is really no mystery for those who have knowledge. But of course it is more difficult in trying to explain to those without spiritual knowledge, what is happening there.

George: Could I add to that, we have also been in touch with sensitive people, who have been part of the volunteer excavation team who have been clearing the tunnels and from what has been said and sensed, I suspect that there is an ancient site guardian, within the main pyramid there. I think—I know in my own mind that ancient site guardians often relate to ley-lines and upkeep of ley-lines, and this may be a part of the scheme and I wondered if you might like to comment on the possibility of an ancient site guardian being there?

If you are to understand guardians, you are surrounded in your world with these beings. Now, if I am to separate individual sites, to explain guardians, then it could be misconstrued as being false truth. All I will say to you, my dear friends, is that the whole of your Earth, your planet, is indeed induced with guardians, guardians of your world. Whether it would be correct to say there were individuals at different sites, I am not sure that I could uphold that truth, but I will endeavour to find out for you, whether this is the case or not, at these particular pyramids.

George: Thank you very much. I'm sure many people would be very much appreciative of further comment there. We have I believe spoken about these guardians on previous occasions—

Yes. People would wish to think that this was something extraordinary. I beg to say to you it is not. That is all that I am trying to convey to you—it is nothing extraordinary. And again, it depends on people's sensitivity, as you call it, and their own spiritual knowledge. You understand?

George: Yes, thank you very much and we happen to be in touch with one gentleman who has actually communicated with one ancient site guardian and I believe *communication* with them *is* unusual.

Yes, well we will leave it there for now.

George: Well thank you very much for that.

Yes. I am not always happy as you know, to speak individually about individual happenings—my message is a larger one than that. But if I can be of help, then of course I will endeavour to do so.

(General thanks)

Rod: Salumet, going back to what you previously said about spreading the word **(Yes),** I just wondered, have things improved over the last 10, 20, 30, 40 years on people's knowledge in the world **(yes)**, to any degree of knowledge that we go on?

I think, my dear friend, that you only have to look at the amount of conversation in your world that is happening now, to realise how much it has grown, how much knowledge is now available to those who seek. There always has been knowledge—that has never changed. What has changed is that mankind today is now much more open-minded and that is steadily increasing. So the answer to your question is that there is no doubt that truth is spreading.

Rod: That is great.

Sarah: Practically every time you open a magazine or newspaper, somebody has written something about something spiritual **(Yes)**, so that's really increased over the last few years **(yes)**.

Jan: With that knowledge though—that leads me on to the question I was going to ask. Richard and I were talking on the telephone tonight about an individual that he knows, who's asked him for help. She's just lost her husband and she's so obviously confused and it's so raw and Richard and I were both wondering, with our knowledge, sometimes when you have somebody who's so sensitive, it can be overwhelming. We are not necessarily the best persons to talk to, when we have a little bit, and I mean a *little* bit more knowledge than somebody who's completely in the dark about spiritual matters, but suddenly finds themselves wanting answers. So are we adept at answering her questions without making things worse for her, because she's seeking so many answers and *we* know where that person's gone in spirit and *we* know he's okay, but we don't really want to make things worse for her, if you understand what I mean?

If the dear lady is seeking, then answers are what she seeks, but I have to say, sometimes to hold back words, I agree is more sensible, until another time.

Jan: That's what I thought.

Not everyone is ready for the truth at such times.

Jan: Emotional times—

Yes, their emotions will overwhelm them.

Jan: That's what Richard and I more or less decided between us **(Yes)**, that we need somebody else to help her and I feel it's not a spiritual counsellor—they need a *bereavement* counsellor to help with the physical rather than the spiritual first.

Yes, I agree with you and then spiritual matters can be introduced, when those emotions are more under control.

Jan: I'm glad I mentioned it, because that's made me feel better that I'm on the right track.

Yes, sometimes a simple word or two is adequate, to know that there is a strong belief that life continues.

Jan: Yes I feel at this precise moment in time, that's all that's needed.

Yes, you are correct I would say (Thank you)**.**

Sarah: And it does take some people a very long time. One lady who I've been sowing the seed to for many, many years, she's now just beginning to ask me questions.

Yes, when they are ready, they *will* question. That is when you should step forward and help—but do not overwhelm.

(Agreed)

Jan: It's when they start looking to go to mediums/psychics that they've seen in the papers and spiritualist churches—they're looking for answers, like you say, that would completely overwhelm anybody. I think they need to heal themselves first, that's how I feel.

Yes, it of course varies with individuals. Some are ready so much more quickly than others, but that is where your own spiritual knowledge come to the fore. You will or *should* realise, at what stage those souls are *at.*

Jan: Yes, you definitely do that—it's an innate knowledge that you *know*—it's an instinct.

Yes, I know all too often that people *wish* to give people all the knowledge that they themselves have obtained and we in spirit see the excitement that encompasses them, because of this knowledge. But that is not to say that everyone is ready at the same time.

Jan: And by the same token, not everybody is able to give that knowledge—well, maybe they instinctively know when to keep quiet, as it were—

Paul: It reminded me of sometimes when I've been a bit tentative for some reason and I think it is the right thing and then you are waiting for them to come back to *you*. You think well I've said a few things and if they really want it, they'll start questioning you on the small amount of information you *have* given—so you hold back and wait for them to come back.

Jan: This person approached Richard first and he instinctively felt he wanted to hold back and then he spoke to me and we both agreed that we could say the wrong thing and do a lot more damage than is necessary at this stage.

And do not forget my dear friends about the spiritual aspect which is happening here, that it is the spiritual light, which attracts others to you. So of course, when people seek knowledge, in fact they are being attracted by your light; and this is good, but there is no rush for knowledge.

(Agreed)

Rod: I've got to do this with a great deal of respect sir. You know when we come down as a spirit into a mother—it seems that the spirit comes down and they wipe the computer off completely and it hasn't got any knowledge of past spirituality. And therefore it has to fight away for quite a few years to find it

perhaps—and perhaps they don't. I just wonder, is there any reason why they have to completely wipe the memory clean? Can't there be a bit left?
Jan: Some children do Rod.
Rod: Well, most of them should have a little bit, so they can go on through life a bit easier and find spirituality—
Sarah: That's not the purpose though, is it Rod? We are here to learn.
Rod: I don't know—I'm going to find out! *(Chuckle)*
Yes, there are eager replies, because they understand life is not meant to be so easy as to sail through. What would be the purpose of life, when you could remain in spirit and still grow? Spirit comes to this Earth, through physical ties, to learn—to learn different things for different people. No one says that life should be easy and in fact, the more spiritual knowledge you gain, sometimes life seems even harder, but with those difficulties comes understanding and knowledge. Even if you do not feel that is the right thing for a human being, spiritually that soul is growing, no matter what the problems may be. Everyone has a time in life when they gain that knowledge—whether they accept it or not, is entirely up to their own free will, but the opportunity is always there. Yes, some people *do* return to this life and have memories, but that is the *exception*, rather than the *rule*, as you humans would say. There are lessons to learn, so you do not wish to remember what has gone past, you wish to start with a clean—
Rod: Sheet.
Sheet—yes, and that is the reason for *(no)* **memory—**
Rod: Yes, that's put a lot of my memories to rest, thank you very much for that, I've thought about this for long periods.
Yes—you wish to remember, but now you have some spiritual knowledge, you can *regain memory.* If you have learned the lessons of this lifetime, you can then ask for more to be given. Do you understand?
Rod: Yes. I look back at all the mistakes I've made, the shocking things I've done...
You are too harsh about yourself.
(Chuckles)
Jan: That's why we're laughing—he's always harsh on himself.
Sarah: I remember Salumet's words, and he said: you know, if you make a mistake and you learn by it, that's good **(yes)**, because then you learn something.
Yes, you are learning all of the time. Do not ever say to yourself, '*why have I done that*—', because my dear friend, there usually is a *very good* reason—you may not understand that reason, you may not like that reason, but it is part of your *life.* And I am sure my dear friend, you could look backwards at your life here now, and say, it was not as bad as I thought.
Rod: That's very good.
George: Last time Salumet, you spoke on the subject of depression **(yes)** and I think it was mentioned that mind was temporarily detached from spirit, during deep depression—
Mind can never be separated—Mind *is* Spirit.
Jan: Salumet didn't say detachment, he said that you become less aware because the depression is the first and foremost in your mind, so that selfish act becomes all-encompassing and your spirit gets put on a back-burner so to speak—it never becomes detached from spirit.
George: Yes, perhaps that's a better way of putting it, that spirit is being *ignored*?
It is the human being ignoring spirit (yes)**. Yes, they are not listening to that inner voice—they have become so—I do not like the word *obsessed,* but it is the only one I can think of at this moment.**

Jan: Maybe *overwhelmed,* which you used before Salumet, is more appropriate.
Yes, that is better.
George: Yes, I wanted to make the point that if spirit is ignored in that way, then the person can either go inwards into deep depression, or outwards, to become a person like for example Adolf Hitler, who became **(yes)** very dominant.
You are taking two extremes about this subject. Yes, it is quite true that you can choose either way. The responsibility that mankind has for his own travel through this lifetime is *so great*, but within every human being there is that *spark of spirit* and it is never completely lost. So even someone like, you say Hitler, who is known within your world as a despot—there was always a *spark of love* and that is what everyone should be endeavouring to help to grow.
George: Yes, I take your point, there would always be that spark **(yes)** and that spark connection would still yield good things on occasions, no doubt.
Yes, you have to remember that there would be a mother or someone else who is exuding love to that person, even if the individual themselves, seems to be without any kind of love.
George: Yes, I'm sure.
So that is why there can never be separation—Mind and Spirit belong together.
George: Yes, ones that come to mind are Eva Braun, who I'm sure gave love **(yes)** and his dog—he had a good bond with his dog.
Jan: I was just going to say the same thing—he had tremendous love for both of those individuals **(yes)**, and I believe he had—maybe in our terms today it's not understood, but even his ideals didn't all come from evil, a lot of it came out of love, in a strange way.
That is why my dear friends, you can never judge—you do not have the *ability* to see that whole wide picture. But when there are people of that ilk in your world, remember it is the physical brain which becomes damaged, not the *Mind.*
George: Yes, I must admit, I feel a certain regret in mentioning that example and yes, that connects I think, with the fact that we should not judge.
I have said it on many occasions—to judge, in a way is to judge your selves—think about those words. If ever you find fault, look to yourselves.
Paul: Yes, I was just going to say, we just don't know the *intentions* of that person. If the *intentions* were sort of to try to *sort out* this world as he saw it—we just don't know what the *intentions* were—but to judge the action—we can't until we know the intention. I think there're plenty of people who *appear* to be doing '*good*' things in the world, but it's the same thing, we just can't judge whether their *intention* is actually to improve this planet, the people and the land and everything.
Yes, I would say you cannot judge—you do not see the full picture. But what I *can* convey to you is that to hurt another single human being is never right—not in spiritual laws.
Paul: Yes, that's a clear line.
So you see it is always difficult, unless you know the *whole picture.*
George: I wanted to lead onto the fact that one of our readers wrote in about depression. He has a friend with a wife who has been having terrible depressions over a period of years. She's had medical treatment, which includes drugs—so-called drug therapy. But she seems to go in and out of periods of depression. I have asked a few questions and I think the depressions were triggered by the fact that the husband eloped with another woman. He then returned when that didn't work out and they have been together, sort of

happily ever since, for a number of years. But the depressions continue and the medical treatment and drugs are probably having temporary effects. Would you care to comment on that situation Salumet?
I would not comment on individual situations. I will say only that those who find themselves deep in depression, have in a way, lost the ability to *love life.* There are available to people much help in your world and I am not dismissing the seriousness of depression, but again I must say that those who suffer are in fact responsible for their own conditions.
George: Yes, and I realise you can only comment in a general sense.
Yes. There is deep within people with depression, a feeling of being lost and it *is* in a sense a separation from their own spirit. I believe that's what you thought I meant. It is a separation, *only* because they have lost their way of *thinking* and *feeling* and *knowing* what is *right.*
Paul: It makes me think that a lot of people who *do* give the orders for countries to go to war and cross that line of taking lives—though we mustn't judge them as well—but it makes me think they've lost that or they are separated from their spirits for them to resort to wars?
Jan: I disagree with that—I think as we've always been told, there are two important elements and one is love and one is fear and they are driven by the fear **(yes)**, and that fear culminates into their own depression, because they create that environment in which that depression thrives. And that is fear and it's finding the way out of it and knowing that you can come out of it, by purely loving yourself first and then those around you and to allow that love in.
Yes, allow others to help.
Jan: Yes, it's when they are cut off *completely* from their own environment, their own spirituality. Spirit is not cut off from *them*, but they are cut off from *it*, because they are living in this selfish little bubble of their own—sorry.
No, you have explained it well—yes.
There are so many conditions in your world—so many disputes about health. And I have to return my dear friends, to simplicity. And the lady has reminded you as I have often said: there is love and there is fear. And fear creates so many dark situations, whether it be fear of life itself, I cannot say for certain. But there is fear of money, there is fear of lack of love, there is fear of so many things in your world. Where is trust, where is the love of the spirit, which helps you overcome all of these problems? It *is* the strength of love, which will help these people and that strength of love has to come from *others initially*. But for them to be entirely healed there has to be *recognition* of *themselves*.
George: Yes, I imagine the fear of others leads the leaders of nations to manufacture vast quantities of weaponry, in a desperate *physical* attempt to allay that fear that they have.
Jan: I think it's fear of their lack of power that they fear—for want of a better word—that they're going to lose some sort of power that that fear has on others. If they only realised that that's completely not the way to go at all—but that's what *causes* wars—it's the fear of losing power, in my opinion.
If you look at it from a spiritual aspect: it is '*Light* and *Dark'.* It is a *power struggle* and that *simply* is what it is. It is what many people would call 'evil' and the 'devil'—the Darkness and the Light and *all* is seeking the Light. Whether it creates dark situations or not, that is what is happening—that the Dark seeks the Light. But in that travel, the darkness creates many things that you in your world would term 'bad' or 'evil'. But again, I am speaking from knowing the wider picture.
Rod: Your last two statements should be hung up in the Houses of Parliament and in the White House and a few other places. I think it would be wonderful, and as these parliamentary guys go in, they can read it

each day and they'd say, *'I can't do that, but I can do this.'* It would be a happier world. George—Print it out!

(Chuckles)

Jan: I think you could bring it right down—it's not necessarily just those in the big jobs as it were, in governments etc. **(no)**—but if you go into an office of people and around the boardroom table—let's make it much smaller, there's 12 people around the table. They all might be equal in positions, but there would be one person that's fearful that he might lose his position if he doesn't start making the others take notice. And governments are no different really and until that corruption and that fear dispels, it won't change.

Mark: You feel that it's becoming harder for leaders to create wars now that there's so much dissention from the people now. You feel like it's going to be much harder for one person to lead us into war.

(Agreed)

There is a saying in your world with which I fully agree on a spiritual level and that is that *People Power* will change—make many great changes, and it will always be the union of people with strong ideas—good ideas.

Jan: The most powerful people—following on from what you've just said, are those people who can hear somebody else and out of pure love, not jealousy or hate, encourage them—*'That's a brilliant idea, let's run with that idea'.* And that's where the change will come in, I believe, in governments and countries and everything about our civilisation really. And the advent of the internet and media sites, where just recently it's had its adverse situations, but on the whole it can only be for the good, because there are many, many more—one person's idea then becomes millions of people's idea and that thought is all pushing towards one common—you understand what I'm trying to say?

Mark: Yes, it can gather momentum more easily—

Paul: Yes, information is being shared and curtains are coming up and things are being revealed.

Jan: That's right. Not just one group in the future will be all-empowered, because it will be moving in the right direction for millions of people.

George: And as I think Salumet suggests, *People Power* can say *NO* to war.

Mark: Yeah, it's not going to be a top-down pyramid anymore, it's going to be coming from all angles.

Jan: Yeah, a big wave from underneath, pushing through.

And you must never assume that all governments are wrong-thinking, because within every government, there are good, there are people there who will spread that good. It may be little-by-little, but it will increase. And there are many in our world who are working with your governments throughout your world, to seek out that one person who can make a change. It may be with few words, it may be with few actions, but around your world this work continues.

Jan: It's often those, isn't it, with the quietest voice? You take someone like Ghandi. He wasn't a big person in voice or stature, but he just reached out to thousands and thousands of people in his quiet manner. So maybe the person in governments who is going to change has often got the quietest voice, rather than the loudest.

And you have to think in your world how do you teach the *children* of your world. It is not even by words, but they learn from *actions.* And it would bode well for every adult to *remember* what it is like to be a child, with *Unconditional Love*—that is what we seek. Not easy, but you should be able to achieve.

And now my dear friends, I will leave you this time. I know we have covered ground that we have spoken of before, but I also hope that it has once more, fired within you the thoughts of good, the thoughts of love—

George: I was going to say, we've covered *much* ground this evening. Thank you so much Salumet.

As always as I leave you my dear friends, know that I am aware of you all. I leave you cloaked in my love, until next time.

(Thanks and fond farewells)

The evening was concluded with one rescue: an elderly lady fretting about her doggie. She thought at first she was in her own room with her easy-chair and knitting—and we were told to 'be off' or she would be putting her stick to us! But on feeling Eileen's chair arm, she accepted her different situation, apologised for shouting at us, and happily moved into the light where her little dog and friends were waiting to welcome her.

*(Audios of rescues freely available on website: **http://www.salumetandfriends.org/7.html**)*

~3rd December 2012~ SALUMET

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I come before you this time my dear friends, it is to say to you, that as we are fast approaching another one of your earthly years, it would be advantageous to look back and to see what you have achieved personally in your own lives. I have told you on previous occasions that the time for your own personal development is necessary and those words still stand. We of course in our world, are engaged with those of you who are looking forward to the celebrations at this time of your year. Of course not all nations celebrate your Christmas time, but nevertheless the love that abounds on your planet at this time of year, is indeed something to behold; even in times of trouble and stress, that love cannot be diminished. So I will tell you my dear friends, that this visit with you, will be the last one of this your earthly year. As always I will continue to fill you with hope and with love and I will return to that time from whence I came. We will of course come together in your new earthly year, to which I will of course be happy to do. So, other than to ask of you, my dear friends, what do you feel your own personal achievements have been?

Sarah: I just first would like saying Salumet: thank you for coming so often this year, because you did say perhaps you wouldn't be coming quite so often, but we really have appreciated all your visits to us—so thank you for that.

I will continue to be drawn to you of course. But so much I feel has been given and so much yet you have to learn, but not always on this planet (yes)**.**

George: Yes, I think I'm much more appreciative of the wider picture now. And let me say, I'm sure you're aware that a further book is underway and that book reflects on two decades of your teaching and your introduction to others and it is a wide picture indeed. This is not so much personal achievement, but it is *group* achievement, but it's wider than group achievement. You yourself obviously feature so strongly in this and many others whom you've introduced to us for their valuable words, and the others from across the universe who have further enhanced that wider picture. So, yes, I would say: thank you so much for all this! And on a personal note, yes I appreciate much more the wider picture now.

Yes, you have all grown so much—I have told you this often of course, but I now want you to go more inward and to find those true selves, which I know each one of you has endeavoured to do, but I feel that this coming year, should be focused more on those abilities of spirit. I would like you my dear friends, to think and to consider that spiritual gift you feel to be of *more* importance for yourselves and to think about it very deeply over this your holiday time. Are you aware?

Paul: Aware of?

—Your own developments.

Paul: I think this year for me as well, this has been I'd say, a very *fertile* year—very challenging, but very fertile. I feel quite *earthed* in a way—earthed and more connected and appreciative of the people around me and somehow deeper rooted, so that I'm trying to put together things in my life now, in a more directed way in a spiritual sense—trying to pull all these teachings into my life as much as I can—it's little steps—

Yes I see for you there is much more *balance* between earthly living and spiritual life. That balance has grown this particular year for you. I would say well done to you, because I feel, at the beginning you struggled, just a little (yes)**. Yes, but I say: well done to you** (Thank you.).

And I know our dear friend who is by you *(Mark)* **has had some absence, but nevertheless never neglected, or forgotten** (Thank you)**, and his gifts have been shown through his own family.**

George: Yes, and I would say, your name often crops up in conversation, Salumet.

Yes, well we know that names are of no importance. The only reason names are given, are for recognition purposes only, not because we wish to be remembered by a name. But we know that, as human beings, that is your way of contact, and therefore we find that by supplying a name, it gives us all connection.

George: Yes indeed. I think we humans tend to stretch that identity in order to associate with the teachings, which are so valuable to us.

Yes, and of course we know, with human beings, that name-connection continues well after they have returned home to spirit, for quite some considerable time. So I know, and *thank you*, because I know it is a gift to me, in the sense that you wish people to hear and understand my words. So, I feel my thanks to all of you is appropriate at this time.

Sarah: That's very kind. It's reciprocal, but I remember you saying before that we both need each other in a way—you learn from us, as we learn from you.

Of course, learning is never done with, whether you are here, or on another planet or whether you are in spirit—that knowledge grows and expands and continues.

George: A particular name that I have noticed recently is that of Dr Stephen Greer, who leads what is known as 'The Orion Project.' He has studied what he describes as 'new energies', which can be so useful to Earth in future years. He has written a letter of proposals to the President of the United States, to make him aware of such 'new energies' and I couldn't help thinking that you have spoken on new energies to us in this last year, Salumet **(yes)**, so I felt there to be a connection.

Yes—there never is 'new energy', as I have probably told you (yes)**, all energy has always existed, but the point being that Earth will *re-discover* the energies to be used.**

George: Yes, it is our awareness that is new.

Yes, so it is new energy in as much as it is being discovered. But yes, I did say that there would be new findings, and I am pleased that that is ongoing.

George: Yes, I was impressed by the fact that he has passed the information to the American President

Yes, that would be influence from our world.
George: I rather thought so **(yes)**.
Jan: Mine would be, I think more than anything else, I think my 'fear' has dispelled somewhat—a fear for the future, that I realise was a very negative force within my life, and although I have occasional days when I lapse—I think that's the biggest thing this year.
Yes, you have indeed grown in that direction. But we have and will continue to work with you on this (Thank you)**, yes. But to recognise, is indeed a great step forward. Yes, you are *all* going forward, but it is good for you to recognise it for yourselves, rather than for me to tell you what you must do.**
Jan: Yes, and I think the other thing is that I don't question quite so much anymore, *my* purpose, because I *know* that my purpose is of paramount importance, not only to those around me, but to myself and those in spirit.
And do you see what has happened, that you have forgotten the 'I' —you are now involved in the 'we,'—thinking of others and understanding where all of this comes from. That is a great step forward.
Jan: Do you know, I wasn't conscious that I was—but yes...
It is a big step forward for you.
Jan: Yes, I've removed the—
—The blockage.
Jan: The blockage—so I have!
Yes. You should be proud of yourselves, my dear friends. If only you could see yourselves as I see you, you would be surprised.
Jan: Thank you, that's made me feel quite humble inside—being able to recognise **(yes—good)**.
Sarah: And I feel that I've been very aware this year of the guidance that I'm being given. And I'm trying to follow what I'm being given. So that's the main thing that I've found this year.
Yes, you my dear friend, although you speak well of spiritual matters, at times you have not allowed yourself to *fulfil* those words; but as you say, you now recognise that you too have grown, and as long as you keep that to the forefront of your mind, all of life's difficulties and tribulations will fade into the background of your life.
Sarah: Yes, thank you. I do find that the things that might have distressed me in the past, they haven't distressed me at all this time. I feel it must be absolutely right **(yes)**. Thank you. And Emily, my daughter, she's also had an awful lot of help. Anyway, she's very grateful, and you did say to her that wherever she went, there would be help for her, and indeed that has been the case, so thank you very much.
Yes, once you make contact with us, even if you reject it for earthly years, there is still that contact there. And we do not let go easily. *(Mutterings of thanks and a few chuckles)* **We cannot interfere with your lives, but we can inspire and lead you and uplift you. So, it is as you Earth people would say, 'a long piece of string.' So we will never abandon you once this contact is made.**
(General thanks)
And now we come to our dear friend *(Serena)***, our lady-friend, who has not been with us so long as the others, but fits in very nicely to this group—yes. The name is so similar to 'serenity' and we feel that is what this lady brings, although she may not agree with that—***(Smiles and chuckles)***—but she does, she does. And perhaps she would like to say just a few words on what she *feels.***
Serena: I *feel* that people are disappearing, not dying, but just leaving my life. It's almost like a clearing. I feel I need to be more focused and find *one* direction, instead of going all over the place. I've looked at lots

of different things, but nothing's really held my attention, but I'd really like to focus on something and perhaps find a new avenue to do with energy healing/energy work, that sort of thing.
Yes, the desire and the love to do that is already apparent. Now all you must do is to allow yourself some patience. Yes, your life is structured and going in the right direction (Thank you)**.**
Which now brings us to two people, who really have not been with us too long, but I would say, if it is right for them, they will continue to return. Would you like to speak to the others?
Mark G: I'm very shy.
(Giggles)
There is no need to be shy with friends.
Mark G: Okay. I'd like to say that I've experienced lots and lots of violence in my life and I've kind of learnt to deal with that by studying violence and studying the martial arts. But with my studies I've found that the highest form of martial art is healing; and I'd like to develop that area and I'm hoping that attending here will help me with that.
Attending here will put everything into perspective (that's good)**. That is *one* of the reasons you are here** (okay)**, to find the life that you search for. And when you *seek*, when you are ready you will find. Those words are so commonly known, that people do not always take them seriously. But give yourself time, my dear friend; again, as I have said to the dear lady: *patience, patience*. You have at times, not always been so.**
(Chuckles)
Mark G: No, that's true—thank you.
Yes—but yes.
How about the little lady?
Natasha: I come here just to regain my strength really, because I do see spirit a lot **(yes),** in between living life, and a very demanding job and looking after a lot of other people on this Earth, that it's just nice to come here, and I do feel re-recharged when I go home **(yes)**. I do live quite a hectic life, but I do really enjoy coming here and I do feel recharged when I go home **(yes)** and I try not to *not notice* spirit, but sometimes I'm just very busy—it's difficult.
Yes, we do not wish to intrude upon anyone's life, but everyone should *realise* that there has to be a period of surrendering to spirit. And therefore I would say to you, just to take it as it comes and you will find, as I have said to the gentleman, a balance, which is fulfilling and creative and will suit *you.* You are, after all, individuals and we would not expect it to be otherwise. But if you are not happy with seeing spirit, you have of course the right to ask them to leave.
Natasha: I'm always happy to see them, it's just sometimes feel I'm letting them down, because I'm so busy.
Yes, but of course they will take any opportunity to be seen, but you *do* have control of these things. So I say to all of you, my dear friends, thank you for sharing your information to each other. I am sure that each of you finds it informative to listen to the others and to see how you have, and *our* growing.
So now my dear friends, I take my leave of you, and I know that *you* understand that my love is always with you.
(General thanks)
George: Wonderful—yes, we are most grateful—thank you Salumet, and I'm sure our love goes with you.
Jan: Salumet, are you still there?
Yes.

Jan: Sorry, before you go—because Lilian is not with us tonight, for upliftment, is there a message I can pass on to Lilian please?

Our dear friend Lilian, is being taken care of. She has her own fears at this particular time. But she knows that we are with her.

Jan: Yes she does, yes.

So my message to her is that she is surrounded by not only *my* love, but all of those who come close to her.

Jan: Thank you very much.

(Fond farewells)

Next, one spoke through Sarah:

I have been listening in and took this opportunity of having a few words with you. We are always most interested to see how the human race develops along the spiritual line; and we are very happy to be near you and to contact you, in a way that we do not find so easy with very many of your fellow beings. We do try to be around many people, but they are unaware of our presence, and the help that we may be able to give to them. So it is nice to know that you people are aware of our presence, and although we have not been around you personally before, we now realise that we may be of help to some of you at some time.

(When asked about identity, our visitor explained that he spoke for a group who have been together for many years and no longer reincarnate, but wish to help through influence.)

I would like to say to you, and I am being told that some of you were monks together, and this is what we were also. It was a time of austerity, but there was much love and understanding between us all.

(All from their last incarnation have stayed together in spirit. Their monastery was in what we know as Cyprus.)

We were most strict, and it has been of great benefit to us in understanding how those of some religions who are so strict and take everything so—how can I say—each word, they believe in—

Paul: Literally—

Yes, but it has given us much knowledge in helping those who are so tied to a particular way of thought. So we are trying our best to help all to become less—I cannot find the word—

George: Rigid?

Yes, I think that would be a good word—less rigid and more open to views of others. And in this way, we hope to create more peace in your world.

(We spoke of inter-religion clashes, and our visitor referred also to the principle of one religion trying to take over everything.)

So this is our main job—and we endeavour to help all sides.

(Our visitor was duly thanked and he withdrew.)

There followed one via Eileen, who has visited on a number of occasions over the years. She is known to us as Sister Anna:

(Spoken with a beautifully gentle voice)

Sarah: Good evening to you, welcome.

Good evening, it is I—Sister Anna.

(Warm welcomes)

I wish to tell you, on this my very last visit that I am moving forward.

Sarah: Congratulations to you!

Yes, I moved forward before, but now I am ready to leave behind those old thoughts and feelings. No longer will I say to you, 'God bless you.' Now I am more likely to say, 'To thank that Great Creator'. So you see how much more I have learned, and I am beginning to feel quite emotional. But I could not move forward, without coming to thank all of you—all of you, who have listened throughout the many years when I came regularly to you.

George: Ah yes, that must have been from the time of Leslie.

Yes, I have met with that wonderful man.

Sarah: Ah, that's nice —

And we have had discourse on many subjects and I do not feel it is amiss to say, that he is still trying to change my way of thinking.

(Merry chuckles)

But I have discovered this for myself.

George: Well I'm pleased he hasn't changed it *too* much and one thing that comes to mind is that we should congratulate you on your move forward.

Yes it is wonderful and I am of course now separated from the group that I was with, because you see, recognition is a most wonderful thing. Truth develops slowly and I always felt that 'God was my saviour'—but little did I know!

(Gentle laughter)

George: So one of the things that has changed, is your view of God, which is rather different from the monastery/nunnery days.

Yes, and as I speak I feel the garb which was important to me in life, is slowly disappearing and I could not, could not go on without thanking you.

Sarah: Well we're very grateful to you for coming to us and we're sorry we won't hear you again, but we'll catch up with you when we come over ourselves.

You won't for a while.

Sarah: No, because you'll have moved on—

And I'll have moved on—but I'm surprised to feel so emotional because, when you are attached to people, it is very hard to let them go—and that is something I've had to learn.

Sarah: But it's never forever, is it? That's the beauty of it. You let go, but you will eventually meet up again, albeit in a good few years' time.

I hope so, I hope so. There are still some who still can't let go of some of those ideas. So I am going to say to you: Thank you!—not God bless you!

(Chuckles)

And I hope that your lives will always be filled with joy.

George: Thank you and we'd like to thank you for being around all this time—truly wonderful!

Paul: And *sharing* your story—your good news with us.

George: And if you now have this view of the Creation and the Great Creator—that sounds just right!

Yes, is it not wonderful? It is wonderful!

Paul: We can really feel the *ripples* of *your* wonder.

You have much to encounter—

Sarah: Yes I'm sure we have.

Now I really must depart.

Sarah: Well thank you very much for coming and telling us.

George: Yes I think we all feel somewhat emotional at this parting, but wonderful and we wish you so well on your journey.
Sarah: And if you bump into Leslie on the way, do send him our best wishes.
Thank you.
(Thanks and farewells)
George's Notes:
1: Sister Anna: A communicator from afar in spirit, on 13th January 1997, stated that Sister Anna wished to be remembered. Leslie had declared then: 'She is one of our oldest friends!' She had visited many times before our formal records began. 24th July 1995: Sister Anna looked in for an emotional farewell, to say she was moving on, ending 'God bless you.' But 27th September 1999, she again looked in to speak on the special occasion of Leslie's passing to spirit.
2: Dr Stephen Greer and the Orion Project:
Copy of heading:
The Orion Project
Memorandum
To: President Barack Obama and Members of Congress
From Stephen M Greer MD, Director, The Orion Project
Re: Urgent appeal for support of New Energy Solutions
The Orion Project (www.TheOrionProject.org) has identified ground-breaking new energy solutions that require your immediate investigation and support.
The attached "Summary of Energy Breakthrough Technologies" is a brief overview of these new-energy solutions etc.—thank you Ray, for bringing this to our attention. And much Love and thanks to YOU the reader! This particular transcript ends here, but lots more available here: www.salumetandfriends.org

~14th January 2013~ SALUMET

We were expecting Salumet but to our surprise, Emma popped in first with her latest news. She explained:
I come to stay only a short time, because your teacher is coming I believe (yes)***. I was listening to your conversation, and it is I Emma.*** *(Emma Hardinge-Britten has been visiting our circle for several years now)*
I just wanted to say that all I have told you is in fact happening right now.
George: It is indeed. I've thought of you several times, Emma ***(thank you)*** and there has been great news about women coming much more to the fore.
Yes, and not only in India but in many, many places. There is a movement taking place, and I believe I must say that myself and those who help have had some part to play—but I just wanted to remind you.
Sarah: And on behalf of all those women being helped: thank you very much!
You're very welcome, and now I will withdraw and allow your evening to continue.
(Thanks from all, and Salumet followed)
George: Good evening Salumet. Welcome in this new Earthly year.
Good evening.
(General greetings)
I am happy to join with you once more.
Sarah: We're very pleased to have you back, thank you. Hope you've had a good time back where you belong.
I always enjoy that phrase, 'Good time'.
(Chuckles)
It is perhaps not the way I would phrase it, but nevertheless I thank you sincerely for your wishes.

Sarah: Thank you. How would you have phrased it in your words, as a matter of interest?
I would have said, I have had a '*blessed bonding'.*
Sarah: Oh yes, that sounds very good—I'll try and remember that for next time.
Yes—Of course, when I have returned to the world of Spirit, a coming back to this energy, always fees so heavy to begin with, but it does not take long to adapt to this Earthly plane.
Sarah: Well we are very grateful to you for making the transition for us, it's very much appreciated.
Although I have been absent from your lives for this space of time, you have not been forgotten in thought. And although your numbers tonight are small *(six)* **it matters not, because I try to be with you all, in different places, at different times; and that brings me to what I wish to say to you this time: The past year on this Earth, I have tried to encourage you to develop those gifts of Spirit that you each have. I have left you all with the responsibility of doing that. I want to say to you, my dear friends, that this coming year of your time I again will not always be with you, but hope that when I am, I can be of service to you. I would like you, to this year of your time, to cultivate whenever you can, that sensitivity of Spirit, that *awareness* of Spirit that encourages you to look *further* than you have done so up until now. There is within each one of you, an innate knowledge, which is still to be tapped into. That is my wish for you this time—that each one of you becomes much more aware of who and what you are. I know you have come quite some way in your spiritual development, but there is so much more that you need to know, for your own development and with this, I will endeavour to help you.**
(General thanks)
Now, I will just say to you, if there is anything you wish to say to me this time, now is the moment, because I will not stay with you too long this time.
Sarah: I was just wondering Salumet—you're not going to be with us so much this year—is there another group maybe that you've found?
No, that will not happen. I have endeavoured to come to you with 'Truth' and 'Love', you know that.
Sarah: Yes, we do.
But when that has been achieved, I will return to where I come from.
Sarah: Ah—so you've just returned to help *us* really?
Yes, because the opportunity to spread Truth, here amongst you people, who have blended so well together—it was an opportunity that we did not wish to miss.
George: I was going to say, it's much more than a mere 'us', because it spreads from here **(Yes)** and is touching so many.
And that is why I wish you to now be much more *aware* of your own spirituality. You have the tools, but you must use them.
George: Yes, I have the feeling that there is much more to be tapped within **(Yes)** and it's very near. I'm not quite taking the big step, but I have this feeling that it is very near.
Yes, there will come the time, when you will not be able to rely on us for your information. The time is approaching when you must seek further for yourselves. I have laid before you the seeds of *Love* and the seeds of *knowledge,* and we in my world are so grateful that we have found people such as yourselves, who have been so dedicated and who have wished to spread Truth.
George: Yes, I find those seeds of Love show in several ways. I find when I'm out doing the shopping—well there was one small child recently who fell over and became very glum. I was able to make contact and said, *'Well you're a big boy and am sure you'll get over that quickly.'* There was then a big smile on that child's face, after being so glum before, having fallen over, and I find I'm making more contact in that sort of way now and I think this must be part of this Love thing.
Remember I have told you on previous occasions, that my dear friends, you have become beacons of *Light.* It is important in the world that you exist in, with so many dark areas, that those beacons of Light

shine brightly. I have to tell you that we are so happy with those of you who have worked tirelessly and given *much* to the Truth and knowledge of Spirit. We know that probably you have encountered disbelief and puzzlement by what has been said, but that only means that those people are not ready to receive Love and Truth. So as I am always telling you: Never judge, but to lay those seeds of Truth, and those who are ready, will cultivate their own Truth. You understand?

George: Yes, those are wise words.

Sarah: The teaching you've given us, we know the truth that you've taught us and we know that if we do try to help others in some way and it's not taken, it actually doesn't affect us anymore, because we *know* it's right. We just have to give them love that they can move on in their own way. Sometimes in the early stages you felt, *'Oh dear,'* when somebody couldn't take it, but now, because it seems so natural to us now, it's just nice when somebody *can* accept it.

Those words that you have just expressed, show my dear friend, just how much you have grown. Yes, in the beginning, it was difficult, when you are enthusiastic and you want others to know what *you* have found out, what *you* know. But to recognise that not all are ready is indeed one great step, and you are all at that stage of acceptance.

Sarah: Well, thanks to you Salumet. Thank you!

But hopefully, in the coming months, there is much more for you to learn. I will of course help in any way that I can.

Rod: Sometimes it comes up in a conversation, something one of us says or is about to say and one of us says: *'Who are we to judge?'* The number of times that comes up is incredible.

Yes, but it is a very good *life* lesson for all of you for all of you.

Rod: Yes it is. I think you know everything that happens—I fell over on Monday and I can't understand how I went from vertical to horizontal, without hurting myself. Was there a young Angel helping me down softly?

You are always surrounded by those who love and support you, whether it be Angels—and I would just like to clarify for you, that the true Angels of the Angelic Realms, have never lived life as a human being. But in saying that, sometimes they can transmute their energies at times of trouble. No, the lady you speak of was not an Angel, but a *good* human being. And you know, there are so many *good* human beings, whether they know or accept the *Truth of Spirit*, it does not matter. What matters is what is in their *hearts.* But *yes,* the Angels are around each and every one of you, and you *do* need to *call* on their help, whenever it is needed. They cannot come into your lives and interfere. But so often we hear the question, why did one have help, but not another? That is a very good question that I shall leave you all with this time and next time we meet, we will discuss it. Are you happy to do that?

(General agreement)

But yes, you are looked after quite well.

Rod: Thank you. So we can't wish you a *good time,* when you go back?

(Chuckles)

You *can* wish a good time, if that is what makes *you* happy. Yes, it just relates to the Earthly saying of a *'good time'.*

Rod: Yes, I was being a bit waggish.

Waggish—what is waggish?

Rod: Cheeky, I guess Salumet—you can reprimand me if you like.

(More chuckles)

No—you human beings are known for it, so—

George: I think we human beings are living in a world that is undergoing a few energy changes **(Yes)** and we've noticed that there is a slightly more exaggerated weather pattern around the world and I suspect that the energy changes may in part at least be an influence on this. Any comment on this Salumet?
You cannot change your evolution, and at the moment the Earth planet is involved in many stages of change. Yes, if you wish to correlate it all together and say there is a reason, it is only that the Earth planet has to evolve, as do all the others.
George: All part of evolution, yes.
Yes, it has to evolve in a natural way. So do not be too quick to associate these changes with anything extraordinary. That is what you were alluding to, I take it?
George: Yes, thank you for that.
Yes, there always will be dramatic changes in this planet as in others—that cannot be stopped—that is part of evolving.
George: Yes, that's part of an evolving planet **(Yes.)** and—
Evolving people—and after all, people have a great responsibility for this planet as you know.
George: Yes, how they treat the planet **(Yes.)** comes into this.
Of course, it is all part of that change. (Yes.)
Sarah: And also when you get catastrophes or crises from the planet evolving, it does bring people together that perhaps wouldn't normally have got together. So it does make the human race get together a bit better **(Yes)**, because we should all be one, working for the planet, as you've said before. So this is an opportunity to get some more people together.
Not only are Earth people fragile at times, so too is the Earth planet fragile at times. Hence you have what you call the 'disasters', which we have discussed before and I am not too happy to call them disasters. It is all part of a *moving, changing* planet.
George: Yes, so in overview, it is all part of the *evolution.*
Yes and that is what you as human beings find so difficult to accept. But as you look at the much wider picture and scheme of life and evolvement of planets, then your understanding becomes greater. But you see how difficult it is to take you on a journey without this knowledge—it would not be easy. So my dear friends, I feel for this time that I will take my leave and when next we meet, we will discuss the Angelic Realms and Angels.
George: And thank you for steering our thinking into wonderfully logical channels.
Yes, you have the ability, all of you, but sometimes you are a little loath to use it.
Sarah: Well I must say, I've passed some of my knowledge onto my daughter Emily and I think she has worked very hard with Spirit and is getting good results from it and she is also very good at keeping me in check and says, *'But mum—.'* So that's also been very good for me.
Yes, again you are all part of *change* and *evolving*. No matter which area or person or purpose, it takes place no matter—no matter what, *you* will evolve, as will your planet and there is no stopping that in any way.
Sarah: So would you say that some people who have troubles within themselves and they work at getting better, that is a really good part of their evolvement—their way, or their Spirit's way of helping them evolve?
When you come to this Earth, you know what your task must be. Some people become a little lost, shall we say, on their journey. So yes, if someone is troubled, perhaps they need the help of Spirit to help them to focus on the right pathway. Help is always available to people of this planet—yes.
Sarah: Thank you.
But as I leave you, I will say once more, that the responsibility lies with each one of you.
(General thanks)

So, I leave you with my love.
George: Yes wonderful!—thank you Salumet, for being with us again.
Next there was a rescue:
This was a lady from Edwardian times who had been in limbo quite unaware of the passage of time between then and now. But of course this only became clear as the conversation progressed. Eileen said afterwards that she had the clairvoyant image of a lady in full-length dress and large hat:
George: Hello, good evening.
(A lengthy pause followed)
Sarah: Good evening.
(A further pause)
I'm looking for some yellow ribbon dear.
Sarah: Are you? Have you lost it or are you looking to buy some new—
I'm buying—I'm buying, yes.
(Sarah asked if she remembered what she was doing before looking for the ribbon)
I'm in the shop!
Sarah: Were you feeling unwell at all?
Not at all—not at all.
Sarah: I just wanted to explain to you that I think something happened to you whilst you were in the shop and you have passed on—
I don't wish to hear this.
Sarah explained about passing to spirit and that being the reason for not finding the ribbon. The lady then became indignant:
I'm not accepting that! Of course I'm not dead! How stupid! Fetch me the manager right away!
Sarah: Were you standing up in the shop?
Of course—I'm standing now!
George: Well, actually you are sitting in a chair.
Who's this?
(We introduced ourselves as Sarah and George)
Let me tell you: I intend to complain.
George: Can I just take your hand, and—
No you may not! How dare you!
George: I just wanted to place it on the chair so that you can be convinced that you are indeed sitting in a chair.
Sarah: Or if you move your hands to the side, you can feel that you are sitting in a chair—it's a little wicker chair you are sitting in.
(The lady moved her / Eileen's hands to the chair sides)
Oh! My good gracious!
Sarah: You have passed into spirit and you hadn't realised that had happened—
Passed into spirit? What are you talking about?
Sarah: Well, you have died.
George: In fact, we don't die—we pass into spirit and continue living. And we are here to help you in your transition to spirit world. It's as simple as that.
I would like to speak to the vicar.
Sarah: Well, if you do as we ask, I'm sure you will be able to find the vicar very easily. If you look around you will see a light—quite a bright light. Can you see a bright light at all?
George: Yes, that is your key to moving forward. If you just look ahead to the light—it may take a little time, but keep looking ahead, and—
What about these other people I can see?

Sarah: Are they in the light?
They're in the shop.
George: As regards the other people, you are still close to the Earth Plane, so you still have awareness of the people in the shop. That does happen.
Your language is very difficult!—planes—lights. I know nothing of this kind of stuff.
Sarah: Can you see the light yet?
There is a small one.
Sarah: If you focus on that light, you will find it will get bigger and brighter, and you will see somebody within that light. It will probably be somebody that you know—it might even be the vicar.
It won't be the vicar—he's got a service to take!
George: It will probably be a dear one who is there to welcome you. So if you look to that light you will begin to see. And we are merely helping you to go forward.
(Quietly) ... ***I think I am dead.***
Sarah: Who have you seen?
—My mama.
Sarah: Well done! That's lovely.
(She went on to declare that she would give the vicar a piece of her mind)
—He has told me nothing of this!
Sarah: If you now go towards the light, then you can go with—
Dearest mama.
Sarah: Yes, if you go towards her, she will help you to move on to where you should be going.
Ah! It's very peaceful—very beautiful (good)**.**
Sarah: You just go with her and all will be well.
It's lovely.
George: It's lovely, yes—once you've made the transition.
I thank you.
Sarah: It's our pleasure.
George: You're very welcome—that's what we're here for.
This rescue clearly illustrates how those in limbo from times past have no impression of time progression or language change. And although this lady was familiar with the work of the vicar and church service, she remained ignorant of the modus operandi of spiritual transition at time of physical death. There's food for thought here. Audios of 'rescues' freely available on website: www.salumetandfriends.org
George's Notes:
EMMA'S NEWS (Emma Hardinge-Britten): It is clear that recognition of women's rights is an important part of world change, especially in India and Middle Eastern countries. More women are now finding employment that their tradition had forbidden, and more are beginning to enter politics.
SALUMET and world change: So weather extremes are all part of planetary evolution that is ongoing. And we must not overlook our own evolution and how our treatment of planetary home ties into the overall pattern of evolution.

~28th January 2013~ SALUMET

George: Good evening Salumet. Welcome to you.
Good evening.
(General greetings)

It is good to see so many of you coming together this time. *(11)* **When last we spoke, we discussed the Angelic Realms and those of you who were here, were asked to think carefully about it. Would anyone wish to speak about their thoughts and their feelings?**

George: I think my limited knowledge of angelic realms, is that these are caring, overseeing realms, that watch over and interact with humanity—not just this planet, but all planets I believe have a similar system. Angelic realms are formless, yet there are beings and these beings can take form, for the benefit of appearing to those of us who live in space-time. Those are my thoughts.

Yes, a very good description. I will say, you have to understand my dear friends, that—I will use the word 'hierarchy'—It is not the most appropriate word, but one a feel you will understand. There are those of course who have never lived upon a planet and they are a group of angels—there are so many types of course—who are here to express their desire to work and help you. Those further down the ladder, shall I say, are those that the gentleman speaks of, whose form can be transmuted at certain times, to show themselves in the efforts to help others.

Sara: Do you mean they could show themselves in a human way?

They can do, but that is not too often. What I wish you to discount, is that angels are those people who have lived upon this planet and returned as angels—this is not correct. So I would like you my dear friends, to move away from those thoughts.

Sara: So they are not a worldly energy, they are a purer energy?

The true angelic energy is of *'Pure Love.'* They are a perfect example of *'Unconditional Love.'* They come to you always to help, to uplift and to try to instruct you.

Carol-Anne: Would they come back as an animal, say a dog, for a child who is in trouble?

They can if they so desire, but I do not want you to think that this happens all of the time—it does *not.* Very often what you see in animal form, is indeed an animal who has been loved upon this Earth, and can be used in some way, for that help. So I do not want you to think that all of these things happen because of angels. The angels are beings—beings of Love, as the gentleman said earlier—beings of love who are here to serve you at all times.

Jan: Salumet, a lot of people believe and it's happened to me on numerous occasions, when the Soul needs an upliftment and a little robin or in fact once I saw a rat and it looked at me in such a way, I couldn't help wondering whether it was an angel of some sort.

It is not an angel as such, but it can be influenced. This is what you have to remember. All creatures, all animals, all peoples can be influenced, as you are all subtly influenced in your daily living, without even recognising it. Do you understand?

Jan: Yes I do. As everything is interconnected, **(Yes.)** then why not use an animal? —

But that would not be an angel that has transmuted into a creature of the land. So I just say to you my dear friends: Be careful in your thinking. It is all too easy to give credit where it is not due. You understand?

(General agreement)

Sara: I have read a lot of Doreen Virtue's books. **(Yes.)** I don't know if you are aware? She is considered to be something of an expert on angels. **(Yes.)** I've sensed that perhaps she is correct with a lot of it, but I wonder if you could comment. Archangel Rafael, Archangel Metatron, Michael, Mother Mary—I have I suppose been trying to connect a bit over the years with some of these ones, because of reading her books.

Yes. The archangels do much work with human beings. They are a little way *down* the ladder. Most people assume that because they are named 'archangel', that they are the most important. This is not so. But yes, the Archangels Michael, Raphael and the others—each has a mission, which they help to perform in your world.

Sara: Would you say that she is accurate with the information that she gives? For example that Metatron is particularly good at helping children? Would you say her information is correct?

She does have contact this lady, but there is a little element of misinformation, but not too much.

Sara: So she is fairly good to read?

Yes, no one is completely correct. But she has given much of her time to making those connections, as I believe many of you within this group, has no knowledge of angelic presence. They may feel that they do at times, but they are never quite sure. But the connections with the angelic beings, has to be constant, has to be true, has to be of the purest thoughts, before that connection will be made. But yes, they all have their place in existence. But I just say to you my friends, do not be fooled that everything is from Spirit—that is a message I give to you this time.

Jan: I think we start trying to find reasons, **(Yes.)** and messages in lots of things. Maybe it's because we don't know how, or haven't practised tuning in, in the correct way. So, we interpret lots of wonderful things as being sent from Spirit, when like you've just said, we read into it too much.

Yes, the desire is great to have something wonderful, or some event that you can say comes from us, when in fact on many occasions this is not true. And we do not want you my dear friends to fool yourselves. Just to open your hearts and you will be able to distinguish between what is real and what is not—but you have to remain open. And my dear friends, that is something I wish for all of you in this coming Earth year, that you become *more* open to those who are close to you. Because I assure you, you are surrounded even now, by those who love you, those who wish to help you in whatever way is best for you—not always what you would wish, but what ultimately is best for you spiritually.

Jan: So when we get a message Salumet, that many people are with us, are close by—we need to practise to feel those people who are close by. **(Yes.)** Of course we've been focusing on Spirit—as I see it Spirit is everything—all-encompassing, **(Yes.)** so you are not necessarily focusing on one particular thing. But you do say that Spirit comes close to us —

Yes, do not forget my dear friend that within Spirit there are those who are close to you —

Jan: That I don't know —

No—who have been connected to you in a worldly way. People such as shall we say your grandparents, or further back.

Jan: Yes, those ones are kind of obvious, **(Yes.)** because we can *feel* those around us.

Yes, but when you move further into Spirit it is a different sensation completely. But you can still become aware—let's use our word 'energy.' It is a subtle energy *then* that you feel—not the human touch, or the brush of the hair—nothing like that.

Jan: Although that does happen, doesn't it?

Of course.

Jan: Because it's happened to me this evening, on the left hand side **(Yes.)** So you know that that's tangible and you are grateful for it and say 'That's lovely, thank you very much,' and your love goes with them, because you know somebody's loving you.

Yes, they are Spirit who are close to Earth and are able to come close to you. The spiritual realms as you know, is a much deeper, deeper thing and we are speaking of something different there.

Jan: Yes. I listened to a woman on the television. I don't know what her name was, but she was saying that everybody has a guardian angel, **(Yes.)** and she was able to see this guardian angel, stood at least a foot back from most people.

Yes, some people are able to. That is not, I would say, the majority of people, but those people whose souls have opened and are aware of that guiding light.

Jan: Yes, she did say she saw them mainly as light **(Yes.)**—light and colour.

Yes, energy, yes that is correct. But you all have what you call a *'Guardian Angel.'*

Jan: Can you explain the difference?

These *guardian angels* have been with you throughout time. They will never leave you, they are there at your birth; they are there at your passing.

Jan: Just while we are in this particular body or forever?

Forever.

Jan: Right, yes she did say that.

Yes, forever—they are almost like the heartbeat of you.

Jan: So is that the angel that we should be in tune with first, **(Yes.)** because they are almost the first port of call.

Sara: Would we feel such an angel in our heart chakra do you think?

You will experience their presence in all parts of your being. It would be a very deep and satisfying love.

Sara: Because I wanted to ask you this evening: I don't know if I am becoming more claire-sentient, but I have had a lot of energy experiences within my body, since my mother died actually, since July and I have had experiences within different chakras. It is something which has happened to me over the years occasionally, not always knowing where the energy is coming from. But certainly this year I have had more of that kind of thing happen to me. Do you think I'm too open? I wonder sometimes if I need to close myself down sometimes.

You must always close yourself down. You must never allow the Spirit to be constantly open.

Sara: Ah, because I think I am too open sometimes.

Because what happens then, (is) **you attract not only those who love you, but those who are mischievous. So you must at all times, when you have opened up to Spirit, become grounded each time.**

Sara: How do you suggest I best ground myself?

You must sense your feet in the ground as if they are belonging to the Earth. Be as the tree, where the roots go deep. Be aware of what is around you and what is happening in the world. But you would I suggest, find your own way.

Sara: Yes, I do a lot of exercise. I think that's quite grounding sometimes.

Yes, whatever suits you best, I would suggest is the right way to go.

Sara: Yes. If an experience is very heavenly, very beautiful, very divine, even if we don't know where it's coming from, presumably that's not a bad thing; should it happen. I've had beautiful experiences in my heart, feeling a sort of blending feeling of energy, **(Yes.)** and a beautiful feeling of completeness.

That is a true connection.

Sara: And I tried to find words to describe this feeling, but I had the feeling of liquid love. I called it that because of the feeling of being so loved and cherished.

Yes, it is the word that most people would use, when they have this connection with Spirit, when it is a deep satisfying love.

Sara: Yes I have felt this. There is nothing more beautiful I have ever experienced.

There should be nothing more beautiful.
Sara: It was a divine feeling.
And because you are so full of music, that helps to raise your energy also. So I suggest that you stay focussed on your music and that attracts to you that divinity which you seek. But also be careful that you do close yourself down. You understand?
Sara: Yes I do. Because these experiences have come unexpectedly sometimes, would that be because I'm still open at the time?
Yes, you would have to be open for that to happen.
Sara: So if I don't want to have the experiences, if I feel invaded at all, I would just do what you suggest?
Yes, I do not like the word 'invaded.'
Sara: I don't mean—if it's something good, that's not a problem —
That is not a word to use. Yes.
Sara: It's just feeling in control isn't it, on what I focus on, sometimes it could distract, too much coming into the aura?
Yes, you can bombard your own energy too much and too often. So perhaps your word 'patience' —
Sara: Patience is good—
Yes, it is a large word —
Sara: But it's an appropriate word for now.
Yes, for now, yes.
Sara: Thank you for that, that's very helpful and I will keep the music going. **(Yes.)**
Jan: Salumet, I have another question about guardian angels. **(Yes.)** It seems rather a futile question I suppose and it's one that I probably know the answer to, but I'd like your explanation. **(Yes.)** As the population on this planet grows, there is obviously a non-infinite amount of guardian angels. We never run out of guardian angels, so whereabouts in the realm do they come from?
I will stop you there. You are thinking on a *physical* level. There is no area, there is no number. It always has been, energy has always been and some energy is purer than others shall we say.
Jan: I'm doing it again, I'm thinking of an angel as being physical.
Yes, you have to widen your view. But it is a good question and one that we come across so often. But yes, just the fact that you consider the question, shows that you are growing. Is that helpful to you?
Jan: It is, I did inwardly know the answer, but I have pondered on it just recently.
Yes, unfortunately as human beings, you need to be constantly reminded and that is my joy that I can continue to help you understand.
Jan: Yes, I was pondering on the same lines, thinking in this room: we are so fortunate, we have so much—I know they wouldn't have feelings of sadness and despair, but only pure love—but watching a child die of starvation etc, how it must feel to be those guardian angels in those situations.
Yes, but again my dear friend, you are equating it to *human* feelings and you cannot do that. So therein lies your problem.
Jan: Because I am human!
(Chuckles)
Yes of course you are human and you have human feelings naturally.
Sara: They don't have that.
No, the angels would not react in that way.
Sara: They only know how to administer the love.

And after all—someone who is dying, after all is coming home.
Jan: Of course, they are still going to be with them anyway.
Yes, so if you keep that thought in mind, it should help you to understand.
Jan: In the same vein as it's changed my perception of death with people you love here and I know it's helped others in this room—that's what's helped us the most.
And that shows that you are growing, when death is not this dreadful thing to be feared.
Jan: No, it almost feels that they are leaving you for a short time to go on holiday.
And have I not told you in times past, that grieving grieves them.
Jan: Absolutely.
When you are happy, they will be happy. So—it is natural for you human beings to be distressed, but what is not natural is to hang on to that distress too long. You must let them go.
Jan: I think our attitudes across the planet really—well maybe not in some quarters—some religions still behave in the same manner they always have, due to overriding beliefs and because their culture suggests that—But I think there is an overriding change. Certainly when you go to certain peoples funerals, like our lovely friend Ann—It's a different kind of funeral when it's a celebration rather than feeling so down about someone's passing—that's the movement that's changing here I think.
Yes. Life will change—Ideas and concepts will change. But that change only comes through people like your selves. You will find I am sure that this coming year, there will be many people who wish to speak to you as individuals—too, who are seeking for Truth. There are many, many in your world, asking that question of themselves—what is Truth? And you my dear friends are those emissaries. You take out into your particular part of the universe, the knowledge that you have gained and you share it with others, in order that they may in their own minds, find that Seed of Truth.
Jan: Yeah. I think our conversations with people—the word *'you've challenged me,'* came up the other day. It came up in conversation that this lady goes to what she calls her free church. I was interested because I'm quite fond of her and wanted to engage in her delight at going to this church and she asked me what *my* beliefs were and to my horror, she asked me to leave the property to start with—that I was bringing the devil into her house —
My question is: when somebody says what do you believe in?—I made the mistake in saying to her I was a 'spiritualist'. What would be a better term to describe the truth?
I believe in 'Love and Truth'—two simple words. That is what you should believe in and that should be your answer to anyone in doubt.
Jan: Yes, those two words did come about, but that makes much more sense than labelling.
Sara: I often say that—I say: Love, Truth, non-judgement, and humility—I sometimes add just a few words.
Jan: She did carry on to me and say how did I know it was the Truth?
Yes, because when you have some who are so fixed in their ideas, you are almost intruding on *their* belief.
Sara: With some people you can't win actually.
And you should never try —
Jan: No—I was quite prepared to leave her house, I asked her if she would like me to leave, because I felt—I hadn't overstepped the mark on purpose, not at all. She had asked me a question and I just made the mistake in answering incorrectly I think. But she disappeared out of the room, out of my presence and I saw her an hour or so later and said I was really sorry if I had upset her, but it wasn't intentional and would you like me to leave and not come back to your house? She said no, you've just challenged me and you've

made me very fearful. I went away feeling quite comfortable actually. Whereas I would normally go home perhaps and think: oh dear, I've upset somebody, whereas on this occasion, I felt centred in my truth and love and that's where I'm staying. She had to deal with that—I wasn't going to move.

Sara: She gave you quite an honest answer.

Jan: Yes she did, she said: you've really challenged me —

You have enabled that dear lady to begin to think that what she believes may not be the complete whole. So in that sense, you have done nothing wrong. You withdrew when necessary, but that seed is planted there and it is now up to that dear lady to go forward and to find her own Truth. It may be that she remains with those ideas that already are there, or she may move on, but that is entirely her choice. You understand?

Jan: Yes I do.

Rod: Salumet, can I just ask one question? Guardian angels—are they male and female or?—

There is no gender.

Rod: No gender, thank you.

But they can appear to be of one or the other, male or female—but it is no gender.

George: Might I ask: with the greatest of angels, are they truly universal? That is, is their influence throughout the universe?

Of course. You cannot distinguish and say some have these angels and not others. What kind of love is that? You understand? (Yes.)

Lilian: So when we return to Spirit **(yes)**, those guardian angels stay with us?

They will be with you, yes.

Lilian: I wondered if they needed to go somewhere to recoup.

They already as you say recoup, just by being what they are, who they are. They are pure energy, pure love.

Jan: Once we return to Spirit, we go home, are we able to see our guardian angel then?

If you so desire—of course!—yes and the recognition will be instant. There will be no need to say who they are. You will understand. That is all I need to say—you will immediately recognise them and what a joyous occasion that will be!

Lilian: Yes. So these people on Earth who have killed people and so on—do their guardian angels stand away from them?

They try to stand closer to them, but they have reached a state, where they cannot influence them. That is why these things happen in your world—because they do not feel or listen to those guardian angels.

Jan: That is when they become disconnected —

That is correct, yes. But know they would never step away from that being.

Lilian: I just wondered if they would stand back. **No.**

Lilian: I see, thank you.

Rod: Well I guess over many years in Spirit, they probably link up again and healing takes place and that person who goes over is eventually healed —

Yes, that is always what is strived for. They are never left alone, or they are never judged harshly, like you would do on the Earth planet. But they are *showered with love*, pure love. And that is so, until such time as they recognise what they have done—and it is not something you would wish to behold. They are *distraught* when they realize what has happened; but they are never left alone. So they are loved.

Jan: I'm trying to take the physical and human side out of it and just think purely spiritual, but I just can't help seeing in front of me, what it must be like on a battlefield in our past histories, where ever single—thousands of men on a battlefield and they all have a guardian angel, trying their utmost—**(Yes.)** It must be—well I just can't imagine! —

You cannot because you are not in full Spirit body. So you will always be influenced by human thinking. And I have to tell you that since coming to you, human thinking is confusion. The confusion that is created by wrong thinking is *enormous*. But my dear friend, you will never fully understand these happenings—disasters as you call them, but which we do not.

Jan: I think we are all beginning to understand from a spiritual point of view—disasters as such; because you've spoken about them before **(yes)**. But I'm trying to imagine from a Spirit point of view, which as you've said I can't, because I'm not pure Spirit yet **(yes)**, but from all those thousands of guardian angels on that battlefield, trying to guide and impress—I find that amazing.

But you are looking at guardian angels as individuals. In *that* case, you are looking at energy.

Jan: Of course.

You are trying to see them as individual—yes. Try to visualise that —

Jan: To see a colour above the battlefield?

Yes, that would make it more simple for you, to try to understand. It's a *blending*—it is not an individual happening. Does that help you?

Jan: It does. You just see a colour or a blanket of love above hovering above —

Yes, that is correct.

Jan: In my mind I see it as a white or a gold glow. It doesn't really matter what colour I see it as.

No, it is the understanding of the energy, yes.

Rod: One thing that happened to me 40 or 50 years ago. I was walking along Cleve Hill with my father on my right and the family all spread out in an arc. It was a beautiful day and suddenly I had this beautiful feeling coming through me. I'd never had one like it before and I've never had one since and I've often wondered about—would that have been a Spirit lifting me up or what?

That is more likely to be your *guardian angel,* who for some reason that day would have made himself felt. A feeling as powerful as you have described is usually down to your *guardian angel.*

Rod: Ah, thank you—guardian angel!

Sara: Ah, because that explains something I felt once. I was feeling very low and I was dragging my feet, feeling I just couldn't be bothered as I was going to work and suddenly it was as if my body got occupied, **(Yes.)** and somebody walked my legs for me, **(Yes.)** and I burst out laughing and then felt very happy.

Yes, this is what your guardian angel will —

Sara: That would have been a guardian angel? **(Yes.)** That's interesting, because I do seem to have more than—some people have a lot of dream connection, but I seem to have a lot in my body.

Yes, there are many ways to connect. Now—

Rod: Before you go, do they have names?

There is no need for names, it is not important.

Rod: It would be nice to have a chat with them.

You can, you can have a chat, but names are not necessary.

And now my dear friends, I am happy to have discussed a little more about the angelic realms, and I hope your knowledge has been improved by such a conversation.

(Enthusiastic agreement and thanks)

Yes, so I will take my leave of you and like those guardian angels, I too leave a cloak or protection around you and ask that you continue on your journey of development in this coming year.

(Thanks + fond farewells)

There followed a rescue. One spoke via Eileen who was confused but gave his name as 'Anthony Jessop'.

Lilian: What do you remember last, before I started talking to you?

It was like I was in a bubble.

Lilian: In a bubble?

Yes.

Lilian: So how do you feel about the bubble?

Couldn't see much.

(He was asked if he had ever thought about death)

Of course I've thought about it.

Lilian: Oh good. I think that's what's happened to you.

But I don't want to die.

(Lilian explained that it is what happens to us all)

George: Well, we say 'die' but we continue living the spiritual life. There is no real death.

But she's just told me I've died!

George: Your physical body—

Lilian: Just the physical body. Now you take on a new body—

(He said he didn't like it, and it was explained that he had been brought here so that we could talk with him and help him through it)

George: And if you look to your front you should be seeing a light. It may take a little time.

(He confirmed that he could see a light)

Lilian: And in the light you should see someone you recognise. Someone will be waiting for you.

Darn me! It's old Bill!

(He was clearly happy now and there were good-humoured chuckles from all)

Lilian: Were you fond of Bill?

Where's he come from?

Lilian: He's come to meet you.

George: He's come to meet you and greet you and help you on your way.

My God! He's spritely!

George: So you can move forward towards Bill.

Well I never!

Lilian: Are you happy to go with him?

Yes indeed.

(He wanted to know our names and declared he would remember)

Well I never! Well I never! I'm off!

(There were further words to Lilian as he moved forward and he was wished a good life)

You're a good girl!

George's Notes:

DISASTERS: There are hackneyed words in our language that over the years have almost become off-limits clichés. Salumet refers: 'Disasters', as you call them, but which we do not. We should really think on this.

Seen from the spiritual reality, a 'disaster' is of course 'a quick passport to the better life at home' for the many. Only our strictly physical assessment equates to disaster.
SPIRITUALIST: The meaning of this word has also become grossly distorted through various avenues of religious fervour and misconception. It is not 'alien' to acceptable code of belief, as some would have it; neither is it restricted to platform mediumship. The 'essence' that existed before our distortion of a poorly evolved word, is of course as Salumet indicates 'LOVE and TRUTH'. The seeking of 'love' and 'truth' is what we are here for—under whatever flag.
OTHER MISUSED WORDS: 'Terrorist' and 'terrorism' are much used by the news media and terrorists are credited with spreading terror. But they do not spread terror midst spiritual people, so perhaps they should be given a different name. Equally, 'alien' is not a good name for our friends across the universe. So why not call terrorists 'aliens'?—because they alienate themselves from the loving collective of society that abounds. We—especially news media—need to re-think how we use language!
ANGELS: The subject of 'Angels' has been with us on several previous occasions. The active links below refer: http://www.salumetandfriends.org/resources/Salumet$2Bon$2BAngels.rtf

~11th February 2013~

The evening began with a rescue. There seemed to be one with Eileen, yet there was silence:
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.
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*.*
(Byes from all)
George: Enjoy your further life.
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

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.

~18th February 2013~ SALUMET

Discussion and prayers prior to Salumet coming through had led to mention of deplorable atrocities. These included the attempted assassination with serious injury of Pakistani schoolgirl Malala Yousafzai, by a

Taliban gunman for her campaigning for girls' education; also the ongoing bombings with huge death toll that continue in Iraq.

Good evening.

(General greetings)

Again as I join with you I have been listening to you and your discussions about your world. I am here this time to say to you, that Spirit regeneration is happening *now* and although still you speak of all these what you call *'atrocities,'* I will remind you my dear friends, of the *goodness* which is in your world.

George: Yes indeed —

When we speak of these things, it is hard to believe I know, that there is any kind of regeneration of Spirit, but speaking about the young woman and the way that she has stood for justice, is only just one indication of what is happening around your planet. I believe I said some time ago that there would be changes and my dear friends you are at the very beginning.

George: Yes this is indeed very exciting! And I think we appreciate there are the huge changes and there *is* so much good **(yes)** and the atrocities just show up so sharply against this *backcloth* of what is good.

Yes of course. Are you also aware my dear friends, of what is happening in your oceans, your seas? Did I not tell you that they would find, or seek and search for good in your oceans?

(General agreement)

That also has now begun.

Paul: Ah! I don't think we are aware of any recent developments.

I can reassure you that it has *begun.*

George: Is this energy from oceans?

They are looking towards help and for medical conditions. If you do not know now, soon you will hear.

(Enthusiasm expressed)

Sarah: I know they've found that in one of the fish that is illuminated—they can use one of its genes to help humans to see what's going on —

Yes, so you see my dear friends, I do not want you to despair about all the negativity in your world, but rather to focus on the good that is now happening, because *good,* will always stand to the fore of *negativity*—if you will allow it.

Paul: And just having people finding their voices and there are so many more ways to communicate now. Even though they haven't perhaps always worked out the '*best'* way—what they want, whether they want *'democracy'* or not and exactly what that word means, but there is far more *talking* about it.

Yes, you must allow evolution to continue in the way it is meant to. But yes, I would say your planet today is a very small place indeed, compared to what it has been.

(Agreed—the world seems a smaller place on account of communications technology)

Today the technology is available to you all if you so desire and it is up to those people such as yourself, who are willing to pass the good and the truth. In this way, that goodness can be expanded. So you see how much good there is before you.

Sarah: Yes, on another scale, we've had all this business about horse meat being found in beef and I couldn't help but think of your words that really we would be better if we didn't eat meat **(yes)**, but that was our choice; and I couldn't help but think that the purpose of this scandal was to get us to not eat so much meat. And in fact I did hear someone in the supermarket asking where the *'Quorn' is*—which is a type of mushroom *(fusarium)* protein that you can eat instead of meat. So I think there is some good coming out of this.

Always good comes from these things, but as I have said, no matter what I tell you, you have been endowed with your freewill. And yes, you mention horse, but what of the other animals? You cannot separate one from the other.

(Agreed)

Sarah: No, it was just the fact that people now don't know what's in their food **(yes)**, that's the thing.

Yes, but have they ever?

Sarah: No, I suppose that's what's coming to the fore now **(yes)**.

Jan: No—not since processed food began **(yes)**.

Lilian: No, it comes under the heading of mutton or beef and people forget the cow behind it **(yes)**.

Jan: I think there's a big movement behind this particular scandal, as it is peoples freewill to eat meat or not. I was listening to a butcher talking and he was saying that his profit margin has risen by *31%* in the last week, *purely* because people are turning away from things that they *cannot* tell what they are eating, to only wanting *local* produce. So as we have the freewill, I think that's an extremely *positive* step forward.

Yes, it has created awareness, there is no doubt. It has always been a topic with so much being said about what is right and what is wrong. I say to all of you, you *know* deep within yourselves, what is right and wrong for *you*. Only then can you go forward and make comment about what others are doing.

Jan: Because really what you are saying is—you're not saying that this is wrong, or this is right; you are saying that if it sits well within you **(yes)**, then it's right for you at this particular time.

Yes. You must remember that the Spirit, as all of you within this room, have different lives, different life situations—neither one is right or other wrong; it is just *what is* for *you*, at that time of existence.

George: Perhaps there is the general good in the *awareness* **(yes)** and the encouragement to think on these things.

Yes, when you have awareness you have knowledge and with that knowledge, it is then up to every individual to do what they *instinctively* know to be right.

Jan: That knowledge brings choice and freedom.

Yes, that knowledge brings responsibility. Yes, we have spoken of this, but it is an important point to make.

Paul: I was just thinking sometimes people *could* have the *awareness*, but it's stifled a bit—because of their choices, I think. They put their attention into more about the *tastiness* of the food, or their *senses* of very *surface pleasures*—I guess that's where their awareness *is*. I always feel people could be more aware than they really are—they are a bit dulled by the modern lifestyle, but they *could* still choose to break out of that —

You have to remember my dear friend that as *human beings*, you have eaten meat for a long, long time. And for some people even with the *awareness*, they find it difficult within themselves to make the right choices, but that is something that they have to deal with. You cannot change another's feelings or thoughts—that would be wrong also. So be careful how you judge.

(Agreed)

Sarah: My daughter was saying to me that in the course that she is learning—in the wild, animals that don't eat meat have a very long intestine and animals that do eat meat have a very short one. We have a very long one, so really we probably shouldn't be eating meat anyway, because that's not how our bodies were designed.

Jan: But it was —

I would suggest that you do not make comparison between the *animal kingdom* and *human beings*; their evolution is slightly different.

Sarah: Ah, that's interesting **(yes)**.

Jan: We still have the same internal *make up* as we did *millions* of years ago and we were *raw meat-eaters* when we were first on the planet, so it's going to take much time to —

Sarah: I don't know that we were actually. Well, we don't know do we, we weren't here? But it's interesting not to compare it with the animals.

No, I would suggest that you do not compare.

Sarah: Thank you for that.

George: Might it be permissible to compare Earth to Bonniol's planet Aerah. It's interesting to me to see that on planet Aerah where they *are* vegetarians, it leads to a simpler life; in particular the way that manure or sewage from the homes, from vegetarians, can be simply returned to the soil for agricultural use, whereas on *our* planet, because we are largely meat-eaters and we mix up our sewage with chemicals, it's much more of a complex problem to dispose of.

Yes, might I suggest as our dear gentlemen friend suggested earlier, although people have awareness, it is not the *right TYPE* of *awareness*. The awareness I speak of, is for the safeguarding of the animal kingdom. Your focus has to change, not whether meat is right or wrong to eat, or what sewage is better than another, but your awareness should *be* with those *animals* who are *with you* on this *planet—that* is where your awareness should lie.

Jan: It's our ethics **(yes)**, we need to be aware more ethically.

That is what you should try to focus upon, not the results of eating animals. You could argue on *many* levels about this, but I would wish you to simply remind yourselves, that these *animals* are here for a *purpose* as well as human beings.

(Agreed)

Paul: I think that *is* a powerful argument, because when animals *do* interact with human beings and form close bonds with them **(yes)**, then they do at least —

Their focus will change.

Paul:—change for *that* group of animals **(yes)**; they don't apply it to other species of animal, but that's the beginning of that process I guess.

George: Love of other species with whom we share this planet **(yes)**.

Sarah: Is the animal's purpose on this planet the same as ours?

Lilian: To learn?

Sarah:—to learn and to improve themselves?

Their evolution is different—you cannot compare. That is why I said to you, *do not compare,* you cannot go *hand-in-hand* with the evolution of your animal kingdom.

Sarah: What is the animal's purpose here?

—To help to teach mankind to be more *humane.*

Sarah: Oh, that's interesting.

A simple purpose—but an important purpose.

Paul: Each species almost, cats, dogs—each one you feel *teaches something.*

Yes, and of course they have to *interact* with different animals as well. They have their own *'learning,'* if you like, although that word does seem rather foolish, because they do not have the same intelligence as you are supposed to have.

Jan: How I see it is, the extinct populace of certain animals that has happened on the planet that we are now aware of and are working so hard in certain parts of the planet to preserve those that are left. That's obviously the end goal, that's what we are striving for and that's what a lot of countries are now striving for and I was really interested to watch how the Africans, how protective they are and little groups that work non-stop to protect one species or another. Forty years ago, they would not have had those feelings towards those animals, so it's such a positive —

Yes, but do not forget that some species, it is their *destiny* if you like, to become extinct; in the same way that you as human beings will not always return to the Earth plane. So if you think of it on a spiritual level—and here I repeat myself again *think spiritually* and your answers will always come more easily. You understand?

(Affirmed)

Jan: Yes, we shouldn't feel as emotional about those extinct species, because they've returned from where they came and like you say, they've got to return anyway **(yes)**.

Sarah: They've served their purpose.

Yes, but you should always extend love to the animal kingdom.

Sarah: Well I must say—in my sort of language, I do think it's very *big-hearted* of these animals to come back to help us. I think that's changed my view. I mean I've always liked the animals, but it's changed my view enormously to think that they are doing it for *us*, the suffering that they are going through for *us*, is commendable I must say.

But it gives you something to think about.

Sarah: It certainly has yes thank you.

Mark: Yes, you've made me think about the horse meat issue in a new way, because I'm thinking now that a lot of people who eat meat, have a loving relationship with horses and wouldn't eat horse meat **(yes)**, in the same way that they wouldn't eat dog, if they had a pet dog—but some cultures do. And it's just slowly getting people to think about the issues a bit more deeply **(yes)**.

Jan: Well I have a problem with that—it doesn't sit very well with me, because the same as everybody in this room, I love all animals, but when I think well, they wouldn't purposely eat a horse—well what's the difference between a horse and a cow? Nothing at all!

Mark: That's right, when you're a vegetarian you can see that can't you? But I suppose some people have to do it one by one—

It is all to do with *conditioning.* In different parts of your world it is *acceptable*—in another part it *would not be* acceptable; it is so *diverse.* So for you who have thought about these things carefully, you have the *awareness* to *change*, and that is all you can do—you can only change your own awareness and be responsible for every action and deed that you do.

Lilian: I was quite aware of the animals that will have been used, with the operation that I've just had, in I'll say, *helping me*. That was one part I didn't want to think about too deeply, I didn't like that idea. So there again they are used to help us in the long run, with our aches and pains and illnesses.

Yes, that is of course another subject, but animals have always as you say (been) 'used.' Not always of course have they a say, which is another matter; a matter for conscience for all who are involved in these things. But nevertheless, the planet is evolving as it should and for this you cannot stop that progress; you have to allow these things to take their natural course.

Sarah: So if the whole planet stopped actually eating beef, there actually wouldn't be any use for the cows anymore; there wouldn't be so many of them anyway.

There *are* people who farm these animals, who have a *great love* for them. Not all people see them as sources of meat. So perhaps not—perhaps it would not be their time to completely leave this planet. We have to see what is to evolve.

Paul: No, I mean even in this country, which is very small really, we have areas where they have wild ponies and I don't think they originated here, but they were brought here and developed little herds and they've done it on their own. Many of the deer varieties as well weren't from this country, but people brought them over maybe for hunting, or for food and they've formed their own groups. And I'm sure some of the farm animals would be capable of forming their own little groups and families, and finding patches where they can survive, even in this small country.

(Agreed)

This also applies to the human being. Have you not in times gone by, in your histories, moved from country to country and intermingled?

(Agreed)

So you could say that all of Earth has been a blending of both peoples and animals. Do you not agree?

(Agreed) ***(yes)***

Paul: Yes, it's like natural always finds a way to adapt, it's always adapting **(yes)**, and these farm animals are no different. They'll adapt as mankind adapts—everything starts changing.

Yes, but before I leave you, I just want you to think a little more deeply, but I want you to think more *spiritually*. You will find all of these questions that you have for me, will become easier in your own minds. You *all* have the *answers*, if you so *desire*.

George: Yes that's a good thought for us. Before you leave Salumet, I wonder if I might read a question from one of our readers? **(Yes.)** The lady writes:

I wonder if you could ask a question for me please. The night my sister died, we were travelling back to the mainland to be with my family. My daughter told me sometime later that she had seen 'God' that morning. It was around 4 am. She described a hovering figure in white watching us as we drove along. She was quite young at the time, so I am not sure about her interpretation. She has seen Spirits on several occasions, but does not like to elaborate on these sightings. Is she a particularly sensitive child? She is now 15 years old but was 8 at the particular sighting.

Yes, the *God* that she says she has seen was of course the *Guardian Angel* of the lady who passed. It was not God, but as we know, interpretation is uppermost in most people's minds at times like this. So yes of course the child is sensitive. She is a medium, but is suppressing all of those gifts at this time. She will find as she continues, that Spirit will rejoin with her, even if she is reluctant. But yes, she is a *'sensitive,'* as you call it here on Earth. She is a messenger of the Spirit.

George: Would it be well for her to talk about these things more?

She must be guided by the young person. It is not good to force these things. When Spirit and this young lady are ready, then there *will* be connection. Yes, I would not suggest trying to draw it from her, after all we are all Spirit and we do have the right to make up our own minds; again freewill.

George: Thank you Salumet, I'm sure she'll be most grateful for that **(yes)**.

Now my dear friends, I will take my leave of you. As always I feel blessed to have spoken with you all. I hope our conversation has given you a little more to think about.

(Lots of agreement)

And for the rest of this time I would like to work with this instrument. So I would ask only for not too much noise, but to see what the rest of this evening brings for you.

(General thanks)

George: Thank you Salumet and it's so good that you've spoken around the subject of meat a little more for us **(yes)**—most helpful. Thank you.

As always I leave you cloaked in my love.

(General thanks)

Another through Eileen followed briefly:

Lilian: Good evening.

Thank you for giving me the opportunity to speak with you. I have been asked to come and give you a little enlightenment on one of the questions that you have asked in the past.

George: That's very nice. Thank you very much!

We are always interested in you human beings, and are often amazed at the difficulties you have in really very simple matters. We are trying to establish why so many of you are unable to FEEL this 'goodness' that is around you all the time. There are so many who are so angry. There are so many who only want to do harm—and there is so much 'love' around, that it does surprise us at times that this cannot be felt; but we know that you humans have your free-will—we know that there are many who have so very much to learn, and we try so very hard to keep close to all of you (thank you)***. We know that this is part of the life cycle and we are aware that you in this group do have some awareness of Spirit being close to you, but there are still those who have the knowledge but do not have the sense of our presence, and this is my purpose this time: to bring those who are around you, just a little closer, so that we can help you to become more aware of those who are already close to you. We hope that this will help you on your spiritual journeys—because those who stand close by you—their only wish is for you to go in the best direction possible. So I will leave you with the name, and when you have some difficulty in being close—or should I say: having the awareness of those who are with you, you are most welcome to call on me and I will try my best to help you. My name is Joseph.***

George: Thank you so much Joseph, that's very good to hear. We do appreciate your message, and I am sure we all have some awareness of the tremendous good and the spiritual light that is with our planet.

Paul: We'd love to get that connection stronger, with these helpers around us.

That is my purpose tonight. So now, I will leave you, and you are as I said, most welcome to call my name anytime.

Rod: So, have you lived on Earth Joseph?

I have, but many, many years gone by. I would just like to add: I was the worst sinner you could have had!

(Chuckles)

—and it is for this reason that I have dedicated myself to help others.

George: You have clearly changed—you have clearly advanced from that time on Earth. And, as I say, we do appreciate your message so much.

George's Notes:

NOTES RE OCEAN DISCOVERIES: There is certainly much activity directed towards ocean research at present. Deep on the sea bed, there is recent awareness of ancient cities, pyramids and what is probably a crashed UFO. It is beginning to be realised that the oceans can be the source of many medicinal aids and a number of research lines are developing. Derivatives of sea cucumber species are found to be anti-inflammatory. The blue blooded horseshoe crab has a blood based on copper and not iron. A chemical is being investigated that can break down the protective shield that certain bacteria have developed against standard treatments. The deep ocean floor is surprisingly rich in bacterial life with properties worthy of study.

*EARLIER GUIDANCE FROM **SALUMET** RE ANIMALS:*

08/08/94:

Yes, this indeed is a subject that is much discussed in your plane. Let me speak, as I know. Let me say this to all of you: You should have a regard for *all* life. Once again, let me say, you have all been endowed with your own freewill, *but* I say to you—respect *all* life forms whatever that may be. Examine your conscience. If you wish to *kill* an animal that is up to you, but remember this: (long pause)
All forms of existence were put onto this Earth for their own development, their own growth, their own evolution. Provided the reason for killing is a *'good'* one, and I use that phrase reservedly, reservedly—provided it is a good one, then your own spirituality will not suffer. But to kill, to kill an animal cannot be said to be good. I know this may go against the thinking of many of you, but it has to be said.

31/10/94:

Yes, I don't wish to intrude upon your innate sense of what is right, but the question has been asked of me, and I have to say 'yes,' it would be better for all of you, if you could refrain from your meat-eating, for the reasons that I have given to you before. But I know, like everything else, your life patterns are all different, your viewpoints are all different and you must follow your hearts. But I would say your physical bodies would be much healthier, if you would follow what I have said.

~25th February 2013~

There had been some prior chat decrying negativity in the world today and this seemed to draw one to us via Eileen:

I had to call upon you because of your talk of being negative and I'm here to tell you that I was one of those negative people, and in fact I am still learning not to be so negative. And yes, you are correct in saying: it is better to put your focus elsewhere.

George: Yes, I think perhaps we need to look more beyond this *space-time* and look more across into spirit world, and view it all collectively.

Yes it is better, but it isn't easy, when you live in a world such as you do, it certainly is not easy; and it is a continual struggle—I found anyway, especially when you have that kind of disposition.

George: A disposition of sympathy with others perhaps—

No, a disposition of being negative! It's very difficult to change that.

Jan: Do you think people are born with a negative disposition or do you think it's something we learn while we're here?

I personally, and this is only a personal explanation—I feel that negativity starts in the womb. After all, we agree to return quite happily, with full knowledge and perhaps with knowledge of what lies ahead, but I feel sometimes that women create negativity whilst child-bearing is taking place.

Jan: I've read that there are scientists that have studied just that really—patterns of women's behaviour whilst carrying.

Yes, it is a most important time and not widely accepted I must say. But being of that disposition, I can tell you how difficult it is to change. And in fact, as I have said, I am still changing. That is why I have been drawn to you this evening.

George: Well, we are very pleased you came through ***(yes)***.

Jan: Do you think that negativity learned as young as in the womb, do you think it centres around fear more than anything?

I think it possibly is based on fear, yes. But the problem is you see that it becomes the normal way of thinking, and to people with negativity, it IS normal, and they can see no harm in it. But I am here to tell you that it DOES have an effect upon the spirit.

Mark: Talking about the things starting off in pregnancy, I've always found the term that women use a lot, I *fell* pregnant—it's almost as if it's something not very good, to *fall* pregnant.

Yes, well of course there are people who feel that they are not in control of their lives once they are here; and I believe they would be the people you are speaking about. Yes, and of course as you know, your thoughts and words become your reality—I'm sure you've been taught that.

(Agreed)

Yes and it is something I use often.

George: And thought is the most powerful thing we have.

Yes, if only people would understand that more. It is your most powerful ally—and also your most powerful enemy!

Jan: I know it's good to visualise what you would like, not only for yourself, but for the wider picture—everybody really, the loved ones and planet ***(yes)*** and that's a good habit to get into, I would imagine, the visualisation, so that those negative thoughts are not—

They're dispelled when you create good thoughts, yes.

George: Yes, you mentioned 'love' Jan, I guess *love* is the thought—the power—to overpower negativity—

Yes, you create your own love by your positive thinking, and that thinking grows stronger, stronger, stronger each time you create that loving thought. So yes, it is a subject not spoken of too much, but which I feel, because of my experience, should be spoken about a lot more.

George: Yes indeed, I feel perhaps the *most negative* people on our planet, or certainly included in the most negative, are 'religious fanatics' who will stop at nothing—

Yes, I understand your words, but of course, not only fanatics, but people who are living day-by-day and are not even AWARE that they are creating this negativity around them. It is much more common than you realise; and it is only people such as yourselves, who are sending out beautiful thoughts of love and light which help.

Jan: I think also in our daily lives, we have to remind ourselves all the time, because like you said, I think it is part of the human make-up ***(yes)***. Would you say it's one of our main purposes while we're here is to dispel those negative thoughts?

Yes, I believe you would have been told that the responsibility for your lives here, sits squarely with yourselves, and that is very true.

Jan: Yes, and we've also been told it becomes much more difficult the more you learn—the more spiritual matters that you learn of, the greater the responsibility is.

Yes, that's right—not quite so much more difficult but more responsibility (yes)***—yes, I would agree with you. It is a very GREAT responsibility.***

Jan: Because there's awareness that you've not necessarily had before and it's that awareness that you carry with you all the time.

Yes, it was rather like when I came to this *(spirit)* ***world—to be faced with how I'd thought for a lifetime—it was quite shocking, and it still shocks me now. That is why I try to help in every way I can.***

George: You're obviously progressing.

I would like and hope I would! I will not think negatively about that!

(Chuckles)

Jan: I know we don't like to talk about individuals, but I'm using this person as an example. Now, my birth mother is one of the most negative people that I've ever encountered. I obviously chose her as my mother. Even though we talk about things at length, and she knows my feelings—you can see glimmers of *she would like to be less negative,* but then like you say, something really pulls her back into that negativity. My question is: does spirit world find it much more difficult to come closer to that negativity?

Of course, because what it does is it creates a barrier. It does not mean we cannot come close—it just makes it a little more difficult to penetrate. If only you could imagine negativity as being a cloud that blocks out the sun, then you would have a little idea of just how difficult it is, because as I have said, the negativity becomes normal to that person.

Jan: Yes, they actually find it very strange—it's like *they* are *normal* and everybody else—

They feel that they are normal—yes.

Jan: They are normal, they are right and everybody else is *off with the fairies!* To put it in other terminology —

I will apologise to the fairies for you—yes!

(Laughter as we approached the end of this interesting discussion—Eileen got the name 'Margarete')

George: Well we thank you for coming through and giving us your view of things from the—if I might say—the other side.

Well it IS the other side isn't it!

Jan: It's been very enlightening because you have answered the questions that we have—

Well if that has helped any of you then I feel my work has been achieved.

George: It has indeed, thank you.

(Fond farewells)

Next, one spoke via Paul, saying that he had not done this before

Sarah: We can hear you very clearly.

It's actually easier than I thought. It feels quite cosy here but I won't stay long—I haven't got any—

George: Well you're very welcome, and you're very welcome to stay longer if you wish.

I wasn't planning to say anything important to you. I haven't really got anything of special importance to say.

Mark: That's okay.

George: So you're just doing it for the experience—we'd like to help you with this if we can.

Yes—I am happy just to say 'hello' to everybody.

(Sarah asked what he did when on the Earth)

I was a farmer when I was last on Earth.

George: Are you able to give us a name?

I was known as Fred.

Mark: Do you remember where your farm was?

It was in—in the Lake District—yeah. But I must say it's of no consequence. I was very interested to see if it could be done. And I'm very happy that it can be—and it's so easy. Makes us feel very comfortable.

George: Well, if any time you would like to come through for a chat Fred, you're welcome. And the Lake District would be a beautiful area of the country to live in.

Yes it was—yes it was. But I don't wanna to waste any more time.

Mark: It's not wasted.

So I'll be on my way.

Sarah: Thank you for coming.

George: Thank you Fred. Do feel free to pop in again if you wish.

God bless you.

Next, one via Sarah:

Good evening.

All: Good evening.

I am trying to piece together some information. I have some old metal-ware, and I believe it belongs to the gentleman who has just talked with you (oh?)***. He was indeed a farmer*** (right) ***but he was also one of the first in his area to use the metal plough. He was much scorned by those who had previously worked***

the land, and as a gesture of peace he gave to the workers these metal objects, so they could do some work in their own right. He was a good man, but his foresight was not appreciated by many.
George: Yes, people often don't like changing to something new. It's a trait that perhaps we have on Earth!
He was not aware, but he came back to see if he would be accepted this time. And, as you are aware, he WAS. And that is the reason why he did not stay for too long.
George: Well it's very nice of you to come through and explain. We appreciate that.
Yes, he is now ready to make his way further in spirit, and although he could re-visit, he will most likely have no more need to do so.
George: Yes, it's a very silly trait that humans have sometimes of not wanting to accept something new, and he seems to have suffered by that, which is a shame.
Mark: Negative thinking!
Jan: I was just thinking that.
Mark: We've come full circle!
(Chuckles)
But he is a happy man now.
George: Good, we're pleased to hear that.
So my mission has been also successful and I also will return.
(General thanks for visit and explanation)
Next, a much agitated one via Eileen
Can you hear me? CAN YOU HEAR ME? You have to tell them—I was killed, I was killed, I was killed! Ooh!
Lilian: Yes, we know.
They thought I'd done it. They thought I'd done it. I didn't, I didn't! Tell them!
Lilian: Yes, we'll tell them—yes.
George: Can you give us a name?
Marilyn.
Lilian: Marilyn.
Marchant. He did it—he did it! He killed me! He killed me!
Lilian: Very distressing. But you're here so that we can help you.
No, no. You are here to listen.
George: Are you being helped in spirit? I expect you are.
I can't rest—I just can't rest!
Lilian: So you know where you are?
Yes!
Lilian: That's good.
George: Well, we're listening and this is all being recorded, so we can pass it on.
Lilian: We can still help you. If you can't rest—you need to be able to. Put things behind you. What have you seen so far—someone to help you?
I'm so confused!
(We also were somewhat confused, but we decided that this one knows she is in spirit and we assured her that she could not now be harmed. Jan then realised clairvoyantly, that what concerned this lady was that people at the time assumed she committed suicide, which was not the case.)
I didn't, I didn't I didn't —
Jan: They know you didn't now Marilyn, they know you didn't. People here know you didn't.
I want you to find him, find him!
Lilian: You don't need to worry about him. He'll be in a special place, being looked after by someone. He'll be coming nowhere near you.
I needed to talk to somebody.
George: And they know in spirit that you didn't do it—

Jan: Nobody has been unkind to you in spirit have they Marilyn? You are just carrying this with you, aren't you?

Yes.

Jan: You don't need to anymore, you need to move on from it and they'll show you how to do that.

I needed to talk to somebody here.

(General sympathies and reassurances expressed and Marilyn was much calmer.)

George: Are you able to say where this happened—what country—what town?

I think I was in Missouri.

Lilian: Missouri. It's not important—the important thing is that you feel better.

George: Yes, that's the main thing.

Lilian: You are beginning to feel warm and loved

I feel calmer.

(Marilyn had been brought to us by an Indian gentleman and Jan had clairvoyant sight of him)

Jan: That's what the Indian gentleman is telling me—that you feel calmer. He wants to help you and take you to lovely places, but you won't allow him to because you are so upset inside and you need to let that go. You literally need to let it go. Can you do that?

I just want some peace.

Jan: Yes, and you'll get all the peace that you deserve, once you let those feelings of anger go, and almost—dare I say it—hatred—yes?

I hated him.

Jan: You need to let that go—that's holding you back. The only person you are hurting is yourself. You need to let that go. Try and let that go while you are with us. Find somewhere deep inside you where you can replace those feelings with just *pure love*, and go with the Indian gentleman.

(Pause)

Jan: He is holding out his hands towards you. I think he realises that you're beginning to step forward where you need to go.

I want to—

Jan: That's it, you go. The pull is so strong now, hold on to him and you go. Leave it all here.

(She was now calm)

I needed to come.

Jan: You did.

I did, I did.

Sarah: And we believe you.

Someone believes me.

Jan: Yes, we all believe you. And those that you left behind believe you—they know and they'll always be with you. You'll carry them with you wherever you go and vice versa.

Yes, I want to go. I need to go.

Jan: Lots of love Marilyn. Off you go.

(General good wishes)

The Indian gentleman then spoke via Jan:

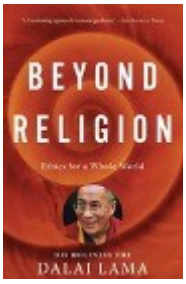
Thank you!

On reflection, this was not what we normally think of as a rescue. Marilyn had actually successfully made the journey into spirit, but was THEN held back from further progress by all that she was still holding onto. Happily, this has now been put right.

George's Notes:

Two items from Victor Zammit's weekly e-journal; firstly a new book that looks beyond traditional religions:

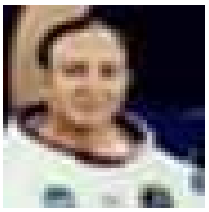
DALAI LAMA'S NEW BOOK



Beyond Religion: Ethics for a Whole World

In his new book "Beyond Religion: Ethics for a Whole World" His Holiness the Dalai Lama argues that religion is not a necessity for pursuing a spiritual life. Rather he proposes a system of secular ethics that transcends religion as a way to recognize our common humanity and so contributes to a global human community based on understanding and mutual respect."

And secondly a TRUE STATEMENT about UFOs, other planetary beings—and how we can learn from re telepathy, dematerialisation etc—and acknowledging government cover-up. All such material that has been covered in discussion with Salumet and with our friends from other planets is at long last coming to the fore:



THE DISCLOSURE PROJECT: ASTRONAUT EDGAR MITCHELL most recent interview (February 22nd 2013) about the reality that UFO's are real and that aliens do exist. Here is one of the most credible astronauts who studied the UFO phenomena and states that alien visitations have taken place and that alien vehicles have been recovered - also talks about alien 'humanoids'. He also says that the government tries to keep everything about UFOs secret. Making contact with aliens, we will get to know a great deal about paranormal activity especially about telepathy and materializations and dematerializations - how to increase and decrease vibrations of matter- and about the afterlife.

LOVE TRUTH ☼ INSPIRATION

And let's all remember that negativity clouds have no place in our lives. Let all the love, truth and inspiration shine through—every day!

~4th March 2013~

This evening began with a difficult of a severely handicapped both mentally (no speech, only noise) and physically (hands wavering). We assured her of much love and help and a hand was placed on her (Eileen's) back to provide additional energy. Sarah did most of the talking. She was finally able to answer 'Yes!' very clearly to our questions, could see and recognise those waiting in the spiritual light to receive her—and was happy to go forward to them:

http://www.salumetandfriends.org/resources/04_03_2013+-2+rescue+handycap$2Bexplained.mp3 *(click link for audio)*

A few minutes later another spoke via Eileen:

May I speak please?

George: Yes—welcome to you.

I would just like to say to you all: thank you for your help with that person. Some people become rather troubled when people are handicapped, and always it makes rescues a little more difficult. I want to reassure you that she will be fine, and to thank you all for your help.

(General acknowledgement)

George: I am so pleased that we were able to help her.

Yes, it is distressing for some, but we know if we brought her here, she would be dealt with.

Sarah: I am glad she was able to accept our words, too.

Yes, that is all I wish to say.

George: Thank you for that reassurance.

Before I leave, she wants you to know: her name was 'Maria'. It may be that she will at some point wish to return to thank you. I do not know at this time.

We chatted on about it for a few minutes and this included Eileen's comments as to how she had felt the lady who followed to be a Sister of Mercy. Sarah observed that Eileen's face had been screwed up during the rescue and was now relaxed.

Next, Eileen's chair creaked as she adopted a more upright posture:

http://www.salumetandfriends.org/resources/04_03_2013+-2+emma.mp3 *(click link for audio)*

Sarah: Good evening to you.

Good evening!

George: Good evening to you—do we have Emma?

You certainly do have Emma.

George: Oh—welcome back!

Thank you. I was just thinking that this young lady, if I may call her a lady, needs to pull her shoulders back!

George: That's where *YOUR shoulders would be?*

Yes, I am sure she is aware of what I am thinking. It was rather wonderful to make a connection with her recently, although she was not aware that I was with her. But the gentleman speaking to her knew I was there. Perhaps you can just tell her that I've just confirmed that it was I.

This refers to a reading given to Eileen a while back, and in fact Eileen had awareness but remained silent

Do you like my hat?

George: Your hat? Well, I think you *always* have a remarkable hat when you join us.

I do?

Sarah: Is that a feather in it?

It is.

Sarah: Very nice!

I feel very frivolous tonight.

(Laughter)

There's no point in being so serious, surely.

George: You've had so much success with your ladies around the world.

I hope so, and I still am. Yes, I've been very, very busy.

Sarah: When we hear of success stories of these women, we think of you.

I hope that you are sending thoughts to them also. Yes, that was your part was it not? (Yes) ***And it helps enormously.***

Sarah: And you have a very nice necklace too, tonight—

Oh, my dear!—yes, and I really shouldn't be feeling this way. It's not very spiritual is it!

(Laughs)

That's what happens when you return to this vibration.

(More laughs)

But I will take it as a compliment from you. So that's really what I came to say, just to join you, say 'hello' and go on my way.

Sarah: Thank you very much.

George: We endeavour to combine some spirituality with a little bit of fun sometimes.

Of course!

George: It all helps to make the world go round.

It certainly does.

Sara: And it's nice to add a bit of colour, isn't it?

Of course—sometimes too much, but we'll not go into that.

George: There are indications of an effect on the planet at this time.

Yes, and that was my intention—to make people responsible, especially the women—not to be so downtrodden. And this is happening, and is causing quite a lot of problems in parts. You don't gain anything by being quiet.

Sara: You've been doing some work in India, haven't you?

Yes, I've been going around, but India was my first choice. A lot has happened in that country that is not normal.

George: I'm not sure how much on the planet you are aware of at the moment—

Regarding what?

George: This doesn't concern women—

I am not interested!

(Much laughter)

I am only joking.

George: Well—I was going to mention one named 'Bradley Manning', who has leaked military information to the Internet, and he is on trial for this. But I rather fancy there is going to be people-power involved in this—and one Icelandic member of parliament has said: 'I think he is a hero and he should be awarded the Nobel Peace Prize'. And it's a nice little indication of developing people-power, I think ***(yes)*** and this gentleman has very good motives—he doesn't like military secrecy. He likes to have things out in the open, and I think that is the direction in which the planet is moving at the moment.

Well, it sounds very good to me, and I wish him all success in what he is trying to achieve. Yes, there always has to be a voice—someone has to stand and say what is to be expected. Do you know the gentleman?

George: I don't know him personally. I just read what has been said and what has been mentioned on the television.

I have to be very honest with you and say that I am not aware of this gentleman, but I could find out I suppose.

But you are aware of world changes going on generally—

Yes of course, in general, yes, of course I am. As always, it's been very pleasant speaking with you.

(Pleasantries exchanged)

George: It's always a nice occasion when you come Emma.

I hope I haven't been too presumptuous—and frivolous!

(We just remembered before Emma departed, to mention Thailand's first lady prime minister—now that, we must all agree, is a fine example of a woman coming to the fore!)

I think that you will find that all over your planet there will be these occasions when women will come to the fore, but what I do not wish to happen, is that the world becomes filled with women-power, because that would be just as bad. No, what we want is fairness and justice—and equality—of course.

(Emma then said she really must go. Sara said: and next time you can show off another of your nice hats to us, while Emma assured that pride is not a good thing. And I think we all enjoyed the fact that Emma had put on a frivolous air this time.)

Next, it was one briefly via Sarah. Eileen had been giving clairvoyance and speaking of a 'Jeremy'. This had attracted one in spirit of that name. We asked if he had been on Earth recently. His reply was 'yes, about 200 years ago'! It seems he was a shepherd from near Hadrian's Wall and had quite liked the solitude. We understand that Jeremy was not a well-known name at that time and this helped to prompt this one to come forward in response. He did not stay long.

A few minutes of mostly silence, then via Paul:

http://www.salumetandfriends.org/resources/04_03_2013+-+2+bonniol.mp3 *(click link for audio)*

Hello.

Sarah: Welcome! Is it Bonniol?

Yes.
(Warmest of greetings then came from all)
I'm a little apologetic that I have not been able to visit for a while, but it is not always as easy as people might think.
Sarah: We know there are lots of difficulties, but you do very well.
George: Yes, I think we understand that. Bonniol, there is something I've been so very much wanting to mention to you ***(yes)***—It was 123 of our years ago that a 1 kg weight standard was established—recognised by the entire planet. And it was discovered last year that that weight standard had unaccountably lost 50 micrograms. So through a period of 122 years, that weight standard, made of platinum and iridium, has lost a tiny amount. I remember that we have talked about the matter-density of a planet becoming less as the spirituality of that planet developed, and I just feel that that tiny weight loss over that period of years is a measure of our planet's slight improvement in spirituality. I wonder what you think about that—
Well that's quite a welcome isn't it!
(Much laughter! Well, the fact is I had been waiting 18 months to share this news with our dear friend, and it just had to come out!)
Quite a long question to start with, but I feel you have answered it in a way that sounds like it's on the right tracks —
George: Because this was a weight standard, it was set up and established in a very, very careful and precise way and it's been looked after most carefully as well.
Yes, these things WILL change over time. There is no reason why these things should remain the same. There will continue to be changes to all these things. It's not always noticeable, but you have kept your records, so you can notice.
George: Well, when we spoke earlier, I mentioned that I'd looked at atomic weight tables spaced 20 years apart and I couldn't see any difference and your reply to that was, *well, don't hold your breath*—and we all had a very good laugh. But happily we now have this weight change over a much longer period. Anyway, thank you for your comments on that—I so much wanted to mention that to you. But how are things on your planet?
Well, there are always changes aren't there? But that's what part of life is about—these changes (yes)***. It is part of our journey—nothing stays the same, not even your weight measurements.***
(Chuckles)
Sarah: So how are your meetings going? Are your friends all around you while you are talking with us?
We have had many more of our meetings and we have continued to—I was going to say 'work' with other peoples from other planets. It doesn't feel like work, but we regard it as work, to build these bridges to other worlds.
George: Yes I think when we last spoke there were ten planets with whom you had contact.
We are continuing with that number, it has not changed.
Sarah: The same ten, or have you dropped some and got some new ones?
We never drop once we have made the contact. We continue to regard them all as part of our network of friends. We don't always manage to speak with them as much as we would like of course, but we are aware of them and they are aware of us, and this is part of our work.
Sarah: So do you think you are making good strides with your evolution?
It is a pleasure for us to work and it brings us so much joy and knowledge in different ways—it MUST be part of our evolution (yes)**.**
George: We realise more fully now that we have had visits to our planet in the past from others and one of the first things they have done is to build a pyramid to produce energy—energy to sustain them while they're here and as a boost for their spaceship's return journey home. We realise this now and we have had communications from the spirit realms of other planets about this. So that has been interesting for us.
And you have become more aware of the importance then, of these pyramids.

George: Yes, absolutely. This is not information that the major part of the population is familiar with yet—it takes time for people on Earth to be accepting of new information, but yes, we here in this group and those that we are in contact with, are familiar now with the importance of pyramids and how they relate to visits in the past from others, to our planet. So this I feel is quite a big step forward that is being taken.
Yes, there are so many ways in which we take these steps forward and your past friendships with these pyramid builders must give you a lot of inspiration there.
George: Yes, inspiration, joy—it's so wonderful to know that all this has happened, and the bonds, the links—are still there!
And they will only get stronger, once these things are made. The hardest thing is to start, and once you've started, then you have the momentum that builds up and pulls you along.
Sarah: Well, we've been trying in this group. You and Salumet have been saying that we should practice our *mind projection*, so most evenings we try and do *mind projection* for a colour and a shape, but we are not making a lot of progress Bonniol—we are not very good at all —
George: But we still try.
You only have to try, it will not —
Sarah: —Come immediately.
No. But over time these things become stronger.
Sarah: I think we need a lot of time—us lot! *(Chuckles)*
And it doesn't matter how long these things take, does it?
Sarah: Well the only thing is, we haven't all got a lot of time left on this planet, so we need to get our skates on really.
You may not achieve everything that you want to achieve—probably nobody manages everything, but —
George: Not in *one* lifetime.
Yes, but we can only focus on so much in one lifetime.
Sarah: We'll see if we can make a few improvements anyway, as a group.
I am sure you will surprise yourselves, if you continue to practise.
Sarah: Well, as long as it doesn't take 122 years, like the weight that George was talking about, we will be alright!
(Chuckles)
There is always enough time to achieve what you NEED to achieve.
Sarah: Well that's good words anyway; yes, thank you for that.
George: Yes.
Rod: Do you have many people who are negative on your planet Bonniol—negative attitudes? Or are they mostly positive?
This is something that takes me a little time to answer, because I feel there are DEGREES of negativity, which may not even be noticeable to some, but we would not suffer the depths of negativity which occur on your planet quite often.
George: Yes, I can easily accept that.
When we lose our focus, we consider that to be a little negative and we then need to look at ourselves to discover the reason for that, but I wonder if that's the same as you are referring to.
Rod: Yes, very much so—very good answer.
George: Yes unfortunately we have a few people who get rather fixed in negative attitudes at times, but I think at the present time we are moving into better attitudes generally, but we still have quite a lot of work to do on the planet. I'm sorry you had difficulty in getting to us. Is the difficulty a matter of spiritual connections?
Yes, there are several factors and it's not always the same issue that causes the reason why I cannot always come. There always will be breaks in communication.
George: Yes of course—have there been times when you've been *around*, but not been able to speak.

I have sometimes been around yes.
George: Ah, that figures, yes—I've felt that at times.
Sarah: Well, if ever you've come and you could speak and we don't know you're here, do just speak—don't wait to be invited, because we are always pleased to hear from you.
Thank you, I will make the efforts when we can and we feel there is the opportunity. Of course there are other things happening within your group which also need time. But we also wish to keep this friendship alive, even if it means sometimes not always speaking.
Sarah: Yes, if we had our mind projection working better we wouldn't need to speak at all, would we?
George: We certainly value this friendship, this connection.
There are other ways to communicate of course. We don't have to be masters of mind projection, to be aware of each other and send each other thoughts. So we don't always have to have this physical method of contact of course; but we understand that it is necessary sometimes.
Sarah: It's certainly the easiest way for us.
And it is something that we are very happy to do.
Sarah: Well it's very nice of you to make the effort for us.
I would feel that on this occasion, I perhaps should depart at this stage, even though I feel very happy to have had this time with you again.
Sarah: Thank you very much for coming and let's hope it's not quite so long a gap before the next time.
George: We're absolutely delighted you've been able to reunite with us in this way. Earlier this evening I was attempting to put a thought out that you would be most welcome to speak this evening.
And remember yes, your thoughts can always reach us. Thank you for this time together.
Rod: We send our love to all your friends.
George: Love to all your group.
And their love and my love goes to you.
(Thanks and fondest farewells)
George's Notes:
1: Thailand Prime Minister: Yingluck Shinawatra, also known as 'Pu' was elected to office 5th August 2011. In fact, on checking, there seems to be a total of seven countries currently with female prime ministers—Australia, Bangladesh, Denmark, Iceland, Jamaica, Thailand and Trinidad & Tobago. Well done ladies!
2: Bradley Manning: This one is in fact a nominee for the Nobel Peace Prize, so there are two extremes of possible outcome here. On trial for sending secret military material to Wiki leaks, he has indicated his motive—wanting the world to know the truth about the wars in Iraq and Afghanistan. (And conversely, it is clear that the military do not wish the world to know the truth.) It is understood that the material was first offered to Washington Post and New York Times, with no interest shown; so, still bent on world having truth, he went to Wiki leaks. It will be most interesting to see how the truth versus trial and peace prize scenario develops.
3: Truth About Pyramids: As with the above, news media just don't seem to want to Know. Perhaps we should try Wiki leaks?
4: 1 Kilo Weight Standard: We brought this to Salumet's attention 14th November 2011. He said on that evening: 'All energy is forever transmuting—changing in many, many ways—in ways that you may never understand. And of course I would say: it is always welcome news, when your scientists have some proof of what is happening.'
What scientists make of that proof, of course, still remains to be seen! But looking at the relating material on the Internet, it's causing some activity.

~18th March 2013~

Following our healing prayers, there was some discussion about the new pope and the huge task that now confronts him. There are such large numbers that need to be cared for through Earthly tribulations and

rapidly changing times. Then, as quietness took over, one named Joshua came through from spirit via Eileen and the discussion continued:
Lilian: Hello and welcome.
You have a nice voice!
Lilian: Oh thank you! That's the first time anyone has said that!
Well, I like it.
Lilian: You've just dropped in for a chat?
(Pause)
I'm just looking at the moment.
(Pause)
I heard your conversation, and now you are all very quiet.
George: Feel free to have a nice chat. We welcome talk about whatever.
Lilian: We start off chatting—then we go quiet to see who may come from your side.
And it happens to be me.
Lilian: You're welcome.
I just want to say one thing, and this is a result of your conversation. 'Religion' has been much in your Earthly news (yes) ***I know, but what I want to say is this: do not assume that everyone is the same within the ministry of the church. There are good people*** (yes) ***and there are some who will have to answer for how they have been thinking. But do not forget those good and kind souls who work tirelessly in the name of God—no matter what is their religion. That is the most important fact.***
Jan: We would agree with you there, definitely.
Yes—but many do not. Many are focussed on what is bad within these organisations (yes) ***but you also have to weigh it against the goodness. And yes, there is injustice in the world, as you know it, and there always has been; but our task from spirit is to try to ensure that those happenings will change in time to come. It is not an easy task, and I should know, because I have been working tirelessly with many who have taken the life of dedication—not only male but female; and it is difficult when there is a set of guidelines for those who say they belong to God*** (yes)**.**
Lilian: Do you mean when they come over to your side?
No, whilst they are on your Earth.
George: Yes unfortunately, in establishing the ongoing religions—I speak principally of the Roman Catholic religion, relating to the Pope. There have been guidelines that are not *right*—and this has led to all sorts of problems ***(yes)***. The Catholic religion has had such a chequered history—with exterminations, the crusades and insufficiently acknowledging the Mary visions through the 20th century; which I hoped would have had a greater impact.
But the people were not ready.
George: The people were not ready ***(no)***.
Paul: Which people do you mean?
In general—people were not ready to accept those happenings, and you cannot change people's perceptions of what they believe so easily.
Paul: Does that view that *people are not ready*, come from higher guides in spirit?
It is a known fact in spirit that many of those people who witnessed these happenings were not ready. It is no mystery—it is just how it was at those times.
George: And the media—the newspapers which reported those happenings, did it in a very inadequate way ***(yes)*** so I guess those who worked for the newspapers were not ready.
Yes well, if you consider yourselves today—if you were to tell someone who had no knowledge or faith of what you believed, it is their entire right to decline that knowledge (yes) ***and not to believe. You cannot force onto other people, either words or happenings.***

Jan: But isn't that precisely what these religions do?
Of course! But people are brainwashed from a very young age. Yes, and not only the religion you speak of, but in most religions, they tell people that all things, God is responsible for. I am here to tell you: God is not responsible, but—
Jan: We are!
Each individual is responsible for their own lives. You cannot have a man in a gown who can exonerate you from any wrong doing. This happens in many religions.
Jan: And what I come back to every time is the fact that the masses are controlled by FEAR. And that's what religion, in the general sense does. It always has, because of the fear within those individuals—that group becomes their religion.
I would agree to a degree with that, that fear keeps them under control, (yes) ***yes, but what they are doing is creating a god who is not a god of love.***
Jan: No, a god of love would not create fear like that.
Of course, that's what needs to be spread. And it has in many ways—God is love. If you do not feel that love, you are not connecting to God. You understand what I say?
Jan: Yes.
Rod: May I ask: what religion were you when you were on Earth?—with respect I ask that.
With respect, I had no faith.
Rod: Didn't you! That's interesting.
That is why I am so interested now, in all aspects of faith.
George: Yes well the brainwashing, I was going to say doesn't just happen in religions; it happens in politics and in a number of walks of life.
Yes, that is why it is imperative that people think for themselves (yes)***; of course, I would agree with you, it is not just religion. But religion has to play the part that it has had—such power and control for so long.***
George:—which will eventually end.
Which we hope will eventually change although that change may be more slowly than we would like (ah yes)**.**
Jan: But I honestly cannot see that—not in my lifetime. I cannot imagine the planet without religion, although it's been talked about. The human side of us *'groups'* naturally, we always have done.
But that is not to say they cannot change.
Jan: No; I would like to see religion change, but I believe there will always be religions. As a little group here, people have spoken to us saying: *This must be a religion*—the term 'religion' is used so loosely!—perhaps I need to check what 'religion' means.
Rod: We were told that *our* religion is *'love and truth'.*
Jan: But IS that a religion? —that should be the fundamental part of all of us, and it is, because we are all spirit. So '*spirit*' is not a religion—because we are all spirit.
Paul: It *becomes* a religion if it develops a framework—
Jan: And rules—
Mark: And a hierarchy
Paul: And suddenly we all have to start wearing purple clothes—
And that is the responsibility of those who keep people in fear (yes)**.** ***But you do not see that every individual in your world today—that their way of thinking is changing—***(definitely!) ***that they do not accept what is told to them so easily.***
Jan: No, not even those within those set religions. They are questioning so much *all* the time.
And it is like a wave infusion—once you get a small wave it grows and grows.
George: Yes, consciousness and awareness are growing.

Yes, at a quicker rate than it has ever done.

George: And your words are so like those of Salumet—our teacher from Angelic Realms who comes to us.

That is how WE learn, but we in a way are like you people of the Earth—that we listen, but then we decide for ourselves.

George: Yes—the question of free will.

Yes and free will is retained in the spirit world for a while (right) ***yes.***

Jan: So spirit is working on the corruption within the—

Spirit is working on corruption within all facets of your lives, not just religion. As the gentleman has said, in the political world as well—in the way that people think and in the way that your children are taught (yes)***—all areas of your lives are changing—but slowly. But there IS a change; whereas in past times it almost came to a standstill. That is why there was a gathering in spirit for those to come to teach.***

Jan: You say it nearly came to a standstill—what sort of time period was that?

It was human beings that had rejected what was good, what was true, and of course, it brings the downfall of many.

Jan: So are you talking about: within our lifetimes, in this room?

Not in your lifetime, no, I am speaking thousands of years ago. And of course, in our world, that means very little. But for you, no it would never happen in your lifetime. I believe that you will see changes—but I am sure that you already have.

Jan: Yes, we can see change.

George: And there is a certain excitement with some of us, as a result of knowing about this period of change.

Yes, and that is what is needed—that is the word that should be spread. The word to be given to another is: THINK FOR YOURSELVES, because it is innate within you all.

George: We appreciate that, going back thousands of years, there have been high-spots when mankind has been closer to spirit ***(yes)***—much closer.

Yes, much closer, and then it has been lost, and found, and lost again. But, I feel I am correct in saying that this time, it will not be allowed to slip back to those old ways of thinking.

George: Yes—this has been said to us by Salumet—yes.

Rod: I'm going back to when I used to ride around the village on a Sunday morning. I go past the Church of England church, the Roman Catholic one, the Congregational church—and all the car parks are full. And I thought: well, we can't live in a bad old village—and they take the kids as well, so they're being taught—going back to *my* childhood, I was brought up in a C of E school with a church adjacent; and I just think it affected me, with the prayers and singing a hymn every morning—to some extent. That lasted until I was about 18, and I became an agnostic. But I think the religions do a fairly good job with youngsters.

Did you ask yourself why you became an agnostic?

Rod: Yes—I was in the army and we had a Roman Catholic minister and a C of E padre, we asked them questions, and they ended up arguing with each other. After about half-an-hour of this, I thought: religion! I began thinking and searching.

—which, in a sense, freed you to think for yourself.

Rod: And eventually I came around to this way of thinking.

Yes, as I said at the beginning, there is good and there is not-so-good. Of course, people find from religion a source of comfort, but what they do not find is that openness of mind.

Jan: People like that, that religiously go to church on a Sunday; it occurs to me that as long as they do that, what then happens is that the other six days don't really matter, because they feel that when I go to church, all my sins are going to be washed away—

Yes, that is one of the wrong-doings within the churches—that they say that an Earthly man can absolve you from all that you have done wrong.

Jan: Well it's unbelievable—literally it's unbelievable! *(Chuckles)*

Of course—but it is sad that so many people still believe those words.

And now, my good friends I am being told you have spoken enough.

(Sounds of sadness)

Rod: Can we have your name please?

My name is Joshua.

(General parting comments and fond farewells—a Joshua has been through to us before, but the voice and character of this one was different.)

George's Notes:

Both Salumet and the 12th century seer Saint Malachy state that Earthly religions will come to an end. A difference is that, while Saint Malachy points to Pope Francis as being the final pope in the Vatican lineage, Salumet leaves the timing unsaid. The pope list given to Saint Malachy in trance during pilgrimage to Rome, has each pope indicated by a pertinent or subtle phrase—John Paul II, for example: From the sun's labour. He was from Krakow, Poland, as was Copernicus who had laboured on his theory of the sun being at the centre of the solar system, this midst huge controversy between science and religion. Francis is described in more lengthy terms as: Peter the Roman, who will pasture his sheep in many tribulations, and when these things are finished, the city of seven hills (Rome) will be destroyed, and the dreadful judge will judge his people. Why 'Peter the Roman'? Well, this may relate to Jesus addressing Peter and saying: On this rock I will build my church. And the followers of that church he sees as sheep to be pastured in many tribulations—a truly righteous task for a loving caring leader. The destruction of Rome is unlikely to mean physical destruction of the city—more likely to the end of Vatican control, and the judging would be the way we judge ourselves when passing to spirit.

We should recognise that free will factor can influence the preciseness of prophecy, and if say 1% variation in timing is applied across the nine centuries between then and now, this amounts to 90 years! BUT Saint Malachy's pope descriptions seem mostly very apt and appear to point to the present pope being last in the list.

Information concerning the Mary Visions was withheld by the Vatican, but as our guest Joshua indicated: the people in general were not ready. However it is still important of course to get the truth out there, for those who ARE ready. When those seeds of truth germinate is down to each individual's stage of development and freewill. But truth should still be spread. Perhaps those in the Vatican were likewise not ready. Let's hope the new Pope has a much less restrictive way forward without adherence to past traditions, many of which are now known to have been in error.

And Victor Zammit, in his e-journal this week, adds his thoughts on this very important matter:

http://www.victorzammit.com/

Because of the very recent controversies regarding the religion of the Catholic Church I have to repeat that it is not my intention to try to change anybody's religious beliefs. It never was, and it never is. I said it before and will say it again:

if your religious beliefs make you a spiritually *better person, then you have the right beliefs for you. On crossing over religious beliefs will be irrelevant. What will be immediately relevant is what unselfish work you did for others - how much love you gave others.*

Repeatedly, the highly credible afterlife transmissions from advanced afterlife teachers tell us that we determine our future every day. All unselfish good thoughts and deeds refine our spirituality - increase the vibrations of our etheric soul. Negative deeds reduce

our spirituality - reduce our soul vibrations. On crossing over the level of spirituality - the level of accumulated vibrations will determine where we end up. There are no Pearly Gates, no St Peter, no Angels, no God to judge us because we are drawn to a level that matches our habitual consciousness. Religious beliefs in themselves do NOT affect the level of spirituality or level of vibrations of the soul-body. The reasonable, good average open minded person, will go to the Third Level - a place hugely better and more beautiful than on earth - and it does not matter what religion you belong - or not belong to.
And Victor goes on to state how that small but important group within science—quantum physicists—are homing in on the togetherness of 'sub-atomic physics' and what has up till now been classified as 'paranormal'. Wonderful!

QUANTUM THEORY AND THE AFTERLIFE:

A revolution is going on in science. Over the last few decades there has been a significant increase in research into quantum physics, the study of atoms and subatomic particles and energies. Quantum physicists are discovering no conflict at all between the physics of the subatomic world and belief in the paranormal and the afterlife. Indeed they are showing that the phenomena we now call "paranormal" are normal and consistent with what is now known about laws of science at this level. There has been a shift from an older Newtonian view that the universe is made up of lifeless clumps of matter where the ultimate reality is "fundamental particles" to one of wholeness and the consciousness of all living things. The picture of our universe that is emerging is one of INTERCONNECTION - of mind-matter interactions and of instant communication across vast distances. Physicists are slowly and surely discovering that at the heart of all matter there is ENERGY and CONSCIOUSNESS. ***Read more...***

And please make special note of: "The picture of our universe that is emerging is one of INTERCONNECTION —of mind-matter interactions and of instant communication across vast distances"! So our various interplanetary communications are about to be acknowledged?

~25th March 2013~ SALUMET & PLANET AERAH

George: Good evening Salumet, welcome to you.
Good evening.
All: Good evening.
I am happy to join with you once more.
Lilian: You're very welcome.
Sarah: It's good to have you back again.
I have to say to you this time my dear friends, I am aware that sometimes you feel that I am responsible for all things that happen within this group. I want to say to you I am involved a great deal with what occurs here, but not everything. When I leave you, I return to where I belong, in order that I can continue with my own growth. Therefore, I just want you to understand that there are *many* people who wish to join you on these evenings that have nothing to do with *me*. Although I, of course am aware of what happens, it is not always through my *helping* them. You understand?
(Affirmed)
George: Yes—we had an interesting visitor last week, named Joshua, who took up our prior conversation **(yes)**. That was very helpful, and we've had a number of responses from our readers about that one.
Yes—as you should, because if you are wise enough to share the knowledge, then hopefully, the replies would also be uplifting for you (yes)**. There are many who would wish to join you in this work, and I know always that you are happy to make them welcome.**

George: Yes, they are always welcome **(yes)**.
I of course, if I bring someone to you specifically, I will always inform you (thank you)**. I do not wish to remain with you too long this time. I just felt that some clarification was needed about this—because you are giving me credit where none was due.**
(Chuckles)
So I say to you, my dear friends, accept those people who come to you with love, and they will continue to want to join you on many occasions. In the same way, it has given me much reason to join with you, time after time. I wish, at this present time, to again work with this instrument that I use. I am also working, and she will not know this, but I am also working with her in her healing state, and hopefully, to work through trance, but as I have said, *she* does not know this yet.
Lilian: But she will, with this transcript—
But she will in time to come.
Sarah: She had a reading from somebody a while back, and he told her that she hadn't chosen to do this work—she had *been chosen* to do it.
Well, I can only say that *yes* she was chosen by those of us in spirit, and *I* in particular, for *us* really I should say, to be a channel—as are all of those people who are used in any kind of trance—yes. But of course, they still have to be willing to give of their bodies for a short time (yes)**. I know—I don't know—perhaps if she has said to you, but to begin with she was most reluctant.**
Lilian: Yes, she has mentioned it.
But, as you know, we take care of those who work with us—as all of you within this group, must have felt at certain times, that we try our utmost to uplift and protect you.
(Affirmed)
Yes—so now, for this time, I will work quietly with this instrument, and I will leave you to see what comes for the rest of your evening.
Sarah: Could I Salumet just share something with you—I think mum was very much searching for things in this lifetime, and I came across a note she had written. She had obviously copied it from somewhere. And I thought it was a very nice summary of things you've said to us concerning: nothing is ever by chance ...
'Nothing in our lives is haphazard. Every event dovetails with another. After one experience, another is born.'
And I just thought that was a very nice way of—
Yes—those are wise words, yes. They would have come from someone who was aware—aware of the spiritual life (yes)**—as you all have become—and hopefully continue to grow.**
George: Are you Salumet, able to take a brief question from one of our readers?
If it is very brief, I will.
The lady had previously sent in a question concerning a daughter. She was most grateful for Salumet's words, and now asked for advice regarding a second daughter, now 16-years—glandular fever for two years and still recovering. And being fearful of a presence was now seriously affecting her sleep at night:
Yes—all I will say about this is that this young woman is of course of an age when these things happen to come to the fore (yes)**. Yes, and of course the fear that she radiates is not helping. I will see what I can do to find help for her. And perhaps the lady will be kind enough to keep us informed. But I will see what can be done.**
George: Yes, well thank you very much, and she was most grateful for your previous answer regarding her other daughter **(yes)**—thank you.
And now, I really must work with this one.
(Thanks and farewells)
Sarah then sensed one were Paul:

Sarah: Good evening Bonniol—I *thought* you were coming this evening. Nice to have you back!
I've been having problems linking, but we seem to be able to speak again.
Sarah: Jolly good. I think the link was nearly there, because I kept feeling that you were coming—it was only a little connection that wasn't quite right I think—
Yes, it's not always clear, even for us, what the problem is sometimes, but once we've come through, we are through! But until we make that final—almost like a push through—then it can be difficult.
Sarah: Yes, anyway you've done it—that's the main thing. Jolly good!
Thank you. Um, yes it's always lovely to re-connect with you people.
(I crossed over from the other side of the room to catch up on this initially quiet conversation—it was important not to disturb Salumet's working with Eileen)
George: It's wonderful to have you through again, Bonniol.
I've been thinking of you, even though we don't always speak. I think it's good to have these thoughts because—it's becoming a smaller place, isn't it!—this universe.
Sarah: Yes, it certainly is, yes. Have you had any exciting things happen on Planet Aerah recently?
Well, there are seasonal changes, which we enjoy! —the way the seasons change. We, as you know, are perhaps closer to nature in some ways—with our work and our lifestyle in general. We like to be close to nature, when we can.
George: Yes, I think this is perhaps one of our faults in modern times on this planet. We've moved a little away from that; and I would like to see everyone going back to a simpler life, much more involved with nature than we are at the moment.
Sarah: There is a bit of change beginning to happen. There are people with allotments to grow their own vegetables. I think it is beginning to change a little bit. These things take time, when you've moved so far away from it.
George: Yes, there is home-gardening and organic agriculture; this is beginning to come in. We use far too much mechanisation and chemicals in our farming. I feel it will be much nicer if we can do things on a smaller scale, so that more people are involved in that work.
Yes, it's um—it's so nice to share nature with others. It's the sharing *(that)* ***I really feel is something that is key to so much in life. We are all individuals, and yet, when we share our thoughts and feelings, there is a new awareness that begins. And in nature, we can share this—these feelings.***
George: That's a very nice thought. I think we are beginning to realise how fundamental to everything 'thought' is. It's much more than prayer and speaking and thinking about others, and connecting and speaking across the universe, as we are now. 'Thought' is so fundamental and opens so many possibilities. I think we're just beginning to realise this.
Well, it's not for me to say more than—I think we have already spoken of this (yes) ***incredible thing we have called THOUGHT—there are—even for us, who work with it in ways which you are not yet able to do—we still wonder at the potential there is. It is truly the most important thing in Creation—from what we know.***
George: It's nice to hear those words. Perhaps, connected with that—we are only really just beginning to realise what the large pyramids mean, on our planet. We are beginning to realise now, that when other visitors have been here, the first thing they have done is to build a pyramid—to capture or create the energy for their wellbeing while they're here and to provide power for their return journey. I don't know how widespread in the universe pyramid-building is, but it seems to have been a favourite thing to construct pyramids in the past on our planet Earth.
Yes, it is um, certainly not something that is unique to Earth. We also have pyramids on our planet, which are also used to gather the energy.
George: Well, that's interesting.

We have um, developed um—there is um—we have um—these—
(Pause—there can occasionally be a little difficulty with word flow)
The shape of the pyramid is of course um, a perfect shape for collecting and steering or pointing this particular energy in the direction (yes) ***and when we are sitting inside the pyramids—it can be of great help to use this to focus.***
George: Yes, would you describe this as an aid to help meditation?
The meditation um, comes from within the person I would say (yes) ***but the pyramid shape helps to build the power that is generated.***
Sarah: I was wondering *how* you built your pyramids, because you are able to use your thought much better than us. Our pyramids are made up of big blocks. Are yours similarly made or can you use much larger—
Yes, the rocks of the earth, we find are the best for—um—capturing if you like, the energy—um—the shape itself is important.
George: Yes, and it must be aligned to planetary spin; and I would think the energy arises from sweeping through the aether in accord with the planetary spin.
Yes—the position has to be at the right angles for intercepting the flow of energy that is being collected.
George: Yes, I imagine the energy within the pyramid adds to mind energy, or helps in some way, when meditating.
The mind is not helped as such. I would say: there is power to be used, and it is put to use for whatever purpose.
George: I see—thank you.
There are ways to use it but it is an energy not of ourselves.
George: No, we realise that it assists various things, and we know that if we store seeds within the pyramid energy they produce more in the way of crops.
Yes, they have been used to help with the storing and protection of seeds.
George: Do you use pyramid-storage to assist your agriculture on your planet?
We have experimented with this. We find we do not actually need to use them in that way (I see) ***and store what we need for—the seed can be stored in other ways but the pyramids can be used to improve areas which—um—which have conditions which cause problems for plants.***
George: Of course, the area around, surrounding pyramids is influenced by the energy, I believe.
Yes, and if they are located in the right places, this can improve the fertility, if you like, of the area (yes)**.**
Lilian: So, do you build them just to help a particular area?
I would say that is our main interest. We are people who spend a great deal of time working with nature; and where pyramids are used it is usually with—um—in connection to improving the nature in some way—whether it's for our crops—
(Pause)
George: Yes, I was going to say, is there some influence on wildlife?
There is always interaction—when you build pyramids, they have an effect on the area.
Lilian: Yes, so when you visit other planets or they visit you—do lots of other planets have these pyramids?
Yes, they are a shape—a structure which has a definite affect on the energy flows, and so they can be of use for that.
Rod: Are the dimensions of the base and the height of the pyramid a common feature throughout the universe? Are ours similar to your sizes?
I would say the size is not as important (no?)**.** ***It's the positioning and what they are built with.***
George: I think the proportions—height in relation to base, vary considerably. But I think you are saying that the position is more important than the precise proportions—

They should be positioned precisely. The size of them varies, depending on the nature of the area and the requirements of the area.

Lilian: So would it be that energy-lines are used—to put them on?

Yes, they are used, always with the energy lines, yes.

Mark: Are they used for healing and purification?

They can certainly be used for healing, yes. Yes, and—um, when you say purification—um—

Mark: I understood that you can purify water, and even give it healing quality—I don't know if that's true?

I would say in the sense that the water would be energised, it would be—um—improved in that way (yes).

George: Yes, and we've noticed that there's a very big effect on water. Normally our water freezes to solid ice at low temperatures, but it doesn't inside a pyramid. So the energy that is taken up by the water seems to prevent it from freezing solid.

Yes, I would imagine that is due to the greater energy in the water.

George: The bonding between the atoms of the water just doesn't seem to happen, when the energy is there.

(At this point, Salumet had completed his work with Eileen, so she was now herself and able to participate in the discussion)

Eileen: Could I say: where you are so much more advanced than we are on Earth, is it still necessary to use pyramids to change energy? Have you not reached that stage yet? Can you not transmute energy with your mind, without the use of pyramids?

There is—um—we have abilities to transmute energy, yes. The pyramids are permanent features, which require no additional thought or attention. So, in areas where we may wish for nature to create—um—a different energy situation; where plants and nature can begin to grow and benefit from more constant environment—

George: So we can think of a pyramid as an ongoing, permanent energy trans-muter that doesn't have to be fed or up-kept in any way.

Yes, we could of course still grow our crops but we feel they are a natural—um—tool to use, much like other tools for growing crops. They can be placed and—

George: Do they alter your climate at all? Do they have any effect on climate?

Yes, they affect the area around them, and yes, they will have an influence on the climate.

At this point, another began speaking with quite a throaty voice via Jan, from across the room:

They are regulators! They act as regulators!

Yes, they can—um

You don't have the weather that you are experiencing at the moment—it is much more regulated, because of the energy that it transmutes.

George: Might I ask Jan: are you picking up from Bonniol's group at the moment?

Lilian: I think it's from spirit.

Yes—so they—

May I help you sir?

Yes please.

You are struggling with language are you not?

It is sometimes difficult.

Of course it is! We understand entirely. You are doing magnificently well!

(Pause)

The older the base of the pyramid that you speak of, it will hold the greater amount of energy.

George: So the bigger the base, the greater the amount of energy—

The OLDER the base of the pyramid (the older!)***—the greater the amount of energy, that will be released from the top.***
Lilian: So it increases with the age of the pyramid—
Mark: So they use older materials for the base—
Older rocks—yes.
George: Is it that the energy builds up over time?
Yes, the older the pyramid—we are using the word 'pyramid' aren't we? So we all understand exactly what we are talking of. The OLDER the pyramid, the greater is the energy released. So hence, when they are growing their crops, the older energies are the ones that regenerate quicker, better—so their crops are grown nearer to those energies. And the younger crop does not need it quite so much. Do you understand? Do you understand what I am saying at all?
George: So the longer the pyramid has been there, the better will be the crops.
Yes! (Ah) ***So the older the pyramid base—that's what holds the energy of that plant completely. That's the origin of that plant and foodstuff. Do you understand? That's the energy that that plant came from.***
George: Yes, that's very interesting.
As the seedlings—as they reproduce these things, of course, they don't need so much energy, because their life force always belongs to that OLDER pyramid.
George: Yes, that's interesting.
I know it's difficult to understand because you can't see exactly what I can see.
George: It's very interesting to us. Might I ask: who it is who's speaking?
I don't want to give a name thank you. It is not necessary.
George: Not necessary—
No, I couldn't think of one!
(Chuckle)
George: I just wanted to know if you are connected with Bonniol and Planet Aerah.
I'm just helping. Let's just put it that way. I'm not connected to the planet.
George: You're helping from spirit ***(yes).*** Thank you.
I'm just helping with the language and to be able to give you a little bit of a picture.
George: Yes, I understand—it's very helpful.
Mark: So those older rocks that they use for the base of the pyramid—
George: *(turning to Bonniol)*: So you are getting some spiritual assistance, Bonniol—*(no reply)*
Mark: So it's a higher concentration—
I'm sorry—I'm listening to both conversations. I'm sorry—I need to listen to this gentleman first *(Mark)*—***do you mind? Please carry on.***
George: Please continue.
Mark: So if I understand correctly, the older rocks which are used for the base of the pyramid ***(yes)*** will have a higher concentration of energy ***(yes)*** which is utilised by the plant ***(yes)*** for their initial ***(yes)*** growth.
Correct—you have it.
Mark: Because there's some kind of—***(mother energy)*** *mother energy* right, it's an old *mother energy* involved ***(yes)***. So I suppose the rocks were made up of that originally ***(yes)*** and it's been re-absorbed ***(yes)*** by the new growth.
Eileen: So as you reach the top of the pyramid, is the energy much more refined?
(Pause)
Refined in the same way as when we go to spirit?
'Refined' is quite a good word for it. I was trying to find a better word. In actual fact I think 'refined' is quite good. As the energy rises above, to the pinnacle of the pyramid—where you are using the word 'refined', I would use the word 'resourceful'; because that energy is able to travel in such a way that it is

all-encompassing—it goes to where it is needed. At the bottom, is the oldest and the most dense. As it travels upward, it knows exactly where to go—it's resourceful (that's interesting)***. It becomes a lighter vibration, so it's able to travel*** (yes) ***exactly where it's needed.***
Mark: So would people use that for healing?
Absolutely, it's used for everything.
Mark: So how do people harness the healing energy, for illnesses and things?
Thought.
Mark: With thought, right.
Has that been of any use to you? (Yes.) ***I would like to go back to the gentleman. Do you have any more questions? I am sorry, I have taken up too much of your time.***
George: It's all interesting. Yes, and thank you very much. So—
I want to withdraw now.
George: I'm feeling that the energy is self-thinking in a way and self-organizing, in going to where it's needed.
It's resourceful—you understand the word resourceful, do you not?
George: I understand the word 'resourceful', but does *thinking* come into it?
Yes, like this gentleman has just confirmed, healing is done by pure thought.
George: Healing is done—yes.
I want to leave—I want to depart. I'm sorry—if you will allow.
George: Nice to have met you. Thank you very much for coming through. It was most helpful.
Lilian: Are you still there Bonniol?
I—
George: Ah, you're still with us.
I've been having a little break!
(Chuckles)
It is most welcomed, to have someone more familiar with the words to help explain.
George: Regarding the assistance from spirit, I thought at first it might be from your team—then I realised and understood from the one who came through, that it was coming through from spirit.
Yes, that is absolutely right. My team are with me in a sense, as I speak (yes)***. I speak with the team very much in the background.***
George: Yes. On certain previous occasions, I know that Jan, over there, was picking up from your team. That's why I thought it might have been like that in this instance. That was wrong-thinking on my part. I understand now.
It is easy to be confused, I would imagine.
George: But it's a wonderful evening for us, to have all this input.
But you have so much in this group. I have been around long enough now to know the wonderful evenings that you have.
Jan: Bonniol—did that gentleman explain what it was you were trying to get across? I think I was asleep before he came, so a missed a bit.
I think there was some information about how the plants grow around the pyramid base—I—
George: And how the older the pyramid, the more effective it is.
Jan: Clairvoyantly, while I've been sleepy, I've had a picture of many pyramids of different sizes, and very definite straight lines of them. The larger plant material seemed to be growing nearer the larger one, which I presume was the older one that he was talking about, and the saplings seemed to grow towards the smaller of the pyramids.
(At this point the connection with Bonniol was no longer there and as it had been a long session, the evening gradually came to a close as we discussed and tried to digest this new material.)

George's Notes:

While preparing this transcript I received the communication below from Suzanne Taylor. TED (Technology, Entertainment & Design) is a global conference system, for 'Ideas Worth Spreading'. It is the parent organisation of TEDx – for independently organised events. But it seems that TED endeavours to shut down the TEDx event! So much for independence! And the TEDx speaker list is impressive: Marianne Williamson (Love restores reason; not the other way around), Russell Targ, Larry Dossey, George McGraw etc. And needless to say, the work that Salumet, Bonniol and the Kingsclere Group do would likely not be welcomed!

To stay up on developments, get on the mailing list for TEDxWestHollywood.com and Brother, Can You Spare a Paradigm?: http://eepurl.com/xr1Fz.

To the future we would like to be in...

Suzanne Taylor

Events and projects that can shift our awareness

Ex TEDxWestHollywood Event Coordinator

I left the following message on Suzanne's blog site:

This is all getting very wordy, but at the same time it is symptomatic of outmoded traditional science now finding itself in the melting pot … and in a strange way, this is refreshing. The huge leap forward for humankind, as sentient beings will happen when we SERIOUSLY work into the vast potential that awaits us beyond space-time. We might call the development 'spiritual science' for want of a better name. As a result of working in this field, our UK group of scientists and spirit mediums (considered unacceptable by learned institutions and media of course!) have made enormous progress. We communicate with other planets of this universe, we understand how and WHY our original pyramids were built (by ETs using THEIR spiritual science methods, some pyramids now radio-carbon dated to >30,000 years) and we have communicated with scientists long since dead! This is all very unacceptable to traditional scientists, but that old cookie now crumbles. Details on 'Scientific Enquiry' page of our website http://www.salumetandfriends.org

~8th April 2013~ SALUMET

Good evening.

(General welcome)

As always, I am pleased to join with you once more.

Lilian: We are pleased to have you.

Like last time, I need to work with this instrument and I need the energies that you provide, to do so. Therefore I will not stay long with you this time. But what I do wish to say to you my dear friends, is that the coming twelve months of your time, will see many changes; not only personally for everyone, but also there will be medical happenings in your world, which will help many who are suffering at this time.

Sara: Lovely news!

George: That's very nice to know. Thank you for telling us.

Every being on this Earth planet, should find within this coming year, something deep within. It will come to the forefront of your *minds*, in many areas, either which pathway you should take, or something significant about yourselves—no one will escape these happenings. Therefore I say to you my dear friends, be watchful of yourselves and others, to see these changes that are about to happen.

Sara: Interesting —

Lilian: Are they happening already in a small way?

People are beginning to recognise a deepness within themselves—a kind of knowledge which they have not as such accepted yet—but they will.

George: Wonderful!
Lilian: It's just that twice just lately I've met two ladies who are definitely on a spiritual path.
Yes, that is to be so, when you yourself *mirror* that spirituality. Yes, you will meet others of *like mind* and as I have said on previous occasions, there are never really any accidents and this also includes the meeting of others.
George: Yes, I've certainly been conscious of that just lately and I've had some very good exchanges with people, through blogging sites on the Internet lately. There was one today on a scientific site, who was asking some very probing questions and we were able to exchange views very nicely and it was in the interest of science and spirit coming together.
Yes, I understand that the communications that are made in your world today are quite diverse, but I do not always see that these machines that you call computers are always the *forward thinking* way to go. But as you have said, they allow much contact when communications are good.
George: Yes, these are communications, which without the computers, would simply not be possible.
Yes of course, and that is why they have been sent to your world, that they can be usefully used. But as in all things in your world, there is always an element, of not being used in the correct manner.
George: Yes, I appreciate they can be used for *good* or *bad.*
Yes, but it is good, do you not agree, that you can be connected in a way that is so simple, (Yes —) **whereas in time gone by, communication was so much more difficult.**
(General agreement)
George: A very lengthy process by sending letters!
Yes, but I am happy to say, in whatever way you make connection, that can only be for the betterment of mankind.
Jan: Salumet, I'm aware that while I'm sat here **(Yes)**, that what you're speaking of, because you've said every human being on this planet **(Yes)** will feel this change in the next twelve months—I don't even think I want to sit here and explain what I'm picking up. It's a positive, it's not a negative **(Yes)**. It is the way we're going to view one another—out of something negative will come something positive.
You have to remember that for every individual, this recognition will be different (yes—)**. You have to remember: your world will not suddenly become perfect in twelve months time.**
Jan: No, in fact I think it will do the opposite for a little while. I think it has to go through a transitional period —
There is always processes happening in your world; there always have been and for some time to come there will be, as part of your Earth's evolution—I have told you this.
Jan: This is big, this affects everybody.
Yes, but individually it may seem insignificant, but what I am saying to you, is that on a spiritual level, EVERY HUMAN BEING ON THIS PLANET WILL BE TOUCHED IN SOME WAY.
Jan: That's what I'm picking up **(Yes)**.
Sara: Touched because of the changes—energy shifts?
Yes—many things—from the work that we do from our world, to the work that is being done quietly in your world—many aspects to it.
Jan: This is part of the evolution of the planet. This is the start of that large shift, as it were, that you were speaking of that we've been working towards for some time.
There—it is s very minute change, hardly noticeable by many, but I can say to you my dear friends, that it is beginning—a very slow beginning.

Paul: So I guess—is it good to look at it as a particularly *fertile* time for spiritual growth?
Only those of you with spiritual knowledge will truly recognise these changes. Those people in other places may not recognise it as such, but I am here to tell you that spiritually they *will* be touched, even if they cannot see it for themselves.
Jan: Yeah I think the word is 'tangible.' They might not understand the tangible **(yes)**, but it will be there.
It is there—it is so subtle that it may not be noticed.
Sara: I feel already a sense of unification going on between people. It may not be very strong yet, but I feel that it's beginning—people are beginning to think a little bit differently **(yes)**. And I also feel within myself that I'm looking for a stronger purpose at the moment and I'm thinking a lot more globally than I am used to and I'm thinking more —
More spiritually —
Sara: More spiritually —
Yes of course. When you place yourself to one side, then the true spirit begins to show. Yes, when you can forget the 'I.'
Sara: Yes, and I do feel a big change already in myself actually —
Yes, well that can only be good.
Sara: I'm just allowing it to—I'm just feeling my way until I know what it is I want to do **(yes)** that's going to perhaps help others more.
That should be your purpose—in helping others.
Sara: Yes, it always is anyway, but I feel I want something extra **(yes)** to do. I'm trying to decide which direction to move in.
It should come to you.
Sara: Yes, I hope so. Yeah I think I'm getting there.
Yes, it will come to you.
George: And taking up the 'helping others' Salumet, have you any comments on the new Pope Francis, and is he a factor in the changes that are about to happen?
I would rather say that no *one* person in your world can make those changes single-handedly, but when you come to the connections that one man has, then of course he has to make some kind of impact. I would say about this gentleman that he has to some degree a sense of spirituality that has been lacking thus far (yes)—**for some time. So in that respect I would say to you—that I would say—that he is a good man.**
George: Yes, he does seem to exercise humility **(yes)**, in various ways, which is nice to see.
Jan: From the little I've heard and seen of him, he seems to have removed the 'I.'
Yes, he is a man I believe who is true to himself, who spiritually is in the right place for himself (yes)**. Yes, but the world is not led by one man** (no)**. In fact as you all know, there are many individuals who are not quite so spiritual—*recognised* to be spiritual—but let me hasten to add: *Who are you to judge?***
(Much agreement)
So always, my dear friends keep those words in mind.
So I hope that has been a little useful to you all—in the months to come.
(General agreement)
And the object of this exercise is to allow you to be aware of what is happening.
George: Thank you for opening our eyes to these changes that are about to be with us and we shall be watchful with great interest.

Yes, I will now work with this instrument for a short time, whilst I hope the others here will be open and aware to those who are *here* and surround you in much love. If only you could see the brightness of their love you would be amazed. So until we come together again, I leave you cloaked in my love.
(General thanks)
George: Thank you Salumet. Our love goes with you.
Paul: Yeah our love goes with you and to those that have gathered around us as well.
There followed clairvoyant messages, at first via Paul. Then, when Salumet had completed his working with Eileen, there was more via Eileen. One message was for Graham from his grandfather—who in Earth life, used to operate a steam crane in Cammell Laird Shipyard, Birkenhead.

~22 April 2013~

Beginning with two rescues:
Audio link: http://www.salumetandfriends.org/resources/2013_06_22+rescue+in+fog+9minsmp3.mp3
George: Good evening. Please feel free to speak if you wish.
Hello dearie—have you seen an elderly gentleman?
Sarah: Are you looking for somebody?
I am looking for Martin. This darned fog's so thick—I'm really worried.
Lilian: You're outside, are you?
Yes, I'm outside—you're outside.
Lilian: No, I'm in a house actually—so are you now. I'll explain—don't worry. You'll understand in a moment.
Dratted fog—I knew he'd get lost, but he won't listen. He's so darned stubborn!
Lilian: So you're both a bit lost at the moment?
Yes, I can't find him.
George: *(who had missed the earlier conversation)* Is Martin your child?
No, he's my brother. He popped out to get a few items, but he's been so long.
Lilian: What year was it when you did this?
Ooh—thirteen I think—1913. I'm not too sure. My memory's not like it was.
Lilian: Well, the time that I'm living in at the moment, and my friends here, is quite a lot later. But something—maybe in the fog you had an accident or something—has caused you to die.
Don't be daft!
Lilian: I know you feel very much alive, but if you listen for a little while, then you'll understand. Did you ever think what would happen to you when you died?
Of course I do.
Lilian: What did you think?
Well I was hoping I'd be going up rather than down.
Lilian: You are.
George: But sometimes you need a helping hand in that, and you've been brought to us so that we can help you on that journey.
Lilian: You're still in the fog.
Is this your husband?
Lilian: No, it's a friend—George.
A friend—
George: We're part of a group here, who help people.
Lilian: It's our job to help you understand what's happened. What you have to do now, if you accept what I say—
Well I'm not sure dearie that I do. I find it a bit confusing.

Lilian: Tell me how you feel. Do you feel well?
How I feel—I feel very well.
George: Are you sitting in a chair?
No! I'm walking along the pavement!
George: Well, if you move your hand to one side, you can feel—
Lilian: —that you're sitting in a chair.
Oh! Oh my word!
Lilian: Something caused you to die—but yes you're on your way to heaven.
—In a chair?
(Chuckles)
George: You're sitting here in a chair, so that we can help you on your way, and—
I'm not going before I've found Martin!
Lilian: I think you'll find him, probably waiting. If you look ahead of you, you'll see a light. Forget the fog—that's gone—you'll see a light.
George: It may take a little time, but if you look ahead—there is a light—keep looking at it and it will become brighter. That's all you have to do at the moment.
Lilian: That's where you'll find him.
You're not these newfangled people who do mysticism, are you?
Lilian: We're just here to help you, and anyone else that doesn't quite realise what's happened to them. If you hadn't thought about it, it's understandable that you really hadn't realised you'd died.
I find it confusing.
George: That's understandable.
Lilian: If you look ahead of you, what do you see?
There is a spot of light—not very big.
George: Good—it will grow bigger. Keep watching.
Ooh yes.
Lilian: And who do you see?
Oh yes, my brother.
George: When that light has enlarged, you will see someone or people in it who are there to welcome you to your spiritual life.
Oh my! Well, well, you'd never believe it!
Lilian: But you do now—
George: Someone you recognise I expect.
I can't feel my feet any more.
Sarah: That's fine.
George: Well, you don't need to walk exactly—you can just go forward to meet those who are there to welcome you.
Are you both coming?
Lilian: We need to stay a little bit longer to see if there are others—as long as we know you're okay and on your way.
George: We'll be along fairly soon, but we need to be on Earth a little longer.
I can see Martin clearly now.
Lilian: Good.
Yes, I want to meet him.
George: Good—you can go forward and have a good life.
I darned well hope so—better than this one!
(Laughs)
George: It will be—I can promise you that!
Can you?

George: Yes, I'm sure.
I've got to hurry—he's telling me. Stop talking and hurry! Thank you very, very much!
Lilian: You're welcome.
George: You're welcome—that's what we're here for.
I did so want to reach 95!
George: Well, it sounds like you've reached a very good age.
(Then Eileen was back saying the lady had a round face and hair in a bun. She was agitated at not being able to find her brother, so that her mind was fully involved in that.)
A second rescue followed. Audio link: ***http://www.salumetandfriends.org/resources/2013_06_22+rescue+gentry+10mins.mp3***
Lilian: Good evening and welcome.
(Pause)
Are you addressing me?
Lilian: Yes.
Who allowed you entry? Who said you could come in here?
George: Come in where? Where are you then? Can you say?
I will have no men in this room! Will you please leave immediately!
Lilian: Yes, okay.
Now who are you?
Lilian: My name is Lilian.
Lilian? Lilian who?
Lilian: I am a friend who hopefully can help you.
No—Lilian who?
Lilian: Lilian Pearce, is that good enough?
Who said that you could enter this room?
Lilian: Well, I think *you've* entered into my friend's room.
I've entered in nowhere. Don't be so insolent!
Lilian: What were you sitting in before you came?
I was in a chair.
Lilian: What sort of chair?
(In exasperation) Why! Why! Why!
Lilian: If you bear with me you'll understand. Were you sat in a *cane* chair?
—Of course not.
Lilian: Well, you feel the arms of the chair now, and you'll find you are sat in a *cane* chair.
(Feels chair arms)
Now who's playing tricks? Now you can see why I will not allow people into this room!
Lilian: It's not a trick.
George: It feels like your chair, does it?
Lilian: Have you ever thought what would happen when you died? Be quite honest about this.
Do you know? I am rather angry! I'm trying to contain myself.
Lilian: I do understand.
Why these questions?
Lilian: If you bear with me and you will understand.
Why should I bear with you?
Lilian: Did you feel ill or anything like that before I spoke to you?
—Of course not.
Lilian: You didn't feel ill?
—Of course not. I am sitting here.
Lilian: But you are not in your own room.
(George attempted more speech but this didn't seem to help)

Don't come in!
Lilian: Sorry about that. There's something that has caused you to die, and you didn't accept what had happened. But what you do is, you move on to the next world—the spirit world.
I do not believe that! If I die, I will go to heaven.
Lilian: Yes, you'll go to heaven, but you haven't accepted it. And that's why you are talking to me, and that's why I am here to help you.
And who are you?
Lilian: I've just told you my name.
Lilian Pearce—but who ARE you?
Lilian: I'm just somebody who wishes to help people like you to understand what has happened to them. I've helped many people and they are really quite grateful at the end.
You really must go and fetch me a brandy—because my temper is near to boiling point.
Lilian: Well, first of all—
Jan: Ask: who are you addressing?
Lilian: Can you tell me who *you* are?
That matters not.
Lilian: Okay—do you feel very light, in your body?
Yes.
Lilian: And ahead of you, you can see a light?
Mm.
Lilian: And people are there waiting to welcome you into heaven—maybe someone that you know. I know I'm a stranger, and I'm sorry about that. But it just needs someone to tell you what has happened.
I am so annoyed, so annoyed. I understand, you are probably a very kind person.
Lilian: I'm trying to be, but like you, I could lose my temper, and what good would that do?
I would have you removed immediately!
Lilian: Well, there you are. But I would like to help you.
I will listen because you are persevering, and I can feel my blood-pressure rise.
Lilian: Well, my job *is* to persevere.
What IS your job? Just to help?
Lilian: Just to help people like you to accept what has happened. We all have to die at some time. But there are people like you who just don't accept what has happened.
Are you implying I am difficult? Is that what you're saying?
Lilian: No, you are just not understanding at the moment.
No—I surely am not.
Lilian: I wish you were, but I would like you to look for the light.
And what will this light look like?
Lilian: A bright warm light, and in it you should begin to see, people that you will recognise.
Not many I want to meet.
Lilian: There will be somebody there you will want to meet—I don't know who, but you will know them.
Well! If they think they'll tell me what to do, they can think again! How dare they! How VERY dare they! I can hear them.
Lilian: And you recognise them?
Yes I do. Young upstarts! Okay.
Lilian: But you're fond of them.
I would never tell them that! Why would I tell them that?
Lilian: They know that already.
Do they?
Lilian: Don't forget, you're going to heaven, where things will be much clearer.
I'll have a few things to say when I get there. How long will it take?

Lilian: Well, you're there almost.
(Pause)
Now that really is beautiful—that is wonderful! And if you are telling me the truth, then I am happy to go.
Lilian: I'm telling you the truth.
Jan: We are.
Who's that other voice?
Lilian: That's another lady who is here to help.
Okay, okay.
Lilian: I'm just glad you've accepted—that's all that's needed.
Who would have guessed that we would have needed a 'Lilian Pearce' to help ME into heaven?
Lilian: Well you never know.
But I am going and I thank you—good bye.
Lilian: You're very welcome.
Jan: Before you go, could you just tell us your name?
I certainly will not! You will not know me, so I will not tell you. So good bye—I have to go. They are pulling, pulling, pulling. And I of course am not a commoner.
Jan: I gathered that.
Well, that's enough information for now.
Lilian: Well, you've had a commoner to help you.
Well, I've become quite attached to you.
Lilian: Well thank you—as long as you're okay.
You're still a little bit impudent, but there you go. I must go—I must go.
Lilian: We know you'll be happy.
Another visitor now, via Eileen:
Lilian: Good evening—welcome.
(Pause)
I wasn't too sure if I should speak, but obviously you knew I was here.
Lilian: We knew it was someone.
Yes. I've never been here before, but I thought I could hear you helping someone. I was drawn to you, because I'm learning to help others, and I just thought: wouldn't it be nice to speak to somebody who helped others, like you do.
Lilian: I see. So you would like to help from your side?
I've already started to help, but I really would like to help those who are close to passing—you understand? Not in groups like this, but I was just drawn to you this evening. And I thought: I wonder if I could sit quietly, but I was not prepared for you to know that I was here.
George: You are most welcome to be with us.
Thank you.
George: We were a little puzzled by that last one. We haven't had one quite like that to help before.
Well, you did very well, and that is what has to be.
Lilian: I was going to say, as long as she's on her way.
Yes, it's not always easy to persuade people to leave what they are familiar with. I am often waiting by the bedsides of people who are ill, trying to encourage them to leave their bodies behind. It's not always easy; so I think you deserve to be praised.
Lilian: Thank you.
George: Well, if you do that, I think you also deserve to be praised. So, you would do it on a one-to-one relationship basis?

Yes, I try, but of course I am guided before I come to help; but yes, it is more of a one-to-one basis, as you say. Yes, I quietly speak to the spirit and try to help it to discard that old cloak. But, you know, people here are SO attached, it is almost like you are committing some crime against them, to ask them to leave it behind. They are so attached and often times so afraid to come with me. But the work is so good it gives me so much love and happiness in being able to help these people.

Lilian: Yes, it does make you feel, I'll say *'good'* when you've done a good job.

George: So, is your work different from ours, in that we normally ask them to look to the light and see those meeting them. But in your case, they're travelling with you are they?

Yes, I take them to those who are a little further back, and who are able to take them on to spirit. So their passing is gentle and complete. There is no distress, once I have convinced them to leave that old cloak behind, all goes smoothly. Sometimes I think you hear people say that they can see shadows (yes)***. I would be as a shadow, but I always stand close to them*** (wonderful!)**.** ***In my work I do enjoy helping younger children with their transition. It is most rewarding.***

Lilian: I think I would find that quite hard.

Yes, but of course I am already spirit, so I do not have the emotional detachment. You understand?

Lilian: Yes, we're different.

Well, we're all the same, but once you are in spirit, then everything is so much easier.

George: Yes, so the children would be easier for you, because they are closer to spirit—

The children are easier, but the difficulty comes because parents do not wish them to go (ah yes)**.** ***So you have that 'pull'—that bond, which is difficult to break.***

George: So they feel that they have an obligation to their parents—

Yes, of course, because the parents are normally saying how much they love them, and it makes it a little more difficult; whereas the children are closer to spirit and would go quite easily (yes)**.** ***Yes, but you can never judge each one as being the same; they are not.***

Lilian: So, would their guardian angels be around them as well?

Yes, the guardian angels will always be with them—never leave them. But I am what you would probably call a 'helper' who travels further into spirit and sees that they are safely there. That is my task. I am not emotionally attached to them, like those who have gone before, or even their guardian angels, who once they have left the body, they would recognise.

George: So you are aware of the guardian angels?

Yes, I would take instruction from the guardian angels.

George: I was going to say: would you have discourse with them?

Not always, but yes, that does happen, yes.

George: It's very interesting!

There are many of us who wish to help, and our task is that anyone's transition into spirit be peaceful and smooth. That is what we try to achieve.

Lilian: Well, it's a good job isn't it, that there are people like you who do these things.

There are many, many, many, as you can imagine. I wish I could explain to you, just how well organised spirit is. You know, sometimes people become a little complacent about spirit, and do not always realise just how PERFECT the laws of spirit are, but that is not for me to speak of.

George: And your own work—how diverse would that be? I mean, do you work in hospitals? Do you go to earthquake zones?

Wherever there are children. I do not always do the rescue work, which would of course be earthquakes, but my task is to help those children who have been what you call 'ill' for a long time, and need gently to be brought more closely home. That has been my choice, but of course at times it is necessary for us to help in other ways.

George: Yes, it's a very noble cause, and—
I would not call it noble—it seems to be too rich a word.
George: Perhaps I should say: would *'respected'* be a better word?
We seek no recognition. We do all these things for love.
George: Love encapsulates all.
Yes, yes, yes. I have to thank you for allowing me some time to speak to you. It's been a pleasure for me. And I hope your understanding grows.
George: Well, it's been a wonderful instruction for us. Thank you very much for your words.
Lilian: Just talking to you has helped a lot, and it is nice to know the help those children are having.
Yes, it applies to everyone, but my particular wish was to help the small children. But there are many, many, many of course who are doing work which includes much love given to those who are in need.
(Much thanks exchanged as our visitor left)

~6th May 2013~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/Salumet%2B1thruSarah_6_05_2013.mp3
(Our meeting of 29th April consisted of development exercises and the message that Salumet would be with us for this, our next meeting—and so was not transcribed.)
(General greetings)
As always it is good to be with you all once more. You may find this time speech may be a little more laboured, because I have been working with this instrument.
(General appreciation)
Always my dear friends, I enjoy your company which you all give to each other and of course, to those of us who come to you from our world. Much is happening throughout your world at this time.
George: Yes, indeed!
There are many aspects of living which are being affected; none more so than progress within your medical professions, and I know that since I spoke to you last time about these new discoveries, I am sure that some of you have come across what has been happening[1].
Lilian: Yes.
It will continue, but of course as always, slowly, slowly. But as far as your medicines is concerned, we are quite happy at this moment in time, that those good people who offer themselves to your medical professions are doing good work and are being influenced greatly.
George: Very good news for us to hear Salumet.
Yes, there will always within the human race, be some kind of problem with health, but we hope that as time continues, that personal influence and intuition will become much greater, in order that you can become your own physicians. That is not as far-fetched as it might seem.
George: No, I imagine we are doing quite a lot of inadvisable things in our lifestyles which don't help our situation, and perhaps we will become more aware of the unhealthy aspects to our living.
That of course would be the ideal, that each one of you does become more aware. But of course we also know that as human beings, you are rather *slow* shall I say, to learn (yes)**; but the ability is within each one of you and I know full well, that you dear friends within this room are capable of such work, because you *have* that knowledge, which enables your intuition to grow. So again I repeat to you how important it is for each of you to take responsibility for your own well-being. But of course that is all to come. Now, do you have questions for me this time?**
George: Yes—but firstly, does anyone else wish to ask a question?

Rod: I asked a question the other day of a learned friend, what a *virus* was. And apparently we can catch a virus which *knocks us off our feet* and we don't have much say in the matter. I don't know whether with all our knowledge we can do anything about that. Or am I wrong?

There is much more knowledge *now*, about what you call 'viruses'. But what I would like to say firstly to you is that viruses have every right to inhabit this world. What problems they create—man is limited in his knowledge of them, therefore the virus will always win if the human being is at a stage of *non-health* I would like to say. Your human immune systems have been made to fight such viruses, but of course as you well know, human beings do not always stay so healthy and strong. But viruses are not new, there has been much discussion in your world about how these viruses come about. They are an *energy*, as are *you.* Does that help you to understand a little more?

Rod: It does. They are a bit of a mystery to me—

Most of them are mysteries to all of you humans, so do not be concerned about your lack of knowledge.

Rod: No. Well thank you for that anyway, thank you very much.

George: I think Salumet, you're implying that there's an element of *co-habitation* here (**yes),** but we must see to it that our body's are *tuned* sufficiently **(yes)** to resist being overpowered by the viruses, which you say are entitled to be here anyway.

Yes, but we are not unaware of the interference that mankind *places* and *tampers* with. So I will say to you: we in spirit are quite aware of what is going on, yes —

Lilian: Serena, would you like to ask something?

Serena: Could I ask a question about the *chemtrails*? **(Yes.)** What are they and what are they for?

('Chemtrails' appear in the skies like uniform grids of vapour trails criss-crossing and remaining much longer than ordinary vapour or condensation trails.)

What are they? They are—I will not use the word *'invention,'* because I do not like that word. All thoughts stem from spirit, but what happens is that mankind either uses information—either for good or for bad; or sometimes they take information and unfortunately not meant for bad, but they do not realise that sometimes what they achieve is *not* for the betterment of man. I want to say to you that much has been happening since human beings have had the power of air travel. That is my first reply to your question. This is not something new; it is something that has been happening for some time. It is of course the interference of many energies trying to achieve something that I have to tell you my dear friends, is not at this moment in time possible. But it can and will be we feel, destructive in its nature. Are you following what I am telling you?

(Pause)

Serena: Not really, no.

No—you want to know the composition and why this behaviour is happening (yes). **Firstly these *crafts* as you call them, have been mistaken at times, as beings from what you call *outer space*—that has been an incorrect explanation of them—but I do want to say they have been mistaken for these things. What is happening is happening within *all* countries—it is not just happening here, it is happening throughout your world. And it does not even belong to the 'common' scientists of your world, but belongs to *space travel and travel within your world*—that they have been able to use energies, put them together and tell you as a human being, that it is for the best. I am here to say it is *not* for the best—but we are aware of what is happening.**

George: Could I just clarify one point? I've read recently about CIA experiments **(yes)** in mind control. Am I correct in thinking this has nothing to do with that?

I would not say completely, *no*—but yes, you are on the right tracks of man interfering with what could be used for good (thank you)**. Not just that organization, but many throughout your world—they have the knowledge but they are misusing it. You understand? It is again I have to say, some matter of control, control of the masses and of course—I do not like to use the word 'wars', but it can be used against each other.**

Sarah: Salumet, what are these energies then that they're using?

They are energies which have always been, but which have been discovered in fairly recent times of your Earth's existence.

George: Well thank you for that Salumet, I had read about experiments in 'mind control', that sound absolutely awful, and I didn't know whether to believe it or not, but I think you're confirming that there are such experiments going on.

Yes—as always, mankind has always assumed they have a higher knowledge and I have told you in times past, that mankind interferes in so many ways and I know you understand that what has been meant for good, can also be used for 'evil' (yes)**, though I am not happy with that word.**

Mark: Would these sprays also be harmful to nature—the animals and insects?

Any prolonged use of these subtle energies of course could be harmful to some. And again, as in all things, it may not be harmful to begin with—but we are trying to deal with it, so do not be too concerned.

Sarah: The people who are trying to combine these energies, are they aware of the danger?

They *think* they are doing something good—it is mostly related to military.

Sarah: Oh right—with nuclear power **(yes)**, you've said that's actually a good energy, but we're using it the wrong way.

It should have been used for *good* and was *abused,* as this is at this time (yes)**.**

Paul: Is it something that is affecting people's awareness? Is that the idea—or something?

Most people are at this present time unaware. There have been murmurings within your world, but because it is military it is being kept quite quiet.

Paul: And I'm still not clear on the effect that it's having on the populations.

It, if used constantly, it will have the effect of changing the whole unification of the human body, as it would in animals, as it would change your atmosphere—so many different ways that it could create change.

Paul: And they presumably think —

They feel that they are helping at this moment in time. But I have to say to them: it is just experimental at the moment.

Paul: They don't have—it's mankind interfering again, not having enough intelligence—
Enough knowledge, yes—as in all things, until it is used, you do not always have a result. It sometimes takes time to find the correct results, as many things within your medical profession have seemed to be good medicine and would seem to be wrong for man or *some* men—you cannot say it is always wrong for all. But what is happening now will have a subtle alteration to the atmosphere of your world.
Sarah: And will it be able to change back again, or is it irreversible?
Nothing is ever irreversible, but of course it will have to be addressed.
Mark: I was just wondering what it is that these people *think* they're achieving, or think they might be able to achieve?
Mankind as a race has always been inquisitive.
Mark: So they are having a go to see what happens?
Well, I will say and perhaps you will speak to the dear gentleman of scientific mind, that whatever is looked at, they always have to go a little further. It is that inquisitiveness which drives them forward and of course many good things come from scientific experiments. So you cannot always say it is bad, because that would not be true.
George: No, it will be bad of course, if the principal is used for mind control **(yes)** to suit one's own ends.
Yes, you do not have the right to interfere in any way with any other human being. If they are misusing anything, it should be known by the general population of the world.
George: And perhaps that is where Julian Assange is helping the world—in making secrets known.
Yes, there should be no secrets, you are all of the *one* energy, you all come from *Love* and that is what you should all strive for (yes)**. But yes, as always there are two sides to what you call a coin—always; and that has always been, it is nothing new, but I do understand your concerns.**
George: Yes, well that's wonderful! Thank you very much Salumet, that's really opened our eyes I think, to something which we knew little about. **Yes.**
Rod: Initially I thought that this must just be probably two or three nations in the world doing these experiments; but going into a little more detail, it seems more than that—a very large number of nations are involved.
Yes, your world today is very small when it comes to communication. So nothing within your world remains quiet for long. If you wish to, there are ways and means of communicating—*but don't be concerned too much.*
Rod: Often you've said: *Don't have fear.*
Yes, because you create it yourselves, yes.
Rod: So we'll bury that one!
Well I would not say '*bury*', but keep awareness, as you must within your world, to those things that you consider to be not quite right. But what I am saying is that people do not always do things because they want to be *evil*, but they work on things they *think* will be *good*—they just misjudge what they should be doing. You understand?
Mark: Yes, sort of getting a bit carried away.
Yes.
Paul: That applies to some of the dictators as well—**(yes)**—they all think they're doing good—but they perhaps don't have the right to force their will on so many others.
No one has any right to interfere in the life on this planet, of another human being. I cannot stress that to you enough. In the same way that if you show love and kindness to another human

being—then you have achieved much in your lifetime. It may seem trivial, but let me assure you my dear friends, that love can overcome any disharmony or hurt. So that must be uppermost in your minds at all times.

Rod: I think the things that you've told us in the past—for instance *H-bombs* have come about and these terrible things—this sounds a bit naughty. Are you sometimes reluctant to give us information that we could work on, but we might make a bit of a mess of it?

That is exactly what you do, but we would never withhold anything that would be helpful to your world.

Paul: Because in making a mess, we're learning **—**

You *learn,* yes—yes.

George: Yes, well could I say that the computers and the internet are something in that category that we're involved in right now as being helpful in the world. Going back 500 years—we had a lady through briefly. She spoke through Eileen to start with and then she said she wanted to speak through young Emily, who was sitting with us at the time, to help with her development. It was brief—few words were said, but they were very significant words—she gave a date of 1501 and I'm convinced that the lady was Lady Margaret Beaufort. I wonder if you can confirm that this was indeed the lady who came through. She lived in remarkably changing times and she was an avid reader of books—that was the time when the first books were being published. So that was a parallel time of great development. Any comments on that—and are you able to confirm that it was Lady Margaret Beaufort?

At this moment I cannot either deny or confirm, but I will come back to you next time—I will find out for you.

George: Thank you, it would be nice to know. She was a remarkable lady.

Yes, there are many remarkable people who have trodden your Earth, as there are many now and many to come. This of course to me is not important—what has gone and what is so much to come. As is the hope that each one of you finds within yourselves that deep love of spirit—that is what is *important,* that your love for all of mankind remains great, that your understanding of mankind becomes *fuller*, that your understanding of mankind remains with you always. In that way you become even greater beacons of light. And no matter what takes place within your world *my dear friends*, always know that we in spirit strive at all times, to keep you as safe as we possibly can.

(General thanks)

And now I will take my leave of you. I feel the little lady is a little disappointed, but there is nothing more to be offered at this time. As always I leave you cloaked in my love.

(Deeply expressed thanks)

Paul: You've given us a lot to ponder as always—our love goes with you.

There followed one through Sarah who has visited on several occasions—one of his incarnations had been 'Ond Kulla', who had farmed in ancient Egypt. He wanted to add to the previous subject of chemtrails:

George: Good evening, please feel free to speak if you wish.

I am most happy to be with you once more.

(General welcomes)

There has been much discussion about what is good and what is not good (yes)***, but let me tell you that all has been accounted for and it has been so in times gone by, that mankind has made bad mistakes. As you know, these mistakes cost mankind quite dearly*** (yes) ***and it is taking much time to recover what has been lost. But it has not all been in vain, because we can see that the path has been slightly altered and mankind is making good progress, which we can now see; but which in the past , when as an Earthly***

being, it was difficult to imagine. I wanted to come back for a short visit, because I was aware of your disquiet and I can understand your feelings. But I do not have any fear myself.

Paul: Yes, we have to accept that we live in a world that's still not going to reach it's true potential for many, many years to come, but we are on the right course, so we can't be critical.

George: Yes, there is this general feeling that we're on the right pathway, but it's a long pathway.

Paul: It's *all* part of our learning.

Yes indeed and it is also important that you keep to this good pathway. So you are receiving much help in order that you do not make the big mistake of previous times.

George: That's very nice to know—that others are watching over, are aware of the course being taken, and it does give one a pleasant feeling of confidence.

And also I would like to mention that those who made the greatest errors are those who are now doing so much to help you move in the right direction.

(Much appreciation expressed)

Paul: That's lovely to know and we'll try to do whatever we can and there're many groups like ours I know, trying to help —

Mark: —get on the road to Truth.

Rod: Could you tell us your name?

(The communicator did not manage to stay any longer for some reason, but we think the main points had been given before the communication ended.)

Finally there was the rescue of a gentleman via Eileen, conducted by Lilian—audio link:
http://www.salumetandfriends.org/resources/2013_05_06+rescue_no-teeth+Thomas.mp3

George's Notes:

1: Medical Advances: These are coming thick and fast as has been stated, and include: iphone/ipad pulse and temperature reading; brain implant to operate robot arm; clamp to stop traumatic bleeding; early warning of seizure software; micro-fluidic chip for early flu diagnosis; more accurate cancer imaging; multiple sclerosis pill treatment; hospital records database design.

2: Chemtrails: New words in language are:

Contrail = condensation trail (normal condensation or vapour trail from high flying aircraft).
Chemtrail = chemical trail (deliberately made trail formed by squirting into the atmosphere solutions of chemicals and/or dispersions of viruses).

Global Research News reports on the Internet: 'The Spraying of Poison over Sweden'—article by Swedish politician Pernilla Hagberg. It is claimed the intention is to control weather to influence global markets and food. Some see this as conspiracy theory. She has been criticised by the unaware of course; but Salumet has confirmed for us that 'chemtrails' are reality. So this is a wake-up call to those who cling to wrong-thinking. On the credit side of atmospheric research, a recent NASA study reveals that carbon dioxide and nitrous oxide in the upper atmosphere (thermosphere) protect Earth from excessive heat rays. So these gases have protective GLOBAL COOLING effect—not global warming—about which there has been much false publicity.

3: Lady Margaret Beaufort (1443-1509): The visit of this one was brief, but the facts given seem to identify her with fair certainty—15th November 2010 via Sarah's daughter Emily. This lady was from changing times. Just as the Internet spreads knowledge today, printing and books were the new influence then, with William Caxton's printing press. Lady Margaret married Edmund Tudor at 12 and gave birth at age 13, to he who became King Henry VII, and she was grandmother to Henry VIII. On Earth, she was active as

educationalist, scholar and philanthropist and founded teaching institutions. She was passionate about books and whilst in spirit has since spent much time in the Halls of Learning.

4: No one has any right to interfere in the life on this planet, of another human being:

This is of course, a spiritual truth that has been ignored by many organisations through the years, and continues to be ignored by bombers and various types of aggressor today. But it is so fundamental that it must surely be felt to some degree by all humans.

~3rd June 2013~

Firstly there were personal clairvoyant messages via Jan; then one quietly and slowly addressed us via Sarah:

I am asked to come to you this evening because the one who normally speaks is in another part of her mind at this time.

Lilian: There's some work going on then.

And she WILL be talking with you in a while, but at the moment she is occupied (thank you)**.**

Lilian: So we'll leave her for a little longer then and I think help her to come back.

She will be ready in her own time (I see)**. *You could also join with her in her time with spirit, by opening yourselves up and joining with her—and you will become aware when she is ready to speak, because you will yourselves feel the urge to say something. So that is my message to you all.***

(General thanks)

This was a strange evening that I think had us all guessing—mostly silence with just a little whispering between ourselves. Eileen was eventually brought back and was able to give some account of where she had been. There had been a feeling that was almost impossible to describe—like moving forwards and backwards at the same time. She recalled men in wheelchairs. There were no words but Eileen felt that she had come to help them. Then suddenly she was in a beautiful forest looking around. There was a jolt and the feeling of being pulled. There was a long tunnel—not light, it was fairly dark. She moved along the tunnel but then was stopped from going further by four light-beings.

Some of us had had scenic impressions during the period and these were discussed in the light of Eileen's experience. Hopefully Salumet will be giving some explanation in due course.

~10th June 2013~SALUMET

Audio link: http://www.salumetandfriends.org/resources/2013_06_10_+Salumet.mp3

George: Good evening Salumet, welcome to you.

(General greetings)

As always I am pleased to join with you. I hope my dear friends that you can feel the energy within this room.

Lilian: It's very peaceful.

George: Yes I felt it was a most pleasant energy here this evening.

It is needed for you all. So therefore I hope you are able to absorb it into your beings.

(General thanks)

I would just like to say to our dear gentleman friend who sits across from me, what is it that worries you so?

Graham: Mm I'm not sure what you mean.

There is a deep-seated fear within you. If you are not aware then do not be too concerned, for we will help you in whatever problems it brings to you.

Graham: Okay, thank you—I can't think what that could be.
(Said with a chuckle)
Sometimes you are not always aware of what—and I am speaking mainly of the spirit body rather than the physical (yes)**. But don't be concerned if you are not aware at this present time** (right)**. You, as all the others, are well loved and protected.**
Graham: Yes, yes we do feel that.
Yes but sometimes physical life can pull you in directions that you do not wish to go to (yes)**. But I felt that it needed to be said this time.**
Graham: Thank you Salumet, I shall think about that.
Yes, but do not think too deeply—you will be fine.
Graham: Okay, thank you.
Do we have questions this time?
Lilian: I wonder if I could ask one Salumet. Last week Eileen was deeply—I will say in a *trance*—she was taken quite deeply away. I did help her to come back and so did George. But I wonder if it is better to leave her to come back on her own or to help her?
George: And could I add, it would be very nice to receive from you Salumet some clarification on what was happening last week.
I understand. Firstly let me say that that has become part of your work. Not only are you leading this group, but you have taken responsibility for helping the instrument at certain times. Of course she would return quite normally, but when there are time limits to our meetings, then of course it is acceptable and proper that you give a little help.
Lilian: Yes, thank you for those words.
The only stipulation I have ever made, is that there is no sudden noise when I am using this instrument (yes)**—that is quite shocking to her physical body. Therefore apart from that, it is quite alright for you to help, as long as the touch is gentle.**
Lilian: Yes I understand that.
Yes, but when it is another who is using her there is not so much to be concerned about, because she is not taken quite as deeply, you understand?
Lilian: Yes, she really was taken quite deeply last week.
Yes, she was visiting our world, but she remained aware of what was happening.
Lilian: Yes she did.
Yes—not so deeply as when her body is used, you understand?
Lilian: Yes.
Yes. I have taken her questions that have been forthcoming since last time and this opportunity is opened for her to understand just a little more.
George: She had an experience which was difficult for her to describe. Eileen said she felt as if she was travelling backwards and forwards at the same time **(yes)**. And I wondered if this was something to do with *time* not being linear in spirit?
Yes, it is the ultimate spiritual experience that one can have whilst still in a physical body. Yes, it was new to her and I suppose to all of you it would seem a little strange, but in our world all of these things are understood and quite natural. She was not afraid, I am sure you have gathered that.
(General agreement)
Yes, but it was a new experience for her.

Lilian: Yes, that was very nice.
George: I think we understood that you were with her in a different part of her mind.
No I was not with her (ah!)**— It is a different situation. I would not have been with her—she would have been guided by her own guides.**
Sarah: There was one that came through me Salumet that said to try and join in with Eileen.
Lilian: You mean the group —
Sarah: Yes, to try and sort of *'tap in'* or something.
It may well be that they tried to help you to see some of what she was experiencing and of course there is much going on in our world. You would have been guided by your own helpers. You understand?
(General agreement)
Each one of you has your own guide or helper—there are many Earth words for these people. But you would be led by your own spiritual guide.
(General appreciation to that)
It is just part of her evolving in the same way as any new experience each one of you has, is your own individual evolvement. And I am sure at times you have been aware of something which has not previously happened to you. Does that make sense to you?
(General agreement + thanks)
George: Can we go on to another topic that has come up before? You spoke to us about '*chemtrails'* and you very correctly and logically spoke of *chemtrails* plus a device called HAARP. (*High Energy Auroral Active Research Program)* This is a device that projects high energy into what we call the ionosphere around our planet, to produce a heat effect, which distorts it. HAARP and chemtrails can be worked together, and some hope that it can be used to control the weather in an advantageous way. But you were saying that this is insufficiently understood and that there are dangers. Now that we have researched through the Internet articles on this matter, are you able to confirm what I've said and take the matter any further?
I would like to say just this: That in all events that take place in your world, there are always *two sides to the coin,* as you may say—I believe I mentioned this last time (yes)**. Whatever is used in your world, can be used for either good or for negative reasons. This applies also to what is taking place and what has been taking place for a very good number of your Earthly years** (yes)**. Of course when good can come from any of these happenings, that has to be applauded, not only by human beings on this planet, but by those of us in spirit who have helped and inspired. Of course, when the negative side appears, this too is a concern for us—again because we have tried to inspire for the good. But these things take their own course in the same way—let us use nuclear power (for example). Nuclear power has advantages and disadvantages, but it has to be *allowed to evolve*. Are you following what I am telling you?**
George: Yes indeed.
Yes, so I would say to you in this way: that what is happening is well known throughout different countries of your world, as you have stated, and it is also well noted in our world. I would say to you my dear friends, do not allow this to create fear within you, because we are doing what we can to create *less of the negativity,* if you like.
George: Well that's very good to know. My concern was really that I know that a university in Alaska **(yes)** is very much involved in this, and I imagine they would represent the *positive* side.
Yes, of course.
George: And there is also a great military interest, which I imagine would be the *negative* aspect.

Yes, and I would suggest to all of you my dear friends, to ask continually for help for those people involved—that whatever *good* can come from these things, (they) must, MUST take place (yes)**. And that negative aspect be *diluted*, if you must** *(if you like?)***.**

George: I imagine part of the negative aspect would be the metal ions used **(yes)** in the chemtrail work **(yes)** and how they spoil the pureness of breathing the atmosphere **(yes)** and how this will affect growing crops.

But I again reiterate to you my dear friends, do not allow this to colour your judgements too much, because as I have said, we in our world are aware of what is happening and as in all things, provided it does not interfere with the evolution of your planet, we will do what we can (wonderful!)**, as with other topics and subjects that probably you are not even aware of at this time.**

George: Wonderful! I think in the group here we seek understanding **(yes)** rather than judgement.

Yes, I am aware of this, but it does not matter what you feel in a physical sense, I want you to think about these things on a spiritual level. I want you to rise above all of the problems on Earth and to create a good and loving situation for all people, all lands—all happenings within your world.

Sarah: So in other words—take away the judgement **(yes)**.

Sara: Could I ask a question Salumet, on a different topic? **(yes)** As you'll be aware, there is quite a schizophrenic attitude in our society towards sexuality and lately I've had a lot of discussions with people from different cultures as well as our own culture, about how best to view it and I wondered if you had any words of wisdom to offer us—because it seems there's such diversity of opinion and behaviour on the planet with regard to it **(yes)** and I think we could all do with a few guidelines; I'd like to share them if you have any words of wisdom to offer.

I would say that any happening in your world is part again of the evolvement of human beings, whether it be of good or bad. It almost applies in the same way as what I have just discussed with you (yes)**. To view it from a spiritual viewpoint** (yes)**, try not to judge, although I know for human beings, that is the most difficult thing** (yes)**. I would also state and reiterate once more, that any harm done to one human being by another, they have to be responsible for. So it is not necessary for the rest of the planet to make judgement.**

Sara: It's a very individual pathway —

It is an individual —

Sara:—and subject.

Yes, and of course there will be much diversity in opinion, so —

Sara: Yes, but what I was thinking of, was how best to guide young people really too, who have no experience—because I think parents often struggle **(yes)** with what exactly to say to their children.

I am going to say to you that your children, young as they may be, have an innate knowledge of what is right and what is wrong. That is the spiritual aspect of the human being—that you *innately* know what is right for *you* (yes)**. So you see: that individual responsibility is uppermost.**

George: And I note you say: '*what is right for YOU'* **(yes)**—there is no blanket advice that can apply to everyone.

No, because along with your freewill you have been given responsibility. And that responsibility, when the time comes, has to be answered too. I hope that is a little helpful to you.

Sara: Yes, thank you.

But always throughout your world there have been traumas and something that makes human beings disagree. This has always been and for a good time to come it will still exist.

Sarah: But the planet definitely *has* moved forward even in my lifetime —
Of course, yes. What has happened is that the spirit is beginning to come to the fore—otherwise we would not be talking about these things as we are. It shows that human beings are thinking for themselves, are discussing amongst themselves what they *feel* to be good and right for them.
Sara: So it's just a personal journey and everyone will discover in time, what is right for them.
Everyone *knows* what is right for them, it will not be discovered, they already know —
Sara: They already know —
Yes, and it is then up to each individual to use their knowledge wisely. That is your own personal responsibility.
Sarah: But of course we're fairly lucky in this country in that we do have freedom. In a lot of countries they don't have the same sort of freedom as we do.
Sara: Yes, I was wondering if that perhaps slight repression or suppression can cause a slight reaction in another way. Sometimes I wonder if that's why some cultures seem a little more obsessed with that **(yes)** I don't know, I wonder why.
There can always be given excuses.
Sara: Ah, It's more of an excuse!
(Chuckles)
Yes, I would suggest that to you, as I have said, every individual including children, innately knows what is right and what is wrong.
Sara: Right, yes.
And it is up to each individual to live this lifetime to the very best of their ability, to never harm another being or if this should occur, be prepared to face themselves when they come to our world. No one ever escapes a wrongdoing (no)**.**
Sarah: Some of these child-soldiers who are forced to do things that otherwise they wouldn't do—is there an exception made for them?
Of course, because it is not *their own* free will that is taking place. There has to be a reason behind anyone's deeds (right)**, so that is why it is difficult to say what is right and what is wrong. What is right for you may not be right for anyone else.**
George: And at this point in time there are some countries where there is a great deal of male dominance over the female.
Yes, as there has been in *your* country throughout your history.
George: Yes, the suffragette movement in our country was *very* necessary!
Yes, but you see how that has changed and your whole attitudes have changed because of it.
Sara: Yes, we have more equality **(yes)** in this country and I'm realising now, through mixing with other cultures that we have a lot compared to some.
Yes, but not always (no)**, so you have to realise it is part of your evolution** (yes)**.**
George: I was going on to mention that our dear friend 'Emma' has her program of helping women folk in those countries to become more aware and acquire more equality.
Yes, I feel you would be surprised by the numbers in our world who are helping at this present time. Of course we cannot interfere as you know, but we can influence greatly and there are many, many people who are happy to do that kind of work.
George: Very good to know **(yes)**.
Sarah: And our attitude to animals has changed hugely in this country.

Yes, I am sure if you visited any country within your world there would be considerable changes throughout their recent histories. It is slow, but that is not to be scorned—any change for the better can only be good. But I want you my dear friends to know, to realise and to understand how much work takes place from spirit—that we are aware of all things—or, not everyone of course, it depends on where you are in spirit, but I would suggest that each one in spirit is helping someone on the Earth plain.

George: Yes well we have been helped in this group very much in our understanding of the significance of pyramids and the energy associated with them. And I wonder Salumet, if I could explain to you how the energy within and around a pyramid is generated—and then you can tell me I'm completely wrong and I have to go and think again!

I find that amusing!

(Chuckles)

***You* are going to tell *me* about *energy*?! My dear friend I do not often want to smile when I am with you, but that is a new experience for me!**

(Laughter)

George: Yes I must admit there's a certain tongue-in-cheek aspect **(yes)**, which is one of our expressions. But we've received information from *so many* different sources now—from physical beings, from beings in the spirit realms of other planets and from yourself. Putting it all together, I think that the energy is developed through the Earth's rotation and the surface of the Earth being swept by the aether—and the well-sited pyramid is, through the planetary rotation, swept by the aether. And to use a physical analogy, this *distorts* the aether in such a way that *Earth energy* is drawn up through the base of the pyramid and rises. It has been stated that that energy is *'resourceful,'* and I think this means that it is used to being connected within the Earth and has association with *ley-lines*—where pyramid sites are chosen. That energy is rising and resourceful and goes to beings or things within the pyramid. It also goes to plants growing in the area around the pyramid, and in perhaps larger areas where there are groups of pyramids. So the pyramid energy assists the growth of plants, and it continues rising and is refined as it reaches the apex of the pyramid and produces a beam of refined energy, which can be used to launch a dematerialised spaceship for return journey of the beings who visited our Earth and built the pyramid. I wonder how accurate that description would be, or would you care to comment?

Well my dear friend that is quite a story.

(Giggles)

Yes, I understand—I understand your interest, but what you have left out is *cosmic energy.* I say those words again: *Cosmic energy.*

George: Yes—so this would this be energy within the aether?

No, this energy goes further than the aether, it is cosmic it belongs to all of Creation. There are many areas in your world, not only on the sites of pyramids that have great Earth energy. This *energy* is utilised as you said, by many of the ley-lines which lie within your world. I would say to you the combination of *Earth, Air, Aether* and *Cosmic Energy*, is where the most powerful energies exist. The energy that brings into your world *alien craft*, as you call them, is utilised by the cosmic energy. I want you to realise the great part that this plays not only on your planet, but in many others. Without this cosmic energy there would be no space travel—you understand? (Yes.) **It is an energy not spoken of, or rarely mentioned.**

Serena: Does it come through portals?

Yes, there are portals in your world, of course there are; but it is a combination of many energies. And I understand your interest in the pyramids because they can be seen by the human eye as great places of energy. But yes—what you say is mostly correct I would say, but the one missing factor is the *cosmic energy*.

George: Thank you. That is a significant addition **(yes)** to my understanding—thank you very much for that!

Yes, I hope it gives you more food for thought and I feel you need to visit our halls of learning, because your detail is wonderful!

(Chuckles)

George: Yes—I will in due course.

Yes in due course you can! Yes.

Lilian: So our friends on other planets, would be aware of this cosmic energy in their travelling?

They may not be aware, but they know that it can be utilised. They use the energy but they do not always understand it.

George: Of course the vast majority on this planet do not believe **(yes)** that friends from across the universe have built pyramids here, but I see pyramids as the hardest of hard evidence for their visits.

Yes, they are part of their visits, but there is so much in your world that will never fully be understood. It is impossible for you to fully understand, until you come to our world and then all becomes much clearer. You understand? (Yes.)

Graham: Astronomers are finding mysteries in the universe, like the fact that the galaxies in our universe don't seem to have enough matter in them for them to hold themselves together with the force of gravity **(yes)**. So they are inventing now types of energy which they call dark matter, because they have no idea where the extra gravity is coming from to hold the galaxies together.

Yes, because they do not understand what energy exists, what matter exists (yes)**—because it is outside of their own intelligence. Yes, you are quite correct.**

George: That is the cosmic energy which you have just mentioned.

Yes, yes; so now my dear friends, I feel we have spoken enough for this time.

George: Well thank you so much for all this additional information that you have given us.

Yes, and I have to thank you for the amusement that I have felt and have not experienced before.

(Laughter)

Sarah: Well I was going to say: I haven't heard you laugh before Salumet, so as we say, there is always a first for everything!

Yes, it was quite amusing.

Sarah: Well we always say that laughter is good for us, it gives us upliftment. I don't suppose you need upliftment, but anyway I hope it gave you some.

(Chuckles)

Thank you.

George: I hoped you would find it amusing—I wasn't absolutely certain.

For something that is quite simple, it seemed so complicated, but that is for you to work out now and I will take my leave and as always my dear friends, I cloak you in my love and I believe that this time, you will take with you the peace and the love that has been brought to you.

(Thanks and farewells)

George: Clearly we love you and your visits Salumet, thank you.

Sara then took us on a short guided journey *(6.5 minutes)* which can be listened to here:
http://www.salumetandfriends.org/resources/2013_06_10+Sara+journey_7+mins.mp3

George's Notes:

Chemtrails and HAARP: This subject is currently often dismissed as 'conspiracy theory' by those who remain ignorant or who wish to preserve comfortable status quo. BUT—this is just piffling poppycock. The reality is: there are twelve US patent disclosures, of which US 4686605 (1987) and US 5038664 (1991) are key examples and eleven US universities have made their contributions.

There is also the array of HAARP equipment at Gakona, Alaska, that has been photographed—capable of directing circularly polarized electromagnetic radiations to heat large ionosphere zones at heights of 250-1500 Km to more than 50,000 °C. This creates gross distortion of zones in relation to Earth's magnetic field, and effects world weather systems. Aircraft spray chemtrails consisting of barium titanates, methyl aluminium and potassium salts into the stratosphere. The purpose of chemtrails is to reflect frequencies arising from HAARP back from the ionosphere. This overall process manipulates jet streams, causal in relation to world weather patterns—storms, droughts, extremes of hot and cold etc. The US Defence Secretary William Cohen has apparently stated: 'Others ... can alter the climate, set off earthquakes (and) volcanoes remotely, using the use of electromagnetic waves.' But it is America who leads! Whilst the United States appears to lead the world with this technology, our best information is that twelve other countries have similar facilities. Salumet is of course perfectly correct when he declares it to be in progress on a world-wide scale, and that it has both good and bad application. If all countries cooperated, the system could form a defensive shield—so even military aims can have their positive aspect.

Sexual misconduct: Yes, such happenings as gang-rape go against both innate knowing and personal responsibility—and will be accounted for in spirit. But as to 'historic legal cases', let's consider this: Lady Margaret Beaufort in the 15th century, gave birth at age 13 to he who became in the UK our King Henry VII, so how far back in history does one go? The situations are, as Salumet says, of an individual nature, so dependent on time place and evolutionary status; and there can be no blanket rule to be applied everywhere.

Pyramid Energy: Well we had a good laugh about that, ands how nice it was that our teacher was amused! Perhaps the 'cosmic energy' factor has been overlooked by just about everyone, including our astronomers. But energy generation has to be more complex. Earth's surface, on account of planetary spin, is swept by the aether at around 1,200 mph, but of course there are orbital and other motions to also consider. And how does the air, which Salumet brings into the equation, influence aether flow? Our information is that ley line energy contributes, ancient bed-rock boosts and Earth-air interface is clearly a factor in that it is the place where pyramids can be built. We know that, on more advanced planets, groups of pyramids have been arranged to deliberately improve agricultural areas—and with 'spiritual science' construction methods, it is a relatively simple matter for others to make such arrangement. As a group, the Bosnian Pyramids would I think improve the growing potential of plants in that area.

Cosmic Energy: Please note that we now have the clear statement that astronomers do not understand what energy exists. Perhaps they will become understanding once spiritual matters and basis of the created universe are fully accepted.

~1st July 2013~ SALUMET

Last week it was an evening of self-development, conducted from spirit, and so was not reported. It involved those in spirit coming close to impress—and we were required to individually report what was sensed.

And at the start of this evening there had been some discussion of delicate family matters:

George: Good evening Salumet, welcome to you.

Good evening.

(General welcome)

As always I am pleased to join with you all this time.

(General thanks)

I am aware of the help that you all received last time, from those who came close to you. And I have to say that it helps you all to know that we in our world can come so close, as to impress you all. Until now, it has only been a few who have received that knowledge and help, but I can tell you my dear friends, that all of you have now reached the situation of being closer to spirit.

(General thanks)

George: Thank you, it's so nice to have your confirmation of that.

Yes, but what I wish to say is that you must now, all of you, continue on that pathway, in order that we can come even closer. You as individuals should be able to make that contact with those who are close by you. It is our purpose always to help and to uplift you. And although I do not like to speak on personal subjects, I would just say to the lady, because I was aware of what was being spoken of—I would say to the lady and her, what you call *daughter-in-law*, that you are right to stand back and to allow things to progress in a natural way. Each of you is in the *learning curve* if you like, that there are life's lessons still to be learned, although the lady in question is not really aware of this. I have told you that you are attracted to people of the same light, of the same colours, and that you will avoid those people that do not connect to you. In your situation, you are in an area of shall we say *greyness*, because of this young woman.

A: She is very fearful isn't she **(yes)** of what B and I believe, **(yes)** which makes her very suspicious of us I think.

But she also needs your understanding. Do not, my dear friend, take these things to mean that she is not a good person.

A: You're right she's an extremely good person, but it's very difficult sometimes not to take these things personally.

Yes, but that is the lesson that you have to learn and I know you understand this (mm)**. Yes, and it would be helpful to just for a little time still, to stand back and to try to find the wider picture.**

A: Right, I will.

Always I am telling all of you this. But it is something that can help all of you in any life situation. You will not perhaps always grasp or understand why these things happen.

Sara: Well I had a similar experience last year. About a year ago in the space of one week I had two lots of people judge me for my beliefs. I felt very upset at the time, but I think strangely both are quite—well one

of them has come back to me, trying to befriend me again, wanting to talk to me about experiences she's had **(yes)**, because I didn't overreact, I just pulled away, but I didn't make a big drama **(yes)**, and I think she's now seeking me out. And the other two, well I think we've sown seeds with them **(yes)** by also trying not to overreact. So I don't think that it's finished or the topic is over necessarily.

Yes, you must remember that even although they disagree with your beliefs as you call it, they are still attracted by your light (yes)**, whether they are aware of this or not and this is what happens in Earth life** (yes)**. You will always be attracted to those like-minded and you will always step away from those who you sense to be of the wrong connections. But there is, as in our dear lady friend's case, a slightly grey area and there is always the opportunity for it to improve or to worsen. But that is up to you as individuals, to seek the right pathways.**

Lilian: It's good to know that it's a learning curve—all the way through, isn't it?

Your Earth life is completely learning curves for all of you—yes.

Lilian: If we can remember that —

Yes, even the most favoured of lives have their own problems.

Lilian: Oh yes I'm sure, **(yes)** you can see it.

A: The lesson that I feel I've learned since I've known C, and I do have a deep-seated love for her **(yes)** and she knows that—she just can't get past her fear.

But she is afraid of love.

A: I know she is, I know.

And that is a lesson that you have gained from her, so in that respect, you should give thanks for that opportunity.

A: I've given her thanks for lots of things actually **(yes).** I believe that she saved my son's life **(yes)** and she knows that I'm grateful for that. Without C coming into B's life when she did, I do believe he might have done something that we would have all absolutely—to lose him would have been horrendous.

Yes, but you have gained wisdom from knowing this young person.

A: I have. The other lesson I've learned knowing C, is that I think I've gone through my life knowing that not everybody gets on with everybody else, but the feeling that somebody actually felt that way about me, it's made me aware that that's possible. I've never really come across anybody before who I felt, not repelled, but like a magnet, two different sides of a magnet, where she just bounced off me, she won't come close to me and that's been a real lesson, to know that like you say, we are not always attracted to other people.

That is the lesson where you wish no one harm, but you do not need to have contact. But in your situation there *is* contact, because there *is* deep love, but there are also the lessons to be learned from difficult relationships. I am here to tell you my dear friend, that it is one of your lessons in this lifetime, in how to deal with other people whom you love but who are not always returning that love.

A: No, I've always received an abundance of love back from most people that I —

Yes, so it is difficult now, yes, but it is a very good lesson.

A: Yeah, well I shall embrace the lesson **(yes)**, and I shall do exactly what you've said, now I know that by stepping back and allowing them their space and their time, and C to —

And always remember when you feel that she has in some way *wronged* you, to send out that love and that light, not only to her, but to all who surround her.

Sara: And it won't always be like this—I don't think.

It will improve yes. But it will not improve without your input.

A: No, I'll be the 'grown up' as they say, the spiritual grown up, and I will do my utmost, and you've made me feel so much better. I can't tell you how low I felt **(I know)** as we sat in this room.
Yes, as I say, it is not my task to tell and speak of personal issues, but you do know that over time, I have tried to help in some *small* way, without interfering with your own journeys.
A: Yes, and we are very, very grateful.
Lilian: Yes, I was going to say yes, it helps us a lot as you obviously know.
George: Wonderful, yes.
But each of you has now reached a point, where you should be able to look at situations and recognise what you should do.
George: Yes, maybe there's a parallel in politics. Sometimes we can be very upset by the way politics are heading, but perhaps it is better sometimes if we just step back from that.
Yes, I would wish to say only this, my dear friends, that no matter how *dark* a situation, by providing love and light to that situation, you then begin to see a change. It is as simple as that (yes)**. I don't wish to make you feel inadequate in any way, but a simple thought of love and light to these dark situations, is all that is necessary. And again I would like to just reiterate that life on Earth and your thoughts should be of the purest and simplest kind—and *all* will fall into place.**
Paul: Yeah I guess that is more important than understanding. We always try to understand the whys and the reasons, but maybe we waste a bit of energy trying to understand it **(yes)**, instead of just focusing on loving it *better.*
You will never whilst upon this Earth plane fully understand any situation. It will only be when you enter the light realms that your understanding will be there. And sometimes I have to say, your considerations of what is good and bad, are not always correct. So I say, you must always strive to do your best—this you know, I have said it on many occasions and know that love can be the greatest *gift* and it is a gift that you have all been endowed with. How you use that gift is entirely there for your freewill to use. And as I speak to you my dear friends, there are many who join with me in helping to lighten all that is within you.
(General thanks)
Do we have any questions about what we have discussed?
Graham: The fear of love sounds odd. Surely that can only be temporary, because love is all-powerful.
Yes, of course.
Graham: I was just wondering what could cause a fear of love.
You must look at love in a different light. You I believe my dear friend, are thinking of the physical type of love. Where you say to a child or a brother or a friend, your perception of love is slightly different from the spiritual love of which I speak (yes)**. It is a more encompassing type of love.**
A: C is very fearful of what we class as spiritual love and matters.
Yes, it is not physical love, or she would not have love for her husband or children and those who she does love—it is a different form of love. The love of which I speak is spiritual *Light.*
Graham: Ah yes.
Again, you have to look at the wider scheme of life.
A: One of B's tasks I think in this lifetime is to help C overcome that spiritual fear. I know they speak often—that's not my position whatsoever, that's his isn't it, but I know she's very fearful when B speaks of people passing, and she's recently lost an uncle and she's really, really frightened that she'll lose B in the same way. It's an almost illogical fear to us, but it's real for C.

Yes, that is why she needs the help to give her the awareness and the understanding. As you know there are many in your world who will never fully understand what there is. Unfortunately some of your religions do not help in these matters.

A: No, that's how C's been brought up, in very —

Yes and it has made many people fearful, rather than given them the security of *knowledge,* you understand?

A: Yes absolutely, I know she's quite fearful—From C's point of view, it's only pure love for my grand children, but I can understand really I think that she is fearful of how we are going to impress the children **(yes)** in spiritual matters. Like you say, it's a grey area. All I can do is just love her and carry on.

Yes, you must do that, but she can be helped and after all it is *fear* that drives her and you know that fear is—we have spoken about it often—it is not good.

Jan: I have a question from somebody else, from my father actually. I haven't got all the facts, but the DNA from 3 people being used to make a baby and dad's question was, would spirit look upon that ethically or unethically? And my reply to him was: If that baby comes to fruition and lives, then it was *meant to be*. He thought that was a good answer but I'm just wondering how spirit would view it. Is it engineering or is that acceptable in preventing such a dreadful disease from reoccurring?

Again it is interference with knowledge given, but what you have to know and accept is *why* it is being done. Is it being done for good and if it is, then that is acceptable also in our world.

Jan: That was my exact answer.

Yes, so I think the simple answer must remain that, that if it is done with love and with good intent, then yes we would not put scorn onto that situation.

Jan: Right, thank you.

George: We have several questions sent in by our readers—which is rather nice to see in itself. One has sent in a question about what he calls *Cosmic Ordering*—the idea of being able to concentrate on some desire, whether it be love or money or some other thing, and expecting the universe to provide or expecting spirit to provide **(yes)**. He sees this as a rather strange idea, but then he also sees the construction of spirit as a little odd! **(Yes.)** But he's wondering if you can say a few words about the principle of Cosmic Ordering?

Yes, I will of course answer your question; but people who are not fully accepting of spirit, will never fully accept the answers given—firstly let me say *that* to you. Cosmic Ordering, as it is called in your world, has been available to all of mankind, whether on this planet or any other. Cosmic Ordering, as you call it, is available to all, if it is asked for in love and for good, you can be given. But also let me tell you: be careful, as you say, for what you ask, because it is not always done for the goodness of others; if it is a selfish act, then it is not likely to happen. Do you understand?

George: Yes, I can understand that—the selfishness **(yes)** is a very big factor.

But have I not told you my dear friends, if you do not ask you do not receive. But what you call Cosmic Ordering is usually I would say for self indulgence, which in turn creates harm in your Earthly lives. So that is all I will say about it and I do not think the person who has asked for an answer will be totally satisfied. But do not worry, once the interest is there, there is always the opportunity for the seed to grow.

George: Well we are aware of a number of people who are reading your words and the output of this group, and —

Sara: I remember once before I asked about this and I remember Salumet, I think you said: it's best really just to wish for the love of friends and family.

Yes, because that is not a selfish act.

Sara: It's not for selfishness—it's for the mutual love —

And to help others, yes.

Sara: Yes, and I did actually put that message out to some people recently **(yes)**, because I thought that's what you thought.

Yes, I would say every individual within this world, even the youngest of children, know instinctively what is right and what is wrong and the people who question Cosmic Ordering, or are involved in it, have to stop and think for themselves, why am I doing this? But I know in your world it is something which has become, how would you say, popular? (Yes.) **Yes, but I would say for the right reasons, then it will be given, so it is not entirely a *wrong thing* to do. I hope that will help, yes.**

George: Yes—thank you for that answer, I think that covers all aspects. Wonderful! Another reader, from Australia, reads a number of sources, including one that rather impressed her. But then this person starts what she calls 'spells' which are being offered at a price, for obtaining things; but she is now questioning this source, and I think that connects to what you were saying a few moments ago **(yes)**, that the voice within—

Yes, you must always listen to that voice within.

George: And my feeling is that the idea of marketing for a price, for obtaining things, is a wrong version of 'cosmic ordering'.

Yes, it is a form of materialistic yearnings, and that is not what we would wish to encourage. And as I say, my dear friends: you, all of you have that innate knowledge and know what is right and what is wrong.

Sara: Following on from this subject, I tend to, in general, not particularly want to *push* for things, but I like it when people and work come to *me*—although I know we have to go out and get certain things ourselves—I'm a bit uncomfortable about asking for too much; I think the expression *'going with the flow'*—

If it feels right for you, there is no harm. If you are making life comfortable—after all, if you are seeking work that is to provide love and security for your family (yes)**, that would be looked upon as a kind and generous act—not anything materialistic that affects only you. So there is no *harm* in asking us in spirit to help you.**

Sara: Yes, just trying to find work that I feel is comfortable for me—the right sort of work, that's as far as I wish for normally, and good relations with people that I know. But, for example, someone suggested to me that I audition for a competition, and I thought as it's been suggested to me I'll try it. But then I thought if I did achieve anything, I would only really want to do it to influence some people more with these thoughts about life **(yes)**. So that's my motive, rather than being in the limelight for its own sake. So that's an example of how I think.

You have already, my dear friend, answered your own question. There is no harm in seeking and asking. What is important is the *motive*, yes, bear that in mind at all times.

Sara: Yes, I'm a bit uncomfortable—even when I was expecting a baby, I was afraid to think: I want a boy or a girl—a healthy baby is a gift **(yes)**—I don't want to wish for a boy or a girl!

Again I have to just remind you all that you are *human.* You do have failings, each and every one of you, but I can see no harm with anyone within this room who would seek greed or maliciousness in any way; so do not be afraid, because we basically from spirit, wish you all to have a happy life with as few

problems as possible. Of course, there are your learning times, and that is important. But generally, we want you to learn and to be happy.

Sara: To learn comfortably!

To learn, yes as long as you continue to be aware and to learn and to love. What more could we ask of you? It is not an easy life, to be upon this planet let me tell you. So I say to all of you my dear friends before I leave you, that it makes us feel so good that you have grown so much, and I cannot say that to you often enough.

Lilian: Yes, I think we all know we have, but it's nice to hear you say.

I know, that is why I do it.

(Thanks/chuckles)

I know you need reassurance, because you are, I feel, the kindest and modest of people, and that is one of the reasons that I had to choose you.

(Appreciative comments)

So now, my dear friends, for this time, I will take my leave and I will be with you soon.

(General thanks)

George: We do appreciate your answers to questions and your teaching. We are very privileged. Thank you.

There followed a few whispers and Sara silently examined her mobile phone for the address of one in need of healing prayer. (These are normally switched off of course, throughout the meetings.) This prompted one to speak via Sarah:

I am afraid that we are being a little muddled with technology and spirit. It would be better to concentrate on the spirit. I am asking this for those who wish to visit you this time.

Next, another via Sarah:

Lilian: Good evening and welcome.

This was a rescue—a scared and whimpering small child lost in the woods:

Lilian: Were you walking with your mum?

—In the wood—in the wood.

Lilian: It's easy to get lost in the wood, isn't it?

Yes.

Lilian: Now it's okay—you'll be feeling nice and warm and cosy. We're beginning to walk on now, into the light. There are people there waiting to help you, can you see that? You're not in the woods any more are you? They're there to help you. Can you see them?

I can see my ball.

Lilian: Good. What colour is your ball?

It's a red ball.

Lilian: That's nice. Can you see other children there with the ball as well?

I can see a boy with my ball.

Lilian: Yes, he's waiting for you to go and play with him; you'd like that wouldn't you?

Yes.

The small upset child was thus enticed into spirit transition gently and without further upset.

Next, it was one with Eileen:

Lilian: Good evening.

Hello—I can't see you.

At first he could not see any one ... then became settled

Ah yes, now I can. I wasn't expecting so many people *(10 present).* ***I've come to see if you'd like to come with me on a journey—not all of you, no—just the lady—goodness me!***

Lilian: What sort of journey?

Would you like to travel through the trees?

Lilian: That would be great.

Can you do that?

Lilian: I can walk in amongst the trees.

No walking allowed.

Lilian:—just flying***.***

Yes, can you do that?

Lilian: No, can you do that?

Yes, I'm up here now in amongst the trees, talking to the leaves. It's lovely. Why don't you want to come and learn?

Lilian: Yes, we'd like to, and probably when we get to where *you* are we'll be able to do that.

Ah! I see! I know why you can't do it.

Lilian: Because we're physical.

Yes, you're not one of us are you? I thought you were.

Lilian: We want to be there with you, but —

I'm going to come and visit you when you're asleep. And then you can go and fly with me. Wouldn't that be good?

Lilian: That would be great. So how old are you?

I think I'm eleven—I think I am. I've kind of forgotten.

Lilian: You're not James, the one that was waiting for the little girl?

No, I used to be called Howard—Howard Frankom, but I don't use that name now. In fact I think I chose another name when I first came here. But I've forgotten it now—doesn't matter does it?

Lilian: No, so you've been in spirit for quite a while?

I think so, but I like being with the TREES, because they're so different. They talk to me.

Lilian: Because they are different in spirit to what they are here ***(yes)***. We know they're alive —

George: Is it the tree that talks or the nature spirits? Which is it you are talking with?

I'm talking to the leaves—it's like they are talking to me (the leaves) ***the whole tree. And it lights up and it changes colour and they're lots of fun.***

Lilian: It's quite magical really, isn't it?

Yes, I never did like talking much, I don't think.

Lilian: Not even when you were here?

Well I can't remember, but I don't think I did.

Lilian: You probably liked nature when you were here on the Earth.

I don't know—I can't really remember.

Lilian: What else do you do besides the trees?

I go in the waterfalls, and when children come and they're healed in the waterfalls. That's good as well.

Sarah: Do you help heal the children ***(yes)***. That's lovely.

Well I don't actually do the healing. The water does the healing, but I'm friendly to them.

Sarah: You encourage them to go in the water —

Yes, and I go in to show them, so I suppose I do help.
Sarah: Well, that's a very worthwhile job to do.
Yes—do you think Howard's a nice name?
Sarah: Yes.
Graham: It's my middle name.
Is it?
Graham: Yes. I like the name Howard—yes.
Lilian: I've got a nephew called Howard.
Oh! Perhaps we could be a team!
(Laughs)
Sarah: It would be lovely if we could all come flying in the trees with you.
Lilian: We will when we come over.
Sarah: We'd have to go in a big wood though wouldn't we?
Well you can come before you come over.
Lilian: Well yes, I'm hoping tonight.
Yes! I'm coming for you tonight lady? Yes—I don't know why I'm coming for you. Why am I coming for —? Let me ask the question.
(Pause)
There's a cat here.
Lilian: Understandable!
Sarah: Lilian's got a cat.
This cat knows you and wants you to come. That's why I've been told to get you.
Lilian: What colour is the cat?
It's a sort of a brownie with a touch of white —pale brownie, not a dark brownie.
(There was more discussion about which cat it could be as Lilian has looked after many cats over the years.)
It doesn't matter—it knows you.
Lilian: No it doesn't matter does it?
It knows you, and anyway, not all of them would come back—because they only exist for a little time, and then they join in the big scheme of things (yes). ***But this one remembers you; isn't that good?*** (Mm)
Sarah: Well Lilian is very kind to cats, so I'm sure that they don't forget her very easily.
Lilian: They seem to find me.
Ah, okay.
Jan: Howard, I have a word, it's disappearing, and I need to say it. Do you know what 'polio' is?
Yes, that's what I had. And that's why, when I entered into the waterfall, I was all better! That's why I like to help other children.
Jan: I was shown a picture of you ***(oh)*** as you were; and that's why I knew you had polio ***(oh)*** —you are a very sweet little boy, I must say.
Mm—mm.
Jan: And cheeky!
(Chuckles)
Lilian: There's not much polio that children or anyone gets nowadays.
No, but children still get lots of other illnesses. Lilian: Yes, so they do.
And grown-ups. I quite like being a child.

Jan: So you threw your sticks away then Howard—you don't need those any more.
Well, I didn't have them, if I remember correctly and I was worried—and somebody was saying: you don't need those. And then I went in the waterfall, and I was perfect!
George: That must have been a wonderful feeling.
Yes, it was all different colours—yes. When I came here to talk to you, this place was all pink—yes, your room was all pink.
Jan: That's a colour close to the heart, isn't it —pink?
It's for love.
Jan: That's right yeah***.***
Sarah: Is it still pink?
No.
(Laughs)
It's probably because I've come here!
(More laughs)
Sarah: What colour is it now then?
It's fading—it is pinkish but it's fading (mm)***. It must have been to do with—I don't know—I don't always understand it, but I think it must be to do with the people that's been here in the room. So you certainly must be lovely people.***
Lilian: We hope so—we try.
George: We have lots of help from spirit.
Do you? Well you're very lucky.
Sarah: Yes, indeed we are.
Yes—oh well, I'm going to leave you now. I'm going to go and look at the trees.
Sarah: And then you'll be back for Lilian tonight.
I will—I will be coming in your sleep.
Lilian: I hope you're not disappointed, but I'd love to come.
We'll look after you. I hope you can remember it.
Lilian: That's what I'm hoping.
George: Yes, I hope that Lilian will be able to relate to us what happens in her sleep.
Lilian: I think there's another way that you know you've been over when you wake up —
You might feel a bit more now.
Lilian: Yes, or disappointed.
Disappointed?
Lilian: Disappointed in so much as you've woken up and you're still physical.
(Chuckles)
Yes, I know what you mean.
Lilian: That's another way that you know you've been over.
Yeah, that's right. Anyway, get ready.
Lilian: We'll see, and thank you for the invitation.
Okay well I'm going to leave you now.
George: Thank you for joining with us —
Thank you. I'm sorry I can't take you all.
Sarah: Perhaps you can come another time and take some of us others.

I could be busy for a long time couldn't I, with all of you people!
Paul: Maybe you've got a few friends who could help take some of the others.
I could ask, couldn't I?
Sarah: Yes, that would be good—we could have a little party up in the tree tops.
Well, I'll have to think about that. Anyway, I have to go.
(Thanks and farewells)—then to Graham:
Why don't you make Howard your first name for a little while?
Graham: I'll give it a try. I was very lucky because I was called names I like. I do feel very fortunate.
Sarah: That's probably because you chose them!
(Agreeing laughs)
George: And there has been the occasional rather famous Howard—Howard Hughes built an enormous aeroplane.
Sara: I think it means 'guardian.'
Well, perhaps that's why I'm protecting the trees. Anyway, I like it—I'm not bothered really what you think.
(More laughs)
Anyway, I have to go now—they say: time to go.
(Thanks and farewells)
George's Notes:
DNA From Three in Childbirth: In vitro fertilization with DNA from three parents would appear to be a way of avoiding inherited defects. Such defects as muscular dystrophy and a range of horrendous inherited-from-the-mother conditions can now be avoided by introducing DNA from a third party. The principle can clearly have what may easily be termed 'good application'.

~15TH July 2013~ SALUMET

A guest was with us on this occasion; also Natalie was able to join us again. We sat in silence and then it became clear that Salumet was with us. Lilian and George voiced welcomes. Audio link:
http://www.salumetandfriends.org/resources/15th+July+2013+salum.mp3
Good evening.
All: Good evening.
As we join together this time, let us extend a warm greeting to our dear lady friend. I have been aware of the words used: to return to you, my dear friends, in order that these visitors have the opportunity to hear our words (yes, thank you)**. I know that some of you are beginning to recognise within yourselves, that element of progress which is part of your learning. And I have to say, we in spirit are also thankful for the progress each of you is making. For this time, because of your guests, I will take some questions this time.**
Lilian: Any questions you two?
Natalie: Actually—yes. I had a reading with a psychic friend of my mother's, who is very good, and she said one of my childhood best friends is a *soul-mate.* I'm not sure if she was aware of the term *'twin-soul'*—I'm not entirely sure of the difference; and I wondered if my best friend is a *soul-mate* or a *twin-soul?*
I see. We have discussed this topic on occasions, and I am sure that the information can be given to you—and the difference explained to you. Can that be done for this young woman?
Paul: Yes, we can do that.
Sarah: Actually, Natalie has read the transcripts, but she wasn't clear from what she was reading; she was still a little confused—that is why she asked the question.

Can I ask what your confusion is, in that case?
Natalie: I think it was the different energy frequencies—the soul-mate is the same frequency and it's very rare to be in the same lifetime as your soul-mate, unless there's a strong purpose behind it **(yes),** for either one to support the other throughout that Earthly plane, or the twin-soul was a different frequency/vibration and you're coming together to blend the energy **(yes),** but you've apparently had different past lives together in other incarnations? My first question to my mum's friend *(the psychic lady)* was: had we had a past life together with this friend, who I felt a connection with and she said: *no.* So I think I was just confused by it all really.
Yes, if you have a *soul-mate*, or a *twin-mate*, you have had contact before. How else would it be possible for those energies to blend, and to known to each other? So I would say to you this: that I believe the friend you speak of is indeed a *'twin-soul'.*
Natalie: Okay that makes sense, thank you.
Yes, but I have spoken about this subject before. I hope that helps.
Natalie: Yeah that does massively, thank you.
George: Yes, we'll make sure you are able to see the previous mention. I have had communication with a gentleman over the past three weeks and this is a topic again, which has come up before, more than once. But this gentleman is *particularly* disturbed by what has been said during the Mary visions at Fatima, and how there is apparent contradiction with spiritual teaching. Perhaps I could read his latest communication relating to that—
Do you mean he is confused by the words spoken at that time?
George: He is scared—and I can best read from what he has finally stated: "I still need you to ask Salumet: what is the significance of the hellish or hellfire part of the Fatima visions?—just like that. Ask him if that will happen to anyone?—if anyone is tortured forever? Would I put it in those words? I would very much like to hear direct from him." He apologises and feels that this is perhaps selfish, but he is so frightened by the idea of endless torture, which was mentioned during the Fatima visions.
Yes—firstly let me say about visions and words that are uttered in the name of religions. You know, my dear friends, when first I came to you, I came to you with words of truth and love—I also told you that many would not accept these words, and that you have found to be true also. You must remember that different religions have their own tenets of belief. The words used at Fatima are those from religion that you know called 'Catholicism' (yes)**. Yes—and they preach that there is hellfire, which I have to say is — and I do not apologise for such strong words—but it is all *nonsense.***
(General agreement)
It has been spoken at a time when people were not literate—not the recent visitation, but the previous beginning of that religion. It was to hold the people in a grip that they could not free themselves from. It was a teaching of *'fear'*, and this the gentleman must try to understand. I am here to tell him: there is no such thing as *'hell',* in the sense that he recognises it. No one person remains separated from the love of that Great Spirit for all time. Everyone who passes into spirit is cared for and loved—even those who have wronged themselves in any lifetime, are *never* forgotten. The gentleman needs to recognise that any 'hellfire feelings' are feelings of their own worth. No one punishes you except yourself. That is the point that he has to grasp.
George: Yes, I have tried to say this, but I know that he will very much value your own words direct on this **(yes).** I am sure he will be most grateful.
Yes. I can state to him categorically that no person suffers forever. The only suffering that exists is the suffering of that individual. And after all—is he not existing in a state of *hell* at the moment? Indeed he is.

George: He is certainly in a state of fear.
I would also like you to tell him that we will help him in any way that we can (wonderful!)**. Yes, I would say: never be afraid because you are returning *home.* If the life that you lead upon this Earth is one that you have done your very best in, then there is no fear. How many times, my dear friends, have I quoted to you, that fear is your enemy? Replace all fear with love. I hope that at least will help him.**
George: Yes—wonderful. In the case of transgressions, we know there is the self-condemnation—
Yes and that is the only condemnation. There is no one in the spirit world who would take that course.
George: And we know that does not go on forever.
Of course not. How terrifying for people that they have been taught these things—yes.
Lilian: Yes it's a shame. How about our other guest—any questions?
Margaret: No I don't think so—
Sarah: Salumet you said to us that nobody need suffer pain, and a lady who has just died, she was in an awful lot of pain before she died and had been for many months. I half wondered if maybe it was her time to return and she was afraid of returning, and this was the boost she needed to help her back. I don't know if that is a wrong thought or—
No, when I say no one need have pain, that of course is in an ideal world. But, as you know, as human beings, you do not live in an ideal world (no)**, but the opportunity is *there for you* at *every* stage of your living, to be free from pain. I do not say it is easy for you, but I will state once again that you do not have to suffer pain. It is all to do with what is deep within. And sometimes you know that pain gives the being time to think—time to allow that spirit to come to the fore.**
Sarah: I have in the past tried to give her some of your teachings. She was quite a church-goer, but I did try and slip in a few things which I hope helped her **(yes)** in her time of need.
You see, my dear friends, when people become ill, it is really a little late, because going within to keep healthy, begins from the time that you have existed on this Earth plane (oh right yes)**. That is why I constantly tell you: you must go within—you *must* make that connection with the Divine Power. In that way you should remain free from pain. Even if you have a condition which *gives* pain, you should have the knowledge to go within to ask for our help and also to free yourself from pain. But when it has reached a certain stage, it is difficult for you as human beings to control it for yourselves.**
Sarah: She certainly was in agony before she died.
Yes, and that lady was fearful.
Sarah: She was yes.
Which you see, lengthens the time of pain (yes). **It is not an easy topic for you as human beings to accept, and this I know and understand. But I cannot retract those words, that there is no reason for anyone to be suffering.**
Sarah: The thing is we're lucky in this group that you've given us these teachings. We can tell other people but obviously they have their free will and can accept it or not accept it **(yes).** But there are many people who actually haven't had this teaching and haven't read the words, so that would make it difficult for them to know what they should be doing.
I would say to you, my dear friend: each and every one of you comes to this world with an innate knowledge of what is right and what you should do. It is only *life* which changes those thoughts, and as you grow older in life, you become further away from *truth* and *love*. That it is why it is necessary for people such as myself, to come to your world to try to help and to educate you. You understand?
Sarah: We do thank you for that.
George: In recent years Salumet, much has been spoken about the Earth moving forward spiritually. In a recent evening, you spoke of this sector of the universe (or galaxy) moving forward. So what is happening is more than just this one planet. And I think I would interpret those words about a sector of this galaxy

moving forward—I think I would interpret that as including Earth and the visitors that we have had *to* the Earth. I doubt if any visitors with space-ships would arrive here from beyond this part of the galaxy. Does that make sense?

Yes, but firstly let me say this to you: that yes, galaxies evolve as each other become entwined, and yes, I understand what you are saying. It is not quite true that there could be no visitations from other galaxies; because, you see, the stronger the mind can focus, the easier it is to unite with others—in the same way that we tried to demonstrate that the mind, with our dear friend Paul—communication is possible outside of your own galaxy.

George: Oh yes, we appreciate the mind-link communication—

You mean *physically?*

George: Yes, I was thinking *physically.*

Yes, of course—no, that would not be possible at this time of evolution—no.

George: So the advancement of this sector of the galaxy would include Earth and the physical visitors to it?

Yes, yes, because they are united. All areas within the one galaxy have a unity which has to travel together, if you like, to put it into simple words.

George: *(Chuckle)* So perhaps we can think of ourselves as a cosmic club!

If you so desire, yes, yes. You can never be a single unit. Any planet within this galaxy—there is and has to be connection. You understand? (yes—thank you) **But that includes evolving at your own rates, even though there is that unity, the evolvement of each planet may vary. You understand?**

George: Yes thank you, thank you for that.

Do you have any more questions before I take my leave?

Serena: Yes, could you explain about Morgellon's disease, that I have been reading about recently?

In what way?

Serena: Where it comes from, what actually it is—perhaps what it is connected to?

(Pause)

Yes—I understand. I will say to you, my dear friend: firstly you have a mind which is quite expansive for different levels of things. Yes, sometimes with your reading, you take things a little literally, but that is not a fault. But I would just say to you: do not be too much of a *sponge*—that is my first words to you. The condition you speak of is primarily based within the blood. That is not quite understood yet. I do not know quite what you have read, but I will say to you: it is a condition of this time of your Earth. It is a condition that has to be, if I may put it that way. Do you understand what I am saying to you?

Serena: I think I get that, but do people *catch it* or do you just get it?

At the moment it is passed through contact, and again, that is not widely known. So yes, I will say to you, it is a contact condition. So, yes, but I will speak to you more next time about this (thank you). I **hope that is enough for you at this time?**

Serena: Yes, thanks.

Now, I will take my leave and allow the rest of your evening to take place. As always my dear friends, I leave you cloaked in my love.

(Thanks and farewells)

George: Thank you for that, and thank you for answering so many questions, which is much appreciated, Salumet.

A message was later spoken via Sarah:

I am stepping in because a part of this one is to be used for a spiritual task that we have been waiting to put into effect for some time. I will retire and just leave the lady to develop in the way we have intended.

Lilian: I see, so there'll be no speech.

No (thank you)**.**

(We then had clairvoyant messages via Eileen for Jan)

George's Notes:
Morgellons Disease: A disease named in 2002 and described as delusional parasitosis. Those afflicted seem to have the delusion of being infested with parasites. Although said to be delusion the condition produces skin lesions and ulcers.
*Previous information given by **Salumet** on Soul-mates and Twin-souls:*
~12th November 2001~
Let me say this to you that earthly words become much confused when spiritual matters are spoken of, but we know that your earthly words have to be used in descriptive language in order for you to understand. The problem lies that one avenue of ideas becomes what you term 'the normal'. I am here my dear friends to tell you this time what the difference is. I have told you previously that the soul-mate does not often meet in the physical world. That statement still stands. I will not change those words because, you see, the soul-mate—without becoming too involved in highly technical details, because my friends that indeed would be foolish because you would not understand. Again we are speaking of energy. The soul-mates were created together for all time, from the beginning of what you know as time, and that subject is much too complicated for us to discuss here. I could speak of molecular energy, I could speak of all kinds of energy but I feel that, for you, would confuse the issue. Soul-mates were created together. They vibrate on the same electromagnetic wavelength. They are counterparts of one another. That is the simplicity of the soul-mates; that they are energy which is vibrating on the same energy line. Do you understand? It is an issue of words again. That is why true soul-mates do not meet in incarnations except very rarely: there is no need when they incarnate at the same frequencies. Does this make sense to you my dear friends? Now we come to twin-souls. This indeed should be the term you use instead of your soul-mates which is used most often in your world, because twin-souls meet many, many times in different incarnations and their purpose is in recognition, in coming together to try to form and create and blend into one energy. That is the purpose of their coming together.
All of you in this room are twin-souls. You have met in other times, in other lifetimes.

~29th July 2013~

There was no meeting last week. Conditions would have been difficult in the exceptional summer heat.
The evening began with a 'rescue' via Eileen, of a nicely spoken lady, counselled by Lilian:
http://www.salumetandfriends.org/resources/29_07_2013+rescue+7mins.mp3
Lilian: Good evening—welcome.
Would you direct me to Miss Shelbourn please?
Lilian: To Miss—
Shelbourn—yes, I believe I've lost my way.
Lilian: Where were you going?
—T o see Miss Shelbourn. Why can you hear me and the others can't?
Lilian: Yes, I see. I've got some explaining to do to you.
No, I don't need any explanations—I just need to find Miss Shelbourn.
Lilian: You were going to see Miss Shelbourn.
Yes—I just have lost my way.
Lilian: Were you walking?
Yes.
Lilian: Did you feel unwell at all?
No.
Lilian: That may seem a strange question—a headache maybe?
Well, a little indigestion perhaps—that's all, nothing to concern myself about.

Lilian: Well, did you ever wonder what would happen if you suddenly died?
Oh my goodness, what a strange question!
Lilian: What would happen—where you would go?
Well, of course!
Lilian: Where do you think you would go?
I would hope I would go to heaven.
Lilian: Yes, well you are on your way to heaven. I think that indigestion that you felt, turned into a heart attack, and I'm sorry to bring you the shock of this, but—
That's a very great shock!
Lilian: Yes of course, and that's why you couldn't get people to know that you were there.
I did think they were very rude.
Lilian: Yes, that's because it was your spiritual self, and that's what you are now—as real as the other one.
My spiritual self— well, well!
Lilian: You feel well and light?
I don't feel any different!
Lilian: No, you won't.
But surely I would know—surely I would know if I had died?
Lilian: If you have a sudden heart attack, or maybe a sudden stroke, it is a shock. If people are killed on the road or in any way—if it's sudden, it's a shock and unfortunately, this is what happened to you.
So I'm in shock?
Lilian: Yeah you were, but you'll be okay.
So where's dear Miss Shelbourn? Am I not to see her? Am I to just let things go?
Lilian: She will already know that you've passed into spirit; she will already know that. If you think about it, your body would have been found.
I see—this is very confusing.
Lilian: So really, you're on your way to heaven.
On my way… are there no steps?
Lilian: No, I don't think there are any steps. What you should be looking for to begin with, is a light—a bright light ahead of you.
And what will be in the light?
Lilian: Someone waiting for you. Who would you like to meet you? Who has already gone before you?
Well, I'm quite loathe to tell you.
Lilian: You don't have to tell me.
I—d'you know I never married but I did have a beau—died very young.
Lilian: Well good for you. Maybe it will be *him* waiting. I hope so.
That would be pleasant.
Lilian: Wouldn't it just!
Do you think he would remember me?
Lilian: Oh without a doubt.
But I look so different.
Lilian: Well, that wouldn't make any difference; he'll see you spiritually now.
Well—I really don't know much about this 'spirit'.
Lilian: As long as you believe in heaven, your spirit goes to heaven.
I do, and I have to say: I feel rather comfortable now—not at all worried about Miss Shelbourn.
Lilian: Good—she'll be fine ***(yes)***. She may already be there. But she'll know what happened to you, so we won't worry about that. Can you see the light?
Not yet, but I feel very contented (good) ***and peaceful. And yes—there is a spot of light.***
Lilian: Yes, that will get bigger, and then you'll begin to see someone waiting for you—maybe two or three people. And they can explain a whole lot better than me.

And they'll hear me, will they?
Lilian: Oh yes! Or you'll know what they're thinking and they'll know what you're thinking.
Do you know, if this is dying, it's wonderful!
Lilian: Well, that's nice to know!
It is—it's wonderful! And I can see them now. Would you like to come with me?
Lilian: It's not quite my time to come.
I see.
Lilian: I'm someone that can help and understand things a little.
I have to go because I'm beginning to feel emotional.
Lilian: Well I know you'll be happy.
I want to look back and yet I want to go.
Lilian: Well you can go forward first, and then you can look back in your own time.
How Wonderful! How very wonderful!
(The evening was concluded with clairvoyant messages for those present, via Eileen.)

~5th August 2013~

It was a softly spoken and sincere message that was delivered this time, via Eileen, following our sitting in silence for about 25 minutes—unusual to remain in silence for this long
Lilian: Good evening
Good evening.
Lilian: You're very welcome.
Thank you. We have been bringing to you this evening, 'peaceful and contented' feelings.
George: Wonderful!
(General appreciation)
I hope that each one is aware of what has been happening, and that this peace that we bring to you will remain with you for a number of your days.
Lilian: I'm beginning to see a light in the room
Yes, this is bringing the peace—yes. There is also a feeling of contentment, which has been lacking with some of you. But that also is being brought to you. This is being given as a 'thank you' for all your dedicated and hard work for spirit. This is a 'thank you' that I hope each one of you will accept.
(General thanks)
George: Yes—that's very nice to know. Several of us have our projects, and I know that sometimes we feel a little uncertain about them—how well we are achieving. But I must say: I feel very happy about the way things are going right now.
Yes—all of you will feel this 'peace and contentment', no matter what your conditions of life. It is to help each of you individually, in any way it is necessary for you. So, as I take my leave—because I have now given you the message that I came to give—I hope that for the rest of this evening, you will become aware of the many people who love you so and are here present in this room. Try to acknowledge them and give to them your love and thanks. I know you will, but this is just a friendly reminder.
(General thanks)
George: That is a lovely message, and I can say for myself: I seem to feel it, and I'm sure we all do.
Paul: It's a very cosy and a very nice feeling here. ***(yes)*** It will be wonderful to take it with us, yeah.
Become a part of it while you are here. But you will I am sure, FEEL this peace and contentment for the next few days. For some of you it will be a much stronger feeling than for others, but no matter, you will all feel this love—because that is what it is. It is a spiritual love, which is given to each one of you.
(General appreciation)
If anyone feels anything, please let the others know.

(A period of 20 minutes elapsed during which we sat quietly with the occasional voicing of impressions. Then another spoke via Eileen, to lighten the energy before we closed)

~26th August 2013~

A softly spoken and sincere message came to us first, via Eileen, giving some feedback, after an initial introductory chat, on the previous meeting:

I'm being asked to say to you: Did you feel the peace last time that was brought to you?

(General enthusiastic acknowledgment)

And I believe you were told it would last for a few days.

George: That's right—I was amazed about this. Yes, it did go on. Speaking for myself, I had a wonderful feeling, and a feeling of confidence.

Yes, that is good, and that is what they needed to know.

Paul: Yes, I tried to *recall* that feeling several times.

It is very hard to capture, yes.

Paul: I feel that part of it though I can still recall—a certain part of it, yeah.

That is a good indication that you have grown, grown spiritually—that you can recall that love and peace that is there for everyone to feel, but not everyone does.

George: I don't know if this links to it in any significant way, but three of us who sit here—we went to examine a crop circle which was a fresh one that had only arrived the day before. It really was quite a magical experience, and we met wonderful people there.

Yes, that is just exactly what I am saying to you, that once you have the connection, you can then utilise it in many ways, and I am happy that you could feel that type of energy. And I am sure you felt the love which would accompany it.

George: Yes, wonderful.

Yes—anyway I'm getting engaged in conversation, and that really was not our plan this evening.

Sarah: It's always nice to have a chat with people that come through.

Yes, and I must agree that it is quite pleasurable for us, especially when all the people are so amicable—because some groups you know, do not have that 'peace' that is with you here now—*(Thank you)* ***and we try to encourage that peace—that gentleness, that—what you have is great humility. Please do not lose that humility.***

George: Yes, I feel there's no danger of that.

We hope not; but I must leave you now and thank you once again for listening to me and making me feel so welcome.

Sarah: You're very welcome.

Paul: Yes you're very welcome any time.

George: Thank you for speaking with us—and thank you for the energy.

Yes, without you I could not have done it.

Lilian: That always encourages us.

There followed clairvoyant messages for those present via Eileen; then a rescue via Eileen:

http://www.salumetandfriends.org/resources/26thAug2013+rescue.mp3

Lilian: Hello.

Where are my teeth?

Lilian: Teeth? We'll find your teeth.

You've hidden them again, haven't you!

Lilian: No, I think possibly mislaid them.

They should be in the pot!

Lilian: I'm sure they are. Try not to worry about the teeth at the moment.

Well I AM worried about my teeth. Go and get them for me please.
Lilian: Well if I get your teeth, you'll listen to me, will you?
Yes, of course.
Lilian: Okay, so I'll put them on the table next to you.
They don't look like mine.
Lilian: I'm sure they are.
Are you sure?
Lilian: Yes.
Gould—mucking about with my teeth— can't even enjoy a cuppa tea!
Lilian: Um, what were you doing when you suddenly couldn't find your teeth—just sitting in your chair at home?
I'm not in my home—I'm in your home—I'm in A home (right)***.You're my nurse ain't you? Ay?***
Lilian: If you'll just listen to me for a moment, then you'll understand. Did you feel unwell a short while ago?
I always feel unwell—of course I do.
Lilian: A bit fed up with life?
Of course I am.
Lilian: Yes, how would you like to start a new life?
No thank you!
Lilian: —Without any aches and pains.
Well, it all starts like that, don't it? Ay?
Lilian: Have you ever thought of going to heaven?
Well, no doubt some people would like me to go further than that!
(Chuckle)
Lilian: Well, I expect you'll go to '*heaven'*—we'll call it heaven.
Well, what are you talking about that for?
Lilian: Well, because something has caused you to die.
Will you get my wrap, I'm cold. Can you just put it round my shoulders?
Lilian: Yes okay, there you are, it's right round your shoulders.
Thank you, thank you dear.
Lilian: You're nice and warm now, aren't you?
Yes.
Lilian: Well, think about what I said.
I want my teeth first dear. Where's my teeth gone again?
Lilian: Well, if you listen to me and go to heaven, then you'll have all the teeth you want. You can have your own back again.
Go to heaven?
Lilian: Yes, that's where you've got to aim for. Now you're feeling nice and warm.
I am.
Lilian: No aches and pains?
Oh—No there isn't, is there? What have you done?
Lilian: Well, I'm just pointing you in the right direction, I hope. Did you ever think about when you die, the spirit leaves the body? And you go to heaven, or the next world, as we call it.
Yes, I believe there's something there.
Lilian: That's good. Well, something has caused you to die —maybe the heart stopped.
What, I'm not dead—I'm talking to you!
Lilian: So you're not *'dead'* are you? But you've finished with the physical body. You've finished with that old body ***(oh)***.
Lilian: And what you've got is a new one.

Well I'm still crumpled up.
Lilian: No, it shouldn't be—you think about it.
Is it right dear? Are you telling me I've already died?
Lilian: Yes
Well I never!
Lilian: Is there anyone you'd like to see on the other side?—anyone that's already died, that you'd like to see?
Oh yeah, I'd like my Bert.
Lilian: Well, there you are, and I bet in a moment, you'll see Bert. You'll see a light ahead of you, and Bert will probably be there waiting.
I'm gonna cough—*(coughing sound)*
Lilian: That's okay.
You said I would be better.
Lilian: Well, perhaps that was the last cough.
Oh, I see, and Bert's gonna come?
Lilian: Yeah, can you see the light?
He was 92 you know, when he went.
Lilian: Was he? That's a good age. How old are you?
What now? *(Yes)****—Oh let me see—I might be 98.***
Lilian: My goodness! That's a good age, isn't it?
I'm not too sure dear—time just comes and goes.
Lilian: Yes, well where you're going, you've no need to worry about that—you'll be healthy again. You'll understand better when you go with Bert. He'll be able to explain things to you.
Ooh!
Lilian: What can you see?
Well, I'm kind of feeling quite nice (relaxed?)***. Relaxed—yes, that's it dearie—relaxed. Have I got my teeth? Have I got them in?***
Lilian: Yes you've got them. Can you feel them?
I won't like to meet my Bert without my teeth.
Lilian: I know what you mean. Can you see the light?
I can see a blue light—it's getting bigger and bigger.
Lilian: Soon you'll see your Bert and have a nice reunion.
Ooh—it's Bert it is—it's my old Bert!
Lilian: It's lovely. Isn't it? He'll be able to help you to understand more.
(She moved forward now, clearly very happy/moved by it all. We discussed after how it was quite common in these rescues for people to want their teeth.)
One now spoke via Sarah:
http://www.salumetandfriends.org/resources/26thAug2013+one+thru+sarah+on+focal+points.mp3
Lilian: Welcome to you.
Why are you all sitting? You are most welcome to be standing if you wish.
George: Would you wish us to stand?
Only if you wish to.
Lilian: Why should we wish to stand?
Because when I was on your planet, we always used to stand when we were in contact with the spirit world.
George: Ah yes, well let me just say: welcome to you; and if you can describe who your people are, that would help us to understand and visualize you.
We were a group of indigenous people who lived in the jungle (ah yes)***. We used to stand around a tree, and always we could make contact with the spirit through the tree.***

George: The spirit *through* the tree—I see.
We were I remember, quite small, but this could be because the tree was so big.
George: So the tree helped you with the energy perhaps?
It was the tallest thing that would take us nearer to spirit.
Mark: Was that a symbolic rising up?
It was I believe now, the focal point, and it is for that reason I have come to you today—because I feel sometimes that when there is some time when you are not always so relaxed, or you have troubles—if you were to take a focal point, it would divert you away from your physical problems and guide you back to the spirit who can help you. I know the focal point is not entirely necessary, but when you are stressed or when things are not going in the direction you wish, taking a focal point makes it much easier.
George: Yes, would this be like meditating, or would it be an aid to meditation?
It is an aid to bringing you back away from physical thoughts. Meditation is the best but when you are embroiled in physical problems, it is not easy to then switch off in the middle of a problem, especially when you are with others into your meditative state. But to focus on something, you can take yourself 'away' without being away from the situation—if you can understand me (yes)***.You need to stay with that issue, you cannot run away, but you can focus yourself into spirit so that this problem is resolved.***
George: Yes, I see. Are you speaking at a personal level? When you began, I imagined there would be a group of you around the tree; but are you saying it works as a group or it can work on an individual basis?
I began by telling you how we as a group used to contact spirit. But I am now just trying to tell you for yourselves on individual basis, how this could help you in your physical situations.
George: I see—that makes it very clear—thank you.
I am aware that as a group you do not need this focal point.
Paul: But in our everyday lives, it would come in very useful —
When you cannot withdraw into your meditative state, but have to deal with a situation, then you can focus on one thing, which will bring you nearer to spirit, for the help that you need, to deal with these situations.
Paul: And I suppose the symbol, the focal point could be—
Anything, anything—yes, yes.
Paul: It's just your bridge to the spirit world.
Yes. It is not a hard and fast rule and you do not have to do it if you do not wish, but I think you will find that if you are in a situation that you are finding difficult, you CAN help yourselves considerably with this focal point.
Mark: That's good advice.
Paul: I like the idea of a very, very tall tree, going up, up, up, taking you up to spirit realm.
Yes, it worked very well, when we were on this Earth.
Lilian: And the energy from the tree as well would help.
Yes indeed. And that is the message I have brought to you.
(General thanks)
Lilian: Nice if you could come again.
I will take that with me, thank you.
(Thanks and farewells)

~2nd September 2013~ SALUMET

We were a group of twelve on this occasion, and as ever, healing prayers were voiced—with some reference being made to political matters:
http://www.salumetandfriends.org/resources/02_09_2013+salumet.mp3
George: Good evening Salumet. Welcome to you.

Good evening.
All: Good evening.
I am happy to be with you all this time. Many are close to hear your thoughts of healing for others and as always, will be dealt with in whatever way is necessary. I know my dear friends that you have been awaiting my answer to some questions, particularly our lady-friend across from me. I would just say to you that the answers I give to you are not what you will be expecting. All I will say about the condition asked about, is that initially as so many diseases in your world, is that it has affected the immune system. Many different mutations have occurred.
George: Yes, I think this is what we call the *'Morgellon's disease.'*
Yes, but what I am about to say to you is this: I have answered many questions about your world and some small personal stuff, yes?
(Agreed)
Yes. When I first came to you my dear friends, my task as you well know, was to bring to you 'love', 'peace' and 'information'— but not information of the worldly kind. My aim and my purpose, was to help you to understand why you are in this world and how better you can raise your spiritual energies.
George: Yes and we are most grateful for your teachings Salumet, thank you.
Yes. What I wish to say is that if you wish to continue , you must look to what it is that will help you to raise that spiritual energy, both individually and as a group. There are many people in this world, and from our world, who are happy to discuss many questions with you. But I feel now that the time is ready for all of you to take that next step forward. And I hear you say: *But are we not progressing, anyway?* Of course, you have progressed very well, but I can say, if you really wish to help yourselves, then you must focus my dear friends, on gaining more intuition into your lives. And I hear some of you think: *Intuition? But does not everyone have intuition?* Of course you do, but that is not what I am going to tell you. I hear you speak each time, of the many what you call 'tragedies' and 'diseases' and 'upsets' in your world; and of course you cannot live in this planet without being aware of what is happening around you. But what I am about to say, my dear friends, is this: It is unwise for any of you to focus on what is 'negative,' and I have spoken to you on so many occasions about the negativity in your world and within yourselves. By focusing on all of these things, you are holding on—and remember my teaching about the mind and how powerful it is? After all, let me give you an example: If you have a gift for another person, do you not focus upon it—gift-wrap it perhaps—and then what happens?
Sara: You give it away.
You give it away. And that my dear friends, you are not doing with the information that comes to you in this world. What you need to do, is realise the situation, but let it go; you must allow it to go. Offer it to that great power and it will be dealt with. This, I can say to you truthfully—that is the best way forward. Let me also say, that as your intuition and your spiritual strength grows, do you not see that within your world, that strength of intuition will never allow another being to lie to you, because you would be aware of all that is being said. Therefore, there would be changes in your political worlds, your leaders, your education, your economics—so many fields of living. So that is why I wanted to stress to you this time, that it is important that you re-evaluate what you think and feel. Do not hold onto all these negative things within your world, because what happens is that you then become part of that negative negativity. Do you understand, my dear friends, what I am saying?
(Affirmed)
Do you have any comments?
Sara: Well, I was thinking of you, because I am planning to have a creative phase in the Autumn and I was thinking of creating works with words and with music—so really the best thing is to focus on all the

positives really—whatever feels positive, in doing that **(of course —)**. Put out the positive messages with words and music—

Use whatever creative abilities you have. You all have something in this lifetime which helps you to move forward. All I am saying is, never to focus on the negative elements, because then they become powerful, and it is almost like being on a downward spiral. Can you understand this, my dear friends?

Mark: Yes, because it sort of frustrates you **(yes)** if you can't actually physically do anything about it.

Yes and then the human emotions of stress, anger, fear, all come to the surface.

Sara: And fighting and combat encourages that, **(yes—)** which doesn't achieve the result.

Yes, we are speaking on a small scale, but I am speaking on a global scale—about the wars, the unrest, the diseases; and let us say this to you: How long in your history have you had disease and wars and strife?

Paul: For as long as we've known I think.

Yes.

George: I suspect that, as the spiritual self is strengthened, the immune system will take care of itself.

Yes, you will become more healthy of course; as I say, if the intuition is strengthened, then you know all that is happening around you—there will be no deceits, there will be no lies. But each plays their part in this. So all I say to you, my dear friends, is do not hold onto these things. Offer it to your—whether you say 'God', Creative Force—you know I do not join with you in names, but offer it to that Divinity and all will be dealt with in the correct manner. What I do not want is for you all to become so absorbed in the negativity of daily living.

Paul: Yes, it's almost like—there are those, like journalists, who delve into these things—

Yes, and I would say that the innocents are those people who read and focus and take it all in inwardly, and who suffer. There are many who are suffering now (yes)**, because the details of all these things, create that negativity within.**

Paul: And probably, when you are on the spiritual pathway, there are certain things that you just have to avoid a little bit—

I would suggest that the less you focus on your media, the better for your soul.

Sara: I find that it isn't compatible with creativity—watching the news **(yes)**. Graham and I sometimes don't agree on that, because he likes to know what is going on—which is good—

There is nothing wrong with being aware. What I am saying is: Like the gift, you do not hold onto it. You must offer it to our world to be dealt with in the way that we of course, have better vision and foresight (yes)**. And I know that some of you will say, but if we do not do this or that, who will do it? Remember always you are spirit, and your utmost duty is to that soul. After all, this Earthly lifetime is for a short period of time. So does it not make sense that you do the very best for yourself, which then has that ongoing effect on others?**

Sara: Make use of our own gifts?

Yes—yes. Are there any more comments?

George: Some of us, Salumet, make comments to our leaders—to members of parliament. This is seen as a system of influence. It is a chance to give what one feels is good suggestion to these leaders in our countries. I wonder if you have any comment on that?

Again my dear friend, yes, there is no harm in expressing your feelings provided they are expressed in *love*—as long as they are expressed in a way that is acceptable to all. If you are to express views in anger or anguish, do you not *see* that this is already a negative aspect to yourself?

George: Yes indeed.

Do you understand then, that if you are willing to help to speak for good by all means do so but do it in the name of love.

George: Yes—yes, that's good advice. Thank you.
Yes, but again once you have stressed your point, then please try to let it go, for your own development. I know what I say is not easy for you as human beings living in this world, but you have enough knowledge now my dear friends, to think about these matters more deeply (yes)**. Yes, and I know—excuse my phrasing—I must seem like what you say, 'a broken record.'**
(Another of Salumet's colloquial expressions at which we all laughed)
But it is necessary always for me to remind you.
Lilian: It is necessary, yes.
Yes, and I only wish that each one of you attain the best that you can, whilst inhabiting this Earth.
(Pause)
It has gone very quiet.
(Chuckles)
Mark: It's easy to forget that cultural evolution takes a long time **(yes)**, and we're very privileged to have you to help us move forward.
Yes, and although it may not seem so to any of you, progress is being made. There is progress, but there are always those who misuse power, as you well know. But I have to tell you that we in the spirit world are aware of all that goes on. So if you can keep this in mind, it will help you in your own struggles. Keep your view of the gift in your minds and it will help you.
George: I have a question sent in from our dear friend William that perhaps I could read to you Salumet?
Yes.
George: He says: 'The group that I am with, has a simple message, that unconditional love is the life-force, that we are this love, and need to recognise this, be it and to live it. Being kind is what is needed. This could not be simpler and is easily acceptable by all, religious or not. We have very eminent teachers from the higher realms, who stress the urgency of this message. We have been told that we will soon be ready for a big expansion, and are preparing ourselves for this. I mention this because I am interested to know if Salumet is aware of us.'
I am not aware of them as individuals, but I am aware of the expansion of love (yes)**, yes, of course. This has been something that has been told to human beings for thousands of years. That is nothing new—of course, love is the ultimate existence. But I have to say: those of you on this planet never know that pure love, until you come to spirit. But that does not mean you do not have to strive for it. In the striving you gain knowledge. But yes, I am aware of the expansion of love, which is slowly covering this planet. That is what I have just said to you—that there is progress being made.**
George: I felt the question fitted in rather nicely.
Yes, it is just a reiteration of what I have said to you now. But, as a group, I am not aware. I hope that is helpful to you.
George: Thank you. I am sure he will like that reply. Do you have a question, Colin?
Colin: I am interested in what practical activities we can use to enhance our spirituality. Should we fast, should we isolate ourselves from others like in a desert area for a while. Should be meditate, should we pray openly—any other activities we can use to help us on our path?
I would say to you my dear friend, you are the best one to know yourself. If you find that meditation or separation from others is the best method of connection to spirit, then that is what you must choose. There are no hard and fast rules for this. But I have to say that to my dear friends here, I have always said to them, that meditation brings you closer to spirit, but where you meditate is entirely up to you. But you do not need to fast. You do not need to separate yourself from others (okay)**. There are some false reports about meditation. Meditation is just a union of your spirit with those in our world** (okay,

thank you)**. I hope that helps you. Is there anything else to be said? You are all happy with my words tonight?**
(Affirmed)
I did feel that we were going along the pathway of too many questions—too much to make the mind confused. So I hope, my dear friends, that this time has given you food for thought again.
(General agreement)
Paul: It's quite a relief almost—it feels very comfortable to *not* have to look into details that probably—yes, we don't need to know. There are so many things going on in the world that are bad perhaps, or negative. We need to focus on our own selves more, I think.
And of course, you do need to give the thoughts for others—there is nothing wrong with that. But just to do it and to let it go (yes)**. That is what you find difficult as a human being—that you are like a burrowing animal, (***Chuckles)* **where constantly, you have to find more and more and more. And very often you end up feeling frustrated, because you do not get the answer that you wish.**
George: And the world at the present time seems to have both political and—shall I say—wrong science diversions, that seem to attract our attention, but I think part of your message is: we've been giving these things too much attention.
Yes. Your world has always been very diverse—that has not changed over time. But, as human beings, you are in a stage of the evolution of this world where you have the opportunity to grow and to know yourselves much, much better. And it is something that you should not deny yourselves, because after all and again I repeat myself: You are spirit first and foremost. And the human garb is but a short living time. Anyway, I feel I have given you enough to think about. I am sorry if the lady feels that she did not get her answer, but I have to say she also digs too deeply.
George: But it's clear that it's a condition of the immune system **(yes)** and it's also clear that we can, in a sense, strengthen our immune system by concentrating more on the spiritual pathway.
If you find your spiritual intuition, the human body would be strengthened *so much more*. It is another aspect of learning how to cope with life; and the way to cope with life is to build that spiritual energy—not the physical body but the *spiritual being*, and in that way, the human element also becomes strengthened. You do not need your sciences to tell you that.
George: And it may be true that the immune system is being bombarded more by factors in our food and in our atmosphere—
Again, my friend, I interrupt you because you are beginning to look for answers, instead of offering these conditions to the great and powerful force which knows all.
George: Yes indeed—I was getting round to the thought that this is particularly relevant at this point in time—to seek that spiritual pathway and intuition and take that road.
Yes, you must put that to the front of your thinking—yes. And now I will leave that responsibility with each and every one of you. And of course, with your own free will, I cannot change what you wish to do, but what I can do is continue to remind you whilst I am still with you. Because of course the time will come when it will be time for me to depart (yes)**; not just yet I hasten to say,** *(Relief at that with a few Chuckles)* **but it will come.**
George: Might I ask a question on that Salumet?
You may yes.
George: Light-beings such as your self could frequent *any part* of the universe—you are not affected by extreme hot or extreme cold—that is not part of your domain. You could frequent absolutely anywhere. To begin with, would that be a correct assumption?

That is a correct assumption. There would be no such thing as hot or cold or here or there. It is just existence.

George: Yes, thank you **(yes)**. So if you wish to be at the centre of the sun, you could be there. What I was getting around to is: there has been reference in our literature to *'Angels of the Sun,'* and that led me on to the thought: would you have a preference, or would light-beings such as yourself have a preference for location?

I find that a very odd question!

(Laughter)

George: Well I am an odd person!

(More knowing laughter)

Yes—I have to say, I just AM—that is the best way I can say it to you. I have no preference of locations. I just am.

I do know perhaps, that one place I would not like to be for too long, is within this atmosphere now. Of course, but you understand that; and again, I can feel your curiosity and your questioning—but no, I have no preference of location—only to that place where I belong.

George: Well, one speaks of 'spiritual realms'— is that a location?

We are within the spiritual realm now.

George: Or are we being rather odd in—

Yes, you are thinking along physical lines again.

George: As if it is a location **(yes)**. Yes, I understand! Thank you.

Are you clear on that? (Yes)**. Are you sure you understand that?**

George: I think I understand that physical places**—** well, you're not within space-time, and time and place relate to space-time, really.

Yes—yes. You cannot make comparisons. It is too complicated.

George: Yes, because there are the connections, and we could never understand the full story.

There are many things, my dear friend, that you will never ever understand whilst you are human. You can access much more information in our world of course, where your understanding becomes greater; but even there, some people find that it takes much time to fully understand the workings of spirit.

George: Yes, thank you for that—and it does help enormously to just talk about it.

Now, my dear friends, I feel I have said enough for this time. I feel that there is much for you to ponder, and if there are any questions about what I have spoken of, next time then I shall be pleased to answer them for you.

(General thanks)

As always—and we will end on the topic of love—I leave you all cloaked within my love.

There then followed a rescue via Eileen. This, for once, was a rescue that was not at first identified as a rescue. There have been times following serious discussion, when one has joined us from spirit with laughter and jokes to lighten the mood. On this occasion we received an exuberant one who laughed most heartily BUT this one was in transition and came to us as a rescue:

http://www.salumetandfriends.org/resources/02_09_2013+rescue.mp3

Lilian: Good evening.

(Much loud exuberant laughter then followed from our visitor, with just a few occasional words difficult to make sense of)

Lilian: Have you come to cheer us up?

No I ain't—this is a nice group, isn't it, eh?

Lilian: We're all sat nice and quiet.

You're a bit quiet anyway.

Lilian: So you've come—

What d'ya mean?—I've come! I ain't been anywhere!
(All was shouted with over-the-top gusto. Lilian explained that we had had a very serious talk—'with one from your side'. This produced raucous laughter, and Lilian mentioned 'the spirit side'.)
Eh? I like spirits! Yeah, I like a bottle!
This produced much infectious laughter, while Jan said: 'It's a rescue Mum, and Lilian replied: 'yes I know, I've been thinking it'. But we had not realised at first, and the truth is we still remained rather uncertain. This one appeared to be happy/exuberant—and I don't remember receiving one at all like this before! Our visitor responded to Jan's voice:
Who's that? Who's that sayin' mum?
Lilian: That's Jan.
Who?
Lilian: Jan—Janet.
Janet? Aha! Ha! Ha! Ha! Haa! I know who you mean, yeah.
(The words were still shouted with much laughter in between and the conversation now included Jan)
Lilian: Where are you, anyway?
I'm in the tunnel—Ha! Ha! Ha! Ha! You know!
Jan: Are you in the underground?
No—I'm in the tunnel. You know—
Jan: Under the bridge.
Under the bridge—Ha! Ha! Ha! Ha!—something like that. Ha! Ha! Ha!
Jan: I thought you were in a pub for the minute.
Well, it's as good as a pub—let's call it 'The Tunnel Pub' shall we?
Jan: Have you got some bottles there?
Yeah, they're all empty now. That's why I was pleased to see old Danny here. I thought: ah she'll bring a bottle.
Lilian: I've got a bottle of water. How about that?
Oh! Don't give me water—you're lettin' the side down. Is it good?
Lilian: It is good—yes.
I'll have a try then.
Jan: A drop of whisky in it would be alright!
Whisky an' water—yeah. Nice bit of gin would be better.
Jan: How long have you been there then?
In this one?—I don't know—couple of years I suppose.
Jan: You live there?
Yeah.
Lilian: Oh I see. You're a man of the road.
I ain't no man!
Lilian: Alright, you're a lady.
I ain't no lady!
(More laughs)
Lilian: Did you ever think about what might happen after you die?
Yeah, there'd be no drink!
Lilian: There'd be no drink. That's true. But we think you may have passed on to spirit—I don't mean the drink spirit.
(It was explained that she thinks she is in the tunnel, but in fact she is in the living room of a house.)
No I'm not!
(There was more attempted explanation but our guest remained unconvinced)
George: You think you are still alive on the Earth, is that right?
Of course I am.

George: And you're not sitting in a chair?
No!
George: Well, if you put your arm to one side, you'll feel the arm of the chair that you are sitting in.
Lilian: You can feel that can't you?
Oh, my God!
George: It's not quite as you think—not quite as you remember.
Lilian: Did you ever think about what would happen when you die?
Are you saying I'm dead?
George: It's only the body that is dead. Your spirit is alive and you're thinking and talking, aren't you? That's your spirit body.
That's true I suppose. Oh my God! Oh my God! Where am I?
Lilian: Well, you're in my friend's house, and we just need to say to you that something has caused you to die, and you belong in heaven now.
I thought that drink was a bit off!
(Chuckles)
Lilian: Who would you like to meet? Someone who's died before you?
No—me old dog—Blackie.
Lilian: Well there you are—your dog will probably be waiting.
He was a dear old friend—Blackie.
George: You loved him.
I loved him—better than any person.
Jan: I bet he loved you too.
I can't believe I'm dead. What have I got to do?
Lilian: Well, you'll see a light ahead of you. You'll feel nice and comfy and warm.
That'll make a change.
Lilian: Well, there you go. But also I think you'll see your dog.
Blackie?
George: He's probably waiting for you. If you look ahead—look to that light. That's the thing to do.
A small light—only a tiny little light.
Sara: Keep looking at it and it will get brighter.
Lilian: Somebody might be with the dog.
Oh my God! There 'e is! There 'e is. He's coming now! Come boy—come on my Blackie! Aah!
George: Wonderful! You can move forward now and be with your doggie.
Oh that's wonderful!
Lilian: That's nice.
George: And I'd like to apologise to you—because we didn't realise at first that we were supposed to help you on your way to the next world. That's what's happened. We are just pointing out the way to you—helping you on to the next world—and you're reunited with your doggie.
And there was me thinking: this tunnel's 551etting' very big!
(Chuckles)
Well! Well! Well!
(She then wanted to know our names—all twelve of us!)
It's lovely! If I'd known this I'd have gone years ago.
(There were fond farewells)
Sara: What's your name?
Charlie—not a man's name.
Sara: Charlotte?
Well, that's too posh, isn't it?—Charlie.
George: Enjoy your ongoing new life Charlie

Well, I don't know what to say—first time I've been lost for words.
Lilian: Well, I've been lost too—I certainly was.
Well you can come along too if you like.
Sara: Because you were so cheerful, we thought you'd just come to cheer us all up!
Why? What's the matter with you all?
Sara: Nothing—it's just that we sometimes have cheerful people come and talk with us from the other side.
Oh—I don't know much do I?
Lilian: There's a lot to find out but it'll be interesting.
Anyway, I'm going. Blackie wants to get going.
(Fond farewells and cheerios as Charlie happily move forward)
George's Notes:
POSSIBLE CANCER CURE: Salumet has spoken of diseases and in times past, how there are many herbal remedies; so perhaps recent work with 'cannabis oil' should be mentioned here. From 1851 this was in fact included in the US Pharmacopoeia and cited as beneficial in the treatment of more than 100 illnesses—until it was removed at time of prohibition. Dr Manuel Guzman at Madrid University has done recent valuable work. Cannabinols occur naturally in our bodies and it is the CBD (cannabisdiol) part of the oil in particular that enhances the beneficial effect of bodily cannabinols. In this context, cancers mentioned in the literature include brain, breast and bowel. There is much helpful information to be found on use of cannabis oil by Google search of the Internet; and the oil is readily available at reasonable cost via Amazon.

~9th September 2013~

Animals were included in our healing prayers this time, which seemed to attract this gentle one through Eileen:
Lilian: Good evening. Welcome to you.
Good evening.
(Pause)
This is like a peaceful garden. So quiet!
Lilian: You mean the room we're sitting in?
Yes, so peaceful. I was just wondering why you were speaking about the animals—and I began to wonder what questions you may have about these animals, because I too loved animals and in fact I work with some now.
Lilian: You mean the animals where you are or those back here on the Earth?
Both, yes—your love for these creatures doesn't diminish just because you come here. My love grew even stronger. But now I am involved with all kinds of animals and it is wonderful to see them re-united with those people who were kind to them—because there are many people today who are so unkind. And someone is telling me that YOU, dear lady, *(Lilian)* ***are of like mind to myself, yes?*** (yes)***. And it is painful to watch others be unkind, because there is no need. They give of themselves, these animals; they give so much and expect not much in return. So, that is my purpose in life, to see that goodness continues, that they are helped in any way that they possibly can be.***
Lilian: And that doesn't mean just pets—that means all sorts?
No, pets are always ready to go to those that have loved them, and I know that you understand, other animals return to a 'pool' (yes)***. I know you know this, because I am being told that. But they do have a short time when they return to us, when they feel a great wave of love and affection for them*** (that's nice)***, and that is what interests me at this particular moment.***
George: Yes, I'm afraid, on the planet here, we are very much a mixture when it comes to love for animals.

Yes, you as human beings seem to think that you are superior, and I do not understand that way of thinking.
Lilian: And I must say, neither do I ***(yes)***.
George: Yes, we are not that way of thinking in the group here.
I know—I should not have come otherwise.
George: Ah! And you are most welcome.
Yes, but it is good to see that others have as much love as I do for their animals.
George: It's a joy when we have the rescues through, and sometimes the one in transition is met by the animal friend ***(yes)***. It is lovely to see that reunion.
Yes it is wonderful is it not, that that kind of devotional love still exists after the passing of time—yes.
Paul: One of the problems with the animals in the wild is the loss of habitat, now on the planet. The rainforests and other places are diminishing.
Yes, that is true, and I'm afraid that mankind has to take some responsibility for that (yes)***. I think there is a knowledge afoot now, where they are beginning to realise that you cannot interfere so much, but of course, that is too late for those who have gone. But nevertheless, if there is progress and understanding, I could not ask for more than that.***
Paul: Yes, we were talking tonight—we're on a road towards much better understandings and more spiritual ways.
Yes, well one would hope so, wouldn't you? That people would understand a little more—after all, you are intelligent beings—far more intelligent sometimes than SOME of the animals, although I know many dispute this—yes?
George: Yes, we have the capability of using our intelligence ***(yes)***. We don't always use it I'm afraid.
And I wonder why?
George: Well, one thing that is probably distressing to you, is the using of animals—rearing them for food.
Yes, I mean—in a perfect world, which I know you do not live in, there would be none of that, but as you know, your world is not perfect, which is all the more reason why you should strive a little harder (yes) ***for those in the animal kingdom, who share the planet with you.***
George: Yes, perhaps there are a few more vegetarian people today ***(yes)*** and some countries are much more vegetarian than others.
Yes, I am not even so much involved in that as I am with the welfare. If an animal has been treated well, and let's say, some places do need to survive with the food of the animal, but they respect the animal in its lifetime, and they give thanks, and that is an entirely different matter.
George: They give thanks, yes ***(yes)***. We understand this is very important.
Yes, for some, that is still necessary today. But it is the understanding and the love that they must give—that is what is important. Do you not agree?
(Affirmed)
George: Yes, indeed. We've evolved from a past which has depended more on animals ***(yes)*** for sustenance.
There should never be any distress or cruelty to ANY animal. In the same way, there should never be distress to another human being. If you practice that kind of unconditional love, your world would be a wonderful place (yes indeed) ***but I do not wish to appear too pessimistic—is that the word?—***(yes) ***I do not wish to be that, because I can see perhaps a little further perhaps than yourselves, that there is a lot of good in your world. And that is what we have to encourage.***
George: You can see progress—
I can see progress (that's good) ***and it heartens us all that this should be so.***

Mark: I often think that horses don't get a very good deal here, because they put metal in the mouth to make them go the way they want to, and they make them race, for man's pleasure really. It seems like a rough deal for the horse.

You are a horse-lover—yes, yes. Anything that stresses an animal cannot be right, and it is up to you as loving beings, to get to know your animal friends a little more deeply, in order to understand whether this should be or not. It is entirely between you and the animal that is being used in such a way. But of course, no one wishes any distress to any animal, whether it comes from the higher or the lower animals, as you would say in your world.

George: And of course, we are very much indebted to some—the guide dogs do a marvellous job.

Yes, all animals do a job—of giving love! How many times have you heard of an animal saving a human being? (Yes!) ***You know—without the intelligence that man is supposed to have —they are wonderful! And I like the lady who was heartbroken at times to hear of the cruelty which exists in the world*** (yes)***, and—***

Lilian: Yes, I was today actually. I read an article which rather stayed on my mind.

Yes, you mustn't let it stay with you. You must do something about giving out that love for the animals. That is all you can do whilst you are here. You know, you can protest and you can give love and to send out thoughts to our world to help is the most powerful love you can give.

Lilian: Yes, well that's nice to know.

Yes—anyway, I am told I have been talking enough. But it has been a great pleasure.

Lilian: It's been a pleasure to have you.

George: Yes, indeed.

So, in your coming days, just give a thought to all of the animals in your world—not just the beautiful pets, but all animals. And see if you can join and unite with them, in energy. Be at one with them.

George: It would indeed be nice to be more telepathic.

Yes of course, and that is something you can work at, is it not?

(General agreement)

Paul: Yes, we've been told this. We'd love to be able to blend with animals—connect with them, yeah.

Yes, you must try. I would suggest to you all, that you all give of yourselves sometimes, and just sit quietly and—I believe the lady used the word earlier about 'blending'—that is a very good word —'blending.' You may be surprised. You may come to know what it feels like to be a butterfly! Wouldn't that be marvellous? Or to be free like the birds in the sky!

(General agreement)

George: Yes, we had a very cold Spring this year, and the butterflies were late—it was such a joy to see them when they did appear!

Yes—such a short life span but a beautiful one.

Paul: Yes, it's wonderful to see them.

Yes, if only human beings could be like the butterflies—to open their wings and to fly freely, and to have no fear of anything. Isn't that a wonderful thought to leave you with?

(Agreed)

George: That's right! They have no fear. They go from flower to flower regardless.

Yes, yes—when you come to this world you will be amazed by all of these things—by the colours and the beauty of the animals. And I will make a pledge to you; that when any of you come, I will take you around and show you the beauty of it all.

(General appreciation)

George: That is something to look forward to. You have delivered a very good message to us this evening, and that will be passed on to many. Thank you for that.

You are very, very welcome. And now I really do have to go.
Lilian: Please come again if you wish.
Paul: Can we have your name?
It is Simone—Simone.
Following a pause, another seemed to be with Eileen:
Lilian: Good evening—welcome.
Hello there Dearie (hello)***. I'm not sure where I be at the minute.***
Lilian: Do you know where you've come from?
I do, but I'm just not sure where I am at the minute. I see lots of houses—yeah.
George: Take your time.
Y'see, I likes coming back sir. I likes to come and have a little look.
Lilian: Well it's nice of you to call in on our group.
Well you see I can't be seeing you. All I can see is them old cobbled streets and those old tenement houses—and I just loves comin' back, just to have a little look
Lilian: Yes, was this in Yorkshire or somewhere like that?
No, no dear no—it's in London (London!)***. Would you like to buy some potions? Have you anything to sell? That's what I used to say to them Dearie. Come and buy my potions! I didn't live there mind—I lived in the country*** (oh)***. Got a horse and cart—enough food in me belly, and a little drink or two. Now ain't that good?***
(Chuckles)
George: So you sold potions—
Potions, yes my dear.
George: So you were a healer?
Well, I used to tell them I was—not really —anything to keep the food—keep them away from it— I used to buy lots of things as well.
Lilian: Did you go to a market place or just house-to-house?
Just round the streets, my dear—yes. I used to change my name as well. In some streets I was known as Alice. In another one I'd be called Charlotte—'cos it seems a little bit better. And if I thought there was some action happening, then my name was Charlotte.
Lilian: So it depended on the street?
It depended on the street, yeah. Some gentlemen are kind and throw a coin or two, and do you know, I can't even remember what the coins looked like now? Isn't that strange?
Lilian: Do you remember the year?
Um—one eight something—one eight—I used to know.
Lilian: Who was on the throne—Victoria?
No—don't know that name.
George: Yes, well there would have been cobbled streets around 200 years ago.
Yes, that's right, it was cobbles. Sore they were on yer feet, unless you had a decent pair of boots. Anyway, I just wanted to come back and tell you—no good reason—just wanted to tell you.
Lilian: Well, it's just nice to know what people did in those days.
Yeah. I had to dodge a time or two—buckets out the window.
(Chuckles)
That was a bit of a traumatic experience! But, at the time you just get out the way and don't bother, yeah.
Mark: What did you put in your potions?
Oh all kinds of things. I was interested in different herbs and things, but I never really was shown what to do—so I just made them up.
Mark: Did you grow them?

No, no, they grew naturally in the country, yeah I didn't grow anything.
George: So you enjoyed your life?
I think I probably did—yes. But do you know what?—when I went over, I decided I didn't want to be Alice or Charlotte, and I became Mary!
(Chuckles)
So you can call me Mary (right!)***. See, you can do whatever you like.***
Lilian: How many horses did you have?
Oh, one old nag.
Lilian: Just one—
Just one.
Lilian: Have you seen that nag since you've been in spirit?
Yes I have yes—she's standin' right next to me now.
Lilian: Lovely!
Yeah—good old horse.
George: So you've got a different life now?
Different? I should say!
(Chuckles)
Different? Couldn't be more different sir—yeah.
George: So you've moved on from the cobbled streets and the horse and cart—
Yes I have—and not quite so—more truthful now sir—more truthful.
(Knowing chuckles)
Paul: You have to be, don't you? We've been told that everybody can tell if you're not being truthful, where you are—so—
Oh yes, and you know you're not being truthful when you say it, and then everybody knows—yeah. Bit of a shame really isn't it, to begin with?
(Laughter)
Paul: I'm sure we'll all find it a bit tricky to begin with.
Yes, but don't you worry—everybody's the same. Everybody's got little white lies they've told. I bet you have sir!
George: Well, we try to be as open as we can be.
(Laughs)
Oh dear, oh dear—I would have to be here and have a saint, wouldn't I?
(Laughs)
Ay? That's not good enough sir.
George: We can't claim to be saints.
Well, I know you bleedin' well aren't.
(Laughs)
That's right, isn't it?
(More laughs + agreement)
Paul: That's right, no halo's in here.
It needs a lot of polishin'—I know—I know. Anyways, I gotta go—so I'll say 'cheerio' from Mary, Alice and Charlotte.
(General thanks and warm responses)
George: Any plans for coming back to Earth?
Not likely—not yet!
George: You're having a much—

I'm enjoying it now—I've had the opportunity, an' I'm allowed one more opportunity, so I'll think about that seriously. But it'll have to be a good pair to come back to—and I'll have to have my horse. It has to be a life that includes my horse.
George: Ah yes.
It's only fair isn't it? Don't you think?
(Agreed)
Well I think so too.
George The horse is still a revered animal—often a much loved animal and there's still quite a number about.
From what I know about your life here now, I think I'd rather be still back where I was. It was a hard life but it was a good life.
George: A good life—a logical life.
It was an easier life in many ways.
Mark: Less complicated.
(Agreed)
But for some, poverty was rife—not so good for those people.
Lilian: It still is in some countries.
Yes I know. I do know what's going on and I don't much like it, to be honest.
Paul: We're so busy now.
Anyway—nice talking to you all.
George: Well, thank you for coming through Mary, and you are welcome to drop in any time.
Agreement from all, but she wasn't going just yet
I think I'd be more a Charlotte here. What d'you think? D'you think I should be Charlotte here?
Lilian: If you like.
Mark: Whatever pleases you—yeah.
Right, that's it—I've decided—yeah. I'm Charlotte here.
Mark: Okay Charlotte.
Off I go.
Lilian: What was the name of your horse, before you go?
Didn't 'ave a name—just 'horse'
Lilian: I see.
Should it have had a name?
Mark: No, you were very well connected with your horse.
Yeah, just old boy or gal—no old gal, wasn't it—you're gettin' me confused now.
(Chuckles)
Lilian: Well, thank you for coming.
And you've all got shoe leather on yer feet. That's good today, isn't it?
Paul: Yeah—shoes are okay today, I guess. That's improved.
It's better than bleeding hurting yer feet on pebbles!
(Agreed)
Anyway, I'm waffling. Is that a word?
(Agreed)
George: It's good to have a nice waffle!
Okay—where did I get that word from—waffle? It doesn't matter anyway.
Lilian: You must have heard it somewhere.
George: Anyway, if you do come back to Earth again —
What, as a waffle?
(Laughs)
—perhaps you could ride a horse in the Epsom races!

No, I wouldn't do that to my horse. He'd just be a friend.
Mark: That's the way.
Anyway, they've nearly got me by the scruff of the collar—got to go—cheerio.
(Farewells voiced to Charlotte. Eileen said after she'd departed: 'scruffy but so likable'; and Eileen was aware of cobbles, no pavements and the tenement buildings.)
RESCUE WITH VERY LITTLE SPEECH: *Eileen gave the name of Alan Shelby and then began feeling sensations around the head. This turned out to be a rescue:*
Lilian: Does someone need some help? Can I help?
Who just touched my back?
Lilian: Is your name Alan?
Help me.
Lilian: Are you worried about your face? I'm here to help you. If I put my hand on top of your head, all those problems will go away.
(Unintelligible faint sounds)
Lilian: If I put your (Eileen's) hand to your face, you will know it's okay; and your whole body's okay. And that's because you've passed into spirit. You've left that wonky old body behind and you've taken on a brand new one. You can talk perfectly. Perhaps it will take a little while.
(Sounds of great agitation/fear, followed by gentle reassurances from Lilian)
Where am I?
Lilian: You are with friends who are trying to help you. That's what we do. Hopefully we have helped you a little bit. Thank you for talking. Did you realise you had died?
Yes—frightened.
Lilian: Well, you'll feel nice and warm and you'll see a light ahead of you; and slowly in that light someone will be waiting for you. And when you go through that light, eventually you'll be absolutely perfect. Can you see the light? **(Yes)** Good, and you'll feel terrific love coming towards you. In other words, you're going to Heaven—to start a brand new life. Do you see someone?
After a short time Eileen returned. She had never had one quite like that before, explaining that the two sides of her body felt entirely different. She felt the head had been split in two, accounting for some strange feelings, like having her two sides put back together.

~16th September 2013~

A quietly spoken lady addressed us via Eileen:
http://www.salumetandfriends.org/resources/16t_09_2013+sara+journey$2Bintro+thru+Eileen19mins.mp3
Lilian: Good evening, welcome.
May I speak as a friend? The purpose of this evening is that each one of you should grow from the meditation that you are about to undertake. There is a gift for each one of you in as much as you shall, or should, recognize a loved one who has passed, and you should feel or hear or just be aware of their presence. But firstly we would ask the dear lady if she is prepared to do and take you on a journey?
Sara: Yes of course.
Yes—no matter what this journey may be, afterwards you should become aware of those who are here to greet you. It may not be the one you wish, but I can assure you there is someone for all of you.
Lilian: That we should recognize?
Of course, yes. It is our way of saying 'Thank you,' to all of you. So, I will leave you with those words. I have delivered the message to you, and I will now allow the lady I am using to be part of this evening.
(General thanks)
George: It's a wonderful gift that you bring to us. Thank you very much.

You must just try to see your auras grow in meditation, and it will enable those people to come closer to you. And I thank you, and—good evening.

Pause, then the meditative journey via Sara:

We are going to go on a colour journey this evening and I want everyone to reflect on the qualities of some of the colours I am going to talk you through. As I talk about the colours, I would just like you to try to feel—imagine the colour and try to feel yourself surrounded by that colour, so that you are drinking it in—perhaps swimming in it; whatever is easier for you when you visualize it.

So I'm going to start with the colour RED. I just want you to feel the strength of this colour—feel a big cloak of red around you. Think about the qualities of this colour as you imagine it in your mind. Think about strength, light, courage, boldness; and you can imagine that courage in different ways perhaps—perhaps a physical courage—get up and go; the courage of saying what you want to say. Very often we think a thought, but don't always say it. Sometimes it's because we haven't found the right way to say it. But there is often a way that we can say what's difficult. So red is the colour of strength, it helps us when we need it—if we can't face doing something, the red might help us to get on and do it.

Now we'll move onto ORANGE. It's a very vibrant orange—the colour of an orange. And imagine that in a cloak—a lovely velvet cloak around you—surrounding you. Think about joy and laughter and sociability, and the openness of sharing a joke with someone, and pleasures that we can enjoy—all of the human pleasures. Think about the qualities of orange—how it makes us feel. It's a colour of fun and enjoyment. Think about all the things in the day that we can enjoy. Many things that sometimes we don't think are enjoyable can become joyful when we laugh and share our laughter, or when we smile and share what's making us smile with others. So when we are open with our own joy, it causes it to build as we share it with others—and what's funny to us, sometimes becomes even funnier, when we share it with other people.

Moving on to YELLOW—again, it's a very cheerful light-giving colour. And it's often associated with wisdom. And again, we help other people so much when we share our own wisdom—things that we've found difficult but we've learnt from—so vital lessons learned. And when we share what has been part of our personal journey, it means more to other people and they usually listen. So yellow is often the wisdom that we give—the light that we give to others—and it's that openness again, that willingness to be open. And trusting and knowing that we are all human. Nobody is better or worse than us—we are all equals, so it's actually safe to share our learning experiences at times, and when we do—when we use that intuition and we decide to do it, it usually helps many people, because we tell one person, and they pass it on. And so we give—we share the light. And it changes our lives, and it changes other people's lives.

And going onto GREEN—imagine a beautiful green. Think about your heart and nature, and feel the beautiful soothing and healing qualities of this colour. Think about leaves and trees—nature's energy. Perhaps as you touch a tree, or hug a tree; think about that connection with all of nature—the connectedness that you feel—to people, to trees, to animals, to plants, to all of life. And feel a natural soothing, healing nature. And how much we feel our true selves when we are surrounded by it—how much stronger we feel when we absorb the energies of nature outside. So breathe in some of that green. Breathe in that lovely healing green.

Moving onto BLUE, think of a nice bright blue—think about how we communicate our truth to people. Think about all the different ways of communicating. Think about how uplifting it is to communicate beautifully with others, as if flowers or something beautiful is coming out of our mouths when we speak—as we see the best in them and acknowledge their gifts and their strengths and what they are here to

give. Imagine how healing it is when we speak words of beauty to others. And then of course we draw that beautiful speech to ourselves—we attract it to ourselves—the nurturing, nourishing, thoughtful ways of communication. Think about the sweetness of pleasant communication. It can be very simple sometimes—like a happy child. Happy children usually communicate quite simply, but usually very pleasantly with others. So that what they say is uplifting and encouraging and nurturing.

Think about the DEEP BLUE now—the deep blue of intuition. We don't always use words—perhaps we send our thoughts instead, by telepathy. Think about the beautiful ways of communicating telepathically with others. Perhaps they are not with us and we can't speak to them. But we can still send them loving thoughts and wish them well. Think about the intuition that we use when somebody comes into our mind—out of the blue we think of them. Perhaps it's time to send a communication or speak to them or invite them, or just simply wish them well in your thoughts. But it's good to follow through on our intuition.

Think about the colour VIOLET. Think about the purifying feeling of this colour. Think about how it evokes feelings of dignity, majesty and perhaps mystery too.

Think about the colour WHITE now—the purity of it—perhaps you can imagine snow—snowy landscape, or perhaps a white cloak. Feel yourself being cleansed by this white. Feel the white take away anything—any thoughts that you don't need any longer or don't serve you. Feel it wash them away—anything that you do not wish to carry with you, as if you are having a bath in this white light.

(Pause)

Now as you sit quietly, see if you become aware of somebody that you know.

We sat quietly and then discussed our various impressions

~30th September 2013~ SALUMET

Meetings: There was no meeting last week and there will be no meeting next week. Eileen has a family holiday break and three of us plan to visit the Bosnian pyramids—so there may well be something to report on that! http://www.salumetandfriends.org/resources/30th+sept2013+salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always, I am happy to join with you once more, my dear friends.

George: And we are most happy to receive you Salumet.

Lilian: Have you been listening to our conversation this evening?

Of course, I am aware of you all and what is happening before I join with you—of course. And yes, I gather that this time there are questions for me. So, if you desire, that is what we will do this time.

Lilian: I think George has got one ready.

George: Um, yes—thank you Salumet. I have recently been reading a book called: 'My Silent Pool' by Maurice Cottam—and a great deal of what he says is in line with what you have told us. He has sat in on occasions with a group such as this and he has had a number of personal experiences. However, there are several items that I would wish to speak with you about for clarification. One thing he says is that when the soul aspect returns to Earth for another life, it divides. He infers that part of the soul aspect remains in spirit and part of it returns for a further life. It may be that he is really meaning that soul-body remains in spirit while the aspect returns to Earth. Would you please clarify that for us?

I will. Yes, you have to be aware of personal descriptions, and it is an easy one to answer for you. Of course, when an aspect of the soul decides to return, then that has already been indicated and agreed by

that soul aspect. When it is said the other part of the aspect remains in spirit, that is what is happening —it is a confusion of words—that is all. You understand?
George: Yes, I rather felt that might be it.
Yes, it is confusing in as much as it contains the only way that the writer can explain (yes)**. And at this point I would wish to say to you, my dear friends, that when it comes to *truth* and accepting what is right or wrong, you have to decide for yourselves. When first I came to you, did I not say to you that there were many contradictions in your world?**
George: Yes, you did.
—Both spoken and written. What I will say to you once again, is that when you find your own truth—that is the truth that you must accept. And that is not by accepting the words of another, but by *'feeling'*. If something *feels* that it is the truth, then my dear friends, I would say to you: then you accept that as truth. When I came to you first, I told you that the contradictions in your world were not lies or fabrications but only what one being is able to accept and to give as *their* truth. It does not mean it is wrong or trying to deceive, it means only that for that communicator that is as much as he has learned (yes)**. Do you understand?**
George: Yes, that is very clear.
Jan: Or even as much as they are able to express on paper. It's the written word is not the same as what's in your heart—it's very difficult to put it all into words.
Yes, but I would suggest to all of you that each one of you knows when the truth is written or spoken.
Paul: Yes, it either feels *right* **(Right—yes.)** as you say, or it doesn't quite feel right. Yes, it's as simple as that.
And on those occasions, just leave what you cannot accept, until such time as you recognise it to be *Truth*—because there must be many instances within your world where you believe in something, and as you grow and find more experience within your world, those thoughts alter to something else. You understand (yes)**. Yes, so that is what you must do, with any written word or spoken word. And I also have told you, my dear friends, if anything that I speak to you about is not acceptable to you, then that is fine also. It is only when you are ready for certain truths that they will be accepted. So I hope that clarifies for you some of these things.**
George: Yes, thank you Salumet. Returning to this gentleman—he seems to have had mind transportations to other planets, and they take the form of him finding himself on another planet and observing it through the eyes of another being. My *feeling* is that yes, he has actually done this. I wonder if you would wish to comment on that?
There are in your world many happenings that are not easily acceptable to others.
George: —Or, I guess described by one.
—Or described by one—yes. What I would say on this matter is that we already know and accept that mind communication is possible (yes)**. You know that within this room** (yes)**. So, that is not a problem to you, but what you have to be a little wary of, is that he could actually take himself to another being's body. You can only attain this if you are in fact spirit. So I would say at this point to be a little wary of those words. But if that is what he feels from his mind, then that is acceptable to *him.* But I would say that mankind, as human beings, you can easily fool yourselves.**
George: I think you are saying, be wary of the detail of his description.
Yes, exactly, I would be a little wary. But, as I have said, at that time that would be his own feeling of truth. But the time will come perhaps when he will remove himself from that way of thinking and move forward (I see)**. You understand?**
George: Yes, thank you for that.

But yes, the mind communication part is fine, as you well know.
George: Yes, and I am happy—how shall I say—that he has moved away from his own body and finds himself elsewhere.
He can be elsewhere, but he cannot enter another being's body, unless he himself is spirit. That is the doubtful aspect, you understand?
George: Yes, thank you.
Yes, have you any more questions?
George: That covers that for me—anyone else?
Mark: I've been listening to a speaker known as 'Bashar', who is supposed to channel an extraterrestrial being. He was speaking about pyramids and saying that the older ones were much more superior than the ones that were built later. He has said that the ways of making them were gradually forgotten, and they tended to be made much more mechanistically later on—and they weren't so well aligned as the old ones. Would you have anything to say about that?
I would say only that I totally agree, because as time has moved on in this planet, in this time, that as I have spoken previously, mankind has been amiss of all of the knowledge and happenings that he could quite easily evolve into. Mankind has lost much knowledge, and the connection with other beings was of course much stronger when mankind, even in primitive times, as you would say, was in fact spiritually stronger. So yes, your question, my dear friend—I would totally agree with what you have said. (Thank you.)
George: Yes, well that's very interesting. Three of us will very shortly be travelling to the Bosnian pyramids, and there we shall experience a pyramid which, as you suggested, was built around 35,000 years ago, and that will be an interesting experience for us.
I will see that you are safely returned to us.
(General appreciation)
Jan: Do you have a new teaching for us Salumet, on this occasion?
Not on this occasion. Are you waiting for me to speak?
Jan: No, I was just wondering if there was a new teaching that you might bring to us.
Yes, I will eventually bring you more, but we are coming to a stage where my teaching for you will become more limited.
Jan: Oh I see, as we have to do it ourselves.
Yes, of course, that is why we have evenings when I have said to you, or allowed another to say to you that it is for your own development—yes. Each one of you has to develop, yes.
Paul: Yes, we've got so much to look at, from past times to digest. All the transcripts—all the information that has been given **(yes)**—it needs to be processed more.
Yes, it is all too easy for human beings to forget. And yes, as I have said this evening, I have repeated words that I have already used. So really, you could have answered those questions quite easily. You understand?
Paul: Yes, I think that's important—to re-read and re-listen to the earlier teachings **(yes).** And think about it more carefully and everything.
Jan: The answer to the first part of George's question—each one of us already knew the answer.
That is what I am telling you, but you doubt yourselves. Still you feel you need to have confirmation from me (yes) **and that is not always true. So I reiterate the same words, and of course you go: *'Oh yes, I remember!'* When you should have that knowledge at your—what you would express as *fingertips.***
Jan: Outside of this room, I think the confidence and the knowledge comes easier than when we are all together **(yes).** It's a strange one, but the answer comes through quicker if somebody else asks **(yes).** But once we are in this room, I think we're slightly hesitant to give each other the *wrong* answer, just in case—

But again, each one of you knows your own truth; that is what I am saying to you this evening—that you already know the truth. I am not telling you anything that is not already known to you.
Jan: No, I wonder if that's why, if we were each asked the same question outside of this room, and we had a sitting, and we each answered that question individually, in our heart and in our soul, the answer that we're giving sits perfectly okay with us, but each one of us would describe it in a totally different way—but the answer is still the same. That's how I feel it happens sometimes.
Yes, each one of you are individual (yes)**, each one of you think in different ways—**
Jan: So if we gave the same answer, it would be rather mechanical, it wouldn't be spirit if we gave a regimented answer, would it?
Of course, yes, you would become one of what you term 'clones' (yes) **and that is not the intention** (no)**. Those of us who come from our world, our intention is that you firstly know truth, come to know what your own truth is—that you expand your spirit whilst upon this Earth. It is all very simple, it is only you as human beings that complicate things and forget that in the main you are spirit first and foremost** (yes)**. So I would suggest to all of you, my dear friends that you go back to those early words, as our dear gentleman friend has said, and think about what you have been told.**
Jan: Yes, that's good advice.
George: Yes, I must say I have been doing that for the past few months for different reason. We have another book which is virtually complete, and I have reached a stage where I have been re-reading everything through to ensure so far as I can be aware that it is correct. And in presenting the material to others I have made as many connections to facts that I know will be acceptable to the world **(yes)**—material facts. There are many connections between what we have learned about spirit, and what we have learned about pyramids, and what we have learned about many things here and it's been a very good exercise for me personally, and to a degree it has been a 'revision course'. And I should conclude by saying: thank you very much for so much information Salumet, over the years, and making so many connections for us, which has added to the information. Thank you!
Without you all, my dear friends, my mission would not have been 'well accepted,' shall we say. I came to you in honesty and truth and simplicity. Those were my aims when first I came to you, and I hope that each one of you feels that the simplicity of my words resonate with your own truth.
(Affirmed)
There is so much said in your world that is down to the ego, and that is what you must try to avoid, because spirit is not egotistical, it is not a pride. It is simple and it is pure and it is the truth; and the words that I have brought to you have come from a long journey of soul expansion. So it always gladdens me when I have been here with you, my dear friends, because without your help my mission would have been impossible. So it is for *me* to thank *you* and not the other way.
George: Ah—I can well accept that it runs in both directions.
Yes, it is a two way.
Paul: The teacher has to have pupils—
Who are attentive, yes, and a teacher also needs pupils who *can* remember!
(Spoken with a subtlety that evoked laughter)
Sarah: And the simplicity of it does make it a lot easier **(yes)**.
Jan: I think we are being quite hard on ourselves because we *know* that we remember an awful lot, but it's our *recall* that can be slower; but like Salumet has said to us, time and time again, when you sit quietly, those answers are all there.
Yes, there is no knowledge that you cannot attain—yes, you are correct.

Jan: We are just bombarded with lots of other information during the day, and it takes time to decipher the good from the bad—

And that spiritual aspect of you can help so much in your lives here. That is something that most people still do not understand (no)**. You do not utilise the knowledge *you already have.***

Jan: I think I can speak for the whole group—I would imagine, that all of us during the day, without fail every day—I can only talk about people in this group, I'm not generalising—we think in a spiritual way more than we did 20-years ago. *(General agreement)* Much more—it crosses our minds many, many times during the day—it certainly does mine. *(General agreement)*

I hope that that is so.

(Agreed)

Paul: We just need that—

Jan: —Reminder.

Paul: Going through some of the teachings—I was reading one in '98 recently, about *consciously* putting the spiritual things *consciously* into practice, **(yes)** and that really hit home again. There are so many distractions in our daily lives and yes it's true, our own free-will is allowing it, It's a shame that there are the distractions, but that's where we are, that's our reality—

But you must always remember that you are master of your free-will. You must not blame free-will. You have been endowed with free-will, but you can still master that free-will at all times.

Paul: Right, and this idea of *consciously utilising* **(yes)** this incredible power of thought, in ways in which we are probably not aware that we can utilise it, to deal with every single issue that comes up—it all comes down to *though*t.

That spiritual side of you should be innate; it *is* innate within you all, and so it should come to you easily and freely, each day of your living. But I know how much you have tried, my dear friends, and for this I am most grateful. But for now, I am going to leave you, to allow any others to come if they so desire.

Serena: Could I ask one question please **(yes)**.

In the Shamanic tradition **(yes)** they bring back parts of the personality from other realms and other regions. Is that similar to the rescue work that we do here?

A similarity in that they bring back personality?

Serena: Parts of the personality that are missing—in shock—when people have had a shock and part of the personality goes elsewhere.

Paul: Like 'soul retrieval' is it sometimes called?

Serena: Well, I'm not actually sure what they call it, sure to be honest.

I think I understand what you are saying, and yes that is a possibility. I do not say it happens each time—it is not as simple as that. But, yes it is a possibility that this occurs. But I would say, it is not like the rescue work that is done here. It is a separate issue. Does that help you?

Serena: Yes, thank you.

Lilian: Yes, I was thinking it didn't ring a bell with me.

Again, there is so much information for all of you on this Earth plane, that I can see why things become confused. And the way actions are described and words are used, it is a constant battle I feel for all of you to understand. I understand why to many it is a confusing issue. But again I say: go within—you have the answers.

Paul: Yes, you've really given us the tools that we need to unravel **(yes)**.

Jan: We are back to your first statement, that if it feels—if it resonates within you and if it sits comfortably, **(yes)**

Paul: It makes it suddenly seem *easy.*

You are wiser than you think—all of you.

Jan: Yeah, we instinctively know what resonates and what you can just turn a blind eye to and I think that's a good instinct to develop.

It is your spirit speaking to you, yes. Always remember—always remember that you are spirit first. Those are important words to any human being. And there are so many in your world who lack knowledge and those words. And if only they could realise, their lives upon this planet would be much simpler.

Now, I will take my leave. As always my love stays with you, to uplift and to help you in daily lives. And with that, I will say: I look forward to coming together next time.

(Thanks + fond farewells)

Next, one spoke via Sarah with ponderous deep voice:

http://www.salumetandfriends.org/resources/30th+sept2013+sarah+soul+connection+yaks.mp3

I am quite sure that I have come to the right place.

Lilian: Are you sure you have?

I can feel that same vibration that was with us all when last we met.

George: Welcome to you.

Lilian: Do you mean in this life—as you are coming now from spirit from another time?

I am indeed talking of a previous time—yes.

Paul: Which time would that be then?

Excuse me—I must adjust.

Lilian: Yes, take your time.

(Pause)

When we were together, it was in a different land. It was a land of much diversity. It was rich in many ways, but the land could be most unkind. We were a group of nomads and we travelled many, many long journeys, but our knowledge of nature was intense and we lacked nothing. But the one thing we did lack was truth of many things. We were self sufficient but we could be most cruel.

Paul: Ah yes, without truth—

And it was because of our unkindness that we did not flourish in the way we should have done; and it is my mission this time to tell you that we have all had many more lifetime visits, because of this lack of understanding that we should have been able to conquer that first time around. But I have to say also that it is with joy that I return to you, because I know how much you have grown and that vibration that I recognised when I first came to you was the same but it is now much better.

Lilian: So as you came this evening, you felt that, as you joined us, or you knew that already?

I knew when I came through, I had reached the right place (I see—), ***but I was slightly—not confused, maybe bemused, because although the vibration was the same, it had very slightly altered, and this is only credit to you all.***

George: Well, it seems that you are from a long way back in time, and this is a learning planet, and I think you are saying that we have learned.

You have most certainly improved a great deal since the time we were together, and it will be my pleasure when you come back, to have another reunion in spirit, and no doubt there will still be an occasion where we will meet again on this Earthly plane.

Jan: Do you remember how many we were in number approximately?

(Pause)

I am not quite sure that I can tell you. There were at least 40 or 50.

George: It will be wonderful to meet up again, and it gives us something to look forward to. It's difficult for us to visualise how we all reunite from such an enormous expanse of time.

Jan: At least 40 or 50 people have been through this group in one form or another, so I wonder how many more we've yet to encounter.

Paul: Yes, from various lifetimes.

Yes, but I would say to you that not all of those from our nomadic life have joined together as you and I have done.

Jan: So are you pointing specifically at people in this room this evening?

There were some from our community who were closer to each other than the rest of that community. So, although there are some more who were with us, and who are still shall I say, in that little clique, there are not many more.

George: What clothing was worn at that time? Did you wear animal furs?

We did.

Paul: Did we have many animals with us as nomads?

Yes—I think the name is yak.

(General recognition)

Jan: Could be in the Andes?

Paul: Yes, I can understand what you meant about the land being harsh—not being I wondered if perhaps were in mountain areas.

Lilian: Of course, there are groups that are still in those places. There were some on television some time ago, showing how remote they are.

Paul: Yes, there's a lot of yaks in Tibet.

(Pause—energy seemed to be fading)

I am going to retire.

Lilian: It would be nice if you could call again.

I will try.

George: Yes, I think the energy is going. Thank you so much for your visit.

Paul: Yes thank you and we will look forward to our reunion.

Next, one declared via Eileen that she was 'fed up!' This was a rescue that Lilian counselled:
http://www.salumetandfriends.org/resources/30th+sept2013+rescue+7+mins.mp3

George's Notes:

Book referred to: MY SILENT POOL – The Gateway to what the Bible calls the Higher Life – Our Evolution Forward – Maurice W Cottam, (2004).

Maurice is an unusual gentleman who I am convinced has presented his truth. On reflection, I wonder if some experiences that he presents are 'past life recall'. It would be fitting because one experience was as an 'ape man' of limited thinking. A question that then arises: Is it possible to have 'past spirit life recall' as well as the better known 'past Earth life recall'? And a further thought that I have is: Would the fact that Maurice has been previously struck by lightning facilitate easier slipping into brief past life recalls. Such modus operandi (in past spirit life recall) might possibly explain his seeing through the eyes of another. Perhaps there is more to be said on this.

Hannington Transmitter message of 1977: Some of us in the group recall this ET message and we have in fact kept a transcript of it that was available at the time. It was a remarkable message, and the more recent misappropriation of moneys in the world is indeed a problem that has reared its ugly head! And of course, the Hannington transmitter that had the message superimposed for several minutes is within the UK Southern Counties crop circle zone. Recommended viewing and listening!
https://www.youtube.com/watch?feature=player_embedded&v=Bdw_ikz2hBY

~14th October 2013~

The one who spoke via Eileen was hesitant and with a quiet whispery voice. Some parts that we deemed not informative have been omitted:

Lilian: Good evening.

(Pause)

Are you speaking to me?
Lilian: Yes, you're very welcome.
I did not realise that you could see me. I thought I was sitting very quietly and looking at all of you.
Lilian: You realise you're using a medium?
Yes, I just wanted to look at you all and see what was happening with you all.
Lilian: Have you been to this group and other groups before?
I have never been here before. I have been to others though, yes.
George: You're very welcome. We are pleased to have you with us.
Thank you. I do not normally speak, so if my voice is weak please forgive me. It is not something I do.
George: Well, I'm a little bit deaf, so please forgive *me*—I may not hear every word.
(Chuckles)
I do apologise.
(And I moved a little closer)
Lilian: We noticed a change in the medium's face and could tell that someone was there.
I see! I wondered how you know.
The lady went on to explain that she had not felt the need to speak before. It was comforting to just watch to see what was happening:
To see what is happening SPIRITUALLY.
Lilian: And you can see more than we can—
Yes, I am really not interested in the physical side of you; and it's surprising what you do notice. Someone can be cheerful and happy, yet their spirit is a little dejected.
George: I guess you see *very* much more than we do.
VERY much more—yes. I know for instance that sometimes you allow yourself to become a little more tired than you should. I am speaking to YOU now.
George: Yes, I'm a little more tired than I should be.
—At times. You do not allow yourself enough rest sometimes.
George: Ah, enough rest ***(yes)***. Yes, I am beginning to take note of the need for a little more rest at times. You are perfectly correct.
That's good, isn't it—yes.
The lady went on to explain her own feelings:
It fascinates me that, without a body, I can come and speak with you as if I am there with you; and I know well that I am not—I am spirit now. But it never ceases to amaze me that I can find a voice to use.
Lilian: So when you lived on Earth, were you interested in it then?
No.
(The conversation moved on a little further and I returned to the question of tiredness)
George: I tend to get carried away with interesting things sometimes, and very recently three of us travelled to see a pyramid and we walked about two miles on one particular occasion—across the town and up to the top of this pyramid. It was probably rather too energetic for someone of my age (82) but it was so very interesting and the energy seemed to come from somewhere.
Yes, and I think if you really WANT to do something then you should. But there is always a fine balance—not just for older people—for young people also. There has to be a time when you allow the spirit to rejuvenate itself (ah yes)***. And what you people on this planet do not understand is that you have to take care of the physical in order for the spirit to thrive. Sometimes I hear people say that spirit will look after me, but when you have a body, you have to understand that it is a two-way thing.***
George: Yes, I can see that's very important.
It SOUNDS unimportant, doesn't it? But it's quite important really—I think anyway.

George: Yes, it has to be important that we look after our bodies, and we have sufficient sleep time for our rejuvenation.

Yes, every day you must allow yourselves to be rejuvenated. And I can see this now with some of you that although you feel quite healthy and energetic, spiritually I would say you are a little down—some of you in this room.

Jan: Yes, I know I am at the moment, yes.

Yes, but it's not to be worried about too much, because worry creates the same effect, doesn't it? And I know you all know this. So I am not telling you anything that you do not know.

George: It's always very nice to have the knowledge reinforced, especially when it comes from spirit.

Yes, and as I say, I do not usually speak and I hope you are understanding me.

Jan: Perfectly—thank you.

In fact the voice had become much clearer than the original whisper

It's most comfortable here. I can see why people would wish to come and converse with you, because it does feel good—the energies are good.

(A little more was said on that and on what some need to work on. Our guest hoped she was not being too personal)

Paul: We are pleased to have any advice because it's very difficult to notice sometimes down here—to notice our own bodies sometimes.

Yes, I know that some of you are very good at knowing other people, but when it comes to your own self, it's a different matter.

(Agreement)

Lilian: Do you need rest periods in spirit?

I do not personally, but those who come to us and are new to our life, still need to rest until the spirit body is strong, because just living a life here is enough to deplete the spirit a little—with so many emotions in your lives. As I have said, spirit and the physical are so intertwined that there has to be some reaction. That is why often you hear often that those who come to us, who have been ill, need time to recuperate.

Jan: Yes, we've heard that first hand on many occasions.

Yes, but people often say but spirit is strong, spirit is everything, but they do not quite understand the workings of the spirit body and the physical body together.

(There was some talk about reminding ourselves)

That is why you are human. We know you are not perfect, but what you have to do is to endeavour at all times to do your best. You cannot do more than that, and after all, life on this planet was never meant to be plain sailing. I believe that is one of your sayings, is it? plain sailing?

George: Yes, that's right. We read about past civilisations on Earth and how some were much more understanding of spirit than we are ***(yes)***. And this is a little bit frustrating for us sometimes.

I am afraid that as human beings, many, many of you have lost your way—but I believe I am correct in saying that that is all changing (yes)***, that mankind has reached the age of more knowledge and understanding of spirit—and all of that knowledge is within you; it just has to be nurtured, it just has to be found—and the best way, as I have said, is to rest the physical body in order for the spirit to flourish.***

George: Yes, and the rest will help us to go within and find ourselves.

Yes, that is another way to say it, to go within. There are many sayings I have heard of, but they all mean the same thing.

Paul: Yeah, we sometimes have what we call 'tea breaks' throughout the day, but—

Tea break? What is a tea break?

Paul: We take five/ten minutes or so to have a break from our work ***(oh I see)***. It's supposed to recharge you, but I don't think it does really—we need to have regular rest and meditations—
I hear there is a little dispute with the other gentleman—
Graham: I *love* a cup of tea—I feel so much better for it!
So it is an interval for rest—is that what you are saying?
(Affirmed)
Yes, well I am speaking on a slightly different level. I am speaking of where your body needs of COMPLETE REST where your thoughts are put to one side.
Graham: Meditation.
Yes, meditation. That is another word you use, is it not?
(Jan then referred to an article read, about society taking less sleep—by means of alarm clocks etc, we are depriving the physical body of its sleep needs)
I wonder if I may put a question to you?—not a question that is something to think about. How do you suppose ancient mankind managed to survive without the use of what you call clocks and other means of waking?
Jan: They looked to the stars and nature.
(Our visitor made a case for all being more natural—they slept with the night, they awakened with the sun. But modern mankind no longer waits, but rushes into everything)
Jan: As a race, if we gave ourselves time to think, we are all actually looking for peace, but it's very difficult in the modern world the we live in with its technology, to find that inner peace.
Yes, but I have to say: that inner peace should be with all of you, and in a little way, I disagree that it is impossible, because you are the masters of your own body. The Great Creator has given to us all a perfect body.
George: Yes, I would like to see less mechanisation and more people involved in agriculture—that is closer to nature—growing food crops. I would like to, in a sense, turn the clock back to when we had less machines doing that kind of work; so that more people have the opportunity to work with nature, and my feeling is that it would be much more healthy for everyone.
It would indeed be more healthy, but how do you stop the tide of evolution. You cannot turn the clock back so easily, but what you can do is turn back the clocks of your thinking.
Jan: What you are saying is very true. It's the individual responsibility to find that time, to feel that peace. But other people that are not quite as in tune, don't appreciate you taking the time. It would be very nice!
You need such little time. Surely your daily clock—I believe it is 24-hours—what is 5-minutes?
(This led to Jan declaring you have to give yourself permission because others do not. But of course we can make our appropriate plans, and Graham indicated that his best place for meditation is his garden shed, which is totally away from all disturbance.)
Jan: It's the greater populace who do not find the time.
But they will find it in their own way, in their own time. And if people such as yourselves—sow a little seed. It is the same as when you demonstrate to children. Children pick up very quickly what adults are doing, and it really needs I feel, to start at the most tender of ages, for small children to have demonstrated to them, those quiet times.
Paul: You're right. A lot of children need it even more than adults—everybody needs it.
Yes, but babies and small children automatically sleep more anyway—I think because they are still closer to us in spirit. Until such time as they grow and are influenced by parents and others around. So yes, you do all have responsibility. And I am not here to judge you all.
George: It's very good to have your observations. Can I ask: do you have memory of your physical life, or have you been in spirit a long time?

I do not have any memories left, none whatsoever, and only because they are not important
George: Yes, I can appreciate that.
And I do not intend to return. The opportunities are always there at some stage of progression, but my choice now, is to stay in spirit and to help whenever necessary, those peoples still here. I do not, as I have said, not often spoken when I return, but the dear kind lady was obviously aware of my presence.
Lilian: We are glad you have spoken to us.
I am very pleased to have joined you—and there is a beautiful feeling amongst you. And do not let anyone say otherwise. You have your moments when all is not easy in your lives, but you are blessed—dear people, you are blessed (with the knowledge?) ***With those who come to you, with what you are given, and just your beautiful spirits.***
(General thanks)
George: I can understand the choice to continue in spirit—I can well understand that. I have recently been reading about some past civilisations; one in particular, called by modern people the 'Anasazi'. And they suddenly disappeared—like the Maya too; as if they made the choice collectively to continue in spirit instead of on the Earth.
Yes, that—that is not surprising. Does it surprise you?
George: It does not surprise me. It surprises a lot of people who are into entirely material thinking, and they conjure up ideas of drought and shortage of food ***(yes)***. I could well understand a collective decision of a highly spiritual race ***(yes)*** to continue in spirit.
Yes, that's a point. I understand that those that are spiritually ignorant, would find that most difficult, but, you know, we all have our time—we all have the opportunity to find that spiritual part of ourselves. That is part of the reason that all of you are here. I hear so often: it is to learn lessons, but what is so often forgotten, is that it is the time to find yourselves—your true selves. And that is what you are all doing here. And you are all doing it at different rates all the time.
George: Yes, I have only recently come round to the thought that the Anasazi and the Maya 'collectively found themselves'.
It is up to each one of you to find yourselves, and if as you speak, there is a race of people who are spiritually 'developed' shall we say, itis not unusual for them to want to continue in another dimension; and to carry on with learning, because that is what happens when you come to spirit—that you wish to learn all there is to know. And I'm afraid that, as much as I would like to continue speaking with you, the time has come for me to say 'goodbye—and thank you'.
George: Yes, I guess the energy is beginning to fade.
Yes.
(And the energy was clearly going)
George: Thank you so much for your visit. It's been so good to talk with you—so good to hear your words. And if you do not usually speak in this way, then you've done extremely well.
Thank you—I really must go.
(General farewells)

~28th October 2013~ SALUMET

http://www.salumetandfriends.org/resources/28_10_2013+salumet.mp3
Our meeting began with prayers for others as always
Lilian: Good evening Salumet and welcome.
Good evening.
All: Good evening.
(The light was dimmed a little more to suit)

Thank you. Once again my dear friends, I am happy to join with you—to listen to all those thoughts for others, and I will also add: for each one of you—that you be loved and protected at all times.

George: That's very nice and thank you for seeing us safely back from Bosnia, if you had some part in that Salumet.

I of course was aware, but was not able to be with you. But I was aware of your visit.

George: Yes, wonderful!

I would say that anything that helps you to understand your world is always helpful (yes)**. But of course I am more concerned for the time upon this planet that is to come. That of course has always been our mission, to bring forth the truth; but also to help those that we have contact with, to enable them to see for themselves the goodness that abounds in your planet. Because, as you know, there is so much darkness still, and unfortunately for you all, that is what most people focus upon. But I am here to say to you, my good friends, that there are many advancements being made in your world at this time. There have been many medical advances made in this past year of your time. There also has been much more for your astronomers to see. There has been so many different occasions when new knowledge, as you think of it, but of course I do not—I would prefer to say: re-discovery of knowledge, to bring good to your world.**

George: Yes, I am aware of the work of Dr Larry Dossey, who is doing great work in uniting 'spiritual matters' with 'scientific matters' and I feel that he is a scientist who is a 'cheerleader' in that.

There are many in your world who must be applauded for the work that they are attempting to do. Any work that brings knowledge about spiritual matters can only be good. I am sure you would agree.

George: Yes absolutely.

In your world at this present time there are so many concerns about your fuels, and I will say to you that much groundwork is being done at this present time that will enable more inhabitants of your Earth to have less of those worries. But that is something that is coming to you.

Sarah: That's good to know. Can I just say Salumet, when you mentioned astrology—

Astronomy.

Sarah: 'Astronomy'—ah right. Where does that fit in with the future of our planet?

It is just a new knowledge that helps mankind to understand himself. Mankind is a relatively small amount of energy, in comparison say to one universe. And mankind is beginning to realise just how small he is, in the scheme of all life (yes)**. In the same way as your universe is only part of the greater picture. And mankind needs to find himself, and I believe I have told you previously that that is the purpose of our mission; that mankind finds those spiritual gifts and makes use of them, whilst in your physical bodies. Too much time has passed when mankind has passed to spirit with virtually no spiritual knowledge that he can use. And that has to be changed.**

Sarah: There is still a lot of hatred amongst mankind.

Yes, yes, there is always good and bad, but that is why it is so important for you all to focus on the good; so much more can be done if you are positive. I cannot, my dear friends, stress that to you enough.

Paul: I think that with a positive mind—yes—you can *see* that even though you can be aware of some of the problems—challenges that mankind needs to deal with; but there's so many very good things happening, with information that's getting out there. Good spiritual information is available, but it's only still growing slowly in outlets **(yes).** But there are new people getting interested in politics now. I was very happy to see new people trying to get involved in politics—a lady who normally writes spiritual books called Marianne Williamson is now trying to stand as a politician in America. I think people like that becoming leaders could broaden the debate more **(yes)**, and bring these teachings through more easily.

You are quite correct. Spirit is working closely with those people who are almost 'pioneers' for spirit in this time, and of course, they are like the seeds being sown quietly amongst others. That will enable them to have that spiritual influence upon others. So yes, you are correct—there are many avenues open to these people, and I can assure you, my dear friends, that those of us who have come at this time, have been working hard to enable those who wish to, to work for the spirit. And although there is still much darkness, we will uplift you all—all of *you* who have taken that step forward to enable this world to be the beautiful place that it should be.

George: I feel that also there is much to be learned from these Bosnian pyramids. The news of this has been so restricted. I feel it's very important to have openness on this discovery—of these excavations. One of our photographs shows the 'energy orbs' within the tunnels and there is a wonderful atmosphere within the tunnels. We are aware that negative ions in the atmosphere energise—make one feel physically 'more alive.' The number of negative ions in normal fresh air is 1500 per millilitre, rising to 2500 after a storm, and one feels uplifted by this. But within the tunnels there are 16,000 negative ions per millilitre, and there is a wonderful feeling of energy there. And the people who contrived this arrangement within the tunnel labyrinth, have achieved this wonderful atmosphere which is still there. Their system is still working after 30,000 years! I feel that this is such important knowledge that it should be widely known, and part of our small mission in going there was to get photographs and information and spread the news.

Yes. I understand what you say. Let me say only this: that wherever there is a gathering of spirit then you will find the purest of energies. You know of course that energy cannot be destroyed and where you have a great amount of spiritual energy, the forces will be more strongly felt; and this is what you have experienced (yes)**. It happens in a number of places on your planet. Throughout time, mankind has felt this change of energy** (yes), **this upliftment, and I have to say my dear friend, I am always greatly impressed by your detail—let me say that** (thank you)**; but I will also say to you that there are many who wish this knowledge to be imparted all around your world. It will, but the time is not quite ready. But I will say to you: continue—continue to feel, and remember and to know of this spiritual work because it was indeed maintained to a great degree by spirit.**

George: Yes, we have what is termed a 'Bovis scale' for measuring spiritual energy **(yes)**, by a standardised dowsing procedure **(yes)**. The values obtained within that tunnel labyrinth are quite high and have been compared to places like a Tibetan temple **(yes)**. And by comparison, the values in the tunnels are in many situations very high.

Yes, it is almost equal, in a much smaller way, to the energy that is created within a room such as this, where there is spiritual energy—it is felt by many people. Some may not feel it but I can assure you, it is the same kind of energy, which is being used (yes). **You understand that of course—that is a very small way to put it to you. But that as I say, where you have spiritual gatherings, you will always feel this kind of *pure energy.* That's what it is, it is the *pure* energy.**

Sarah: That spiritual energy that George was talking about in the Bosnian pyramids—that's stayed there. Now in this room, there is spiritual energy when we're here. When we leave—

It is still here.

Now we used to go to Lilian's house—so the spiritual energy will still be in Lilian's room?

It will still be there but it will be a little dissipated, but the energy is there. But because the room was used in the way that this room is used with a small gathering of energy, it does not have the same impact.

Sarah: So you're saying that the—

—that the energy is still there.

Sarah: So in the pyramid there was a lot more **(yes).** I suppose you cannot give numbers?

No, I will not enter into those conversations, because it does not matter. What matters is talking about the energies and those involved.
Sarah: Yes, I was just wondering in comparison to our small group and that pyramid?
Well there is no comparison really.
Paul: It's interesting because it seems like those tunnels and the pyramids are—they obviously had much greater knowledge on how to construct and I think it involved water flows **(yes)** and crystals and—
—Because it is an understanding of the natural—natural things on your Earth.
George: Yes they managed to combine water flows **(yes)** and ceramic artefacts enclosing crystals.
Paul: So if we had that knowledge as well, presumably we would be able to improve the energies within a room, where we come together like this?
My dear friend, you could do whatever you wanted to, if your spiritual energy was in the right place at the right *time.* All of you, I believe I have spoken before—all of you have that innate knowledge. All of you know all about the energy of all of the universes. But you have to return to that knowledge—it has been lost by so many.
Paul: As you say it's within us.
George: Yes, we have to strengthen that link.
Y**ou have to first strengthen yourselves before you can become part of a stronger energy.**
Paul: That's right and there's no point in *you* telling us **(no)** how to do it if we have the answers within and in going within, it strengthens it further so—
Yes of course, you have it correctly. I could tell you forever what you should do, but because of your free wills, it is entirely up to you all to decide for yourselves how *much* of your spirit would be used here. Do you understand?
Paul: Yes, it's all there for us—
I feel sometimes, you still think of yourselves as physical beings. You aren't my friends. You are physical beings in the sense that you are on this planet—but you are spirit first and foremost. And all of that knowledge is innate within you, to be used and used for the good.
George: Yes, one feels it more strongly at some times that at others.
Yes of course, being human your human lives affect how you feel and how you react—and how you *think*, but it is the spirit that decides what should be done for the good.
George: Yes, could I go back to something that was mentioned at an earlier meeting: the DNA that we have, as being an interface with spirit—perhaps I could put it like that. I was reading recently about the Anasazi people of North America. And they devised a system of 23 chambers connected by tunnels, and the whole arrangement is in the shape of a spiral. And each chamber has within it an artefact. I am led to believe that the people that we know as Anasazi understood about DNA, because they have constructed this arrangement in the shape of a DNA helix with chromosomes.
Yes, again it is a case of understanding energy. It is a case of those beings who are much more spiritual than those of you today, using the energy and gaining knowledge (yes)**. It is my dear friend as simple as that; we can have as many examples as you like about different areas of your world, but what it all comes down to, is that each and every one of you are spirit. You have lost a great deal of knowledge over time, and it is now up to each one of you, if you so desire, to regain that knowledge, to be used for the betterment of mankind.**
George: That's a wonderful thought.
It is as simple as that. I could of course go into much dialect and intricacies, but that is not my way.
George: Yes, what I wanted to go onto was to point out that the Anasazi people mysteriously disappeared as a race, as did the Maya. And it just occurred to me that perhaps they made a collective decision that it would be better for them to continue in spirit instead of reincarnating on the Earth.

They were spiritual beings who had decided that they had something to do upon this Earth, and when that time was up they too returned to spirit—yes.
George: And that would have been a collective decision?
A collective decision—yes.
George: I can understand that.
Yes, that is—I do not like to use the word 'power', but it is the power of the spirit, when you can attain that degree of knowledge.
George: Yes of course, mankind thinking in a very material way—
Yes, I would always try to steer you from that way of thinking. I am always very simplistic in my views—
George: Yes, the errors of that way of thinking are almost laughable I feel.
Yes—but of course, you have over time, all of you gained a little more knowledge, I believe.
George: You have helped us so much in this.
Yes, and of course, what I would like you now to do, is that when you are faced with these kind of—how shall we say it—'old knowledge' that you wish to verify—stop a little and think a little and use that spiritual knowledge to find your answers—because you can. It is no easy undertaking, but it is one that you are capable of. I hope I have helped you to help yourselves, to find new knowledge.
George: You have helped us enormously Salumet, and you have also helped our readers in this.
Yes, whenever you can sow a new seed to another open mind, then that energy becomes more powerful also.
Paul: I remember when you said years ago that we are spiritual beings. Okay, we are in the physical bodies, but we are spiritual beings first—I didn't know how I felt about that back then, but now when you repeat it, I am very *excited* that we *are* spiritual beings and it's almost a *relief* that we're not physical beings, and that we *are* spiritual beings. It just makes me realise '*yes'* I do have a huge desire to be the spiritual being and move away from this physical state, and become more the spiritual being that I am.
Yes, it just shows you does it not—if you feel that difference within a few of your years, how much you have grown; when you can analyse that you are thinking in the physical sense too much—that you now feel spirit more to the fore. That is a great growth for you, my dear friend—is it not?
Paul: Yes, that's one of many, many benefits—that you've been coming for so many years now, and having everything transcribed and taped, we can go back and reflect and remind ourselves and see where we've come from.
Yes, when first I came to you on this mission, as I call it, I understood that it would not be easy—not only the entering to this kind of atmosphere, but difficulty in getting people to understand that they were still spirit and not human beings only. I never fully realised how difficult it would be—hence my repetition so often. But I would like to tell you this time, my dear friends, how glad I am that we met and that we have grown together.
George: Yes, we feel that gladness. (General agreement)
Now, I feel that for this time I must leave you. I leave all of you with the blessing of love, with the blessing of knowledge, with the blessing of friendship—until we meet once again, I leave you my dear friends, cloaked in my love.
George: Thank you Salumet—wonderful!
(General thanks)
A rescue followed via Eileen and counselled by Lilian:
http://www.salumetandfriends.org/resources/28_10_2013+rescue+$2812mins.mp3
George's Notes:

Medical advances: So much is happening. Improved application of computers, technology in medicine, diagnostics, robotic limb control—the list is really too complex for itemised listing. And understanding of body functions and treatments is expanding all the time.
Astronomy: We are learning from studies of x-ray emissions from 'Sagittarius A', our Milky Way's massive black hole, and there are informative studies of 'cosmic dust'. And then there is this recent article from 'The Daily Galaxy' e-publication:
Some of the world's leading astronomers – including Great Britain's astronomer royal, Sir Martin Rees – believe aliens, rather than using different radio waves or visible light to signal, may be using an entirely different communication medium such as ghostly neutrinos or with gravitational waves (ripples in the fabric of space-time) or using communication mechanisms we cannot begin to fathom.
"The fact that we have not yet found the slightest evidence for life – much less intelligence – beyond this Earth," said Arthur C. Clarke, "does not surprise or disappoint me in the least. Our technology must still be laughably primitive, we may be like jungle savages listening for the throbbing of tom-toms while the ether around them carries more words per second than they could utter in a lifetime."
Lord Rees, a leading cosmologist and astrophysicist who is the president of Britain's Royal Society and astronomer to the Queen of England believes the existence of extraterrestrial life may be beyond human understanding.
Well, we have a few answers that the astronomers do not have—but at least they are beginning to think round the problem that they have created through shunning séance and spirit!
Marianne Williamson: Author of 13 excellent books has officially declared her candidacy for the US House of Representatives.
Anasazi: So these spiritual people, having completed their Earthly task, collectively decided to continue their lives in spirit. Their civilisation had neither wheel nor metal tools, yet they felled massive trees, transported tree trunks over great distances and built impressive settlements, always with circular meditation rooms. They would clearly have used 'spiritual science' methods. Finally, in the side of a canyon in New Mexico, is the structure that resembles the DNA/ chromosome arrangement of the human cell. All has been hollowed out smoothly within the rock of the canyon wall. This has very clearly been achieved by means of 'spiritual science' method. To what purpose? Well, bearing in mind that the human DNA is a matter-spirit interface, it leaves me with the feeling that this has to do with their planetary exit. So perhaps this incredible piece of non-material engineering is a device for quick exit back to spirit. This thought is surely no stranger than the construction itself!
The subject of DNA came up at previous meetings: 5/03/07, 12/03/07 and 30/07/07.

~4th November 2013~

Firstly there were two rescues via Eileen and counselled by Lilian. Little was said by the first who was very tired and with facial pain. Eileen was aware of bandages about the face and down one side; the bandages making speech difficult. There was some hand communication. The pain was attended to and she was able to relax and move forward.
Next, Eileen became aware of a sheepdog sitting before her and sensed the name 'Bob'. The doggie was black and white, with more white than black, and did not seem to relate to anyone present. He continued to sit as if waiting for something. Jan suggested he was waiting for a further rescue. Someone said: 'Dogs don't need to be rescued do they?' Then one was with Eileen asking if Mrs Grimshaw was present:
http://www.salumetandfriends.org/resources/4th+Nov2013+rescue-dog$26blind+man9mins.mp3
Lilian: No, not Mrs Grimshaw—my name's Lilian. Did she used to help you?
I want her to feed Bob—feed my Bob.

Lilian: Ah! Bob belongs to you!
Yes.
Lilian explained we had been discussing what kind of dog he was
It's a sheepdog—you can see it, I can't.
Lilian: You're the one that can see him now.
No, I can't see anything my dear.
Lilian: I guessed that—you can't see at all. But you can, because you've died, and your eyes and everything else will be fine.
No my dear—I can't see you my dear.
Lilian: You think, because you were blind—
Yes.
Lilian: What do you last remember? Waiting for Mrs Grimshaw?
Yes—waiting so's she could feed my dog.
Lilian: I see.
He's hungry.
(A few more words and Lilian was saying: 'If you put your hand forward you can feel your dog.' Lilian again attempted to explain that the lady had died, but she remained insistent that he be fed, and declaring that she was not going anywhere without her dog.)
Lilian: He is waiting for you to *see* him, perhaps for the first time. Was he a guide dog?
(He was not)
Lilian: He's sat right in front of you. Did you ever think what happens to you when you die?
Of course I did.
(Lilian explained that you start a new life)
No I don't believe all that.
Lilian: I'm afraid it's right.
How d'you know?
Lilian: Trust me, I know. After you died Bob eventually died too. He knows where he belongs, and he's been waiting for you. So he goes to spirit as well. It's a lot to take in, isn't it?
Yes.
Lilian: You feel fine?
I feel great.
Lilian: And also you can see.
No I can't see.
Lilian: You can. And ahead of you now, you can see Bob waiting for you.
If that was my Bob he'd be barking by now.
Lilian: Well you tell him to bark. He's probably trying to smile at you—wishing you'd come along—so's you and him can be together.
(And at this point the lady was indeed able see with the eyes of her spirit body and was clearly much overcome at seeing her doggie for the very first time)
He's beautiful—beautiful!
(And they both very happily moved forward together. And Eileen needed a tissue after the tears of that happy reunion!)
Next, the chair creaked as Eileen's sitting position changed:
Good evening. It is I Emma.
http://www.salumetandfriends.org/resources/4th+Nov2013+emma+6mins.mp3
(Delighted acknowledgement from all)
Lilian: Nice that you are with us again.

George: Yes, I wondered actually, because you always sit with a straight back, but this time I wasn't quite sure because you didn't seem to disport yourself in quite the usual way.
I was awaiting the welcome.
George: But you are most welcome, obviously.
Thank you, you are most kind. I thought perhaps you would like an update on my work.
George: We would indeed.
(General assent)
You know what I have been involved in—and I have to say that it is much easier from this side of life.
Lilian: Is it?
Of course yes. It is quite easy to go from country to country—quite easily, in the blinking of an eye.
(Clearly understood and acknowledged by all)
And I am very pleased with the progress being made, I really am. There are many issues to address of course, but there are many helpers also from this world, who endeavour to do whatever they can. I have been involved in much work, and there, young women, especially in India where my heart is at this time, are becoming stronger—stronger in their outlook, stronger in their views.
Lilian: Yes, we do hear things about trying to help.
Yes, we can only TRY to help of course, and I have to say: we are succeeding. And I do not say that with pride, but I say it with encouragement.
Paul: Yes, I was going to say: with happiness, no doubt.
George: And no doubt it gives great pleasure—happiness, yes.
And then of course I have worn my hat this evening to visit you all.
George: You love your hats.
I do like my hats, and it is a mark that you will always recognise me by.
Sarah (who usually manages to sense Emma's hats): It's quite a small hat this time isn't it?
You think so? I thought it was very appropriate. But thank you all the same.
Sarah: But very nice.
But that isn't significant is it not, compared with what must be done in this world.
(Agreed)
Paul: Are there any particular countries at the moment that you are working with?
Well you know, it is so easy to travel the world—I can go from place to place in an instant. But yes, I am working in Africa a lot at the moment. And I think you will find that in time to come, these things will be told to you through your media (ah!)***. It is something to watch out for.***
George: Yes, our media are a little slow sometimes to pick up the real news.
Yes, but do not be too harsh. They do have agents that are there.
George: Yes indeed.
But anyway, it is quite a short visit but I hope you are encouraged by my words.
(General agreement)
Sarah: I was just thinking, the Arab women seem to be getting stronger too, don't they?
Yes, we have also been influencing the men, because they may have to change their attitude to women (yes)***. So there is much work to be done in that direction, and it is being done.***
George: And I believe we mentioned the wearing of the burka on your previous visit.
Yes you did, I believe.
George: I guess you would like to see that dispensed with altogether.
Eventually—it is something that has been around for so long. But you cannot make instantaneous changes (no)***. It is influence, it is understanding, it is many things. And I am not here to judge or pass judgement on any one race. My intent is that these women who have been downtrodden for too long be helped*** (yes)***. That is my task and that is what I will endeavour to do.***
Sarah: Well, I'd say you are doing very well so far.

And now, I will take my leave, because I am being called, unfortunately.
Lilian: nice of you to come again.
George: Thank you very much.
And it is nice to come to somewhere where there is equality.
(General acknowledgement)
George: Thank you so much for your update. That's good to hear.
That is most welcome—most welcome.
George's Notes:
Emma Hardinge-Britten (1823-1899): Last gave us a full update on her work on 8th October 2012; also popped in very briefly prior to Salumet on 14th January 2013. As Salumet has said, this lady continues to work tirelessly for spirit.
DNA Update: A brief extract from Salumet's visit of 30th July 2007 is as follows:
...I mentioned the scientific realization that 10 % of DNA has good purpose while 90 % has been referred to as 'junk DNA'.
May I interrupt and say to you, that your scientists will soon be considering another 30 % 'good DNA'—that is to come.
Well, a Press release dated 7th November 2013 refers to that part of DNA known by the acronym Crispr as having been previously thought of as 'junk DNA'. This is no longer so. This new realisation has been hailed as a huge genetic discovery that will lead to eradication of inherited disease and may be a further step towards a cure for AIDS.

~18th November 2013~ SALUMET

http://www.salumetandfriends.org/resources/18thNov2013+Salumet.mp3
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As always, I am happy to see that we have here with us dear ladies who wish to seek and search still—and I am sure that you are with me in extending a welcome to them.
(Affirmed)
It is always welcome to people who wish to find more—who are seeking for themselves and who are prepared to unite with those of like mind.
(Slight pause)
I feel just a little fear from the older lady.
Lilian: Understandable.
And I want to reassure her that there is no need. She is quite safe with us, and I hope that she will take our love from all within this room. As always, I will give them the opportunity to ask any questions that they wish.
Lilian: Have you a question Jan?—Hazel?
(Pause)
George: Or would you prefer to get acclimatised first and consider if you have a question later?
Jan 2: Yes, that would be lovely thank you.
It is, as happens so often, *(Chuckles)* **yes, when the opportunity comes, it is a little different I feel, from what you are used to; but nevertheless, we bathe you in our light. As always my dear friends, we are approaching yet another one of your Earthly years, and as you know, I take my leave of you at this time. But I will say to you that there will be two more visits before I depart from you** (wonderful!)**. And hopefully, on one of those occasions we will have some new information for you.**
(General appreciation)

George: Yes Salumet, might I say that you gave us interesting information—I think it was several years ago. You indicated that 30 % more of the DNA that we humans—scientists—considered to be 'junk DNA—you indicated that 30 % more of that would be out of that junk category. And this last week I read in the paper that a big step forward has been made, and DNA that had been considered junk before, is now seen to be very useful indeed in accurately dealing with hereditary genetic defects. And so, you gave us that information and it has come to pass since. So I take delight in mentioning that to you.

I always my dear friend, I know that these words that I give to you will eventually be given back to you in some form. The difficulty as you know is the *time* issue (yes)**; because your Earthly time and our time could not be more far apart.**

George: And that DNA has been designated 'Crispr DNA'. *(Titters)*

It really matters not to us what names you humans give to it. But I have to say: The knowledge is here and can be given whenever those of us from spirit are willing to do so. So, although you say I did impart this knowledge to you a number of years ago, to us it is but a blink of the eye. But I have told you my dear friends that you will always have some confirmation of what I tell you (yes) **and I am pleased that you are happy.**

George: It's very nice for us to come across these 'truth endorsements', if I could use that expression.

Yes, of course, the people of your planet do so much good work, but they do not have the knowledge that we in spirit have, and it is only when someone, or groups of people can be influenced, that the truth will show itself—you understand?

George: Yes. While we are on this topic could I just mention that which we refer to sometimes as 'all-knowledge' **(all-knowledge)**, I think I would be correct in saying that that is also known to some as 'Akasha'?

Yes, of course (ah)**. Yes—all-knowledge. In a way it is misinformation to use the word 'all'. How can there ever be *all* knowledge, when energy is ever-changing? So, in a way, it is a false name. But, as you know, we have to use phrases for the understanding of your Earth.**

George: Would 'all-knowledge *to date'* be better?

'To date'—that would be much better, yes. Of course we can only impart what we ourselves know; this I have told you also. That is why you have so many contradictions—from spirit world you say there are many contradictions, but that is not quite true. It is only that people can impart knowledge that *they* know as truth. It does not mean it is wrong, only that it is the truth for that time (yes)**. That makes sense to you?**

George: Yes, I can see that *time* has to be involved in this.

Yes of course, *time* is a difficult topic for Earth people to understand. You are fine by your clocks and your times, but when it comes to spiritual time it is most confusing. You would agree?

George: Well I think I would be right in saying that there is no time in the deeper spirit **(no, of course not)**, but there's a memory of time in some sections of spirit.

Even 'memory of time' takes eons of time if I may say so. Most (in spirit) are not aware of the time issue, they are only aware of 'being'. You understand?

George: Yes, and I think I also understand that the creation that we know is a 'space-time creation' **(yes)** and that really says it **(yes)**, it concerns space and time.

Yes, yes we have touched on this before have we not?

George: Indeed.

Yes of course. Now, do we have any more questions?

Jan 1: Yes, I have a question Salumet: From a spiritual point of view, is it possible to have hypersensitive empathy toward somebody else's pain, who is close to you?

If you have a strong spiritual connection, then of course you can feel another's pain; you can live another's pain. But it is all to do with the spiritual connection of those people. I would say most people do not have that connection. But you have those connections when you have your 'soul mate' for example—where that energy has come down many lifetimes; and sometimes that bond cannot be broken. So, when one suffers pain, then the other feels and is most sensitive to it.

Jan 1: So that's quite rare then is it? It's more a physiological—

It is—I would not say *rare*, but it is not the *norm*, as you would say—it is not the normal way of things. Every one of you as human beings has some empathy with your fellow man, but I believe you are speaking of a much deeper sense (yes I am)**. Yes. Sometimes it can be an unresolved question between the two people** (right)**. Letting go of pain—it is something that can be worked upon in one lifetime.**

Jan 1: Well I've pondered on it just recently. I've experienced it—feeling pain of people around me twice in the last 24 months—Lilian, when she was experiencing heart problems—I had a short period of experiencing the same sort of pain, which went as soon as mom had her heart operation; and now with my father with bone cancer—I seem to be struggling and having the same sort of pain that *he* is experiencing. I don't want these pains, but I'm just wondering if I'm actually picking up in a sensitive mode—

Yes ,where you are speaking of our dear lady friend here—that is a spiritual bond that you have because you are united here, and the power between each one of you can be utilised in that way. So the empathy you *feel* is very strong. The situation you speak of with your father is a karmic one.

Jan 1: I did wonder that.

Yes, I know you did. It is a karmic one and it is something that you have to, in this lifetime, *'suffer'* if you like (yes)**. I do not like that expression but it fits aptly for you.**

Jan 1: You are just confirming—

—Yes, what you are feeling.

Jan 1: And what I already knew.

Yes, it has to be worked through—this life.

Jan 1: So is this—

Just go with it

Jan 1: It will pass?

It will pass.

Jan 1: So what I'm doing—I'm not doing anything detrimental to my own health at the moment?

No, because it is mainly on another level. You are feeling it physically, but you are experiencing it on a spiritual level.

Jan 1: I don't know why—it's just nice to have your words to confirm what I have been feeling—I *knew*—

Each one of you knows why these things happen, but you are either afraid or you wish to block it from your minds; and the better way to treat this kind of experience is to work through it. You will be fine.

Jan 1: In some way I am becoming stronger through the pain.

You are learning, *yes*. No experience upon this planet should be fruitless. Every life experience that you have should mean something. You should grow spiritually. Do you understand?

Jan 1: Yes I do.

Lilian: That's something we tend to forget.

Yes, you become too absorbed with the human side of life; and how often have I told you, my dear friends, that you must always look to the spirit for your answers. You know all of your answers, but you do not utilise it.

George: Perhaps I could mention that I have read about Australian Aborigine people—about what is termed 'pain sharing'.

Yes, which is in fact what is happening with this dear lady friend (yes)**. She is taking on the pain of her father.**
George: Yes, and does that reduce the pain of her father as the result of sharing?
No, because she is fearful of it. She is fearful for herself and for her father. If only she could let go of the fear, it would be much better.
Jan 1: Well now you've confirmed what I was suspecting—now I can let that fear go **(yes)**. I wasn't *sure*—deep within me I was—I knew, but the personality, the one that comes to the front— me, Jan, wasn't **(yes)**, if you understand—I know you understand! So now you've told me that, I can let that fear go **(yes)**, that I don't need to take on this pain.
You do not need the pain
Jan 1: I can let it go.
You have to allow your father to experience his own pain in order that *he* grows.
Jan 1: Yeah. I now know also why we've been brought together as a family—why I chose them **(yes)**. That's all just becoming so clear.
That is good. When clarity comes then life is easier for you. So often, my dear friends, I tell you: Do not be afraid.
Jan 1: No, you've told me that in the past so much and I can let this pain go now.
I know it is easy to use words—to give you words of what you must do, but the *healing* comes when the *recognition* comes, and that is what you are about to do.
Jan 1: Wonderful, thank you. I have felt rather stuck I must admit, not knowing what to do.
Do not be fearful. Let the fear go. You must allow your father his time (yes)**. I know, as human beings, no one likes to hear those words. No one likes the word 'pain', no one likes the word 'fear', but I have to tell you, my dear friends that they go hand in hand.**
Jan 1: In fact I know, on many occasions since he's been poorly, however long he's got, I've actually said to people both those words in a sentence: 'I am fearful for the pain he will suffer,' **(yes)** and I'm taking on that fear and that pain follows. **(yes)** So I understand that completely. It's almost like you have to be careful what you wish for. Yeah, I can see that. With mum (Lilian), it was one episode where I took on her heart pain **(yes)**. I've thought of that lots of times, whether or not it was just our connection.
It is your spiritual connection, yes.
Jan 1: Well, I can't tell you how much better I feel, so thank you very much and I'll try to let the fear just dissipate.
Yes, this does not apply only to you, but to each of you in this room.
Lilian: Yes, seeing people suffer.
Yes, and no matter what some people assume, we do not wish any of you to suffer unnecessarily. But now my dear friends, I *will* take my leave of you and allow others to come. So as always, I leave you cloaked within my love. And when we come again I will bring more to you.
(General thanks)
George: Thank you so much. Our love goes with you.
There followed clairvoyant messages for Jan's family via Eileen, the details of which Jan declared made good sense. Then a rescue via Eileen counselled by Lilian:
http://www.salumetandfriends.org/resources/18thNov2013+rescue+8mins.mp3
Rescue: This was the rescue of 'Joe' who was waiting in a field for a fireworks display to start. It was late starting and he was a little 'fed up' about that. He continued to wait in the field—as he thought. Lilian explained about physical death and moving on and how some needed a little help. Joe was age 32 was subject to headaches and had not seen a doctor. "They only give you pills, don't they?" A little more talk and he was seeing his uncle waving from spirit and waiting for him. "Do you know?—I really thought you

were talking nonsense and now I can see them." He declared that he felt like a bubble floating and happily moved forward; also declaring his intention to come back later and speak with Lilian about his new life in spirit.

George's Notes:

SALUMET TAKES LEAVE: Earth energies through the festive periods of Christmas and New Year are so different, so that the communications would not be quite so straightforward. This period also is opportunity for Salumet to retire temporarily to his domain—I guess this is not exactly a 'holiday' or a period for 'conference' or for 'regrouping'—these are Earthly concepts, and Salumet's return to Angelic Realm would not really be describable in terms of our physical living.

JUNK DNA: Scientists had been referring to that 90 % of DNA not appearing to have purpose as 'junk DNA'. We had suggested that this would eventually be found to have good purpose. Salumet had replied that you only have to think of all those seers and mystics—they are using more than just the 10 %. That statement was made during the meeting of **30th July 2007**. *And when this subject was first broached during that meeting, Salumet had said:*

"May I interrupt and say to you, that your scientists will soon be considering another 30 % 'good DNA'. That is to come."

That time has now come. That part of DNA known by the acronym as 'Crispr' has been hailed by DNA experts around the world as a milestone in medical science. Crispr can permanently alter the genome of an organism with extreme precision. The principle will have many applications including the elimination of genetically inherited disorders such as Down syndrome and sickle-cell anaemia.

~25th November 2013~ SALUMET

On this occasion we were pleased to have 'Jon' sit in with us:

http://www.salumetandfriends.org/resources/25thNov2013salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always, I am happy to join with you all this time. We once again give a welcome to one who is seeking, and I would say only this to you all: that the work that you undertake, my dear friends, reaches far and wide to many. For this, we in spirit are eternally grateful, because so often in past times has the 'truth' been discarded as 'nonsense' or as 'an ignorance,' so it is so wonderful that this time in your history, that the truth is being recognised.

George: Yes, we are all so pleased to observe that, and it's wonderful that the truth comes to us—especially from you Salumet, and it seems to be added to from various other sources as well.

Yes, I have said that anything said by me would be verified throughout your Earthly planet, and I believe this has happened on many occasions (indeed!)**—yes. I did want to say to you this time, that many great advances are being made at this time within your world—advances not yet known, but which I can tell you my dear friends, that in the medical world there will be great advances; advances as yet, as I have said, not known to you. But within the next five years of your Earthly time, they will be forthcoming.**

George: That's very good news.

And disease as you know of it now can be obliterated.

(General surprise at this)

I am not prepared at this time to disclose details to you, but I would like you to remember these words.

George: Yes, I came across the news of one advance today, Salumet, and that concerns the Antarctic 'Ice Laboratory, which has been placed about one mile below the Earth's surface. And it is able to receive and

detect extremely high energy neutrinos from 'events' in the universe—very much higher energy than can be produced from neutrinos on this planet. They are believed to originate from black holes and exploding stars, and they travel in straight lines, being neutrinos and are not put off-course by matter that is nearby or in the way. So this will lead to precise mapping of certain things in the universe and I believe that will lead to much better knowledge of black holes and extremely high-energy events in the universe. I don't know if you would have any comment on that?

My only comment my dear friend, is that it is proof of the interconnection between this planet and all that exists outside of it. You cannot separate these events, because *all* are interlinked. And of course, there will be more advances made for the betterment of mankind. So those advances have been in the making for quite some time. It is not unknown to us of course, but for you people of the Earth they are new beginnings.

George: I think we are feeling our bonding with the rest of the universe more and more.

Yes, that is as it should be. You should not separate what is happening in your world. You should keep *all* things in mind as far as Earth, its neighbours and space are concerned.

(Pause)

You do not sound convinced—

George: Oh yes I *am* convinced! I was just—

You were using your brain-power.

George: *(with a chuckle)* I was just considering if our guest here would like to ask a question of you.

Of course!

George: Do you have any questions Jon?

Jon: Well I was thinking on the way here—you've probably been asked this before, but people are always speculating about Mars. Is it habitable or is their life? Do you have anything to say about that?

Only in as much as what you call life is not what you would expect to hear from me. Of course, on many planets there is life. It may be basic life but it is still life. And just the fact that planets exist is a form of life energy. So that is my answer to you, dear friend (thank you)**. Yes, I know that man is looking for what you call 'other humans,' but they will not find those just yet on Mars.**

Graham: There was once water on Mars **(yes)**, and there is this idea at the moment, that where you find water, there is definitely the possibility of a type of life that we understand.

—Because within water there is so much 'energy of life'. That is why.

Graham: Is it possible for life to exist outside water.

Of course—but not life as you would recognise it. That is for another day perhaps. You have to view all of these events and happenings with the spiritual eye. Once you try to analyse with the human brain, then it all seems very complex. So, as I am always saying to you my dear friends: simplify the way you think—use that spiritual eye and you will be much rewarded.

Sarah: When Bonniol came through once, he told us about beings like 'mushrooms on one planet, and they did everything just through their 'power of thought'—through their minds; so that was what you've been telling us what we are, but much more physically simple form, but their brain—the mind was stronger probably.

I have told you from the very beginning that your mind—the power of your thought is the most important thing that you will ever possess, and that it is up to each individual to use the power of the mind in the best way that he can. But you must never forget that you *have* that power—you *have* all-knowledge, if you so desire. And you mustn't forget this.

Paul: Going back to your information about the medical advancements within the next five years—

They are happening now, but within five years there will be great advancements.

Paul: I guess gradually, the human life span is going to go up and up, with all these advancements?

That is what science is hoping for. Of course it is possible, but I would not say that it will increase by too much—not at this time; partly because of the negativity that exists in your world.

Paul: Yes, and possibly also we are so conditioned to live to a certain life span. It may take time to gradually change that mind-set.

Yes, and may I ask you why the human being would want to extend a life, when the body is not so good? What is so wonderful about keeping a diseased body on this planet?

Paul: Yes—if you were old and healthy it would be okay **(yes)** but if you are not—

And the way to remain healthy is to use the mind. So, you do not need all of your doctors and medicine for this.

Sarah: That's what I was going to say, you've told us we can cure ourselves with the power of thought.

You have the ability—yes. Unfortunately, people do not recognise it, and that is not to say your doctors are not needed—of course they *are.* They are healers—they are here to help others. But I would say my dear friends, think always of your own minds and what you can achieve. Are you happy with that answer?

(General agreement)

Mark: I was just wondering whether the medical advancements would be made to benefit people in general, or whether people would make a lot of profit out of them for people with money?

There is always that risk of course and that happens quite often in your world today. But any advancements in medicine should be for *all* of your people. But of course greed still exists and it is up to each individual to go forward with the right mind and generosity of spirit, in order that all people in your world benefit.

George: Yes, in a sense a true medical advancement would relate to getting us to understand ourselves better, so that we don't fall ill.

Exactly—I repeat my words: you use your mind. The mind holds the answer to all things.

Paul: I was thinking that if we can develop this mind, we won't need doctors.

In an ideal world that is what it should be, but of course being on this planet, means it is not an ideal world, and the purpose of coming here is of course to *learn.*

Sara: We can influence others **(yes),** but real self-knowledge, in my experience, takes a long time **(of course),** and children, they go through the process of learning and acquiring, and sometimes rebelling; then perhaps changing their mind. It's quite a lengthy process for most human beings, but still for those who know more, we can always influence and help and continue our own journey of acquiring more.

Yes, I would say the influence begins when the child is born, because they come to this world full of knowledge, even though it is not obvious. Children can teach adults—if only adults would listen (yes)**. But yes, I understand your words, and for the average human being in your world it takes quite some time (for them) to understand themselves.**

Sara: Yes, there are exceptions to the rule **(yes)**, but I agree, children are very open until a certain age—as you've said before—they are close to spirit **(yes)** until they're maybe 7 and certainly they show many abilities.

Yes, and then unfortunately life's influences are upon them.

Sara: They go to school.

Well, they enter the world that is around them. That is why you should nurture your young ones—allow them to be themselves, because ultimately they *know* themselves, even at very young ages, yes.

Mark: Working therapeutically with children is very eye-opening—you learn a lot from the children, and it's very sad now that children are being given drugs instead of therapeutic help these days, more and more.

Yes, but that is up to every individual to recognise themselves, and then they can help others. That is how you should live life. You should understand and you should give forth the information that you

receive, in order to help others—not only children, but those who are spiritually lost within this world. Sometimes it takes only an indication and they can move forward.

George: I don't know if you can shed any light on this at all Salumet—but there has been mention in the past of a very good cure for a number of forms of cancer. And that item was listed in the United States Pharmacopoeia for many years, until the time of prohibition, when it was removed. But 'cannabis oil' was listed as a very good treatment for a number of types of cancer and a number of other medical conditions. But it has been made 'illegal'—its growing and its use. So it isn't available to vast majority. But it would be nice to know how effective that plant really is or was. And I can see from its chemistry that it would boost the protective chemistry of our bodies and would help in several cancer situations. I don't know if you have any comments on that, Salumet?

I do indeed have comment for you. First of all, I will return a question to you. And there are many diseases within your world. But the one that you mention—cancer—is one that many people still fear. What is a cancer?

George: Yes, you have told us something of this in the past **(yes).** This is where the cells—'go mad' I think is an expression you used.

Yes, well I wish you to hold that thought, and then to let me say that all the treatments within your world, have use in some way or another. It is either use or abuse. That has always happened with mankind, that whatever has been given to them from our world, they either use for good or for something that is abusive.

George: Certainly the cannabis has been misused.

Yes, but what I wish to say is that all of these things used properly can help the human body.

George: All these herbal things—all these plant-derived things?

Yes, and the medicines that are man-made so to speak, all have their use. But what I wish to say my dear friend is that there is a much simpler answer to your diseases of the world and I am returning again to what we have just discussed. I am speaking about your *mind.* After all, as I have said previously, what is disease? Break up the word, and you have dis-ease (yes)**. You must look to these feelings and emotions before you embark upon a trail of medicine.**

Sara: I think Louise Hay has helped people a lot, with mental affirmation to help people with disease, and I think she has helped people to correct their thinking specifically about different illnesses—to assert a more positive way of viewing their body. It's not the whole story—it's a negativity of the mind usually that causes the stress—the anxiety.

And that is why affirmations would work, because they are positive, and you are making positive statements. So yes, I would say, that is a positive thought.

Sara: Yes, I think it helps, because thinking about children again, when they go to school—I'm only conscious of this because I have a teenager who has experienced this sort of negativity at school; and I think Louise Hay talks about loving the body in detail, and it's just that this sort of thing is quite powerful, because it offsets the negative remarks that children become influenced by when they are out of their comfortable environment **(yes)**. So I think the affirmations are very helpful to empower the mind.

To simplify this I would say only that human beings have two choices. Positive and negative are the two faces of the same coin. All that the human being needs to do is to choose the correct side. It is as simple as that, and I cannot make it more simple for you. But, as I have told you in the past: responsibility lies with yourselves.

Jon: When you speak of an advancement in medicine, it seems to me that *mental* health is more of a problem these days than physical health, and mental ill-health causes physical ill-health **(yes).** So therefore, surely the way for people to improve their physical health is to improve their mental health.

That is exactly what I am saying to you.
Jon: And can I agree with you then. And currently the problem we have particularly with people in the West is that we are just being medicated **(yes)** more and more and more, and they are moving away from their spirituality or wellbeing.
That is why I say that treatments are either for use or misuse/abuse, and again it is up to every individual to make their own life choices. Of course medicine and herbs and whatever name you give to these things, have a positive aspect. But if you had the power of your mind, these would not be necessary at all. But mankind at times has the need to feel useful, when in fact all is within. It is such a simple message and I cannot stress it to you often enough.
George: Yes, so the mind approach is the best.
Yes, because if the *mind* was strong, if the *thinking* was good; then the body does not become diseased.
George: And the medical approach—
The medical approach is needed at the moment, because there are many people who do not believe in the *mind.* They cannot separate the brain and the mind—that is the problem.
George: Yes, when they can't get the mind right then the medical approach is what's left.
Yes, and sometimes it takes disease of some kind for the mind to focus. You understand? (Yes.)
Sometimes that happens in order to help that person move forward.
Mark: And I guess that's why the placebo effect is so strong **(yes),** because they've already focussed themselves **(yes),** then they are given the tablet and it appears that the tablet has healed them, when they've actually healed themselves.
Yes—that demonstrates does it not, the power of the mind, in those situations? Yes.
Jon: What's interesting is the doctors seem to accept that the placebo works, which it clearly does, but they don't really advertise the opposite, that if you can make yourself better you can make yourself ill. They don't seem to focus on that at all.
No—I agree, but at the same time, they are so focussed on doing their work, that they cannot see anything outside of themselves in curing people—that is the problem. But I would say that the doctors in your world mainly have a very good heart and wish to help their fellow man—you have to remember that also.
George: And the spiritual doctors—
Have a busy time!
(Chuckles)
George: —can see so much further.
Yes, *all* comes from spirit and again I will say it is again the way the information is used that is important.
George: Yes, I was thinking of those spiritual doctors who work through a medium, like St. Paul working through Ray Brown **(yes)** —they can see so much further than material doctors living on the planet.
Of course and that has been chosen by many people to do in your world. They are either accepted or ridiculed; but no matter, the spirit will work on to help humankind—that is the main task. Ridicule matters not—you cannot argue with spirit.
(Chuckles)
George: I think a factor is that such doctors are able to see the energy connections and channels of the body, which Earthly doctors cannot see.
But that is because they *are* spirit (yes)**. You see? There is no problem in that. Spirit sees spirit and looking at the human being, which after all *is* spirit—after all—you have to accept that it is no problem for them to see spirit** (yes)**. But there is so much we could discuss—but what I wish to leave you with is to think again about the power of your mind. It is something that you can—when you speak with others, bring up the subject of the *mind*, because too many people still in your world think that the brain and**

the mind are one (yes)**. And when you are on Earth of course, the mind and the brain are as one, because it has to be; the mind has to use the brain, because you have a human body. You understand?**
George: Yes, I feel that we should be, and some people are seeing the brain more as a biological computer **(yes)**, which is *loosely attached* to mind.
Yes you could put it that way if you wish, but I want you to focus more upon the mind—where all knowledge is stored.
And now my dear friends I will take my leave of you. I will be with you just once more, before I take my leave for your holiday time. So, before I leave I wish to say to our dear friend who is leaving us for a short time that we will keep you safe.
Paul: Thank you! *(Paul is off travelling to Peru and Bolivia on Wednesday)*
Now, as always as I leave you, I cloak you in our love.
(General fond farewells)
George: Thank you so much Salumet, for being with us again. And concerning mind, I feel you have taught us well.
There then followed one who had come through previously as a rescue and wished to come back and thank Lilian—Audio link: http://www.salumetandfriends.org/resources/25thNov2013-previous+rescue-moreen.mp3
Lilian: Good evening, welcome.
'Ello dearie! Remember me?
(Lilian asked for a name)
I can't remember the name I gave you, my name's Maureen now.
(She added later that they don't use names much—they're not really needed. We had a few chuckles)
I wanted to come back and thank you m'dear for helping me over.
Lilian: Oh I see.
Remember?
Maureen went on to say how quiet we are and she thought she'd come to a place of the dead! And when I said it's nice of her to return she declared:
You was a bit of trouble weren't yer.
Maureen is one who enjoys repartee and a laugh, and I think she was a lady who was living rough at the time of her passing, under a tunnel. And when we had first talked of spirits with her, there was some confusion with whisky and gin! But she now concluded:
I have to thank you such a lot—all of you.
(She enjoys the company of others where she is)
George: So you've met up with your loved ones over there?
I have indeed dearie, yes I have. Yeah it's wonderful—absolutely wonderful. Yeah, I can't explain it, it's just too wonderful.
(Maureen went on to explain that she felt she must come back and thank us for the helping hand that was given. She was met by her little dog. In returning to give thanks she has of course done well, and Lilian said so.)
George's Notes:
MEDICAL ADVANCES: In summary then, it seems that there will be a huge change within just five years. Whilst medicines are still needed at this moment, once the realisation that MIND can end illness is properly understood, then that may be the end of the medicine alternatives. That, together with Crispr DNA therapy mentioned last time and adjustments of DNA-spirit interface may have something to do with Salumet's words.
LOUISE L HAY: So affirmations work and two LLH daily affirmations are: 'Today I am moving into my greater good.' + 'Changes can begin at this moment. I am willing to change.'

The IceCube Laboratory – Amundsen-Scott South Pole Station: Extremely high energy subatomic neutrino particles from deep space are being detected in a giant ice cube positioned about a mile below the surface. The basis of detection is the 'Cherenkov Effect', named after the Russian scientist who was first to demonstrate—light and neutrinos travel at slightly different speeds in different media. Their speed is slower in ice than in the aether or air. On slowing in ice, a glow is produced so that their detection becomes possible. The path of the neutrinos (which are not deflected by matter) through space will be known so that their origins can be pinpointed. Neutrinos from deep space sources are billions of times more energetic than those emitted by our sun. This project could lead to much improved knowledge of black holes and high energy events in our universe—all part of our universe connections.

~13th January 2014~

This may well have been an exercise to hone us into good shape for the coming year—but also, in itself, an interesting spiritually guided meditation: http://www.salumetandfriends.org/resources/13thjan2014+medjourney+thru+Eileen+10mins.mp3

If you desire, I will take you on a journey. The purpose of the journey is to help each one of you reconnect with those in our world. So, may I begin?

Lilian: Yes, do.

I'm being asked to say 'welcome' to an old friend.

(It has not gone unnoticed that Emily, on holiday from Australia, again sits with us this evening)

I would like each one of you just to relax as much as you possibly can. Ahead of you is a beautiful blue diamond. Try to focus and to see it in front of you; and as it comes before you I want you all to slowly walk towards it—slowly, slowly; and as you do so, take a deep breath. Do it in your own time, and allow the feeling of peace to comfort you. And as you approach this blue light you should feel the warmth and the love of those who are around you. Take a moment to feel their love.

George: So we focus on the blue diamond ***(yes)***, we move towards it, we take a deep breath and we feel the love—

Yes, and if necessary, you can feel a healing—a healing for each one of you. I will leave you to discover what that feeling is. When you are ready I want you to continue through the blue light. I want you to feel how light you feel—how happy you feel—how unrushed you feel. Continue through the beautiful blue light. And suddenly you become aware that there are others around, although you cannot yet see them. Continue forward and look to either side. What can you feel? You become aware that there are others there, even though you cannot see them, but still they come closer to you. At this point, please look towards those you feel. Can you see who they are? Are they people in your present lives? Or are they people who have gone? Take a moment to discover who they are.

(Pause)

Now we come to a barrier—and here you have to make a choice. If you choose to go with the right hand side, they are people who have some part in your lives here on Earth. If you turn to the left you will find loved ones who have already passed. You must use your free-will at this point. Do you go to the right or do you go to the left. Once you have made your choice I want you to focus until you see a face. And to begin with the face will be very dim—very obscure. But continue to look and see who is there in front of you. Now I want you to use your spiritual wisdom to approach whoever this being may be—someone here, or someone who has gone. I wish you to speak what you know you need to say to these people, and when you have achieved this, you will feel so uplifted, so glad that you have done this and spoken to them. So now I want you to absorb the love, the light which encompasses you all. Feel what it is that you

have to say. You should begin to feel that tremendous love for you. And when you have, I would like you to turn around and replace your steps until you come back and you are aware of your surroundings. Bring with you the peace and the love. Feel the upliftment and be ready to show all of those people, the love and the thanks that you give to them. So when you are ready, open your eyes and feel the love. And we will remain silent for a short time.

(Discussing between ourselves afterwards, it seems that most of us chose left and had the feelings of the presence of loved ones. We sensed or saw the diamond image as very pale blue, quite large and facetted.)

George's Notes:

NEWS ITEMS: Salumet indicated last year that there would be 'influences' concerning political leaders and advances in medicine. The news items that follow may well relate:

1: Snowden Evidence: Euro MPs have voted 36/2 to invite whistleblower Edward Snowden to give evidence via live video link to European Parliament Inquiry into US surveillance by the NSA. Hopefully this will result in 'openness' that will shed light on this controversial matter.

2: Gene Therapy for Parkinson's Disease: Promising results are reported in a first patient trial. ProSavin treatment converts nerve cells into dopamine producers (which is lost in Parkinson's disease).

3: Improved Cataract Surgery: The new pulsed laser surgery is a great improvement over prior practice.

4: Bionic Eye: This can give useful partial sight to the blind—sufficient to ensure safe walking along a pavement.

5: Identifying Bacteria: Using mass spectroscopy, this can now be done in minutes (as opposed to days using prior laboratory procedure).

6: NeuroPace Device: This implanted device successfully controls seizures.

7: Hepatitis C: Sofosbuvir is a new much more effective treatment for hepatitis C.

8: C. Difficile: Canadian scientists have produced a pill that introduces appropriate gut bacteria to remedy the troublesome C. Difficile. Taking the pill is much nicer than injecting another person's faeces into the colon of the afflicted!

Other items: in the news of possible interest:

Polar Vortex: What has been described as a 'polar vortex' has been centred over a very large area of Canada and United States, reducing temperature in places to as low as -52^{0}C, sufficient to close airports and threaten life. One cannot help but wonder if this exceptional weather situation is due to the HAARP/chemtrail attempted weather-control program that we brought to the attention of Salumet last year.

Gassy Earth-like Planet Discovered: Planet KOI-314c has been discovered in another solar system at 200 light years distance. It is calculated that it is the same mass as Earth but is 60% larger. Scientists therefore think there must be much gas involved to account for its low density. It is very clear however, from exchanges with Bonniol and confirmed by Salumet, that there is a universal law: "As the spirituality of a planet increases, its density decreases". Our astronomers do not yet acknowledge this; so what they have discovered may be a planet whose beings have spiritually evolved to a wonderful degree.

~20th January 2014~ SALUMET

Lilian: Good evening Salumet and welcome. Nice to have you back again—

Good evening.

All: Good evening.

(Pause)

As always, I am happy to join with you all once more.
George: And we are very happy to receive you Salumet, in this New Year.
Sarah: And hope you had a break and rest back where you belong.
Thank you. I feel quite—as you would say—rejuvenated (good)**, because as you know and understand, it is not always easy to return to such a dense atmosphere** (yes)**. I hope each one of you has thought about my words about what you have gained in this past year of your time, and how much you may have grown. We will discuss this a little later, after I have spoken to you.**
(Brief pause)
I would like to begin this time, to speak about the children in your world. So much has been said and written about what you call 'millennium children'—that they have come with special spiritual gifts and so forth. I would like to say that at this time in your Earthly evolution—that all people, not only millennium children, take great pleasure in coming to this world at this time. Because we have amongst them so many wise souls, these children will grow and provide the knowledge and the wisdom of spirit. They feel honoured that they have been given this opportunity.
George: Perhaps it is we who are honoured. It is certainly very good news for us and for the planet.
Yes—I understand you feel that there is so much that goes on in your world—disputes, wars, famines; but let me say to you my dear friends, that this world is in a much better place than it has been previously. Besides all of your problems, this world is moving forward, and that is what we from spirit are trying to achieve. With the people who come to this world now, they will bring with them, as I have said, spiritual wisdom, which has been lacking for so long. Those like I who have come to help all of you on this Earth planet, feel that at some stage we will return from whence we have come in order that we may also go forward, and that is because of this great wave of love which is working to improve all life. I am sure, my dear friends, you will know and feel innately that this progress is a great achievement. So that is not to say that you can stand to one side and allow the children of the world to bring beauty into it. You all as individuals need to sustain that love and knowledge which *you* have gained, to help others and for those words of wisdom to pass to generation after generation. I hope that you agree with me.
Sarah: Well actually, Emily and I were just talking the other day about one of my nieces and how we felt how spiritual she was, and has she come for a purpose; so interesting that you say that now.
Yes—yes; it is not just a special group of children, as many have said or written; it is *all* who come from now on, who bring knowledge.
George: It feels to me like a big wave going forward and each and every one of us are part of it.
Yes you, as you know, waves can either carry you along or you can sink. That of course lies entirely with your free will again. So often I talk about your free will, but it is so important to you. Does anyone have any questions for me?
Sarah: I just wondered actually Salumet—you said that the world is progressing at a much better pace than it was previously. When you say 'previously' is that since the decline from when the world was quite a good place, and then it went backwards. So have we caught up now to the point where we started to go down and have we reached where we were before yet?
I have used the word 'waves' and I will use it again to answer your question. There always has been goodness and there always has been antagonism amongst Earth people. Many civilizations had great knowledge which they have lost for many, many reasons, which we have discussed over time. But I have to say at this point in time there will be a surge forward that will not culminate in destruction as has previously happened, over the lifetime of Earth. So in that respect there has been much progress made. And of course, what these new souls bring, is a new understanding—a new way of thinking—and that applies to ALL human beings, whether they be a new baby, a small child or an adult, and of course all

knowledge culminates when you leave this plane to return home. You will find over time that this knowledge will be sustained and not so much dissention from those who are spiritually lost.

George: We have another question sent in from M B, and I feel he has been helped—he becomes more rational, and his question may connect here. He is concerned and interested in where morals and morality have come from. I have felt that ideas about morality have evolved with our selves but they also connect to the love factor. I may be over-simplistic; perhaps there is much more about it. Would you care to comment on morality and where it comes from Salumet?

Morality as you know it of course is a physical feeling. So we have to separate once more, the physical from the spiritual. As you come into this world you are a spiritual being, but you come to this world knowing what lies ahead, although of course, memory is erased. Whatever pathway you take is entirely due again to your free will, whilst on this planet. So I would say to you only this: that morality becomes part of a person through the experience of life *here.* It is not something that is brought with you from spirit, because morality in spirit is not a question. You understand?

George: Yes—yes, I think that clarifies very much.

But I will just say that it is time this gentleman had time to go inward and think clearly, because he is very muddled by all things at this time.

George: Yes, I am aware that he does an enormous amount of reading, and quite possibly too much reading **(yes)** and this adds to the confusion.

Yes, he *is* confusing himself, and whatever reply is given to this gentleman; he has to find his own acceptance.

George: Yes, I thank you very much for that!

I hope that has helped a little.

George: I'm sure that will help him. I think he has already been helped quite a lot.

Yes, we can only but try. But of course, when we speak of free will, we cannot interfere too much. But I am telling you again what you already know.

Jan: With these new souls, Salumet—it strikes me that with these new souls in these children—I can see how eventually, the demise of something like the Catholic Church will happen, because innately those children would know, if I'm right—that fear is not something that they need to hold onto. You once told us I believe that this pope might be the last one—is that right?

Yes, I said the church would stumble—not only the Catholic Church but many faiths—yes.

Jan: And I can see why, with a new wave of thought and love, that's just so clear.

People over your last many years—I have said these words before also: people now think for themselves.

Jan: Yes, they don't need organized religion.

People do not *need* organized religion, but at one time they did, because of illiteracy and many other factors.

Jan: I can feel that this new wave of new souls, as you call them, that are coming through—that will be the wave that will no longer require—

Yes, it is almost like a cleansing (yes)**. It will either carry people along, which it will, but there will still remain those who falter. Your planet is still very young in its understanding.**

Lilian: Would it go back to following the teacher that was Jesus—following his words?

You should really not follow any leader. You are all spirit—there is no need for a leader. If you wish to speak of the Christian religion, do they not say not to follow idols? And this applies to all of your world, no matter what religion you follow.

Mark: Yes, because religions tend to be rather limiting. They don't seem to be very outward-looking. You told us a long time ago that there would be beings coming from all parts of the universe, to help us grow.

Lilian: That would certainly help.
Mark: Yes—the religions don't really help us expand our way of looking in that sort of way—
Unfortunately, some of your religions have power struggles.
Mark: I was listening to one being called 'Bashar'—he is from another planet somewhere in the universe. He was talking about different civilisations coming together—inter-stellar unions and sharing of ideas. It got me thinking that we are quite behind really—in that way.
Jan: We are a young planet, aren't we? I wonder how old they are.
George: I wonder if I might add a little piece here, which connects. There has been a message on the Internet, supposedly from an extraterrestrial source. And they wish to know if humanity will happily accept their presence—their revealing of themselves to us. And there is a request that we will vote on this telepathically. It occurred to me that you have spoken on the matter of extraterrestrials revealing themselves, and I just felt, if from time to time they request a vote from humanity on this, it might be a logical first step towards that. I wonder if you have any comment there Salumet?
When you speak of other civilisations, they are so far advanced in knowledge that your Earth planet, to many, becomes a curiosity, if I may put it so. So if you imagine this—shall I use one of your words —'quaint planet'—
(Chuckles)
Can you not imagine that they would be interested in individuals sending thoughts that they would like to take and to use and to make contact?
George: Yes, I can easily imagine that.
Yes, but what you have to understand is that many of these civilizations are *so far beyond* your understanding that it is not—how shall I say—it is understandable that, as human beings, most of you are afraid of the idea, when all that is trying to be achieved is that they make contact and try to understand *you* as Earth creatures. So I would say if you ever have such strong feelings, and you know from our own experiences that contact—mind contact—is indeed possible (yes)**. Yes, again it is a matter of your own spirituality and how far you wish to go. This is something that will not be hurried** (yes)**. You understand?**
George: Yes—thank you.
Sarah: So was that a genuine message, or was that—is it a genuine message on the Internet?
You wish me to speak?
Sarah: Yes please—thank you.
(Pause)
There is genuine communication but not on this occasion (ah!)**. But there *is* communication taking place in your world at this time.**
Sarah: Thank you for that.
As always with anything controversial, you will have *truth* and you will have ignorance. So I say only to you, my dear friends that you have gained enough knowledge now to know and *feel* what is right and what is not. But on this occasion, to the gentleman, I say: not.
George: Yes, thank you.
Mark: Could I just ask: it seemed to me that the individual known as 'Bashar' was a genuine matter **(yes)**. He seems to be genuinely interested in helping humanity to grow.
Yes, if something feels right, then it is right, and for this one I feel it is genuine.
(At this point Lilian asked permission of Salumet regarding a lady who wishes to sit with our group)
If all are happy then we will be pleased to speak with her.
Lilian: Okay, thank you.

And it is of course, good to speak to a dear one, who has returned for a short time, and I will say to her that her life can only get much stronger—much better as you grow older.
Emily: Thank you very much.
I know sometimes there are little doubts which creep in. At moments like that you must allow the light of love to enter within you. You understand?
Emily: Yes, I do.
Now, my dear friends, I am happy to be with you, but I will leave and let our dear lady-friend begin the discussion, and I will be able to know what is being said. So, as always, my dear friends, I leave you—I surround each one of you with much love and for some, much upliftment. But to all of you, I look forward to seeing you next time.
(General thanks)
George: A wonderful evening. Thank you Salumet, so much.
Apropos Salumet's request that we speak on how we feel we have grown during the past year, following a pause to gather our thoughts, we each made a statement. What follows is a condensed version of what was said:
Sarah: I've grown in my understanding—have not given as much time to spirit as I should. Emily reminds me sometimes. One can reflect and think: that could have been done a little better. But I have grown, thanks to Salumet and his teaching—with more time given to spirit I would grow even more.
Mark: In the last year I've been learning and life has not been so hectic and has been more effective—I have become more aware of own needs. This helps in appreciating others—more accepting of others. Like Sarah, I have become more aware of my own limitations—part of the learning. And I'm on the move!
Jan: What I think and do seems to come from a different place—spirit?—soul?—I still don't know how to describe it. There are moments of being a bit judgemental, but the minute you've said it, one feels whoops! I've been on an incredible journey, ending this year with losing Dad. But there's an incredible sense of growing. My spirituality is walking before me. I talk more of the wider picture. Sometimes patterns emerge. Acceptance has worked against fears. There is no need to be fearful. I can FEEL growth.
Serena: I feel more relaxed, more peaceful and more content and I do more meditation. Some people play out dramas but I am able to distance myself and not get too involved. Problems seem less real. And recently I am able to read more than I have been able to for a long time.
Emily: *Although living in Australia, Emily has been reading the transcripts and keeps in touch.* In terms of growth, there has been the learning of the meaning of 'forgiveness'. That has been a significant step, resulting in letting go of old things and freedom. Growth has resulted from love and ability to move forward. Finding that for me has been incredible. *And it was a rare treat for us to listen to an appraisal with an Aussie accent!*
George: The wider picture gets ever-wider all the time—pertaining to the universes and pertaining to life on this planet. I find I have a greater love and respect towards everyone, regardless of where they are on the ladder of development. I feel it quite important that there should be this 'oneness' with absolutely everyone being involved in that. I consider myself very fortunate that Ann has been through to us via Jan with speech. This is just a further endorsement of between-worlds interaction. For me, that was particularly wonderful.
Lilian: Becoming less judgemental has been important but becoming so much more aware of the love and help received from spirit has been the biggest factor this year.
Finally, there was a rescue—a lady was walking in the woods and lost. Lilian counselled and Jan had clairvoyance of the situation that helped to clarify:
I can't hear the birds. Where are they?

Lilian: How long have you been walking in the woods—some time?
I can't remember—a long time. And the leaves are down. All I hear is the crackle.
(Lilian explained about spirit and the need to move on to the next stage. The lady declared that she felt so well, and Lilian explained that she would feel well because she now has a new spirit body. Jan now began to receive clairvoyance. The lady had not died in the woods. She liked the woods and she, now with spirit body, had moved there. It was a first step but she now needed to go further.)
Jan: It's not where she died—in the woods ... she can't get to where she now needs to be.
Lilian: You did enjoy being in woodlands, didn't you? ***(Yes.)*** Well, if you look forwards, you should see a light ahead of you—faint at first.
Now I see many lights. I can see lots of lights.
Lilian: That's good; so quite a few people are waiting for you, to take you further.
Why don't they come?
Lilian: They will. You give them time and you'll see them more clearly.
Jan: They are waiting for you to accept. They were calling you but you kept trying to walk the other way. Maybe you couldn't hear them, like you couldn't hear the birds. The birds are there. You need to open your ears now, and you'll start to hear them. Just concentrate more on the sound.
Will you come?
Jan: I don't need to come with you. Lilian has been helping you. You need to go a little bit further sweetheart, because you've gone so far but you haven't gone far enough.
Lilian: It's what happens to all of us—we all have to die.
(Lilian went on to encourage her to move forward and to meet the other people, asking who she would like to meet)
Well there are lots of people I would meet.
Lilian: That's lovely.
For me?
Lilian: Yes.
Jan: Is there a 'Jim' waiting for you?
That's my father.
Jan: Ah right! He's definitely calling you. Jim's calling you.
Ah! I can see! Ah!
Lilian: You can see now?
Yeah!
Lilian: Try not to get too emotional. I want you to go with them.
I can see 'Patch'!
Jan: Your dog 'Patch'.
Oh! I want to go. I want to go!
Lilian: I'm sure—so we'll let you go.
You come with me?
Lilian: We shall see you probably soon, but we just have some more jobs to do—to help people like you—just a few more.
Jan: You have a nice time.
Thank you. *(And to Lilian)* ***Your hands are warm.***
Lilian: Yes, I think it (energy) was drawn to warm you up.
Thank you. I've got to go, I've got to go!
Jan: Bye!
George's Notes:
So it is wonderful that we now have Salumet back with us again, and that he has consolidated the picture for us of our planet moving forward into better times. The details of Earth's extraterrestrial connections,

the influx of new soul material and the 'new thinking' that pertains to all of us—already sensed by some, is indeed good news.

~27th January 2014~

Our evening began with a rescue via Eileen—as will become evident, a rescue with a difference, concerning so many young people conscripted into the carnage of World War I:
http://www.salumetandfriends.org/resources/27th+Jan+2014First+WW+rescue+10mins.mp3
Lilian: Good evening.
(There followed a pause and Lilian enquired if we could help)
I don't think you can. I don't know—
Lilian: You're not very happy.
I'm certainly lost and don't know where I am. I know I'm dead.
Lilian: Ah, fine.
It's what that man was saying about young soldiers. I wanted to tell him—just 'cause you're a soldier—doesn't mean you want to be fighting.
Paul: Yes I'm sure—
I was conscripted and had to do that; and I hated it—HATED it.
Lilian: Yes, I know a lot of people did—army people—
And I can't move on, I just keep thinking about it all the time—the death, the destruction—the waste of life.
Lilian: What war were you involved in?
They're all the same to me now, I think it was the first one—first big one. *(First World War)*
Lilian: Yes, it's just that on the Earth now it's being remembered.
Yes, I hated it with a passion.
George: Yes, we can well understand your feeling.
You see, it wasn't only the fear of being killed by your opponent—it's the fear of your own killing you, if you spoke out (yes)***. It's a terrible fear to live with. I can't forget it. It's like a film that's got stuck.***
Lilian: Do you think it's time to move on? Do you feel you would like to move on?
I want to but haven't been able to.
Lilian: I'm sure you will be able to.
I've listened to people telling me that, but I just can't; the memories are too vivid. What can I do?
Lilian: Well, it's a case of almost forgiving yourself for something that you didn't really want to be caught up in, isn't it?
George: We have to forgive the past, that's part of growing.
How do you do that?
Lilian: Have you thought of talking to someone—another soldier who was on the other side to you, who I bet feels the same?
George: How old were you?
Nineteen.
George: Yes—
Lilian: A little bit resentful as well?
Yes.
George: Well at nineteen you've barely had a chance to work out spiritual values. At nineteen, one is told to do things by elders, by politicians or whoever. And this has been a tragedy of our earthly ways, but you can't take on the responsibility of those who TELL young people to go to war. You can't take on that responsibility.
Sara: You can't really blame yourself when you were conscripted, and were living in that age when you didn't really have a choice.

But I still feel so much hatred.
(Jan now at this stage began to have clairvoyance)
Jan: I don't think this young man blames himself, he knows that. He can't get rid of the visions. He can't move on, because he's taken those visions with him. They are telling me that he can ask to have those visions removed actually—and they will wipe that memory temporarily, so that he can move forward to the next stage. But he needs to ask to have that memory erased.
Lilian: Think of the people you are going to help on your way. You'll probably feel a lot more people like you all around you, wishing to move on like you do.
I'm not the only one** (no). **There are hundreds.
Lilian: Well if you can move forward and start to help other people, they'll be doing the same.
George: Do you remember the year date?
Jan: He was in the First World War, but I don't think he actually died then. This is a memory that he holds.
I survived the war.
Jan: Exactly, but he can't get past these dreadful scenes in his head. Now, he's come with at least 50 or 60 others tonight, dealing with the same affliction. This is a multiple rescue and they are to be told that they need to ask for the help.
George: And love—can we send them Love?
Jan: Yes—they have to ask collectively and they need to ask spirit that their memory temporarily be erased with love, so that they can move on to the next stage, where they can be helped, because where they are at the moment, that help can't reach them.
(Pause)
Jan: Okay? You don't need to hang onto these feelings, you know that? We understand that it's the human emotion and human memory that's preventing you from moving forward. Okay? So you need to ask those people who've been coming close to you from spirit, where you are, that you will take the next stage and be helped. Is that okay?
We all want that.
Jan: Now, I'm being told that the lady sitting next to you *(Lilian),* should put her hand on your forehead and be the first stage in that process, because that hand on your forehead and feeling the physical contact is going to help with the removal of those nasty, nasty memories, okay?
Lilian: And we do understand. So if you can do that with some help.
Thank you.
George: Yes and we understand and we feel for you all.
Paul: Yes and you have our love and absolutely no judgement.
Lilian: And imagine the ones that you can help afterwards; that will be the healing. Okay?
Yes.
One then came through Jan briefly to explain why she had to say those words, which were being given clairvoyantly during the rescue.
Lilian: Our love will go with you and we will remember you in our thoughts, which will hopefully help you along the way as well.
Thank you.
Lilian: What did you say your name was? Did you tell us?
Alistair—my friends call me Ali. You remind me of my mother. Thank you.
Lilian: You're welcome—it's just nice to help someone.
A control then spoke through Jan:
You've not only helped this person, but you've helped the others that came with him this evening. I thank you very much.
Graham: Wonderful!

Paul: Our love goes with them all.
Of course—they understand, thank you.
Some chat followed and we felt pleased that so many had been helped on their way forward. Then, following a quiet period, another was with Eileen:
Lilian: Good evening and welcome.
Good evening.
Lilian: Nice smile.
You do not know me, but I know of you (oh)***. Yes. My name is Beatrice, and you had connections with someone I knew*** (yes?)***, and I've been told that it is one of your Earthly birthdays*** (yes)***, and I've come to wish you 'happy birthday!'***
Lilian: Oh! Thank you very much.
(It was indeed Lilian's birthday, and our friends in spirit know!)
Lilian: Can you say the name of the person that we both knew?
Leslie! How could you forget?
(At this disclosure we all spoke at once and quickly asked after our Group Founder)
As usual, he is very busy, going here, going there—working—he never stops.
Lilian: I can imagine.
George: And spending some time in the Halls of Learning, I imagine.
At times yes, and he's still rather stubborn!
(Laughs)
And I have met with his second wife—you knew?—(yes) ***Ruth? And at times she found him quite stubborn too. I could have told her so.***
(Laughs)
Oh dear! I believe that when he came, he was one of a kind, but we had a good life together; and he has asked me to drop in to wish you 'happy birthday', to say 'hello' to all of his friends, and I was only too happy to oblige.
George: Please send our love to Leslie—we remember him well. He really started something wonderful here, when he started this group.
He started many things in his life—yes, he always was a busy person. He has mellowed just a little.
(Chuckles)
But I know how fond he is of this group, although it is not the original, but you are held close to both their hearts, Leslie and Ruth.
Lilian: Well, I am very grateful to them for explaining what we do today, to me.
Yes, so I hope you accept our good wishes to all here.
Sara: Yes, please give them ours.
I do not have to say it, they feel it (yes)***.***
George: A number of us in the group this evening, we remember well Leslie being with us.
Yes, I was with you too, but you did not know (oh)***. I refrained from this kind of work for many years, because of my family. Although my father was deeply into spiritualism, I refrained from it.***
George: Did you say your name was Beatrice ***(yes)***? I've heard the name mentioned.
Lilian: That was Leslie's first wife.
(The penny then dropped with the full realisation that Beatrice was Leslie's first wife, prior to Ruth and prior to our participation in the group)
Lilian: Oh that's lovely!
Sometimes I was with you at your meetings. I was making up for lost time.
Lilian: I think you came and spoke once.
I did, but these good people here do not know me.
George: But I know the name—I recall the name, which came up from time to time.

Yes, but he was a good man and still is.
Sara: Well, he always spoke highly of both of his wives.
He had to, while I was there!
(Laughter)
Sara: Well I think he did anyway.
Lilian: You had three lovely children.
Yes, I had a good life—not always easy at times.
Lilian: It's not meant to be, is it really?
No, but when you look back—and I am sure that you will be the same—you are grateful for all that you have had.
Lilian: Yes, and even the bad times, you learn lessons.
Yes, even the bad times show great growth of spirit.
Lilian: Yes, I remember now about your father.
Do you?
Lilian: Yes I remember Les saying. Yes, because he was well into spiritualism.
Yes, my father was, I was not quite so into it, but of course influenced, you understand (yes). ***But anyway, I mustn't keep you any longer. I have done my part.***
Lilian: It's been lovely—best birthday present so far!
It's been wonderful! I've heard so much about you (really?)***. Yes, both Leslie and Ruth have great affection for you.***
Lilian: I'm very grateful.
George: It's wonderful that you've come through to us Beatrice. Please do feel free to drop by again.
Oh, it's not something I make a habit of—even now I refrain from too many of these visits, because there is no need you know—there really is not any need.
Lilian: You've probably moved on quite a bit.
Not as far as I would like.
George: Since your time we have had interplanetary communications. Would you know about that at all, or is that a detail that hasn't reached you yet?
I have briefly touched upon the subject, but I am not interested. I am only interested in what I have now. Perhaps you could compare it to living for each day, here where you are.
George: Yes, I was merely interested in how far these things reach.
You can learn of anything, whatever subject you desire, you have all the knowledge available (yes—wonderful)***. Yes, so just because I am not interested, does not mean it doesn't exist for others.***
George: So there is no shortage of interests where you are.
No, of course not! Of course not! *(Chuckles)* ***It's very nice speaking with you.***
Lilian: Yes, it's been lovely.
George: It's been very nice speaking with you. My dear wife returned to spirit 18-months ago.
Did she?
George: Like you, there were a number of years when she didn't get to the group meetings here, but she was very keenly involved in her latter years.
I know so much is spoken about what you should do and what you shouldn't do, but after all if you are a 'good' person, you will go to the right place.
George: Yes, that's what matters.
Of course it is, that's what matters, not whether you belong to a group really; although you as groups are important. But it is what is in your mind and your heart.
(General agreement)
George: Yes, we understand the planet is moving forward at this point in time—
I hope so.

George: So groups such as this are quite useful in understanding just that and seeing just a little bit of where we are going, and spreading the news.
Yes, I'm sure you do very good things. I am sure, because I don't think Leslie would have been happy to have people who were not genuinely good. He was quite proper you know.
George: Yes, he also had a very good sense of humour.
Yes—too much of a sense at times!
Hearty laughter
I did not always approve—I'm sure he must have told you! He probably made me sound like an old fuddy-duddy.
(More laughs)
Lilian: No, he didn't, not to me.
George: I must tell you, when Leslie last came through and spoke with us, he'd obviously looked at his old house, and his parting piece was: *'And I don't like what they've done to my bungalow!'* We took that as Leslie's typical humour.
(Chuckles)
Yes—it was more than humour, it was fact!
(Hearty laughter)
Yes, he was always outspoken when needed, as I'm sure you must have realised.
George: Well, people these days, they do tend to make 'attic conversion jobs' of bungalows.
Yes, it was a sore point for him when he first came—attics, because you know that is how he passed on, don't you?
Sara: Yes!
So that remark was quite apt.
(Chuckles)
George: Well, I'm sure you would understand Leslie much better than we do!
Well, I've come to know him even better, but of course I knew him and understood. I did not always approve, as I've said.
(Laughter)
But let's face it, men and women do not always agree.
Lilian: Well, it's a miracle if they do, or they're telling a fib.
(Chuckles)
Yes, you are a lady after my own thinking! And now I really must go—I am being called and told to hurry things up.
(Thanks and farewells)
I have enjoyed every moment with you. ask my forgiveness to this lady *(Eileen),* ***I think I might be making her throat dry.***
Lilian: Right, well she'll be very pleased to have had you though her.
George: We have a glass of water at the ready.
There's nothing wrong with a tipple, although Leslie didn't always approve of that.
Lilian: Although he began to make wine in his latter years.
Yes, but—
Sara: For *others* to drink, not for him.
Lilian: He had a tipple himself.
Sara: Oh, he did?
Lilian: Yes, I think so.
He did indeed yes—not too much. I think he felt the spiritual resistance.
(Chuckles)
Sarah: Good words.

Yes, that means me!
(Laughter)
Now I really have to go.
George: Thank you Beatrice.
(Pause after Beatrice departs)
Lilian: I bet he was having a chuckle!
Sarah: Yes, spiritual resistance, I enjoyed that.
(More gentle chuckles as Lilian attended to Eileen, offering her the water, bringing the session to a close.)

~10th February 2014~ SALUMET

http://www.salumetandfriends.org/resources/2014_02_10+salumet.mp3
Lilian: Welcome Salumet.
Good evening.
All: Good evening.
As always, I am pleased to join with you, my dear friends. I wish to say to you a little about words I gave to you a short time ago, about discoveries in the field of health.
Lilian: Yes, I think we all pondered on that one.
I believe already you will find that new discoveries are being made, even as I speak. You will find much information comes to you shortly. Firstly, I would like to welcome our visitor, who is a seeker of light, and I am sure that she will feel most comfortable with you all. What I wish to say to you, my dear friends, is that in coming months we wish to work with each one of you more closely, because although I have said many times, it is time for your own individual growth—still much more could be achieved by you. So in the coming months, we will take each one of you individually and help you with your own spiritual growth.
(General thanks)
George: That's very much appreciated.
Of course, we cannot interfere if you are not willing, but I know my dear friends that that is not a problem with this group. So I say only to you: open your hearts and your minds. And for this, we will begin these endeavours this evening, after I have spoken with you. So, if you have any questions this time, then please do speak out.
Lilian: How about you Jo, do you have any questions?
Jo: I would like to ask Salumet about angels—'Earth angels' **(yes)**. Do they exist? Are they real?
Of course!
Jo: I know angels are real, but are 'Earth angels' real?
There are many facets to what you call 'angels.' Yes, there are what you would interpret as 'Earth angels', because you see, my dear friend, they have the ability to change their form, and sometimes it is necessary for them to help those of you upon this Earth plane. So my answer to you briefly is: yes, they do exist. And what you must do, as I have told my dear friends here, is, you must call upon them, for help.
Jo: Yes, thank you.
Because, you see, that is the task of all angels, to help humankind.
Jo: Thank you.
George: I am not sure if we should call upon them to help with the world weather pattern situations.
Why not?
George: I think you have told us this is being worked on from spirit anyway.
Yes of course, but it does help to ask (yes)**. There is nothing wrong with calling upon them for extra help. They are only too happy to give service to you upon this planet.**

George: Yes, I don't know if you wish to speak further about the weather patterns that are being experienced—
It is all part of the Earthly evolution. You will not change these patterns at this present time. Anything that is untowards with your weather patterns will be ironed out with the help from us in spirit.
George: Yes, well that's wonderful to know!
You understand, but you cannot stop what is part of evolution.
George: Yes, well that's wonderful to know, Salumet.
Always upon your Earthly planet there, as I have spoken on a few occasions, always there have been disasters (yes)**, always humankind has found it most difficult to accept.**
George: I accept that much relates to planetary evolution **(yes)**—we did speak about HAARP and chemtrails **(yes)** and the way the upper jet stream—there has been attempted manipulation—
Yes, and I have told you that we are aware of all of these things, but you cannot attribute all of the patterns to these matters.
George: I think we've become very aware here in the UK, and I fancy that the jet streams have moved a little further south than that to which we are accustomed.
But it has happened before, that is what you must keep in mind.
George: So it is very largely Earthly evolution?
I would say 'largely' yes. But of course, we are aware of the interference which is happening in your world, and we in spirit are obviously engaged in trying to influence others for good.
George: That clarifies, and we are most grateful for any influence in that direction—thank you.
Yes—do not concern yourselves that we would ignore anything untoward. Is that helpful to you?
George: That is indeed and very much clarifies, thank you.
Yes. Do we have any more questions before I take my leave?
George: I certainly have another one, but does anyone else have a question?
(Pause)
George: We have spoken about pyramid energy. Now our Russian scientific friends—one of the things that they have discovered about pyramid energy is that it alters the rate of radioactive decay **(yes)**. I think it follows that, while radio-carbon dating is fairly accurate for many things, it would be less accurate for assessing the age of a pyramid.
Yes, I would agree.
George: Ah yes! And that probably accounts for the fact that the Bosnian Pyramid of the Sun has been radio-carbon dated to nearly 30,000 years, and you indicate that its age is a little older than that—
I would say, if you are wishing to use figures, it is more likely to be forty (yes)**. Yes, that would be closer to the true figure.**
George: Then the different assessment is probably due to the fact that radio-active decay is different in pyramids.
Yes, you are dealing with an energy that is slightly different—yes.
George: Well that clarifies something else for me. Thank you very much.
Now, for this time, I am going to take my leave. As always, I leave you cloaked in my love; and I would like you all to allow those (who are) close this time, to come even closer. Please speak up if need be. Please allow those souls who have become because they wish to and because they love you—allow them to speak through you.
George: How wonderful—I am sure we shall all welcome them to become really close. Thank you, Salumet.
(General thanks)

After a short period of silence, Jan suddenly became very emotional. Her father, who had passed on to spirit only four weeks earlier, came very close to her. It was unexpected, but wonderful and he was able to reassure Jan that all was well. He also said he would assist the group from their side with rescues involving children. He had apparently said that he would let her know as soon as he could! It was a quick reunion, and sometimes it can be like that. Apparently Eileen's mother had returned after only a few days, while she was washing up the dishes!

Sarah felt she was receiving healing for one of her legs which had been troubling her and for which she was grateful.

Jo sensed her grandmother close by and felt great heat.

Paul had clairvoyance which he felt may concern Margaret, a lady who was a regular group member for many years and who passed away several years ago.

Next, we had clairvoyant messages via Eileen.

http://www.salumetandfriends.org/resources/10_02_2014+youngest+rescue+5mins.mp3

Following a short pause, one—a rescue—was with Eileen saying 'Mama'. Lilian asked questions, but this one was not really able to talk. In response to Lilian's 'How old are you?' Jan had clairvoyance and said: 'Less than two—18—19 months; from an orphanage—she's cold.'

Lilian: I'm going to help you, and I want you to listen very carefully. Someone is with you who is trying to help you as well. They are putting their arms round your shoulder. Can you feel that? You are beginning to feel nice and warm. Somebody's put a lovely blanket round you.

Occasional 'mamas' continued

Lilian: The person who's put the blanket round you—I want you to take her hand and go with her. She'll cuddle you up really close. You can call her 'mama' if you like, she said. I'm going to let you go with the lady. You'll be fine.

(Contented 'Mm' sounds as the child was taken forward.)

George's Notes:

Medical advances for 2014: Prospects look excellent. The advent of 3D printers appears to make it possible to create replacement human body parts, and the 'printing' of an artificial external ear has already been demonstrated. Various groups of scientists have succeeded in printing blood vessels; also skin cells can be printed directly onto wounds. And there appears to be confidence that the ability to print a liver organ will happen this year.

Gene therapy, in which genes are modified and returned to the body to fight disease is still at the experimental stage. But this seems a likely effective way to treat blood cancer and leukaemia.

Gut microbes and how they relate to brain function and how this in turn connects with obesity is another promising area of study.

Cancer immunotherapy: There seems to be a breakthrough here—using drugs as a means of empowering the body's own defences to fight cancer.

Bionic eye: This is a clever way of giving limited sensing to those who have become blind from retinitis pigmentosa. By means of implants and connections, patients are able to identify objects and see colours.

HAARP / chemtrails: There has of course been Salumet's prior confirmation of the attempted weather control program by the US and other nations—6th May / 10th June 2013. The active link below accounts that and related data: http://www.salumetandfriends.org/resources/CH+20$2C+HAARP+$26+ChemtrailsSuggest+heading+In+view+of+the+importance+of+this+subject+matter$2C+chapter+20+of+our+book+in+preparation+$27A+Cosmic+Ascendancy$27+is+being+made+available+now.doc

Influence of pyramid energy on rate of radioactive decay: Dr Alexander Golod has built glass-fibre pyramids up to 144 feet in height, and a number of effects of the inherent pyramid energy have been studied. One effect is an interaction with radioactivity. He and Dr Volodymyr Krasnoholovets have made serious study of

the energy within pyramids, and their work in this field is clearly most interesting. Our world should applaud and take account of the important discoveries that they have made.

~17th February 2014~

One from spirit who gave his name as Simon spoke with us on this occasion:
Lilian: Good evening, welcome.
Good evening. I'm very pleased to be here.
Lilian: Have you been before?
No—now you're wondering why I am here.
(Pause)
I like to move around.
George: You like to move around—is that visiting various groups?
Yes (ah)***, so I am not familiar with any face here. But nevertheless, I am allowed to visit.***
Sarah: We're very pleased that you've come.
Thank you. Quite a quiet place, isn't it?
Lilian: Sometimes; sometimes we get a bit noisy maybe.
Do you?
George: Do you know *of* us—do you have any information on what we do?
Of course I know what you do, but not specifically—generally.
Lilian: So there's quite a difference between groups. Each group is different.
Very different I would say—very different—some not always comfortable to travel to.
George: Right! This is always on this Planet Earth is it, that you visit?
Do I visit Planet Earth? Yes.
George: Only Planet Earth?
Only Planet Earth, yes.
Sarah: Do you know of our teacher who comes to us—Salumet?
I did not know he came to you, but I am aware of the name.
(Exclamations of pleasant surprise)
Sarah: Yes, he comes to us fairly regularly and has done for a long time now.
You are most fortunate in that case.
George: We are indeed most fortunate. We feel this is a progressive group, and over 20-years we have received much teaching from Salumet.
Lilian: Have you heard him in spirit?
I have indeed. Yes, but not often, because he has to come from another realm (yes) ***and it is not always comfortable I believe.***
George: That's right ***(yes)***. Yes, he finds this atmosphere rather dense!
I'm not surprised, because I do also.
George: So you are from quite a high level?
I wouldn't say so, but far enough away, yes.
Lilian: So even in spirit form, to travel down—I'll say to first stage, is uncomfortable.
Very, very uncomfortable—only a very few would do so (oh!) ***Yes, because the farther you go, the farther you expand, and the more difficult it is to come to this density—because you become lighter and lighter, so I am told.***
Lilian: You're at the first stage are you?
I would say probably the second (I see)***. Yes, I have been there for quite a long time—but time does not matter, does it?*** (no)
Sarah: How does it become uncomfortable? Because you don't have a physical body, only a spiritual body —

Because spirit belongs to the lightness (ah)***. Only you humans belong to the density. So you see, it's rather like being—how can I explain it to you?—being caught in a quicksand—you are not free.***
Lilian: Yes, that's a good way to describe it.
George: Two who have been through to us have been 'Sister Agnes' and 'Rudolf Steiner', and I believe they've come from quite high levels.
Yes, there are many who will attempt to come, but it is not comfortable, that is all I am saying. We make a great effort to do this.
George: We accept that it is uncomfortable for you and we admire you for making the journey.
Yes, but the more you do it, the more refined it becomes and the more accustomed you are to the conditions.
Sarah: Salumet had quite a lot of adjustments I think in the beginning.
Yes, I would imagine so.
Sarah: Yes, I think it's easier for him now. There were adjustments to the medium you are using at the moment, as well.
Yes, that is always a consideration—which one you should use. I took my time this evening to see who I thought may be suitable.
Sarah: I think you made a good choice!
Do you?
(Knowing chuckles)
Lilian: Salumet's already done the work for you.
I see. Sometimes it happens that we change what you call 'mediums' on your side of life? (Yes.)
Sometimes we hop from one to another if it is not quite right. This is not really acceptable, but it happens.
Sarah: So have you come this time for your benefit, our benefit or just out of curiosity?
Lilian: Or for everybody's benefit—
I have to admit it is mainly for my growth, my understanding, and of course it is always pleasant to visit others whom I have not met before.
Sarah: Yes, it's always nice for us to have visitors ***(yes),*** so we're pleased.
Lilian: Do you remember your last life on Earth?
I cannot. I can remember my name, and that is about it. I am Simon.
(General acknowledgement)
Tonight I am wearing a very special hat—because I always did like a hat—I do remember that.
Sarah: Is it a pointed hat with a feather?
Oh no there are no feathers for me, I am not a dandy—not that I don't appreciate feathers, but not for me.
Sarah: Not for you, yes.
(Brief pause)
But you're all very quiet I have to say.
Paul: I was trying to think what your hat looks like. Is it a top hat?
No, flatter than a top hat, with a band around the brim.
Lilian: A trilby?
I think that's what you may call them today yes.
George: And are you aware of changes happening in relation to Planet Earth?
I am vaguely aware but it's not really what I intend to do with my time—because there are much greater powers who are dealing with such things. I am a mere—I almost said 'mortal' but that is not quite correct.
George: But you are aware that such things are happening—
If you wish to know you can find out, yes.

Lilian: So can you tell us a little of what you do in spirit?
In spirit, I also travel (do you?)***—yes, I also travel to places on this Earth that would have been impossible when I was alive, I think. I'm not sure, but I think I am correct in saying that. I love the feeling of freedom, and you can do whatever you wish.***
Sarah: I expect you do some sort of work in spirit, don't you, as well as travelling?
I help those who first come—those, not lost, but those who like to be guided and given a little tour of what spirit is like.
Sarah: Yes, a tour guide!
(Chuckles)
—A tour guide? I like that! Yes, you may call me a 'tour guide'! So that is mainly what I do. Not with children—they have their own special helpers; but those who wish and are in awe of all that has happened to them—and they wish to be directed to many loved ones and situations.
Jan: You've actually answered my question Simon. Last week, we sat here talking about being able to visit places in spirit, like visiting countries and sight-seeing—places we didn't get to see while we were here. So you've just answered that question really—you are able to go where you want to.
Yes, wherever you wish.
Paul: So if you wanted to visit the pyramids, you would just be there instantly, would you?
You would—your thought is in an instant—quicker than an instant, your thought is immediate.
Paul: And you wouldn't have to buy a ticket!
(Laughs)
Well that is always the plus for most people—that you do not have these hold-backs as you do on this planet.
Jan: When you think: I'll visit so-and-so, are you seeing it in real time or spirit time? Are you able to be there *and* see the people that are visiting?
Yes, you can do both. You can view from spirit or you can experience time as you know it here.
Sarah: So when you are visiting from spirit, you don't feel that heaviness? ***(No)*** But if you are visiting in the way that the people are visiting it—
Well I am still spirit.
Sarah: But would you experience that heaviness that you are experiencing now? ***(No)*** You wouldn't.
It is completely different, and I am stationary here for a little while, in this confining body.
Sarah: That must be hard for you then.
Yes, well I do not wish to upset the medium, but it feels **quite** ***comfortable.***
Jan: Most people say that when they have used Eileen.
Lilian: She is the channel for Salumet.
I see, I did not know this.
Sarah: That's why I said: you've chosen well.
I see, yes. You are all very kind people, I can tell. I feel quite comfortable here.
George: Oh, that's good.
And I have to be truthful and say: this is not always the case. Sometimes you come across those who have too many words to say and too much ego, which does not make for good groups.
(General agreement)
Jan: On the whole we leave our egos outside the door, we blend very well.
Yes, I can feel that, otherwise I would not have stayed this long.
Sarah: We have been told that we've known each other in previous lives, so I think we've been together for quite a long time.
Yes, well like does gravitate to like, which explains a lot.

George: We mentioned pyramids. We have a particular interest in pyramids, because the earliest ones were built by visitors from other planets ***(yes)***, and so we've been very interested in those early pyramids and the energy they produce, and some of us have visited excavations that are going on.
So that is your pastime, is it?—the interest in pyramids?
(General agreement + laughter + comments)
Paul: Yes—when you visit, do you go alone or do you go with others?
I like to go alone when I travel. I have been with others but I prefer to do it by myself. I cannot comment about your other friends, who have been involved with pyramids. I have not blended with any of them as such; so I cannot really comment.
Sarah: Do you experience that energy within them that we're supposed to be able to experience?
—Energy within whom?
Sarah: —within pyramids.
Well, do you mean now?
Sarah: When you visit them.
I do not visit pyramids—I have had no contact like that (ah)***. That is why I say I do not recognise the energy of those who have been involved. Yes, I'm not good at explaining—I should have told you that.***
(Our misunderstanding acknowledged)
Paul: Where do you like to visit?
To be perfectly truthful, I have travelled all over your planet. Of course there are some places still I would wish to go to. But mainly I travel this planet to people—to situations such as this, rather than for a place (ah right)***. It is a different situation.***
Paul: I understand now—you're not sight-seeing.
Well, I like to think I am, at the same time. But you can do all of these things in an instant.
Sarah: And you are drawn to groups by their light are you?
Of course.
Sarah: So the ones you find not so congenial to be with—you're still drawn to their light?
—Still drawn to their light. It is only when I am with them that I can have the true picture (I see)***. But yes, all of you have a light—that is what attracts us to you.***
Jan: Simon, you said that you help people pass over—
Yes, well I don't help them pass over—I meet them when they reach their destination.
Jan: What's the process after that? Are they sent off in different directions?
Yes, they are greeted by those loved ones who have welcomed them. Very often it is overwhelming, not only for the person coming, but those who are already in spirit (yes)***. Yes, it is like a celebration.***
Jan: I experienced that just recently. My father passed to spirit six weeks ago, and I picked up on my granddad's emotion the night that he died ***(yes)***, and that was very evident in the room at the time. So nothing changes, as it were—exactly the same.
Yes, most people I would say are met by loved ones. There are a fraction of people who will be met by those they have known for ever.
George: Yes, we are aware that the sadness in our funerals is matched with wonderful happiness of emotion in spirit.
Yes, what people do not always understand I think, is that the sadness at what you call 'funerals' and their goodbyes, it's almost like a block to those of us in spirit, who wish to come very close. It kind of keeps us away—a little way, although you would never stop us waiting.
George: So sadness at funerals keeps you away?
It can create a blockage if it is overly emotional. And for most people, it is emotional.
George: So you would like to see funerals as happier occasions.

I would like personally to see them used in the way that we do—as a happy event (yes)***. But, as human beings, most of you are not ready for this.***
Sarah: I did go to one funeral like that where there was lots of laughter. Afterwards, I felt completely uplifted—I felt wonderful afterwards.
Yes, I have been to many where there has been much praise and much singing and the whole light is changed.
Sarah: I think some of the African people do that, don't they?
Yes, many people still do that. Anyway, I believe I've been talking too long.
George: I was just thinking: how nice listening to you and some wonderful people have spoken through your instrument—two queens! Those visits were arranged by Salumet. I don't know how he managed to *arrange* visits from 'Mary Queen of Scots' and 'Catherine the Great,' but by some process he managed to arrange those visits for us.
I feel your excitement, but let me just say: they are not queens in spirit.
(General agreement)
So I understand your excitement, but to us it means very little.
George: It's just that that's how we remember them.
Yes, I understand fully. I am not being what you call 'flippant', but you know kings, queens—no matter—it makes no difference.
George: It was most interesting to us that they managed to indicate a few errors in our history books.
Yes, it is always interesting when people come back to talk. We understand that in spirit—we do, we understand it fully.
Lilian: We've been told we choose the life for whatever we need to learn, that we're coming back to—
That is the purpose of life—to learn.
Lilian: Yes, well I often think to myself: Why choose to be, say a king or a queen, which in a way has no privacy at all? Why would you choose that, but I guess the lessons are there?
Yes, it is not for me to say why people choose their lives, but what I DO know is that there is a great diversity of 'People-kind' and you do come for the lessons that you can experience. Not always does it happen, but nevertheless, that is the purpose of your lives. Now—
Sarah: Can I just quickly go back to—
Madam, you will get me into trouble! But I will answer.
(Laughter)
Sarah: I was just going to say: everybody that goes back into spirit—there is *always* someone there to meet them?
No one is on their own; we are waiting for those, even before they leave this life (ah right)***. So never be afraid of death.***
Sarah: I wasn't afraid, but I just wondered—
Lilian: Sometimes they have a pet—
Sarah: Yes, that's true too.
Of course, you know full well, because I know you do rescue work, that there are those who are a little 'delayed', shall we say; but they are never alone even if they feel they are.
George: Could I just say one thing to you?
Oh dear! You are determined!
(Much laughter)
I shall have no hat by the morning.
George: There's one of our readers—he reads about our meetings—and he is absolutely fearful of the idea of 'hell-fire torment' in spirit. This is something that has been—
—drummed into him—

George: Drummed into him via Roman Catholic religion ***(yes)***. Have you any comment on that?
I do feel for those who suffer from such fear. It is INEXCUSABLE for any religions to teach such dire teachings!
George: Fine words—thank you!
Yes, but of course, he is living already in his own hell—because of his fear. Tell him that there is nothing worse than what he experiences now—because of his fear.
George: Yes, well that's interesting. Thank you very much for that.
Jan: We create our own hell.
You certainly do.
Jan: —While we are here.
—Whilst you are here. The image of hell in our world is not to be admired. It has to be scotched and gotten rid of. And if I am not careful I may end there myself!
(Much laughter at this jest)
Sarah: We'd better let you go!
(General thanks + invitation to visit again)
I will try.
George: You will be most welcome.
George's Notes:
So the notion of 'hell-fire torment' is once again endorsed as utter nonsense. Perhaps we should remind ourselves that the Roman Empire, responsible for blending the Christ teachings of LOVE into Roman Catholicism, had an inbuilt policy of 'suppression'. The Empire might be likened to an invading computer virus that has corrupted the pure message. Jesus' teaching, of course, centres on LOVE, and did not include hell-fire threat or crucifixion. Both are alien to spirituality.

~24th February 2014~

Following some clairvoyant messages, there was a rescue via Eileen, counselled by Lilian. This was one declaring himself to be in great pain with his arm. Lilian stroked his arm and suggested the pain should be going now:
http://www.salumetandfriends.org/resources/24thFeb+2014+burn+rescue+8.5+mins.mp3
Why couldn't you do that earlier?
Lilian: Well, if I had been around I could have, but you've only just arrived. Does that surprise you?
Are you a new doctor?
Lilian: Just someone here to help you. It's gone hasn't it?
I feel peculiar.
Lilian: When you say peculiar, how peculiar?
—Confused peculiar.
Lilian: Confused that I'm talking to you—it's a voice you've never heard before. Well something has caused you to die—maybe the pain in your arms—did you have a heart problem?
Well just a little bit.
Lilian: Have you ever thought of dying—what would happen to you?
Not very often.
Lilian: You probably thought that would be the finish. Well it's not the finish—we live on—the spirit lives on, and that's what's happened to you. It's your spirit that is talking to me.
Are you telling me I've died?
Lilian: Mm—a bit of a shock?
In hospital?
Lilian: If you were in a hospital—yes. But all the pain's gone, hasn't it? That's the main thing.
How did you do that? How did you do that?

Lilian: Well it's help from the people that you'll be going to, in spirit. They helped me to do that. Maybe they can explain a little more.
You must be very special!
Lilian: Not really—anyone can do it.
No—no I don't believe that. You're special.
Lilian: *with a chuckle* If you say so. But now, what you do is you move on into spirit ***(to spirit?)*** Yes, another life. That's where we come from and that's where we go back to.
Well I never!
Lilian: Spirit first and foremost. So you'll see a light and in the light, someone you'll recognize—maybe more than one.
There she is—there she is—my Maisie!
Lilian: That's a nice surprise.
(Eileen coughed)
Who's doing that?
Lilian: That's the lady coughing—don't worry about that.
I can't believe Maisie's here!! Will you come and meet my wife? I want you to meet my wife.
Lilian: Well I can't come at the moment—I've got some more people to help, like you. But one day I will meet her. And your name is?
Stan—Stan and Maisie. We were always together.
Lilian: Now you'll be together again.
I didn't expect to die this soon. What happened?
Lilian: I don't think *any* of us expect it, do we? Well you've left physical body.
Thank the Lord!
Lilian: There you go—and you've just got a spiritual body. You can have a full life.
I don't want THIS body. I want my own. Where's mine?
Lilian: You'll be okay. You'll get yours back.
What happens to the burnt bits?
Lilian: All gone.
How can it?
Lilian: I really don't know how it can, but you can; it's like shedding off an overcoat.
I see, complicated, isn't it?
Lilian: I'm sure once you get used to it, it won't be complicated at all—you're going home. I daresay you've heard people talk about going home when they die and that's literally what happens.
You meet your family—my Maisie. She wants me to go now. I'm going now.
Lilian: Yeah, well good luck.
What's your name?
Lilian: Lilian.
You'll make sure I don't have THIS body.
Lilian: Yeah—absolutely.
Whose body is it anyway?
Lilian: It's a very kind lady that lets you use her body so you can speak to someone like me, to help. That's all it is.
It seems a bit creepy though.
(Laughs)
Lilian: Well, it's helped you.
Well I believe you, so I'll be off with my Maisie now.
Lilian: Well, if you can see Maisie—
She's calling me now.
Lilian: She'll be pleased.

I can't believe it—can't believe it!

Lilian: Well, we'll say cheerio, see you again one day.

Yeah—when I'm feeling better—cheerio.

Eileen said afterwards: that was a VERY nasty burn—and to some we may well seem to be a 'creepy' lot. There was another period of clairvoyance, and we were all advised to check our car tyres—good advice for the current UK wet and rather poor driving conditions. Then Sara talked us through a meditative journey concerning 'JOY.'

http://www.salumetandfriends.org/resources/24th+feb+2014+sara+journey+to+find+joy8mins.mp3

~3rd March 2014~

(This was mainly a development evening, and therefore hasn't been included.)

~10th March 2014~ SALUMET

http://www.salumetandfriends.org/resources/10thMarch2014+salumet.mp3

George: Good evening Salumet, welcome to you.

Good evening.

All: Good evening.

As always, my dear friends, I am happy to be with you.

George: And of course we are delighted to have you with us.

I wish this time to speak a little about you people within this room, and those who are absent this time (*six present*)**. I would like each one of you to think carefully, not at the moment but in your time alone, to discover—and we have spoken of this on a number of occasions—about when you come to Earth life, that you choose your parents** (yes)**. What I would like you to think closely about is: why do you now feel you chose the parents that you did. You know we have spoken that it is not so much for the personality, but for the opportunities that that life could bring to you. So I ask you, my dear friends to think carefully and to find what it is in this Earthly life that you were seeking, and to see what answer you come with. You may find to begin with that it is a difficult task but if you persevere you will innately know what it is that you have come for.**

Paul: Will we be looking for one specific thing or could there be a number—

There could be a number of reasons or there could be just one. And sometimes I have to tell you that even with just one Earth lesson it can take a whole lifetime, and sometimes you forfeit a life without learning that which you came for. So that is my task for you all my dear friends; because I feel now you have reached a stage of self-acknowledgement and renewal of self, it should come to you more easily, and I feel it would be beneficial at this time and help you along your pathway to know what it is you have come to achieve.

George: And do you wish us to voice our feelings next time?

Yes please, and then we can all share in each other's vision. Does that make sense to you?

Affirmed

Sarah: And of course, you won't be able to tell us whether we are right or wrong.

I will not?

Sarah: It was a question—

Yes, well if I feel the need or perhaps I feel you are on the incorrect pathway, I shall endeavour to help you.

Sarah: Oh thank you!—that's kind.

But that is not the purpose that I tell you. The purpose of this task is that indeed you find what it is that you are striving towards. It may *seem* an insignificant task to you—almost like a game to you. But let me assure you, my dear friends, that for you at this time in your development, it is important.
Paul: Yes, we understand I think, you wouldn't ask us to do it if it wasn't.
No of course, it is pointless to play what you would call *games; t*here would be no purpose to this, and I know that by now you have come to know that whatever I have given to you, is always with a purpose (yes)**.**
George: This may possibly connect, but I feel I am being nudged from spirit to do some further writing. And the working title of the piece should be: *"AETHER – Fount of the Physical Creation."* Does that sound a feasible and a reasonable subject for investigating further and writing about—I realise that there is an enormous amount of reading first that I should do in that.
Yes, as always there is much contradiction about this matter. But you would not be here without the aether. You would not exist without aether (yes)**. So my answer to you is *'yes,'* it is an important subject and if you are feeling the nudge then we are doing our work well.**
George: And I feel this would be a good time to try to extend that knowledge.
Yes, because my dear friend, at this very time in the Earth's development, always you have to strive to gain more spiritual knowledge, and that is why we work closely with all of the people who are involved in trying to prove certain things—your scientists for example (yes)**. So it is important to voice what you know and what you *feel* to be true. And of course, as we well know, there are many things that will never be believed on your Earth plane by many. But that is not to say it should never be voiced. Of course it must, and if you are feeling nudged from our side, that indeed is the time to go forward. So I say to you dear friend: you will have our spiritual backing for your next book of words.**
George: Thank you! I thought it would be an article at first, and then possibly a paper **(yes)**, but it might even be a book.
We have always trusted your judgement, and we know full well that you are open to influence.
George: Thank you. There is one detail in connection with this where I am very uncertain and I wonder if I could place a question to you? It is about the spiritual light of the sun, which you have mentioned, and a number of other sources have mentioned also **(yes)**. I think generally we have quite a poor understanding of this, and I would just like to say: disregarding motion, is there any significant difference between the spiritual light of the sun, and the aether?
Yes there is considerable difference.
George: Are the two related?
Everything that exists is related—let me say that first and foremost to you. When you speak of the spiritual light of the sun—all planets have a spiritual light (yes)**, but we know we are speaking of the spiritual light of the sun. Yes, the aether is the foundation of all life. There is a significant difference, but it is not easy for *me* to explain that difference to you** (right)**. You understand?**
George: I understand, yes.
But there most certainly is a difference (thank you)**. I hope those few words can help you to garner your own thoughts.**
George: Yes, and that will save me quite a bit of extra time pondering that issue—thank you Salumet **(yes)**.
Sarah: When you speak about voicing opinions, Paul sent a very interesting email through a lady *(Mary Rodwell)* who was talking about 'Indigo children' and you were talking about the children for this new millennium who are going to be special and are going to help us. One interesting thing that she said: children who have autism or similar states, which are seen as disabilities—she actually thinks they are on a different level to us and that is why they have problems fitting into this lifetime, because actually they are

working on a different wavelength perhaps, that maybe *we* should be working on. Would you like to say something about that?

I will speak with you. Yes, I have spoken of Indigo children. I do not consider them particularly special—only that they are expressing more spirituality when they come to this Earth. Let us refer back to my question for you this evening, about why you choose your parents. These souls who come to Earth with difficulties are souls who wish to use those bodies to gain the insight that they need—the lessons in Earthly life that they need. But they are not any different from another soul who comes to work out their own pathways—only different in as much as the Earthly body is different. Do you follow me? (Yes) **So I would personally refrain from saying *special* children. They are children who have come at a particular time for particular work** (thank you) **I hope that helps your understanding.**

Sarah: Yes, I do understand that. And the children who have got autism, that's—

That was their choice. They chose to come, as all souls do—you still have your free will, and when you are about to return to Earth for an Earthly life, that choice remains with you. So you can take an easier pathway; some call it an easier pathway, I prefer to say a different pathway. I do not like when these things are placed into what you would call *'slots.'* You understand, it makes it more difficult. I feel sometimes in your world that too much is complicated—complicated by issues of thinking by humans which are wrong, but others find interesting and that is how you get these difficult words. So I would say to you: try to always find the simple pathway—the simple explanation and you will be closer to spirit (thank you)**.**

George: Are you able to take further questions this evening Salumet, or do you wish to present a program to us?

I will take one more question.

George: There is one sent in by one of our readers. It concerns the airliner with 239 on board, which has disappeared over the South China Sea, with not a trace to be found—no wreckage and no messages. And it is wondered if there is one of those multi-dimensional points which we have talked about in relation to the Bermuda Triangle area. Would you care to—

I will say simply this, that that does not apply in this instance. There will be more information comes, but it is not to do with what you have mentioned.

George: Thank you very much.

Now, my dear friends, I hope you will remember my words and that you will, in your quiet times, ponder upon that that I have asked you to think upon.

(Agreement)

Next time I come to you we will discuss your findings. So you have plenty of time to think deeply about this.

George: Yes, I am sure we shall all be doing this—those who are absent this evening included **(yes)**. Thank you Salumet.

It would be advantageous for all of you—those who are absent also to do this.

Paul: We'll make sure they all get the information.

Yes. It is always important that you move forward—you know—that you do not become complacent in your knowledge. I have said to you in the past couple of your years I believe, that it is also important, not only to listen to what I have to say, but for your own self-expression, your own spiritual growth—that you continually do these small tasks. And with those words my dear friends, I will take my leave and until we come together once more, I leave you cloaked in much love. Know that you are loved and protected at all times.

(General thanks + words of our love for Salumet.)

A few minutes later one came through Eileen for a light chat—one who'd had a hard life as a pick-pocket:
George: Please feel free to speak if you wish.
(Pause)
Good evening Guv.
Sarah: Good evening to you.
My name's Harry.
George: You are Harry.
Yes.
George: Welcome Harry! Have you just dropped by for a chat?
Indeed I have.
George: Good.
I didn't intend to, but they shoved me 'ere so—
George: They shoved you here! Ah!
Yeah, they said: get in there!
George: Well, we're a happy little gathering and I'm sure we'll have a good chat. Is there anything in particular that you would like to talk about?
Yeah, I'd like to talk about your confidence. How d'you know it's going to be a happy little chat?
(Chuckles)
Sarah: I think George means he'll have a happy chat! Hopefully you'll join in the happiness.
Oh, I'm not known for my happiness.
Sarah: Aren't you?
No.
Paul: What are you known for?
None of your business!
Laughs and a little repartee followed that
George: We have been called 'nosy' sometimes.
Yeah, I don't doubt it!
Sarah: If you think we're being nosy, we're only being friendly, and always happy to help.
I hate do-gooders!
Sarah: I wouldn't go as far as to say that.
You wouldn't?
Sarah: No not really—yes we do do some good things, but we're just ordinary people who are caring nice kind people.
Are they? How did I get here then?
Sarah: I've no idea.
(Chuckles)
I don't bleedin' know what to say.
Sarah: What did you do when you were on this Earth then?
Not a lot—you wouldn't like to know.
Sarah: You weren't a do-gooder then?
I wasn't a do-gooder, no. You could call me a baddie—not really.
Sarah: No, I'm sure you weren't.
'Necessity'—that's what it was all about.
Sarah: Was it?
—Necessity.
Sarah: Were you very poor?
Oh yeah—yeah.
Sarah: That was very hard, wasn't it?
Yeah—not much going around.

Sarah: Did you live in a city?
I did, yes—yeah. How did you know that?
Sarah: Just had a feeling.
I didn't tell you that, did I?
Sarah: No you didn't. I just had a feeling that perhaps you did.
Aw—clever-dicks as well!
(Laughs)
Sarah: Well, we live in the country and perhaps you just came to us to tell us about your life in the city.
Oh I don't even talk about that now (don't you?)***. No!***
George: It was a long time ago, was it?
It was a long time ago—who wants to talk about that? I'm a changed person now.
Sarah: Are you?
***Yeah*—nearly got my wings!**
Sarah: Have you? That's very good! Well, don't get them too soon, we'd like to hear from you and don't want you to fly away just yet.
(Chuckles)
There's a pair waiting, but I think they're tarnished.
(Laughs)
Sarah: So what do you do now in spirit?
I help others—especially people not so good (well done)***. I try and give them a little nudge in the right direction.***
Sarah: Well done!
Yeah.
George: Well that's good—very good.
I don't like coming across as being too good though—it's not as much fun!
(Laughs)
I'm always having little nudges saying: Think about it boy.
George: Yes, time is difficult in spirit, isn't it?
It's alright when you're here. It's when you come back to where YOU are.
George: Can you tell us how long ago it was you were here?
All I remember sir, is it was eighteen something*—a while ago I think you'd say. Though being here it doesn't seem very long. *It took me a long time to settle.
Sarah: In spirit, did it?
Yeah it did—I was a bit angry.
Sarah: Were you?
Yeah, 'cause I didn't really want to go.
Sarah: Did you know you'd died?
I did, yeah.
George: You had some helpers around you, did you?
I had help when I came yeah. Oh yeah, there's always somebody to help.
George: —to help you adjust.
***Yeah—you soon realise it's no good being angry and having all those feelings, 'cos you still take them with you, you know*—for a little while anyway.**
George: I expect you were angry with dissatisfaction—was that it?
Well, I just thought I was too young.
Sarah: Had your parents already gone over?
I never knew any parents.
Sarah: Did you not?
No I was left to fend for myself.

Sarah: Oh gosh, that was hard.
George: So you had a tough time.
I think you would say that I was a 'pick-pocket—not something I'm proud of, but you know—that was the time.
Sarah: We've just had our friend Salumet through, and he said: you come back in this lifetime to learn what you need to learn. Maybe that's what you needed to learn last time.
What, how to pinch?
Sarah: Well, how to survive.
How to survive, yeah. I don't doubt it—yeah. Not everybody's life's easy, but there's benefits for that as well, but you realise that later.
Sarah: Have you met up with any of the people you pinched things from?
Oh my word! One or two, and that's not pleasant.
Sarah: Is it not—no?
No, if you've got any regrets, you sort 'em out now. Don't bring 'em over here.
Sarah: Yes, we've been told that before.
Yeah, it's not a good situation (no) ***'cause you know as soon as you get here, you know everything you've done; and it's nothing to be proud of in my case.***
Sarah: No, well anyway you've learnt something haven't you. Whenever you come back again you won't behave like that.
I might have seemed a bit rude when I first came, but I'm quite glad they pushed me here.
Sarah: Good! Well it's been very nice having you.
Anyway, you remember 'Harry Boy' and I'll come back another time.
George: Harry Boy?
Yeah, I'm not a boy now, but that's what they used to call me—Harry Boy.
(Pause)
Well, can I go?
Sarah: Well you can go if you like or you can stay if you'd like to—we're happy to have you a bit longer.
Well, no.
Sarah: You've had enough of us now, have you?
It's not that—they like to be in charge.
Sarah: Okay, well we'll be happy to see you again any time.
George: Any time you'd like to drop in for a chat Harry.
Thank you sir!
George: He called me sir!—I'm elevated!
(Chuckles)
Elevated—I'm the only one who can elevate!—in this room anyway!
(Laughs)
I'm starting to get a bit cheeky, so I'd better go.
Sarah: Very nice to hear from you.
George: Yes, and it's very good that you're helping people—it's an honourable thing to do. So well done!
You don't really have any choice sir over here, you either do something good or you're stuck—for a good long while, and nobody wants that, do they?—not when there's a life to live.
Sarah: That's right.
George: I guess there's a satisfaction in going forward and not being stuck.
Yes, right, okay.
Sarah: Okay then Harry boy.
George: Thank you Harry, for coming to talk with us—do feel free to come again.
Thank you very much sir—I'm really going this time.

Eileen said afterwards that she had the feeling of 'clinging dirt' and 'matted hair'. Street urchins had a hard life in those days.
Finally, one gave a short 5 minute meditation through Sarah:
http://www.salumetandfriends.org/resources/10thMarch+2014+med+thru+Sarah-4mins.mp3
I want to just take you through a tunnel that has been created for you this evening. In front of you, you will see an archway that is leading down to the blue light. If you follow down to this light and then turn around, in front of you, you will see a bright white light. This light is a creation of your self. It is your opposite. Now I wish you to walk towards that light, and when you are nearly there, you will see a mirror. Look in that mirror, and you will see your shadow-being. Look into the eyes of this being, and you will begin to see inside yourself. You will begin to think of something. Treasure this thought. It is important to you in the short term. Now you have this thought, turn around again and the mirror will have disappeared, and you are again—you are alone by yourself. This has been a message from those who regularly come and sit with you at these meetings. It is a gift to you. And with that, I will take my leave.
George's Notes:
The Aether: The translucent aether was mentioned by Plato in Timaeus and Aristotle, who had been Plato's pupil at the Academy, held that it was the fifth element; so that Earth, Air, Fire, water and Aether were seen as five fundamental elements of creation in those classical times. Later, aether was aptly described as a non-material something extending throughout space, through which light travels. The wave theory of light proposed by Christian Huygens describes aether as a perfectly elastic omnipresent medium of zero density through which light waves travel. The famed Michelson-Morley experiment (comparing the speed of light in two directions) failed to detect it. Hence, throughout the 20th century our mainstream science has ceased to recognize its existence, neither does it feature in the equations of motion of Newton and Maxwell or the mass-energy equivalence of Einstein. We know, however, from Salumet and from several other sources, that there is indeed an elastic and energetic medium throughout this universe and it underpins all physical creation. Further to the Michelson-Morley experiment, measurements made by E W Silvertooth (1986), using laser equipment, reports positive detection. There is also the pyramid energy that we know arises as the result of aether sweeping a pyramid due to Earth rotation. So it is time to acknowledge the reality of the 'fifth element' of those faraway classical times.

~17th March 2014~

Firstly one who gave his name as Tom spoke via Eileen with some helpful messages, in connection with future activities—concerning Graham's work and family.
Next, another spoke via Eileen who began by complimenting Lilian on her sweet voice, before carefully observing each one as part of getting to know us:
http://www.salumetandfriends.org/resources/2014_17_March-+Annabel+with+hair+up.mp3
I'm just observing each one—forgive me I do like to know who I am making acquaintance with. Yes, I will not be so rude as to say: a motley crew.
(Laughter)
Lilian: Yes, you can see us more clearly than we can see ourselves!
Yes, your spirits are bright—that is the important thing, isn't it? Not what you are clothed in at all. Yes, you are so bright, all of you.
Lilian: Well that's nice to know.
It is not always the case when you join with groups like this, that each one is quite bright. So I am going to say to you all: carry on and do whatever it is that you are doing, because your spirits are soaring.

George: Well, that's a nice encouragement.
But of course it all depends on each individual. You can keep the same or you can strive to be brighter and that is what I am observing now. I also can see little faults amongst you, but that is not too bad, but it is also something that you can work on in your lifetime.
Paul: Absolutely!
Graham: We have been reminded by Salumet that it is really important to know ourselves.
Of course, if you do not know yourself, how can you help others? Because, everything rebounds in this world; you know if you are unkind, it rebounds back. Some people seem to think that this is not so, but I can assure you that in one way or another, this is what will happen. Yes, you cannot hide from yourself—you know you have to face yourself when you come to spirit, so why not do it now? Why not make changes now? Does not that make more sense?
Paul: Yes, because in a way this is a playground—we can make mistakes and learn. We should be able to—it should be easy to correct ourselves 'here.'
When you have the knowledge you have to strive. We are not saying you will achieve all, but the recognition is the important part—the recognition of who and what you are. That is a great measure of how the spirit works.
Paul: Is it a case of sort of following our passions—doing what we love to do, and then that leads us to *who* we *are*?
I am so pleased that you have mentioned this, because so often people feel that we in spirit bring such serious remarks—serious sayings to you. Of course we want you to enjoy your lives; after all, if you are fulfilling your potential, then of course you know yourselves. But you can be happy on your way. It need not be so serious—you know—and there are so many misinformed people in your world. But yes, if you do not know yourselves, then you know no one.
Graham: I don't know how well we know ourselves, though—how we perceive ourselves and how other people perceive us, I think sometimes that may be a little different.
Yes, I quite agree that is the case. But more importantly, is the way you perceive your SELF (yes)***. When you get that correct, that right, then your aura to the world is changed, and then people begin to see you as you see yourself*** (yes)***. You understand?***
Graham: I think I do yes.
Lilian: Yes, we mostly know when we've thought or said something wrong and feel pretty bad about it.
Yes, there's a knowledge that comes to you over time and I have to say, it is an innate knowledge—you cannot fool yourselves; you may try to, but you cannot fool yourselves.
Lilian: That's true.
Graham: You have this feeling inside you that you've upset somebody or done something you shouldn't do, and the feeling that you need to make good ***(yes)*** that situation, becomes overwhelming.
Yes, if you are thinking correctly, then yes, that is what happens. That is the Spirit Being that brings that to the fore. That is when you know right from wrong.
Graham: It's a lovely feeling when you *do* correct a situation or make an apology. It feels like closure and you've learnt something on the way.
And that is what it is all about (yes)***, learning and loving your fellow man. I know this seems overly spoken at times: 'Love your fellow man,' but really and truly that is what you must do—even those people that you feel you dislike.***
Graham: I think it's called 'unconditional love', isn't it?
Yes.
—The highest goal really.

It is your aim. I am not saying that you will achieve it whilst here—a few do, but it IS a few. But as I have said, the recognition is important.

George: And with loving or feelings for people, one can have such feelings for individuals; but I think it is the collective view that is sometimes difficult—the politics—the warfare. One tends to stop seeing the situation in terms of the individual ***(yes)*** and there is a difficulty there.

There is a difficulty there, but they are the most worthwhile. To forgive an enemy or someone who has hurt another is difficult—we do not disagree with you on that. But to overcome that difficulty will lift you higher than you have ever been (yes)***. It is easy to forgive those you love and those you admire. But to be able to forgive like we said, love is unconditional, and that is what it must be.***

(Agreed)

To harbour any kind of negative feeling to these people will only, as I have said previously, rebound back to you.

George: Yes, we need to override such feelings.

You must, if you are to achieve growth of your spirit. We do not say it is easy, I do not think anyone from our world would say so, but it is in the trying.

Graham: I think it helps when you can put yourself in that person's situation—if you were born into their circumstances or had the influences that they've had in their life, you would possibly feel as though you were that person yourself. So in doing that you're recognising the humility in the other person and I think it makes it easier then, to forgive that person if they've upset you and to feel that unconditional love towards them.

Yes, but sometimes you can analyse it too much. And sometimes it is easier just to forgive and to let it go (yes)***. Try not—because what you are doing then is to make judgement and you do not have the right to judge. So I say: forgive, forgive on a level which will reach many.***

George: Yes, in any case I think we choose the situation that we are born into.

You do not always choose the situation, but you choose what might be.

George: What *might be*?

Yes, you do not always choose the right pathway, but you choose the opportunities. There is a slight difference.

George: Yes indeed.

You understand?

George: Yes.

Well, I hope I have helped you to understand just a little more than perhaps you did. So much comes from our world, and so many people are confused, but I know here with you, that your understanding of spirit has grown.

Sara: I think sometimes, the more time I spend alone, the more I think I understand people, but sometimes the less contact I seek as a result. It's not that I don't like them—it's that sometimes I would rather have some time alone.

Yes—because your spiritual light is telling you this.

Sara: Yes, I wanted to ask, because I have had a very sociable life and personality, but this year I have felt a strong urge to withdraw more from some people.

Yes, because when you are on your own, you are closer to spirit (that's why)***. That is why, it is a natural progression.***

Sara: Thank you for that, because I have felt a little bit concerned about my personality death!

(Laughs)

Well, that is a nice way to put it, but we do not wish you to lose your personality.

Sara: No, but as long as I know it's in a good cause, which I think it is.

George: But we have an excuse for being a recluse!
(Laughs)
Well, if you have led a good life, there is no reason why you may not become reclusive, provided the contact with spirit is maintained.
Sara: But I do want to produce things to share with others, but I feel I can't do that unless I spend some time alone.
Yes, you will be guided in those moments alone—as you all are.
Sara: Do you feel it's a good choice for me—I want at the moment to create things to bring to share. Do you feel that's a good choice, as I'm feeling this need to be—
I would say only: if that feeling is strong enough, then you are being guided. It is not for I to tell you what you must do in your life.
Sara: No, thank you for that.
But I will just say: I am smiling.
Sara: You are smiling? ***(Yes)*** Okay, thank you.
Well, I hope I have not kept you long with words you have heard before, but they are important words to ME, and they are words that I have used often to groups such as yourself.
George: Well it's always nice to have important things reinforced. We sometimes need our little reminders.
Well, I am aware, but I do not like to say that.
(Laughs)
Paul: And it's been nice listening, because like the lady you talked to, you have a very nice voice too.
Lilian: Yes, that's true.
Well thank you! I try, and as the lady said before you, it is nice just to be quiet sometimes. So when I do come and have to use the voice—not MY voice obviously—but the lady I am using, it can be, how shall I say—not traumatic, but quite challenging. When you come from this world of spirit, back to this time, it is quite difficult for some. But I have become acquainted with it, and used to it and it, I almost said: gives me pleasure, but that would not be the right words to use.
Lilian: Well I would say it's a very useful job.
It is yes, although it seems simple words/simple advice, it needs to be told. Yes, you need to be reminded.
Lilian: We have a teacher who comes from spirit.
I know.
Lilian: I guessed you did.
I was told, which rather makes my words seem a little insignificant, shall I say.
Lilian: He always said right from the beginning that he would use simple words.
Yes, but you know, compared to his teaching, mine do seem a little insignificant.
Lilian: Well that suits me fine. *(Chuckles)*
Well, I'm going to leave now. I've had a lovely time.
Paul: Could you give us your name, just in case you come back again?
That is most kind. I didn't give my name, but it is 'Anabel'.
Paul: Anabel—right!
Yes, just for recognition, if I do come again—I will always wear my hair UP. So if you would like to check, because you probably realise, there are many Anabels in spirit world.
Paul: Okay, Anabel-with-the-hair-up. Was there a reason for you having your hair up?
Yes, it was extremely long and it was more comfortable put up. But it is just for recognition. I am not so vain anymore. Now I must go.
(Fond farewells and it was made clear that Anabel would be most welcome to call again.)
Thank you very much.

Finally, a rescue via Eileen, of one hanging from a tree, who seemed incapable of speech. But with Lilian's words and hands-on healing, he was able to go forward.

George's Notes:

Rebounding of the negative: A current example of this negative rebound is the tit-for-tat political sanction sequence that is going on in connection with the changing Crimea status. The status is the concern of course of Russia and Ukraine. But this is clearly being judged by politicians in the West; yet when in 1959, both Alaska and Hawaii became part of the US, this was considered acceptable. So this illustrates well several points raised in the above exchange.

COMMUNICATIONS PRIOR TO SALUMET ERA: You may sometimes have wondered: what of Eileen and the Kingsclere Group prior to Salumet joining us in June 1994, and before regular records began. Well, Leslie and his wife Ruth ran 2 circles for many years prior to 1994, much of which involved rescue work. A few papers have very recently emerged from that time. Eileen had several deep and lengthy meditations, and on returning she was impressed to write down what had transpired.

*(1): The first of these handwritten records that we have is dated April 1989, and begins with reference to many of a foreign race dying—"Asia—many tragedies. Much is being done in the spirit world to raise consciousness around the world. Work for you is about to start—few little hiccups—many will come to you from around world—evidence irrefutable. Life will be hectic at times. Be strong enough to say 'no'. You as an instrument must take good physical care of yourself. We will help to guide you. Many stand close. Until we meet again, this is SALOU**T."*

(Part of the name as written is indistinct, but I think we can assume it to have been Salumet making an early call.)

[Salumet has since referred to the many Arab peoples dying. There have been visitors from around the world and Brent (US) in the early days had computer knowledge and did valuable spade-work. It was also 1989 when Ann, Mark, Paul and I were at the Mayan sun temple in Mexico, and I received the message: "It's alright to tinker with the mechanics of the universe—try to figure things out—as did Newton, as did Einstein—it's a kind of appreciation, a kind of homage—BUT—the—most—important—thing—in all the universe—is—LOVE."]

(2): A further communication was from one who gave her name as 'Lady Nada':

"I am a composite of many lifetimes, as you are. I am not of the Earthly vibration, but I come at this time for the gathering of many great souls. Your Earth is changing for the better very, very slowly. We have gathered at this particular time, as the possibilities are there to be used, in as much as the instruments for spirit are making themselves available; therefore the plan must proceed a little more quickly. The life plan of your Earth has been a rocky one and still is. But always there is good alive and thriving, and this is what we must influence and work upon. There are many we can call upon for help, but also so many who are blind to the opportunities open to them. Materialism has over-run to a dangerous level, and that is why we are gathering at this time. This Earth will NOT be destroyed. It will be a 'heaven-on-Earth', that is the great plan of spirit. NO man can change or transmute this law. I will be constantly with you from now on. Call on me if I can assist in your Earthly work. You have followed your life path this time, with dignity and great love, and my heart is full to see it as such."

(4): Lady Nada again came through in January 1994: I come to you this morning on a wave of love and hope. All plans are taking shape. I can say to you. I can say to you: be prepared, your whole life pattern is about to alter. The whole Earth pattern is altering too, but this has been occurring for a considerable time. I want to speak to you now on unknown things. I come with a group known as 'The Zealongis'—a name not known to many on your Earthly planet. As I have said before, we are not of this plane. We have been

preparing for a very long time to come and help all you Earthly creatures who are in need of help. You have been travelling a course of destruction and disaster. You may ask a question? I'm impressing you to write down, only so you can go over what is said, without having any failing of memory. I will also speak with you when you are with your friends. Know that I am here for your benefit. I will show myself to you at any given time if you call to me. Our mission on Earth is a challenging but necessary one. You can equate it with a rebirth—a new beginning—another chance for humanity to put right all the wrongs of man on this planet of Earth.

Mother Earth has suffered, has cried out—only to fall on deaf ears. Now we have stepped in to encourage, impress and help those who will listen. I will gradually give you proof of who I am and the others, who will also become known to you.

My blessings and God's love be with you, lovely being of light. ... Lady Nada.

[Now that the Internet reveals much, it is clear to us that 'Lady Nada' is an ascended master, as are Jesus and Mother Mary. Lady Nada fairly regularly speaks via the medium Fran Zepeda in California.]

(4): We the Ascended Masters have now made contact with you. We have waited for some time now, but we realize you had to work through some Earthly problems. The one known as Margaret has become a beacon of light, and has much work to do on the lower level at the moment. We have travelled some distance to the Earth plane at this particular time. We will use you as you should be used,. We are your companions, not your users. Your extended memory will return with such visions that you have driven to the back of your mind, You are a master of light and now is the time to remember and open up to the world to give all that you can while an Earthly vessel. It is always difficult whilst trapped in a body, but it is a requirement as you will know. The people you are involved with in your group ... some have given us some cause for concern, but we feel now that we have weeded those who are unsuitable. Now is the time for moving forward. The plan must be put into action. No more time for loquacious idleness or Earthly excuses of shortness of time. Time is an extremely difficult area to overcome, when all consciousness is aware of freedom.

*It is the path you have chosen, and now we meet again. Your awareness will increase, to unfold all the knowledge of the universal consciousness. We need say no more to you, but that we are happy to be reunited again. ... SALU***.*

[Again, I think we have an incomplete Salumet signature.]

It is possible that these prior communications were meant to emerge at this time.

~31st March 2014~

A lady spoke via Eileen who was tentative at first. Our group was I think a new experience for her and she made it clear that she wished to blend and get the feel of us. So there was some light chat initially. She also mentioned that Salumet would be with us next time:

http://www.salumetandfriends.org/resources/2014_31_March-one+wanting+to+blend-eileen.mp3

Yes, I can see you all now.

George: I expect you find it takes a little while to settle.

Yes—yes, it feels odd—is that the word, 'odd'? (Mm). ***At the moment, the more I blend the more I am aware of you. It is more difficult to blend here than it is in spirit world—there is no problem there.***

Lilian: So would this be your first time of trying with a little group?

Yes—it is the feeling of the blending I am not familiar with.

Lilian: I imagine it's the 'heavy' feeling—

Yes, that is what I mean when I say 'blend'. I am trying to blend with all of you at the same time. I was told that for some it is easy, for others like me, not so easy.

George: We're all a little different—each a little different in this group.

You have to be individuals if you are living here. Yes, you are all a little different. But I see many animals drawn to you—also children. Why would that be I wonder?
(There was some discussion of this)
George: Would the animals be cats and dogs?
More exotic!
Paul: —Like big cats?
Yes, they would not always show themselves, but they can do at times for a particular reason. And I feel it is to let ME know that all is well here (I see)***. Normally we would not be shown big cats.***
Lilian: Of course, they're almost top of the chain, aren't they?
Yes—I think it is significant that all is safe and well with you.
George: Well we've had a very good teacher for the last twenty years, and I know he's had a great influence on our group. There are many others who've had some influence as well, but Salumet, our teacher and guide of twenty years, has had a wonderful effect I'm sure.
I'm being told, yes: he will be coming to you next time. Someone has just told me.
George: Thank you for that.
You are fortunate to have a teacher!
Lilian: Very!
George: We are indeed.
Paul: Yes, and we try to spread the teachings as much as we can.
Of course there are many teachers who come, but do not always stay with one particular group of people.
George: This particular one has come as a mission, and we transcribe all that is said and send out to people around the world.
Yes—I go sometimes to listen to the teachers in my world, and it is a great blessing. There is a great feeling of upliftment and knowledge—and everything, I cannot explain it to you. It is a unification of Love. It is the best way to say it. When they speak to us we are filled with much love (ah yes)***, yes, it is an experience.***
Lilian: Yes, we feel uplifted and certainly, as you say, he brings love with him.
I am not surprised.
George: Yes, well we all share the love factor, but as I said earlier, we are all a little different in this group. I am a scientist myself, so I'm particularly interested in the universe and what goes on in it.
Well, I am most honoured sir, to be in the company of a scientist.
George: *(apologetically)* But scientists on Earth have made many mistakes over the years.
Many make mistakes in your life and in ours.
George: I'm trying to do my little bit in bringing scientific knowledge and spiritual knowledge together.
Ah! Well I do have something to say when I return!
(Laughter)
I have been in the presence of a scientist! I am amazed to have been placed in such good company!
(More laughs)
George: Well, we try to be good company, but—
Lilian: Do you remember where you lived when you were here?
I have a vague feeling about it—that I lived in Italy. But you know, memory goes quickly in this world (yes)***. It really is not important, unless there's a good reason to remember. The object of spirit is to move forward. I know I've moved forward, but I cannot I'm afraid give you details*** (no)***, and I understand why you would wish details.***
Lilian: Yes, because we are still with the Earth.
Yes, because it is important to you, but not to us—frustrating is it not?

Paul: And yet, in a way it's nice not to be cluttered with unnecessary details.
Yes, that is where you benefit, because you can let it go and just accept. That is why you have been given quite a lot, someone is telling me—because you trust and accept.
George: If you have memories of Italy—that is a country that has played a part in history; a country with Venice and beautiful cities—Rome has made its mark on the world. I don't know if you have any feelings or memories regarding the workings of the Roman Empire?
All of these things are available if you so desire, but do you know, I never have inquired—I have never looked back. And that may seem difficult for you to understand. Some people wish to gain as much knowledge about where they have been, where they have come from, and that is there for them to seek out. But in my case, I never have. I just want to become more spiritual (yes)***. I want to move forward and to try to do what I am doing this time—by coming back to help. The past is not important.***
Lilian: No, so we have been told.
—not important.
Paul: I can really see that—even looking back a few decades ago—really it's best just to look forward and make the best of what we have *now.* We don't need to look back. The past is past—it had a few good things but it had a lot of bad things as well.
Many people need proof, if I might use that word, and there are many what you would call 'mediums,' who can bring back knowledge for you. That is their particular job. And then there are those of us who have moved on from those conditions and who wish only to bring a little more knowledge—knowledge of spirit rather than of the Earth, you see? So I would say, those mediums who bring knowledge of the Earth are the ones that should be speaking to you about countries and history, because that is what they have chosen to do. But I think you good people have moved past that—those conditions. But I know you still seek some knowledge, and I am sure, if you have a teacher come to you, that sometimes it is given to you.
George: Yes, I'm only interested in our past in how it points to a better future.
Yes, I understand.
Lilian: It's actually a shame that we don't forget the past more easily, because if there's a war, it just seems to me that we go on glorifying those times, instead of just forgetting it and moving to something better.
I would suggest that perhaps you think that the past has created today. And to leave the past behind, focus on what you have learned from that past time.
George: Yes, I think I recall our teacher saying: Forget the past, because it is past.
Yes, you cannot bring back the past. The past has just gone in a second of time.
Sarah: Just by remembering things that happened in the past, maybe it helps people to remind them for the future.
Yes, if the past is remembered to better tomorrow, of course that can only be good, don't you agree? (Yes.) ***But what I am trying to say is that you must not DWELL in the past. Of course, be interested in your history, but don't dwell on it. You cannot change what is past, but you CAN change what is to come.***
Paul: That's the important part!
Yes, that's the important bit. Change anything that is not good—change it for the better.
Paul: Yes, I think that's becoming more—that's growing in the world today. There was probably never enough awareness of the best way to change, but it's coming.
Yes, you might be surprised by how much knowledge the Earth has gained. I don't know too much, but I know that there are many on your Earth who are out to do good. And after all, I am sure that one bright light has to encourage more.
Lilian: Yes, Salumet has said, we may not be able to see it all the time, but things *are* improving—spirituality especially.

Well I cannot argue, because I do not have that foresight. I am not so advanced as to tell you that. I am just learning to blend here, and that is quite enough for me at this moment.
Lilian: Is it something you would like to do?
It is something I wish to do more of, yes. And it is quite something to be able to return and blend with any group of people. It is quite a task to even blend with one, let alone a group. But it is something that I have wanted to do and am trying to do. And you have made it all so simple.
Lilian: Thank you for those kind words.
I am not saying it's easy, but I am saying, you have made it pleasant for me.
(General thanks)
Now, I will try to leave you quietly, without much disruption.
Lilian: Thank you—you're welcome to come again if you have the opportunity.
George: Thank you for your visit. It's been nice talking with you.
Thank you.
Paul: It was nice to know about the big cats.
(Chuckles).
Eileen said afterwards that there was no feeling of gender—just spirit with this one. There was a marked difference in this communication, compared to others, with Eileen having a feeling of being spread out (the blending factor).
There followed a brief period of clairvoyance, then a rescue:
http://www.salumetandfriends.org/resources/2014_31_March+rescue+7mins+elderly+lady.mp3
Lilian: Hello and welcome.
Are you speaking to me?
Lilian: Yes.
Why?
Lilian: Well, I knew that someone had just come to visit us.
I don't know you.
Lilian: Do you know where you are? Can you tell me where you are?
—In my chair.
Lilian: Right—
Who are you?
Lilian: What sort of chair did you sit in? I'm just someone who will hopefully help you. You'll understand in a moment, so bear with me. What sort of chair did you sit in?
An armchair.
Lilian: The chair that you're sitting in doesn't really feel like an armchair, does it?
George: The chair you're sitting in is a wicker chair, in fact. You can feel it with your hand. Would you like to feel it with your hand?
(Moving the lady's hand to the side of the chair)
Lilian: It's just to prove to you—
What kind of trickery is this?
Lilian: It's not trickery—it's basically just to prove to you—and I'm just going to tell you what's happened to you. Did you ever think what would happen to you when you died?
Well of course I have.
Lilian: What did you think?
Well I'd be dead.
Lilian: But you never thought of a life after the physical life?
Not sure.
Lilian: You're not sure. Well something has caused you to die, and—
No, no, no, no—no I'm not dead, I'm talking to you!

Lilian: You are talking to me. Well this is proof that there is a life after death. And where you belong now is in the spirit world, but I think you find that hard to accept.
I can't see anything different.
Lilian: You will see something in a minute. You feel lighter? Your body feels much, much lighter?
—A little.
Lilian: And if you had any pain anywhere, that's gone.
This is confusing.
Lilian: Well, what you should be doing—and this will help you. If you look forward, you'll see a light in front of you—maybe just a small light to begin with. Very gradually, in that light you'll see someone waiting for you, that's already in spirit.
And what if I don't want to go?
Lilian: Well, it's certainly the best thing to do, otherwise you'll just hang about in limbo-land.
—Limbo-land?
Lilian: Well you've got to accept what's happened. You can't talk to your friends and family can you, because they're not hearing you?
No.
Lilian: Well this is why. They may feel you around, but—
I've tried to talk to them.
Lilian: Yes, well the reason is: you're spirit now. You've left the physical body, but what you do is take on a brand new body, which is a spiritual one. And you belong in spirit—heaven. Call it 'heaven', yes? It's where we all go. It's where we come from.
What if I don't want to go?
Lilian: Well I hope you begin to think you should.
Someone telling me I've got to? Have I got to?
Lilian: It would certainly be the best plan. There's no going back. You've finished with that Earthly body. How old were you?
I'm eighty nine.
Lilian: Well there, that's a good age, isn't it?
But I feel quite fit.
Lilian: You will—you'll feel fitter now than you ever did while you were in the physical body. You'll feel great. That's part of the beauty of it.
How do you know all of this?
Lilian: Well it's something that's interested me, and I've looked into it. Now I can help—
Looked into going to heaven? Looked into going to heaven? What is she talking about?
Lilian: You just never thought of it—the physical side and the spiritual side.
George: You've been brought along here so that we can help you to go forward.
Lilian: Who would you like to see?—already in spirit—somebody who's died in your family?
Who would I like?—I would like to see ALL of my relatives.
Lilian: Well there you are!
George: Now's your chance.
Lilian: They may not *all* be waiting, but some of them will be. Now look for a light.
A light—I'm seeing some shadows.
Lilian: Yes, well that's the people waiting, they'll get clearer.
George: It takes a little time.
I've never heard of anyone delving-into-heaven.
(Chuckles)
Oh! My word!
(Realisation dawning)

Lilian: Yes, that's what we usually hear.
Oh my word!
Lilian: Now you're happy—surprised and happy.
How very beautiful! How very beautiful!
Lilian: You'll still see your family you've left behind, if you want to.
I want to go.
Lilian: Good, I'm glad you want to go. You'll be fine.
I will be fine—
Lilian: Definitely.
Thank you madam.
Lilian: You're very welcome.
And thank you sir.
George: You are most welcome. We are so pleased we have been able to give you a little help on your way forward.
*(Quietly)—**No turning back.***

~7th April 2014~ SALUMET

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As I join with you this time, I bring to each and every one of you love and upliftment.
(General thanks)
Some of you are a little depleted in energy. Therefore the upliftment I bring should make you feel a little more buoyant.
(General thanks)
George: It is much appreciated.
It is always good to see so many together *(10)***—to come together in love, in joy, in expectation; and so my dear friends, we will begin this time by asking what I asked you to do last time we met. I don't wish you to alarm yourselves if you have been unable to discover what it is you have come for. If you have not discovered by now, it will soon come to you. So, what we would like you to do is for each individual to speak and for the others to listen carefully and see whether they agree or not. It should be most interesting for you, and in a way it is helping you to know yourselves—because the more you know yourselves, the more in tune you are to spirit. Therefore I will leave it to our dear lady friend to conduct the speaking.**
Lilian: So you will be listening with us?
I will listen to you.
Lilian: Thank you. Do you want to start Mark?—and we'll just go round?
Mark: Okay—I didn't get anything very clear, just vague things. But I was thinking about my parents who gave a lot of unconditional love, and my upbringing was pretty unstructured and not very directed—there weren't too many strings attached. It was pretty free and we lived on the edge of a village and in the woods—on the edge of mainstream of things I felt. And I found through a lot of my life I didn't really *get* the mainstream thinking. And all the materialism—I didn't really feel I fitted in with it all. I studied the social sciences to sort of make a bit of sense. Sociology made a bit of sense of it all. Studying that gave a great hope for a change I felt, but that didn't really materialise—that was back in the 1980s. I felt that the way of life was far too complicated and out of balance really—for me personally. At this stage I feel like I'd like to return to a simpler, natural way of life really—more like the one that I grew up with. But I haven't

got the answer of what I am supposed to do—maybe some writing. But I know I'm not part of the mainstream and I am quite happy with that, where I am now. And that's about as far as I've got with my thinking. But I feel I want to devote much more to allowing spirit to manifest *through* me in whatever way.
I am not here, my dear friends, to tell you what life lessons you should discover. But for you, my dear friend, I will say that you have used the one word which is important in this lifetime—that you reject *'materialism,'* because in time gone you *were* a money-lender—a greedy man—
(Some chuckles)
I see you are amused, but that is why you have chosen this pathway this time. It may help you to understand yourself a little more. *(Thank you.)*
Lilian: Sara?
Sara: Well, I feel when I think about my life here, I feel a lot of similarity with Mark on I think unconditional love. It was a very rare sort of upbringing I think, because—you don't know as a child, but when you go out into the world you understand you've been given something a bit different—I needed to understand the world and how it worked as well, but my feeling is that I need to 'heal' and use my voice probably in a number of different ways to do that. And one of the problems I sometimes have is that I can't think—There are many things I feel I can do, but I'm not sure which path to pursue the most, but I usually end up doing a few things, and I think healing is very important. From the upbringing I've had I feel that to continue to try to be compassionate to people in as many ways as I can—I feel I would be continuing the legacy I've been given, but I think also, mentally, we received a lot from our upbringing, because there was a lot of humour, and we learnt to think a little differently. And because we had peace and freedom, I think we had time to think perhaps a little more for ourselves. We've had busy times in our lives too, since growing away from those years, but I think the *peace* and the *freedom* possibly has never completely left me, and I'm finding that possibly can be used in more ways now, when I find ways to express that.
Yes. I would say only to you that you are still seeking, and I would say to you only that rather than search for different things, that you just let go a little and *be* that true self.
Sara: Just let go—
Let go a little more.
Lilian: Paul?
Paul: Yes, well—same upbringing, so had the same start, being on the edge of the village, growing up with a lot of nature—and not so much of the monetary stuff. So there was a lot of opportunity for creativity and developing that side, and some independence. So developing thinking for yourself and dealing with things a little bit more independently. Then, when you get into the mainstream, there was—the challenge seemed to be to fit in, there was *(issues of)* confidence and communication and learning to—our upbringing with the four children and things—fairness came up quite a lot; fairness when looking at the world, and seeing a lot of unfairness and wanting to bring more harmony into that—learning to communicate, and the issue of trust has been talked about before—not trusting myself, but gradually the feeling is wanting to communicate more—a more fair and truthful world, but it's really just by being myself and loving myself—which for some reason I couldn't do when I was *(younger).* That's something that's been a bit difficult—feeling a bit unwanted, and things like that, but I feel that's all in the past now.
Yes—the qualities that you have gained from childhood to adulthood, have stood you in good stead, for the wish to better this world. And that is one of your aims in this lifetime—that you should be able, to help with thought, to help others, for this to become a much better world. And that is what indeed you are striving towards.

Paul: Yes, I feel that is the thing that really does get me excited, yes—wanting to be a part of this change. Yes, so hopefully, that will—I'm not quite sure how of course—how that will take shape, but I feel it is taking shape anyway.

By developing your thought patterns—that is the way forward for *you.*

Paul: Right, yes, I can understand that I think, yes **(yes)**. So just by working on myself then, that's the best we can do to—that helps the world.

It is part of making a better world for all. I have said it to you all many times: that firstly you must know yourselves (Mm)**—not easy, I know. As human beings you have many doubts, but it is in the striving that you achieve the most.**

Paul: Thank you, yes.

Lilian: Sarah?

Sarah: I too had a very happy childhood, but unlike the Mosses, mine was much more organised for me, and I was quite happy to go along with that. And I think I was quite influenced by what my parents said to me—in fact, for a long time I was very influenced by what they said, and led my life the way they would have led theirs. Then there came a turning point when I started to think some of the things that they believe they think is right, and what they think about people or whatever, I don't quite agree. So there has been a change, and in fact I feel that partly through your teaching and partly through what I've done in my life, I was able actually to help my parents—but to tell them what *I* thought, and in some way I think I made them see perhaps, where *their* thought patterns were not quite right—not that I'm saying that mine were perfect; but it's been an exchange of ideas, and whereas my parents influenced me very much in the beginning, I think I've influenced them towards the end of their lives. I've also found that I do get on very well with older people. I find it easy to understand why they *are*, and very quickly help them if I can, because I understand quite quickly their way of thinking, which I don't find quite so easy in younger people or even perhaps my generation. So I think at this time of my life it's perhaps the time when I'm learning the most and perhaps gaining the most from life.

Yes, the equilibrium of thought has always been a struggle for you, but as you progress through this life you are beginning to realise: no matter what other's thoughts are—no matter what *you* feel, there can always be a balance of thinking, and that is one of your *aims,* if you like, in this time—in this lifetime (thank you)**. I will also tell you that in one lifetime you were a senator who spoke powerfully, and expected people to take your word and your word alone** (oh)**. So that will give you something to think about.**

Sarah: Yes, thank you. Yes, I think actually in the past I may have been a little outspoken in some cases and perhaps haven't taken in other people's thoughts, so I can understand now that I perhaps want to change all that—so thank you!

Lilian: Yes—for myself—lovely parents. They were my friends as well as being parents, I feel. They were poor, and I often think as I grew older, it puzzled me, why there were such people better-off—rich people and poor people—that was a puzzle. I also realise, partly because you've said, Salumet: learning tolerance from my mother—so I'm grateful for that. They gave me freedom in the religious way—spiritual way, whichever; which I'm grateful for that. And yes, like Sarah, I think maybe and hopefully I helped them a little the way I thought, once we'd come into Leslie's group—and with your words especially—so I hope I helped them there. Yes, so 'tolerance' and 'judgement' I feel are two lessons I needed to learn, and certainly they would have helped me there.

Yes, you have travelled well, through this lifetime. There were advantages and disadvantages, but in general your life has moved in the right direction this time. That is not to say you can stop striving, because you can never do that until the day comes when you rejoin us here in spirit (I see)**.**

Lilian: George?

George: In a previous lifetime—perhaps it was my last, I was a gardener-monk in a small monastery. In this lifetime I found myself on a small mixed-farm in the country with loving parents. And I was able to have my own little garden and grow a few things; and this was all nicely comfortable and appreciated. BUT, the really important thing—I wanted freedom and I wanted to develop mind, which required education. The simple life on the small farm was wonderful and comfortable. A local grammar school where I could study was available and my parents were able to afford to send me there. A developing mind I realised required much learning. This became my great desire in life. I wanted to develop mind, have the freedom to do this, to think, and at the same time gather information. And I think this will help in making a small contribution to making the world a better place. So I feel that the start in life was wonderful and it took time to get good direction; but I feel, now that I'm in my 80s I'm on the way to achieving what I wished to achieve—and that has become bringing all the thinking—scientific, political and spiritual—together, to help make the world a better place.

—And also to make you a much better person. But I will contradict only one thing that you have said: you have not completed your mission

(Titters)

—That mission of the gift of telling, will continue well beyond this life.

George: Oh! Yes indeed. Yes, I realised at several points in my life that I have much, much more to do. And it's been a lengthy journey, and as you say, it still is.

Lilian: Can I say: the channel that you are using—Eileen; she thought one of her learning curves was 'forgiveness'.

Thank you. Yes, I will impress her as to her thoughts.

Lilian: Thank you. Okay, next one?

Natalie: My childhood was quite varied and mixed, but generally it was a good one; especially as I was lucky enough to share the same family as Mark, Sara and Paul, and my grandmother was more like a mum to me than my actual mother. So I was quite blessed to have her in my life and I was at my happiest with her, and being with George obviously on the farm and my aunts and uncles; that was very important to me, and still is in a way. I find being—especially in the mountains—when snowboarding, I'm happiest just being free with nature—with the trees and snow where it's really peaceful and quiet. I think parent-wise, it's very challenging and there's a lot of lessons there, but I think generally it's *forgiveness*, *tolerance* especially, *open-mindedness*, and for me personally *acceptance*, especially within myself—acceptance more so this year especially. And I think also in a way, I'm supposed to be working with children, helping children—and work also towards helping women's rights and things I feel strongly about. These kinds of areas I feel passionately about. Yes—acceptance mainly, that's all I can think of.

Yes, you have become wise beyond your years. Your spirit, my dear friend is reaching a point where it will begin to soar. The difficulties that you have experienced, have led you to what you are today, and that is moving you forward in the spiritual sense. Your life ahead will be good, provided you keep focussed and look towards spirit to guide you.

Lilian: Graham?

Graham: Yes I feel, like many in this room, that I came from a charmed childhood. I don't know why, but when I was younger I was very, very insecure and very under-confident, so I think I chose the conditions of two very loving parents to help overcome that and project me forward. They were very quick to rejoice in

anything I ever achieved or made or drew or whatever, and I'm very grateful to them for that. They allowed me to move forward onto things that when I was younger I wouldn't have been able to have done, because I would have been too shy and insecure. Then I felt an attraction towards the teaching profession, which I'm glad I did. I did have a look at another career in accountancy, which just didn't feel right at all. I felt so much more comfortable going in the direction of teaching, and I've learned a lot through that, and continue to do so. And the teaching profession itself does create challenges, some of which I'm not always so keen to take on, but I think in hindsight everything that's happened has been for my good. So yes, that's it really.

Yes, the early insecurities *are* what you needed to change (yes) **to be loving and successful within your life, and by choosing teaching, which I can tell you, my dear friend, is what you should have done—has indeed set many challenges** (yes), **but those challenges are what will make you stronger, and in being stronger, insecurity disappears** (yes)**. But there is still much work for you to do in this lifetime.**

Graham: Well I'm glad about that, because I do enjoy these things **(yes)**. Yes, I've enjoyed starting another type of teaching, which you must know of course, because it's teaching adults through a meditation group **(yes)**, and I was very nervous about starting that, but once it had started, like so many things, it's just the *starting*—once you get going with it, it all seems to work.

Yes, because if you listen to spirit you will be guided along the right pathway.

Graham: Yes, yes thank you.

Lilian: Serena?

Serena: I can't remember much about my childhood—I don't remember ever being a child actually. *(Laughs)*

I always feel that I've been an adult. That sounds a bit strange I know, but I just feel like I've always been grown-up. I think probably my lesson with my mum would be—not lesson, but the thing that she would have given me as a real, real gift was not really parenting very well—well she wasn't very strict, put it that way, and I think that suited my personality. I don't remember her really ever being very disappointed in me, although I think she must have been from time to time. She was always very positive about everything anybody did, including people that weren't in the family. She was accepting of people that other people wouldn't have been accepting of. She wasn't really very sociable, although she wasn't unsociable. So I think I've sort of from her, can really understand why everybody doesn't want to just go down the pub and it can make you a bit of an outsider if you don't do what everybody else is doing, but that's life.

Lilian: I think we've all kind of done that.

Serena: That's just the way it is. My interest in spirituality came through healing I suppose, but really I don't necessarily think it's spirituality only, because my interest in the Earth and nature—mother nature and things like that—it's really sort of collided and the two extremes have come together and made quite a big picture with lots of pieces missing, that I know I'm gonna have fun trying to find and put together. I sort of feel in the right place at the right time lots of times—like meeting Eileen was I was in the right place to be coming here. So I'm quite accepting of life and the way things happen. I won't say I'm not as impatient as I used to be, because I don't think I was really impatient, but I can just see now that you don't always see into the future, you just see a few days ahead, because you never really know what's ahead, and mostly it's just a nice surprise.

Yes—of course, firstly I would say ALL of you have been carefully guided towards this knowledge—the love of the Earth—the love of people. Note how often that word is mentioned—'Love'. You, my dear child, came not only to learn from your youngest days, but also to give and to support your own mother. That is a big lesson for you—that you have brought that forward into this lifetime.

Serena: Can you explain a little bit more about that?

—In what way?
Serena: Am I to continuing to support her, or was it something—
It was something that needed to happen in your childhood not now (ah okay)**, yes.**
Serena: I do remember once doing something I shouldn't have done, but it saved her live. Was it something like that?
Yes, that is why you were there, yes. So you started off as a living loving human being. So in your search for goodness, knowledge and light, always remember you are a giver—a giver of knowledge, a giver of light; and I would say as I have said to the others: to continue to know yourselves—and each one of you *will* move forward.
I hope, my dear friends, that you have found something on which again you can think and ponder.
George: Yes, I'm moved to say Salumet: thank you so much for this exercise, and I'm sure we've all learnt much from it **(yes)**. Thank you for your input and guidance.
As you know, I am not always happy to give information to you, but this, my dear friends, is just a little 'thank you' to each and every one of you, for the love and the work that you all give.
George: It's much appreciated.
And I feel, for this time, I will leave you. And think upon the words said by each other. Can you see what each one sees of themselves, or do you feel there is something missing?
George: One other thing I wish to say: my dear wife Ann who was a member of this group—she has influenced a number of us as a family, and I personally thank Ann as well for her input.
Yes, she was indeed a beacon of light to many.
(Acknowledgements)
Lilian: Yes, I'd like to thank you also—I said about rich and poor people, but when you said how we choose our parents and how we choose lives that we come to for lessons to learn and so on, then it didn't puzzle me anymore, why there's rich and poor—it's the situation that matters. So thank you for that. It was an answer for me.
And you see how you came upon that answer, without any prompting. It shows how much you have grown (yes, thank you—with help from you)**. Now my dear friends, I will take my leave this time.**
Sarah: Just before you go Salumet, did you say: *'Could we see what was missing?'*
—In each other; I will leave you to discuss that between yourselves. But for now, I take my leave. I leave you with my love and much upliftment this time.
(General thanks)
In conclusion, Eileen having returned said: I look forward to reading all your secrets!

~21st April 2014~

Firstly a rescue via Eileen:
http://www.salumetandfriends.org/resources/2014_21_april+Rescue+being+ignored.mp3
Lilian: Good evening.
Say that again?
Lilian: Good evening—hello.
Ah! You're the first one who's spoken to me!
Lilian: Have you been waiting long?
I'm trying to find a close—Deal Close off Stuart Street. Can you direct me my dear?
Lilian: No, but I think I know why you are in my friend's house.
What? I'm not in a house.
Lilian: Yeah—you're sitting on a chair.
No, I'm walking along the street.
Lilian: In a minute you'll realise you are sitting in a chair. You need a little bit of help.

Don't be silly.
Lilian: I know it sounds silly, but it will make sense in a minute. Did you ever wonder what happens to people when they die—what will happen to you when you die?
Of course!
Lilian: What do you think?
Well, I'll go somewhere else.
Lilian: Good, well that's what's happened to you, but you haven't realised that that's what's happened. Something caused you to die, maybe suddenly, on your way to your friend?
George: So that is perfectly correct. You are on your way to somewhere else—
Who's that? First nobody wants to speak, then everybody's speaking.
Lilian: Well, we haven't died yet, so we're two people who try and help people like you to realise what's happened and then to send them on their way—as long as you begin to understand what's happened.
Well surely I'd know if I'd died? How could I not know?
Lilian: Well I think it was probably very sudden. You hear of people dying suddenly don't you? I think that's what's happened to you. How old are you?
—Seventy-six.
Lilian: Well you didn't expect to go quite yet, did you?
No.
George: Well it's quite a good age anyway.
I can't believe this!
Lilian: You've been talking to people, haven't you?
Yeah, there's so rude.
Lilian: Yeah, nobody has spoken to you.
No! You were the first one!
Lilian: That's why they haven't spoke, because they didn't realise you were there.
George: You are spirit now and they didn't know you were there. Just to show that you are indeed sitting in a chair, let me take your hand and let me place it on the arm of the chair—there you are.
Lilian: It's a cane chair.
Oooh!
Lilian: Don't worry—you're not the only one to be confused and wondering what's happened. It's happened to a lot of people.
George: It does take a little thought.
I'm in a chair?
Lilian: You are at the moment.
I don't want to sit in a chair forever.
Lilian: No, no you won't. What you have to do is to look ahead of you, and you will see a light and that light is the gateway —I'll say into *heaven.* Someone will be waiting for you, someone that's gone on before you —a mother, a father or a husband—
Well I've got to deliver something first.
Lilian: Don't worry, that will get to your friend anyway.
How do you know it's my friend? How did you know?
Lilian: I guessed it was your friend. But those people who are left on the planet Earth, will know that you've passed on. They will deliver whatever you were going to deliver.
I've never heard of anything like this before.
Lilian: No, it's very common; when you get into spirit you'll understand so much more.
And what do you call yourselves?
Lilian: Well, people can understand this, and we can help people—that's all we want to do—just help people get to where they should go.

So why haven't I heard about it before? Why don't I know these things?
Lilian: Well there's lots of things we don't know, isn't there? We can't know everything.
That's true.
Lilian: Who would you like to meet you?
My dear old Mum.
Lilian: Yeah—I bet she's there ahead of you. See if you can see the light. That's the gateway to make for, and you'll see her.
George: It may take a little time, but you'll see the light ahead of you.
(Pause)
I hear noises—I can hear noise (yeah)***, and I see shadows.***
Lilian: Yes, and they'll become very real—which is what they are.
I think it's music. I feel like I'm moving in this chair.
Lilian: Yes, you won't stay in the chair—you'll be making a new life.
George: You'll be moving forward in a moment.
Oh there it is! I can see it now. There it is.
Lilian: Can you see your Mum?
No, but I can see a light. It's almost like it's—how can I explain? It's pulling me towards it.
George: That's good.
Is it supposed to do that?
Lilian: Yes, spiritually you are going *home.* That's the main part of you. You've finished with the body that you had, and now you are spirit-body.
Oh, there she is—my dear old Mum.
Lilian: Good! You'll have a lot to talk about.
Won't I just! Hello mum. *(Uttered faintly)*
Lilian: Are you happy to move forward?
I can't stop It.
(Sigh)
Lilian: As long as you're happy—I know you are.
Eileen said after: she confirmed it was a man and that she was aware of people he had been trying to talk to, and she was aware of his Mum with outstretched hand
A few minutes later, another was with Eileen:
http://www.salumetandfriends.org/resources/2014_21_april-one+thru+eileen.mp3
Lilian: Good evening and welcome to you.
(Pause)
I am not ready to speak.
Lilian: No, that's fine, take your time. When you want to speak—we'll leave it to you.
(Longer pause)
The silence is good. But still it is noisy.
Lilian: With our thoughts?
I hear you say: how can silence be noisy? In our world silence is different.
George: So—would you like us to be meditational and not with too many thoughts?
There are too many thoughts of course. In our world silence is beautiful; even though the thoughts are everywhere, they are different—the peacefulness is beautiful.
George: Yes, I guess there are peaceful and loving thoughts—
Yes, but here—I don't mean in this room—but here on your planet, there is much noise (yes) ***even in your silence. Do you understand what I am meaning?***
(Affirmed)
George: Yes, I think you're saying: there are too many concerns—too much mechanical thinking about problems—too much of making problems—that sort of thing perhaps.

Yes, you were right in saying about being in a meditative state. That is much better, but not many of you do it here.
Lilian: I find it very difficult.
You find it difficult?
Lilian: I do.
In what way?
Lilian: I suppose to really let go to that extent.
Are you afraid?
Lilian: No, I don't think I'm afraid—I hadn't thought of it that way anyway.
I just wanted to experience for myself, the difference between OUR silence and YOUR silence. And I have to say it has been a shock.
Lilian: That's interesting.
It is something I had not considered before. Until you are in spirit world, you do not understand the differences.
George: Well, I guess it varies with the level that you are in spirit world.
I would say even those who have only just arrived, would see the benefit of the silence in our world, as compared to this one.
George: That's interesting.
Yes. And yet, as silence is so beautiful, but as you say, it is a different kind of noise.
(Pause)
Lilian: I think with me, it depends where I am—I was sat on a fence actually, nobody else was around, by a lake, and there was a mother duck with her babies—and that to me is peaceful.
Yes, with that I think you are speaking of spiritual peace—yes.
Lilian: Oh I see.
There is a difference between being quiet and spiritual peace, which comes from deep within. I know you have all experienced something at sometime, speaking about the quietness, and as you come together here, you realise the difference between coming together and being alone. Do you not agree?
George: Yes indeed, and even with the mechanical noise on our planet, certain of the sounds such as bird calls are beautiful ***(yes)*** and seem to be more harmonious with peace.
Of course, that is one of your planet's beauties, but when you arrive in our world, it is even more beautiful—so beautiful that we cannot describe it to you fully. It is something that you will perhaps remember, I do not know, but it is something you will re-acquaint yourselves with when you return home.
George: Well, that's a nice thought for us.
I know you know all of these things, but it is just that I wish to experience this for myself. And I have to say I am most grateful for your attention, in allowing me to speak and tell you what I was doing.
George: We are equally grateful for your words, and as you are here now, are you aware of the noisy thought situation generally about our planet—not just in this room?
Yes, it is not just in this room, it is a general noise pattern which comes from your planet. Of course, it has to be, but I was more concerned about having the experience of a group of people such as your selves, that was already quiet. Of course your planet is VERY noisy to those of us who are accustomed to the life in spirit; there is no comparison.
George: Yes, well I guess that's part of our evolution.
Yes, of course, this planet has experienced a great deal. It has existed for a long time—and for a long time to come. But still we in spirit are curious and interested in what goes on in this planet, as we are in others.
George: Yes, I was going to say, are you also interested in other planets?—not just Earth.

Of course, why would be disregard other planets when they exist.
George: Yes indeed ***(yes)***. Yes, we've had that great privilege within our group of communicating with others on other planets.
So I have been told. It is not something I am involved in, but of course I have the knowledge; it is available to all who wish to grow and know. And now friends, I thank you.
(Eileen coughed)
Forgive me—I have made use of this one's throat for too long.
Lilian: She'll have a drink of water when you're gone.
George: It happens sometimes.
(Actually, it was a rather heavy gritty voice that this one had)
But we thank you also for coming through and giving us your words and your impressions, which were interesting to us.
Lilian: Yes, thank you very much.
I was most surprised that you recognised I was here.
Lilian: You can tell the difference in the medium you are using.
Yes, I see—it still surprised me.
Lilian explained that the facial expression is a little different
I see—you are someone of some discernment are you?—you can recognise these differences?
Lilian: I've been sitting with this group for a long time, I must say.
Ah, you are very old are you?
Lilian: You could say that, yes.
(Chuckles)
George: We are all getting on a bit.
Lilian: It won't be long before I can experience the silence that you've talked about—again.
You all have experienced it before—it is just that you have forgotten.
Lilian: I guess if we'd remembered we'd be coming back a bit quicker!
(Chuckles)
Yes—anyway, I must thank you all and I must go before I affect the lady's voice forever.
Lilian: Thank you.
George: Yes—nice to have you with us.
(And on returning, Eileen had some water)

~28th April 2014~

Firstly a rather strange rescue via Eileen:
http://www.salumetandfriends.org/resources/2014_28_April-fragment+rescue.mp3
Lilian: Good evening.
(Lengthy pause)
Is there anything you would like to talk to us about? Or have you just come to sit quietly?
(Further lengthy pause)
Do you wonder where you are, and why I'm talking to you? Are you frightened at all?
No.
Lilian: Good.
(A very whispery voice as if from far away, that we could scarcely hear then slowly articulated)
I'm watching the picture show (yes)***—lots of people.***
Lilian: When you say: watching a lot of people—could you explain a little more? Is it people in the room with us that we cannot see?
I don't know them—passing quickly. Man in yellow shirt.
Lilian: Sorry if we're disturbing you a bit. Do you know where you've come from?
Not sure—not sure.

Lilian: So do you think you are still in a physical body?
No (ah) ***I'm not physical, but I'm a little lost.***
Paul: Where is it you want to be?
I am looking for one in a silver coat.
Lilian: And that silver coat would be one in spirit—
Yes. Can you help me find them?
Lilian: Someone in a silver coat?
Yes.
Lilian: Do you realise that you are talking to someone physical?
Yes, yes I do.
Lilian: I would think someone in spirit maybe could help you.
YOU help me.
Lilian: Well, we'll do our best. This is a friend of yours?
No—part of me.
Lilian: Oh, a PART of you.
Yes—we need to join (together!) ***together.***
Lilian: This is something we haven't encountered before, so you'll have to forgive us for being a bit slow here.
Paul: What can you see around you now?
People.
Paul: But not the person you're looking for—
No—I'm travelling—help me, then I can move forward.
Lilian: I see, to move forward you need this other person with you—or to be part of you?
Yes.
Paul: I would think if you focus on this other person with your thought.
Lilian: Can you send love to the other part of you? You know, enclose them with your love.
I'm trying (good)**.**
Paul: Good, well maybe we can help you—give you a little bit more energy to focus on this individual.
Lilian: Perhaps if I put my hands just on the top of your medium's head—
That's better—much clearer (good)**.** ***People have stopped now.***
Lilian: So are you together—have you joined up?
Paul: Can you feel them a little bit closer now?
Yes—yes.
Paul: Yeah, I'm sure they're drawing closer to you now.
NOW I feel complete.
Lilian: Well, that's lovely. We'd like to thank you for the help you've given us in another step forward in our thinking.
I knew you would help me, I knew and I thank you—all of you. Thank you.
Paul: It's our pleasure to help.
Lilian: And we wish you luck as you go forward.
Thank you.
Eileen said afterwards that she experienced a strange feeling of being spiritually incomplete—a fragment, and to us she seemed far off; but there was a feeling of completeness in the end. This may be what shamans sometimes refer to as 'Soul Retrieval,' involving the reuniting of a fragment of soul, which has been lost, often due to trauma. Perhaps Salumet will be able to explain this one further for us.
One who gave the name 'Sudane', popped in for a fairly light-hearted chat, which was followed by another rescue, via Eileen:
http://www.salumetandfriends.org/resources/2014_28_April-rescue+murder-suicide.mp3
Lilian: Hello—we're here to help you.

Oh my God! What have I done! What have I done! What have I done!
(Loud grieving sounds)
I don't know what you have done, but I think you are ready to get better from this, and that is why you are here talking to us.
(More semi-intelligible words were uttered and hands were placed on Eileen's shoulders)
Listen to me: we are here to help you, and you are ready to step forward now and be happy again—to forgive and to forget.
I can't—I can't.
Lilian: You will. Sometimes things happen, and they almost seem out of our control—
(More semi-intelligible words and sounds of great distress)
Lilian: Okay, but I think you'll find she is stood there—not far from you—ready to help and forgive, and put it behind you. I'm sure she's somewhere near. You've got to forgive yourself—that's the hardest thing of all. But you can do it, and she'll help you.
(The distressed one became quieter)
What can you see? We know you are in spirit as well. What can you see?
A light.
Lilian: Good, that's the first step. That light will get bigger, brighter and in a minute you'll be covered with love.
(Gulps and sighs)
Lilian: How are you feeling? Calmer?
Yes.
Lilian: It will take a little while, but you'll get there. We all make mistakes. Sometimes they're worse than others, and you've got a bigger one than perhaps some, but there're others with even worse ones. Can you see someone waiting to help you?
A hand, a hand.
Lilian: Yes, take their hand.
(Pause)
Lilian: What do you feel?
Peace.
Lilian: Good.
Peace. Help me, please help me.
Lilian: Yes, are you ready to take that hand and go forward?
Yes, I'm so sorry, I didn't mean to do it, I'm so, so sorry.
Lilian: Feelings got the better of you. But now you've got to make a new start.
I need help.
Lilian: Yes, you'll get all the help you need—much more than I can give you.
I need to go, I want to go.
Lilian: Yeah, you'll be okay.
Thank you.
Lilian: You're very welcome.
Thank you.
(Eileen said afterwards that she had awareness that this one had in fact strangled his wife.)

~5th May 2014~

http://www.salumetandfriends.org/resources/2014_05_May+one+thru+eileen.mp3

Lilian: Good evening.
Ah—yes, I have to tell you, your teacher will be with you next time (thank you)***. That is what I am being told.***

(Pause)
Lilian: Would you like to stay and have a talk with us?
I am just asking why I am still here.
Lilian: You'll probably know in a moment.
George: You are very welcome—thank you for your message, and we'll be very pleased if you stay for a chat.
It is not something I normally do.
Lilian: I was just going to say, is this your first time of doing this?
No, not my first time, but I normally just give whatever information is needed, and depart. But for some reason I am being held here.
Lilian: Perhaps you just have to sit quietly with us and see what we are all about.
See what you are all about?
Lilian: —You blend with us.
I think I blend very well, otherwise I could not stay with you.
Sarah: That's very nice anyway—nice for us and for you.
I am also being given a message from someone here *(in spirit)* ***who is saying that you know of her and that she continues to work very hard for the women of the world—***
(Several said 'Emma!')
—That is the one. She cannot come to you this time, but will do so (very nice!)***. She wants to bring to your attention the plight of many women, not only in the countries she's mentioned to you, but in many other countries. She said you would be aware of these developments*** (yes)**.**
George: Yes, Emma has visited us on several occasions and we are aware of her mission in helping the womenfolk of our world ***(yes)***.
Paul: Who are downtrodden—
Yes—I know nothing of that, I can only pass to you what she has asked me to tell you.
George: Fine—thank you.
—But please accept that she will be with you soon.
Sarah: Yes, that's very nice. So you don't know this Emma at all?
(Sarah had referred during our initial prayers, the horrendous abductions of girl students in Africa)
I could find out but there is no need. The knowledge comes very quickly if you so desire, but we all have our own ways of helping.
Sarah: Yes, so this is what you do is it? You just go around various groups giving messages.
At the moment that is what I do. Sometimes people such as yourself expect something, and for whatever reason it does not materialize. I am therefore the messenger of such news.
Sarah: I see yes. Yes, we always hope for the one that you talk about—'Salumet' we call him—we always hope that he will come, but we know that he does not come every time. But it is nice to know when he *is* going to come, so thank you for that ***(yes)***. So do you have other jobs to do in spirit?
I like to tend to some of the animals (that's nice)***—especially those animals who—and I don't know if you realise that the parting from, we call them 'friends'*** (yes)***, but you would say: owners—'owners', is that the word?*** (Yes) ***Yes, they find separation difficult to begin with, and I like to give them my love.***
Sarah: Yes, are you talking about the animals that maybe have been sold to somebody else or are you talking about pets?
Usually—yes, that's the word—'pets'; when they have passed here, or the owner has passed—I like to help those people also.
Sarah: Yes, well that's very nice.
—Because the connection between owner and pet can be as strong and as fulfilling as any two people.
George: Yes, it is a love bond.

It is the love bond and it's—I never was interested in animals I don't think before—but I find great peace from doing this work.

Lilian: I'm sure you do.

Sarah: Is that really because you realise now just how much emotion they also have, whereas perhaps when you were on this planet, you just saw them as an animal?

Yes that is possibly the answer—I'm not too sure. I only know that that is what I most like to do.

George: So are the animals mostly cats and dogs and horses?

Yes, domesticated animals. Yes, because you probably know the other animals go elsewhere.

Sarah: We've been told that you can be reunited with your pets, but normally animals go into a pool—but if you are particularly attached to an animal, it will wait for you—

Yes, because of that love. You must know of many occasions when animals have been quite—I believe you would use the word 'psychic'—while they are here with owners.

George: Yes, I think this is well noted with cats and dogs ***(yes)***. I notice people these days—some of them have quite unusual pets. Do you come across other animals apart from the more often domesticated ones?

Do you mean the animals such as snakes?

George: Snakes yes.

They belong to a slightly different kind of love. They feel and understand love that is given to them, but they are not quite as attached as the other animals that I deal with—

George: That's interesting.

But they do feel love, all animals will feel love, because they are part of Spirit.

George: Yes, and I am aware of people who have a fondness for a parrot sometimes—and gerbils.

Yes, they are rather—I don't like to use this word—but no one is helping me at the moment—the 'lower' scale of love. Does that make sense?

George: Yes, that does make sense. I feel that would be right.

Yes it is right, but it's whether people accept that that is the case or not.

Sarah: I did hear a tale a little while ago of somebody who was taking a parrot for a walk, and she was attacked, and the parrot attacked the attacker! So there is quite a strong bond with a parrot and a human.

Yes, it is the only way that something like a parrot would be able to show the owner the love that it feels. Yes, all of these things can happen, when you have love.

Paul: Which animals in particular show the higher forms of love then?

I think, as the gentleman has mentioned, your cats and your dogs, because for a long period of your time, these animals have been domesticated, and feel fully the love from the human. So I would say that, and following closely, we have your horses, which are beautiful creatures and I very much love them myself. I love all of them, but I particularly like horses.

Sarah: There are people who are called 'horse whisperers' ***(yes)*** and they whisper to these horses, there's a real understanding there.

Yes, might I say that to any domestic animal, you can whisper whatever you like and they should understand—but yes, I am aware of what you are speaking about.

George: And one gentleman across the room has swum with dolphins.

Yes, there is an intelligence with these sea creatures. The sea creatures are highly intuitive.

George: Yes, 'intuition' and 'intelligence'—those are words in my mind in this connection.

They react more to sound—their sensibilities. Yes, you should never say any animal does not have the capability of feeling love. They do, they do.

Lilian: It probably depends a lot on the human being, who gives back love or not.

Yes, it has to be reciprocated, yes that is true. And my goodness, aren't I speaking a lot!

Appreciative comments

Lilian: Well it's always interesting to know what you do in spirit.

I think, if I may say, it is one of the questions that is asked so often: what do you do in spirit?
You can do whatever you like. It seems to be a difficult thing to grasp for you humans.
Sarah: I don't think we wonder what you've been *made* to do, but we're interested in what you actually *do* do, because I think everybody does some sort of work in spirit, don't they?
Yes, you have to remember that time in spirit is so different. I think what happens is that as human beings, you are guided by day-to-day living, and therefore you have to know what another is doing (yes)***. Does that make any sense to you? It's difficult for me to explain.***
George: Yes, time is a difficult thing to understand.
Yes, and I think that is why you are so curious about 'how we spend our time.' But 'time' is not important.
Sarah: So, at the moment, this is what you are doing, but you will be doing other things another time.
I could do whatever I wish to (yes)***.***
George: So in spirit, would it be true to say you don't actually *have* time, but you have an awareness of Earthly time?
Awareness becomes richer—it becomes greater and it expands. That is what I have been told.
George: Ah! You are talking about awareness in general ***(yes)***. Yes, I can see that. Um, I was thinking: you have an awareness of our time on the planet.
We HAVE to have an awareness if we are to return to your time, as I am doing now. I have to be aware. It is like with your groups of people, you will find most of them are speaking in a set time, but in spirit—
George: —In spirit there is no time.
There is no time.
Sarah: When you come back, as you are at the moment, do you remember from the time that you were here yourself? Do you remember or have you completely forgotten about your Earthly life?
I personally have forgotten and was happy to forget, I think. It becomes so unimportant that you quickly adapt and leave those memories where they belong, on the Earth plane (yes)***. But of course, when you are constantly asked questions, it can bring it back to you, and you will find I am sure that some people may become a little distressed when the memory of Earth life returns.***
Sarah: Yes, although I was under the impression that we need to know a little bit of what you did on this Earth plane, because if you are to come back again, you need to know how you can improve yourself.
You understand about that when first you pass, but you quickly forget once you have decided whether you wish to return or whether you wish to go forward.
Sarah: So that decision is made quite early on from passing over?
Yes.
Sarah: Oh right, that's interesting.
Lilian: And that might depend on what you need to learn.
It will all depend on what you expect and what you know.
George: Our experience is that the majority of people have forgotten about their Earth live before, or have nearly forgotten; but there are some, such as the philosopher Rudolf Steiner, who just loves to come back and talk about the Earth—
Because that is his choice to do that—he wishes to return and to give information. He doesn't have to, but that is what he wishes to do—to help others who are still here. That is a different thing altogether.
George: Yes, so it's purely a matter of one's wishes—yes, and Winston Churchill was another one who came through, and he loves to call on groups and have a talk about things of mutual interest.
You have to remember too that sometimes people feel they have come to spirit too early. That is not true, but they feel it, and their desire is to continue with any teachings or information they can give—to continue to do that.
George: That's an interesting thought.

Yes, so those people who feel—I almost want to say: they feel they have been—using one of your expressions I believe—short changed?
(Chuckles)
George: That is one of our expressions, yes.
They would wish to come back to perhaps fulfil what they feel they should have done. There is never just one reason, and this is a difficulty in trying to tell you what goes on in spirit.
Sarah: Do people ever make a mistake, in as much as they decide they are not going to come back, and then later on they decide they really should have come back?
If they really should have come back they will be impressed, but the decision is theirs. But I believe I am right in saying: they will be impressed to come back.
Sarah: Yes. Some people don't come back very quickly do they? They spend quite a lot of time before they come back.
Yes, because that is their choice—they have to be sure that coming back is what they really wish to do. And again we are speaking about time, which doesn't exist, so whenever they are ready—that is when it will happen. It may be one year, it may be a thousand years—who is to say when the soul is ready?
(Agreed)
I'm being told I've spoken enough and I'm quite amazed that I've enjoyed speaking so much.
George: We've enjoyed listening, and I am sure we are a little more aware of the details of spirit and how things are as a result of this. Thank you.
Lilian: You've told came through very clearly.
I'm pleased if it's helped to clarify anything for you. And of course each individual collates information differently, do they not?
George: Indeed yes.
Yes they do. And I have found this a very pleasant experience (good!)***.***
Sarah: Well I think the feeling's mutual, because we've found it a very pleasant experience too.
George: Thank you so much, and please feel free to come again.
Well I'm sure if I do have to come again I will be only too happy to stay a little while (good)***.***
Sarah: And thanks for the message, and we look forward to seeing Salumet next week.
Yes, that is what has been said—and I will say goodbye.
(General farewells)
George: Farewell and love to your animal friends.
Thank you.
A rescue followed: http://www.salumetandfriends.org/resources/2014_05_May-rescue_boarding+school+child.mp3
Lilian: Good evening and welcome.
(Silence)
Lilian: Do you wonder who's speaking to you?
I'm not talking!
Lilian: Why aren't you talking? I'm sure we can talk.
I'm not talking.
(Pause)
Lilian: Are you sure you don't want to tell me something?
No, cos you'll tell them—you'll tell them where I am.
Lilian: I think I can keep a secret. I hope so.
I hate this place!
Lilian: What's wrong with it? Are they not very nice to you?
No, they are horrible to me.
Lilian: Is it a school?
Yes.

Lilian: A boarding school?
Yes.
Lilian: I know that can be a bit tough sometimes.
Let me be on my own. I want to be on my own.
Lilian: But eventually you would like to be with other boys and girls wouldn't you?
Yes.
Lilian: Yes, well if you just talk to me a little bit then I can help you to be with some other children. They'll be kind to you, and the people will be kind.
Nobody does anything—nobody.
Lilian: Okay, then I'll find somebody that will.
I hate this place. I hate it.
Lilian: I want you to think of where you are now, and there's a light coming into the room—a lovely light—changing colours sometimes, like a rainbow, surrounding you. And you'll feel all warm and comfortable. You are not frightened any more. Can you feel it and see it? You'll hear voices calling you—or children's voices.
I'm scared.
Lilian: No don't be scared, because they're all friendly. Coming with the children there's a lovely lady—really lovely. You'll begin to see that lady. I think she's got a dog with her too, that likes playing with the children.
Someone's got my hand.
Lilian: Good. It feels nice and warm and comfortable?
Yes.
Lilian: Good, that's the lady I was talking about. If you go with that lady, she'll take you away from the place where you are—the one you didn't like.
Where to? Where will she take me?
Lilian: It's to a lovely place where there are other children—it's where children like you who are so unhappy and suddenly somebody realises and perhaps takes you to a better place.
And there'll be horrible kids? No more punching?
Lilian: It's far away from there you'll forget all about it. How old are you?
Ten.
Lilian: Okay. Can you see the other children too?
Yes.
Lilian: They're a nice friendly lot of children—happy. That's how you will be too.
I don't know any of them.
Lilian: No, you soon will. You can tell them your name and they'll begin to tell you theirs. Just forget where you are and go with that lady.
I am, I am.
Happy to go?—good.
(Eileen on returning stated that it was a VERY nice rescue.)
A little talk followed then Sarah said: 'Before you said that I felt there was somebody with me—perhaps she'll be back'. A few minutes later Sarah spoke of a feeling of being divided in two—another minute and another spoke via Sarah: http://www.salumetandfriends.org/resources/2014_05_MaySarahtwin+separation.mp3
I am talking on behalf of twins.
Lilian: That accounts for the separation—dividing in two, Yes.
They are speaking as one. The one was taken and the other was in mourning for the rest of his life, but now they are reunited. And the message is from now us both:

Never regret when one leaves the Earthly plane before the other, because you are never separated, and each has fulfilled what is needed for that lifetime.

We are able to again be as one, and it is the joy of this rejoining completely that brings us to you to pass on the message:

Never be sad at a passing.

Lilian: But if you were twins, then that would be a little different. They belong to the same soul unit—one soul.

But each person can be reunited with another, but we were twins who were from the same source, and yet we had such different times on your planet.

Eileen: Do you mean identical, when you say the same source?

We were not only identical, but we were from the same—the same spirit that is in—in spirit the same body, the same source.

Lilian: Yes, we have been told about that—identical twins.

Lilian went on to query the case for more than two/triplets

I can only speak for us together. And now I will return.

Lilian: Thank you for coming.

Paul: Thank you for the message about no separation, even with one here and one there.

George's Notes:

Identical twins/twin souls/soul mates: Salumet spoke on twin souls, identical twins, soul mates and doubles during the meetings of 7th October 1996 and 12th November 2001.

~12th May 2014~ SALUMET

During healing prayers Sara expressed deep concerns for her daughter's health and became tearful. We all felt for her and voiced exchanges naturally followed on. Jan also had been experiencing health problems and we also felt for Jan. Then after a short silence, Eileen's arms were raised and Salumet was with us:

http://www.salumetandfriends.org/resources/2014_12_May+Salumet1.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

Firstly let me say to those here in distress that we are not unaware of your problems. Rather than speak personally I will say only that all human conditions are caused by an imbalance of mind and body. We of course, cannot interfere with the pathway of each individual, but what I will say is that the power and the knowledge lie within each one. As far as the young woman is concerned, she will be okay. And that is all I will say in that respect.

(Thanks)

The other lady has had much difficulty, and as a consequence her body is now telling her that all is not quite balanced, and she is being positive most of the time—which indeed will help. And of course, as you know, your Earthly doctors are doing wonderful things within your scope of medicine. I would say: trust not only those doctors, but trust your inner voice. And I will leave it there for you. And of course, as always, your voices reach those who wish to help with healing within our world. No one is ever alone; so take those words my dear friends and know that we are close by each and every one of you.

(Thanks and appreciation expressed)

Sarah: I was saying earlier that Emily is a good example. She said to me just the other day that your words Salumet are what brought her through, and she is most grateful to you. And everything has happened just as you said. So that has been a huge comfort to everybody and an example of how your words actually 'work,' and it's lovely to see the outcome. So thank you very much!

She has been a young woman who has listened, and listened well, to our words. Therefore, and I do not say she will never feel *well* at *all* times, but what I will say, is that she has the knowledge and understanding to help herself.

Sarah: Yes, thank you.

But of course, the human spirit has all of the emotions that go with being human, and that is what we will try to help you all with at all times (thank you)**. I wish, now we have spoken about power and knowledge—I wish to say to you this time: it is all very well that you hear our words of all the mediums in this world who have a connection with spirit. They do very good work, but what I wish to say to you, my dear friend, is that it is time that each one of you—and we understand that each one of you are on a different pathway—varying skills of recognition of spirit. But each and every one of you can now seek to find that deeper inner power which you all have. In this world it has become increasingly difficult when dealing with mediums who work in trance, because of the many electrical and electronic goods that you have in the world at this time. It therefore means that those who work in trance have to be taken that little bit deeper; and I say to you: it is by going that little bit deeper that you come to recognise the true Spirit.**

George: And would it also, Salumet, be helpful to switch off many electrical gadgets in the home?

If you wish to go into a meditative state, I would suggest that you do. It is all energy, as you fully understand (yes)**, but it is not in meditation so much that it interferes, as when you go that stage further. You understand** (yes, thank you)**.**

Sarah: How do the electrical waves affect the transmission of spiritual words?

—Because the energy interferes with the purer energy of spirit. It is a much more *base* energy—the power that is used on your Earth planet. Remember that those of us who come to speak with you, come from a place of pure Spirit. Do you understand what I say to you? It is delicate and detailed and not easy to understand.

Paul: Is it a little bit like certain *music* would also interfere?

Music can either lift the energy, or it can make it become negative. There are always two ways to look at that, and all of you must know and understand the power of *music*—and beautiful music as opposed to what young people would find acceptable to them. And I am sure my dear friends, that as each one of you have grown older, that you appreciate beautiful music much more (that's true)**, and it lifts your own energies. So never underestimate the kind of energy that is being used.**

George: Yes, it is obvious with plants—when they have beautiful music played to them, they respond well in growth to it. But when they receive 'acid rock' music, they respond in a negative way. I have carried out this experiment myself in greenhouse conditions.

Well, perhaps I can compare you all to larger plants, if that would make sense to you—

(Chuckles)

—After all, everything that exists is energy, and you will respond either positively or negatively—but the negativity is a platform for growth; so we will not say too much about it.

Sarah: You were talking about the plants, I was just thinking today: you said we shouldn't eat animals preferably, and they have spirit, but then plants have spirit as well, and we eat them. So, what is the difference?

—In what way? There is no difference—all is energy.

Sarah: So, if we shouldn't eat animals—as you said, it would be preferable if we didn't—

—Because they are on a different plane of existence. Their evolvement is different.

Sarah: So we're not actually harming the plants when we eat them then? Well, we are, aren't we, because we're killing them?

Well, you are becoming too complicated in your thinking. The Great Divine Creator brought to us natural goods. After all, you have to sustain the human body in some way. You have not reached the point of being Spirit; therefore the body has to be sustained and fed and watered, in the same way that the plant does. The only difference is in the evolution of both. You understand? (Yes, thank you)**.**
Lilian: In other words, it's all there for us, whichever planet we're on. It's just eating the right things.
Yes, and of course you must remember the way in which it is taken for *you*. You should give thanks for all that you have—all that is supplied for you (yes)**. But not many people on your planet today, thank the Great Creator for all the food and nourishment that is there for them.**
Sarah: I think a lot of people on the planet don't believe in a Great Creator—
Well, I will only say this to you: that we in Spirit are much happier at this present time than at any other time in existence.
(Exclamations of surprise and appreciation)
Minds are opening to spiritual matters, and therefore although you have many problems on this planet, we are happy to see such growth.
George: You mentioned recently Salumet that there would be great advances in medical matters—
Yes, I still stand by those words.
George: Oh yes, of course. I have recently become aware of what is known as the ASYRA system, which is a computerised program of kinesiology basically **(yes)**, which measures electrical human response **(yes)** and feeds information into a computer program. Three of us here have recently sampled this process, and it seems to me that it is a wonderful advancement and probably part of what you were saying earlier.
It is an old system with new words. Yes, the body energy pulses are able to be detected. But this is a prime example of how machinery can be used for good. So I would say to you, there are many things in your world which you would still term 'borderline'—I think you would say (yes)**—but if it is helpful to only a few people, then that can only be good** (yes)**. Your body tells you ALL. I only wish that human beings could recognise this.**
George: Well the computer program seems to recognise this! So perhaps—
—It is cleverer than the human—yes!
(Laughter)
Do we have any questions this time?
Sara: We have to nurture the body as well—in order for it to—
You have to give thanks for all that you have (yes)**. Yes, even in times that are not so good** (yes—more so probably!)**. Yes, you are correct, more so in times when the human element overtakes the spiritual aspect.**
Sara: Yes, it's easy to give thanks when things are easier—yes, that's right.
Yes, but, in a way, humankind has lost that ability, of giving thanks for the most simple of things.
George: I have been reading recently Salumet, about a wonderful spirit of the name: 'Zabdiel,' who came through the Rev G Vale-Owen in the year 1913, and he describes his place in spirit as 'Sphere 10'; so I think he is a fairly well advanced one in spirit. Much of what he says is in line with what you have told us.
He is one of the Angelic Group.
George: Ah! He is Angelic! Yes, and in particular he was mentioning *'cosmic energy'* as being more fundamental than the aether; and the process of creation involving both cosmic energy and the aether, and this leading to the material Creation. And I couldn't help thinking there is so much in line with your teaching in that.
Yes, he still has a way to go, as we all do. But yes, when you speak of Creation you are speaking of *'prime energy'*. You are speaking of that Great Power who creates all things. And in creating the material worlds that he has—and I use *'he'* very dubiously—because he is *'energy',* not a person. Yes, all energy

comes from the same source; whether it is to create universes or to create a planet such as Earth. You have to realise that no matter what you call it—cosmic energy—aether—it does not matter. To us, who have come some way, we recognise it only as the God Power.

George: Yes, I felt that his medium was perhaps not quite a pure channel. He mentions *'Lords* of Creation', as if there are actual beings responsible for the material creation.

I believe if you look to the name it will give you something as to why that was voiced.

Paul: —Because he was a *Reverend.*

Yes (yes!)**—Still being influenced, even although he says he comes from level 10 I believe you said. I am not at one with these levels. I would prefer to say that is a *blending* at each stage of progression.**

George: Yes, so it reflects that—

There is still a reflection of the medium.

George: Yes, not quite a pure channel. In the case of Eileen here, her consciousness is placed entirely to one side, so—

Yes, if you are being used in deep trance then of course consciousness is placed to one side. Whilst there remains any chance of human elements—human thoughts, then they will creep in eventually, yes.

George: Yes, so we can say that your channel is a pure channel, whereas a *partial* trance medium cannot provide quite a pure channel.

Most of the time their *channelling* as you call it, is perfectly good, but always as I have said, there is always the risk of the human mind coming into play.

George: So perhaps describing 'Lords of Creation' isn't quite right.

There are no Lords of Creation.

George: No, the Creation is simply a natural **(yes)** process I believe **(yes)**. Thank you for that.

Lilian: Did you have a question Jo?

Jo: I would like to ask Salumet please: What happens to the spirit babies? Do they all go into a pool when they pass over stillborn to wait for their mums, or do they grow up in spirit world?

This is not quite as straightforward an answer as you would think. Of course, the babies who pass to Spirit, if they have had the love bond, they will be nurtured and raised in Spirit. And of course, they will know and recognise their mother, as you would say, when their time comes to pass to Spirit. There are a small element that, let us say I think you would call, when babies are aborted early. They are still Spirit, but they have never had the love connection. And those Spirits—and it is very few I have to say, will return to a *pool* of energy. But mostly they grow in Spirit, these children; they are loved and raised in Spirit by those who wish to do this work, and they know of course their parents.

Jo: Thank you very much.

Does that answer your question?

Jo: Yes Salumet—thank you.

Do we have any more questions?

Serena: I'm not sure if this has been asked, because I haven't been here all the time: The fragment of the soul that was rescued a few weeks ago **(yes)**; is that the same as the *Soul Retrieval* that the shamans talk about?

Yes, exactly the same, it is as simple as that. It is something that not all people recognise, but it is there and it happens often. And remember—or perhaps you do not remember—that the soul is many aspects. Therefore it is feasible that you can lose an aspect of the soul. I do not actually like the word 'lose'—that is not quite correct. It is a disconnection for a very short time. That is what it is. You understand? (Mm)**—good.**

Paul: I don't think we've had a rescue quite like that one before, but there's obviously some need for it.

It happens—yes. It is nothing to be concerned about, but it does happen, and I know that you were all quite taken with that particular rescue. It is just another variance on what happens with rescues (yes)**, and of course we are ever grateful to all of you who are involved in rescue work.**

Paul: Have you got time for one more question?

I will take only one more this time.

Paul: I could ask one if no one else has one—*(Agreed)* We've touched on this subject before—what they call 'abductees'—people who have experienced being taken off into spaceships of people from other planets. I was reading a little more: perhaps they were actually *taken* as they appear to be—perhaps they had given their consent for these meetings to take place between us and people from other planets. And the reasons seem to be: in some cases they are being educated on these ships. In other cases, from what I read and hear, there is a little bit of investigation into their DNA etc. I'm not quite clear whether that is connected in some way to helping, possibly in the future, those from other planets to find ways to one day to adapt a bit more to living on Earth maybe. Anyway, I don't know if you can say anything about that?

Yes, firstly let me say about abductees in your world: I will confirm that this has happened. Not all of whom you call 'aliens' are of pure and goodness; they are not pure people. They are energies and people who come from other planets—of this there is no doubt. Whether you are ready for this in your world as of yet we remain dubious. But apart from those people who have mental conditions—human mental conditions, and there are some—those who have been abducted, of course meet people who are curious and wish to explore further; this is also true, but the element of investigation from others are not pure thoughts. So there is a range of abductees, and there is so much controversy in your world at this time of your evolving that this—it is too much for people to accept readily just at this moment in time.

Paul: Yes, it's a difficult subject to go into, I guess.

Yes, it is for most people, but for those people who know differently, it is *fact.* But be careful that you do not just accept everything that is written about this (yes)**. As in your world, there are good and bad people—so those beings from other planets—there are usually good and bad.**

Paul: Yes—I suppose it could be comforting to know that those bad ones are still subject to the laws of karma **(yes)** just like we are, and we're also protected by our own spirit guides, not just from other humans but from everybody; so we shouldn't have any fears.

No, you should never have fear. As I have said on many occasions, it is negative; fear is negative—fear can be your downfall.

George: Perhaps we could generalise and say that such news about abductions and UFOs appears freely on our Internet, but it is not appearing on our more traditional news channels, *because* certain people in control feel that the population is not yet ready, as you suggest.

Yes, it comes down to 'fear'. It is as the gentleman has said: it is a topic still in your world which is hard to understand. But truth will always OUT (mm)**. Truth will always be there, and that is what you have to look to.**

Paul: Yes, it's more and more opening up, we feel.

As your world has become a smaller place, so too is space. It is becoming smaller all of the time, and that is why you now hear—and of course in times past as we have spoken before—there have been visitors. But again, that would be readily denied today. So I would say on that subject: just to be patient.

George: Would it also be true for us to generalise and say that the majority of visitors who are extraterrestrial *are* of good loving mind?

Yes—of course, yes. It is curiosity at the moment with those—

George: —Because if they had not advanced spiritually, they would not be able to space-travel. Is that true?

It is not to do with their advancement of spirit. It is to do—that it is a completely different type of energy that they have; although it all comes from the same source, they live on a different type of planet. So do not assume that all from one planet are good. You are only good—not even in Spirit are all souls *good* straight away. You understand? (Yes) **It takes time. So when you speak of aliens from other planets, you are speaking of just another group of people. They may *look* different, they may *feel* different, but nevertheless, they still are not Spirit.**

George: They are a mixed group of people.

Yes, I hope that makes sense to you.

George: It does indeed—that's very helpful Salumet. Thank you.

Sara: Salumet, could I just ask one quick question?

—If it is *very* quick.

Sara: Is it common to hear a spirit voice out loud? I have been hearing, and have over the years heard a voice loud in my bedroom. I heard this morning, and there seems to be a lot of activity at the moment. My husband saw a spirit walk past, and my daughter started coming in our bed again. I'm guessing it's because she's sensing it. Would you be able to comment?

Of course it is—Spirits are able to do many things, and to be able to project a voice is not difficult for many. Yes, so there is no problem. The answer to that question is: yes, you can hear spirit voice.

Sara: Yes, so it's somebody communicating. Hopefully it's just a well-wisher—

It is often done when the spirit becomes a little frustrated or when the people around are not aware of them and that is one way to catch their attention—

Sara: Yes, because I've had things falling off, bangs, windows opening and lots of things.

Just be aware that it is not the emotion of the young girl that is causing these things.

Sara: Okay, so I'll just be welcoming **(yes)** and then they'll probably feel more happy.

Yes, when she is feeling happier, these things should stop.

Sara: Okay, so we're being supported really.

Yes (thanks)**.**

Jan: My father died five months ago and there's three of us: my sister, Cheryl and myself—have all heard him. But it's not in a frustration way. He said 'hello' to my sister and Cheryl and he said 'goodbye' to me, because I believe that in my dream state, we went off somewhere together and as I came back and woke up, I took a sharp intake of breath in as I saw him, and then his voice in the bedroom was so loud, as he said *'goodbye sweetie'.* It was wonderful.

Yes, it is more common than I think you feel. Yes, it is just your awareness also that you are able to hear, but yes, to us these things are to us quite normal.

Jan: Well, I would have been very disappointed had I not been able to hear it.

Yes, and of course it depends on the strength of intent from spirit who have gone. Yes—and now, my dear friends, I wish to take my leave of you this time. I hope our meeting has brought you love and joy.

(Acknowledged with thanks)

And as I leave you this time, I leave you cloaked with our love. I ask for upliftment for all of you in your daily lives, that you have love, strength and the great knowledge of Spirit with you always. Until we come together again, my dear friends, I take my leave.

(Thanks and fond farewells)

There followed clairvoyant messages, firstly via Eileen.

(Let me state at this point that the order of seating in this corner of the room was: Jan—Sara—George—Natalie.)

Jan was asking: "George, are you having trouble with pea plants at the moment? Several plants have died."

I assured that it was not peas but tomatoes—being invaded by aphids—never known such trouble from aphids before! There was some debate, ending:
Jan: The green things I'm seeing *could* be tomatoes. And your water butt—is that overflowing?
Yes, I explained at length how in the rainy weather it has sunk into the ground so that it overflows instead of excess water continuing down the downpipe, and I must raise the butt an inch to correct this. But it seems that the one with Jan was my dear wife Ann:
Thank you very much for that long explanation! Just SEE to it!
(Much laughter all round)
George: Is it Ann?—wonderful! Wonderful that you've come through to us! I meant to ask last time about your wonderful friends and family in spirit—Are you with them?
I am.
Me being a bit deaf these days, Sara added: Mum said "I am"
George: I would like to send my love to you all.
(Now, actions can speak louder than words, and Ann/Jan leaned across and put her arms around Sara. They, with emotion, hugged each other, and the tissue box was passed across)
George: That's beautiful! Thank you for being with us again. Thank you for giving Sara a hug!
Sara: I needed that!
(Meanwhile Natalie (Ann's granddaughter) was wondering if she should speak and Ann picked up the thought)
Natalie! Ah!
(Again, actions speak louder...Ann/Jan leaned forward, clasping Natalie's hands in hers. Then my own hands were clasped while Ann managed to say: "I have to go now.")
George's Notes:
1: ZABDIEL: Zabdiel spoke with authority through Rev George Vale-Owen in December 1913. He speaks on the creation, referring to spiritual energy obeying the dictates of will of spiritual beings to create matter. He makes frequent reference to aether as preceding the material creation. And he refers to what he calls the 'aether atom'. Although the existence of aether was dismissed by our scientists through the 20th century, it is recognised by certain modern cosmologists (DSSU theory) today, and the term 'quantised space' is used. There are many terms in use, but 'aether atom' and 'quantised space' sound very much alike! Zabdiel also speaks of how energy can be transmuted. So, allowing for some understandable imperfections, this is an interesting source.
2: Purity of channel: As Salumet says, it is possible for what is spoken via a trance medium to be influenced by the medium's consciousness. We would stress that Eileen is a pure channel for Salumet, because her consciousness is placed to one side and she knows nothing of what is spoken using her voice box. And this is the essential difference between a full-trance and a partial-trance medium.

~19th May 2014~

We began with a clairvoyant message from Jan, followed by a lady with what may have been a Spanish accent spoke via Eileen. She spoke slowly and seemed hesitant at first:
http://www.salumetandfriends.org/resources/2014_19_may-+help+for+Jan.mp3
Lilian: Good evening.
Hello—you wish me to speak?
Lilian: Yes, you're welcome to speak.
My name is Maria.
Lilian: Have you visited this group before?
No. I am—I am come to give the lady upliftment—
Lilian: Yes—which lady do you mean?

—The one who has been unwell.
Jan: Thank you!
I heard her speak. When you feel a little low, call my name—Maria.
Jan: I will—thank you—it's a lovely name.
You are receiving more help than you know.
Jan: I'm sure I am. I think that's why I'm so calm.
Yes. You like to cuddle your son.
Jan: I do—he's very cuddly! ***(Yes)*** He helps me enormously when I *do* see him.
His energy is good for you.
Jan: I know—I sense that. It's just a shame I don't see him very often.
But don't squeeze him so hard!
(Chuckles)
Jan: Right. For what reason must I not squeeze him very hard? Can I ask you?
You might hurt him.
Jan: *Laughing*—He's such a large guy—but yes.
He has a son who is very much like him.
Jan: He does indeed, yes.
Yes. If he was older you would say: peas in a pod. Is that right?
Jan: It is indeed—we can see it already.
Yes, anyway, call on Maria to help you.
Jan: Thank you Maria, I will.
Lilian: Would you be cheeky to say how do you help from spirit—you yourself?
We are given tasks sometimes—to focus on different people (I see) ***and my task is to help this lady, because she is one, like all of you, who gives themselves to spirit. You understand that?***
(Affirmed)
George: Well I think we are all delighted that you are helping, Maria—thank you.
Yes—I think you do not fully understand the workings of spirit quite.
(Acknowledged)
No. I can help many people—all at once.
Lilian: I was just going to say: can you do it *en masse*?
Yes, with a little help (yes)***. Yes, but I just wanted to make myself known to this lady.***
Jan: Ah! I'm so pleased to meet you Maria! Are you a guide or a healer for us?
I am both. Your little boy—grandchild, attracts children to him.
Jan: He does! He really does. He's got quite a little following of people. He's just so quiet and being himself, and we notice that children follow him.
Yes, he could be a healer in years to come.
Jan: Oh that's wonderful.
So I would suggest, if I may, to cuddle him also.
(Laughter)
—Not too tightly.
Jan: Rather a wriggler, but I will try.
You will have good energies from him.
Jan: Yes, I looked after him from a baby. Yes, I do understand what you mean. The bond between us is exceptionally strong.
Yes, it is a bond not to be broken.
Jan: That's nice.
But remember—Maria.
Jan: I will—thank you—you will be in my prayers—thank you.

George: Might I ask, Maria, when you say you help people with a little help; that little bit of help, does that refer to the 'energy' or does that refer to 'others in spirit'?
—To both (ah)***. We use energy but it is also people who wish to help others—who wish to heal. Yes, complicated isn't it?***
Jan: Yes, we *try* to understand, but there's no way that we can understand everything while we are here.
Not fully, no. You have to place your trust in Spirit (yes)***. That is important. And with all of people in these kinds of groups, we are only willing to come and to help you all when necessary.***
George: Then we are truly blessed—thank you.
Now I have to go.
Jan: Thank you Maria, I'll talk to you every day.
There followed clairvoyant messages via Eileen and Jan.

~2nd June 2014~

This was partly an evening of individual development. Instructions came via one speaking through Eileen:
Yes—you should all feel something around the head and the face.
Lilian: So we should sit quietly and speak up if we feel anything—then you'll know. Thank you.
Yes— and you don't mind if I just stay with this one?—(no—fine).
George: Please do. We are pleased to have you with us and thank you for this arrangement—it sounds interesting.
Yes, we just want to know if we are impressing you or not.
Lilian: Right—Let's hope we get good results.
Yes—and it may be that some may be aware of a name also.
Lilian: I see.
(Pause of several minutes as those in spirit set about their task)
George: I feel something around the head. It feels like almost a 'pressure'.
Lilian: Mine feels more around the eye area.
Jan: I am in pain with my face a lot—but I have the name 'Eric' or 'Erica'—I think it's an 'Eric'. I've got an enormous pain in my shoulder and I think it's to do with Eric. He has been trying to manipulate the shape of my face. The number 36 —he belonged to a battalion or regiment or something, but it had the number 36 in it.
Mark: I can feel my cheek bones quite well—puffy, and my ears are ringing quite well.
Lilian: I've got the name of William—it's just come back twice, so I thought I'll stick with *William.*
Jan: I don't know if it's my pain or his pain, but if it's his pain can he remove it please, because it hurts.
Have the others felt anything?
Natalie: Yes, definitely something.
Serena: I couldn't feel anything around my face but I did feel something in my shoulder and when Jan asked for it to be taken away, it went away. It was my right shoulder.
Paul: I possibly got the name 'Jack' earlier on. I've had mild sensations—I couldn't really tell what was going on in my face.
The reason behind this is to make all of you more aware of the gift that you could develop. Most of you are clairsentient, but if you're here, you may have more than one of the gifts of the spirit. What you have to endeavour now is to elaborate on what spirit are giving to you. So, may I suggest that you allow those to come a little closer and to see what happens next?
Lilian: Right—are we on the right track?
It is up to you entirely to develop what is there for you. If you do not allow it to develop, then it is always there, but it is not useful to you.

George: Yes—might I say: I've been aware recently of receiving help with regard to planning a book relating to the nature of existence, and I'm sure I have been receiving help in the planning. And perhaps it is appropriate that I had a feeling of pressure about the head rather than the face?

Yes, and you are of course being helped, but what we in spirit desire, is that you elaborate upon those gifts (yes)***, that you do not just accept what you have. The more you listen, the more you feel—the better your communicative skills become.***

George: I understand—thank you.

Yes. But all of you have gifts to be used, but I do not feel the potential here has yet reached the summit. But we cannot make you, we can only try, and continue to impress you to come closer to us.

Paul: Thank you for trying, and I'm sure we'll try—

We have not finished! We wish you now to elaborate on whatever feelings you have had—except of course from any pain. We do not wish you to feel more. So continue and see what comes to you now. And perhaps the lady will join us this time.

Lilian: That will be nice!

I mean the lady who is next to you.

That is Sarah, who is sometimes 'away'. This visitor seems to be well aware of our various dispositions! And it is so easy to drift into sleep state

Sarah: Yes, I nodded off.

Yes, you must not allow that to happen, otherwise you are not aware of what is happening.

Sarah: Yes, thank you—it's my failing on a Monday night.

Now let us see what you can find.

Several minutes passed

Who wishes to speak?

Jan: I'll start. I was asked to hold out my hands, and a gentleman knelt before me. And there was a gentleman behind him, and he touched my right hand. I believe he was a relative of mine whom I never met. He gave the name of Bert. I'm sorry if it's my imagination ***(no)***. He's in uniform and he had a flat military hat on. And I believe who stood behind him was my grandfather ***(yes)***, in his naval uniform.

One little thing to mention—even if you are doubtful, don't allow it to colour what you are seeing or feeling, because the more you accept, the more can be given to you—and you do very well!

Jan: Thank you.

(Pause)

Do we have more?

George: I continue to have a feeling about the head, and it is rather like a presence—and almost a 'not being here' feeling about it.

That is good. That shows that you are giving of yourself. Allow it to continue.

George: The name that comes to me is 'Albert'.

Good—have we any others please?

Lilian: My head is nodding, which does happen to me quite a lot.

Natalie: There's pressure on my shoulders and tingling on a line across my forehead, and I feel really, really cold.

You see what happens when you allow yourselves to be open to spirit. We can influence you so much. If only you would all allow us to; and it is imperative that you go forward and not just allow the interest to stagnate. Does that make sense to you?

Lilian: Yes, perfectly.

George: Yes, progress is always important.

Yes, you must progress—you are spirit. You can have the contact, if you allow yourselves to. Have we more?

Jan: Yes, I believe my Dad's trying to—my Dad's showing himself to me ***(yes)***. He was here when we first sat down ***(yes)***.
Serena: I was feeling a pressure as if I had some helmet on and a picture of someone in metal armour—perhaps a jouster—and feeling very, very cold.
Yes again, the coldness is just an indication of the nearness that we can have to you. So never be afraid of the coldness. And I think at this moment, most of you should feel it around the lower body. Can anyone acknowledge this?
(General confirmation)
Sarah: Yes, I've just pulled the rug up!
It is a spiritual coldness that you should feel.
George: Yes, I was trying to think how to describe it. It is not exactly a physical coldness, but yes that fits ... a spiritual coldness.
Yes, so these are all indicators of what you can achieve when you open yourselves to us. And what you should try to do now is, if you have a name, you ask a question. If you feel, like the lady has done—that she is wearing metal—to ask for a little more detail. Just to push yourselves—that is what you need to do—all of you. Can you please now see where you go from here? Ask questions.
(Pause)
You may find that the coldness becomes more intense. If it does, do not worry.
Serena: I've got a feeling that I might be on a horse. The pictures I can see are me being 'X' amount of feet above the ground.
Yes, you are using all of your senses at the moment. That is good—anyone else?
Paul: I got a glimpse of a group of men in very dark clothing—one with a very long bushy dark beard.
And have you asked his name?
Paul: I'll try.
Lilian: I'm picking up blue eyes—that's all at the moment **(yes).**
Sarah: I've been given the name John, but I can't see anything.
Yes—anyone else?
Serena: Richard the Lion Heart.
You have a name. Would he wish to speak? Does he wish to say words through you?
Serena: I will ask.
(Pause)
Serena: He might, but I'm not sure.
That is fine by us—you have done well.
Communication via Sarah:
I want her to know that I am close to this one. She is blind to me but she knows that I am here
It is all too simple to deny what you feel and what you see. And as human beings, sometimes you will say: it is only imagination. I would ask that you think twice about those words. You do not need to be within groups to make contact with us in spirit. That is what I am trying to help you with this evening. Each one of you has individually felt something, and in your recognition of this, you are opening yourselves to more. And that is what you should be trying to achieve at this stage of your development wherever that may be. Now I would say, before I leave, that each one of you will be given a name, and it is a name that should be common to you all. Please try to allow yourself to connect with this name. Please speak out loud, and as you do so, I will depart. I thank you for your time and I know you will endeavour to improve as time continues.
George: Thank you so much—this has been a wonderful experience. I haven't quite felt the depth of what I have felt this time, before.
Good.

(Several names were given)
Jan: *I've got to say Leslie.*
Sarah: *I'm saying Peter.*
Lilian: Would I be right in saying it's my husband?
Whatever comes strongly to you—that is the name for you. Accept him if that is what is given.
Lilian: No I didn't get the name—it was just the feeling of the eyes.
Yes, because you are more clairsentient than anything else, because of the work that you do. You must all have a name.
Serena: I've got the name Adam.
Adam. The name may not necessarily mean anything to you individually, but it is a name being used just in order for you to connect with it. So do not try to connect names if they do not apply.
Paul: Possibly the name 'Joshua'—I don't know that name.
That is what I have said—it may not be a name that you recognize.
Sarah: Is this going to be someone that we could call upon later on?
If you so wish, you may ask. You must take the responsibility onto your own shoulders, as you would say. If you ask us, we are only too willing to help in whatever way we can (thank you).
Serena: In meditations in the morning, I ask for a sign, but I never feel anything. What am I not doing?
If you are expecting a sign immediately, it does not work that way. In what way do you expect signs? There are so many. It could be—how shall I say to you?—it could be a cloud in the sky—it could be in a piece of music—it could be in something you may read—there are many ways. So don't worry about it too much, but continue to ask. It will come. Can we have the others please, before I leave?
Natalie: I think I have a Frank?
Frank? (Mm—) ***You see, you are doubting.*** (Mm)***—try not to doubt.***
Lilian: The first name I had was William—I'll stick with William.
As I have said, it's just a name for you to recognise—not necessarily one that you know. It is only for the exercise, so don't be too concerned.
Paul: Yes, mine's definitely the letter 'J' I think, because I had a 'J' word earlier. So I'll stick with Joshua ***(yes).***
George: Albert is the name that has come to me.
Albert—yes. We have one more gentleman I believe?
Mark: I've been seeing a purple colour come and go ***(yes).*** And sort of contours of a face, but I can't see it. But I haven't got a name.
You can't get a name? Do not worry, it may come another time. But the fact that you have all received something should be assurance for you all that truly you are connected to us in spirit. It may be small steps, but now it is up to each of you to enlarge on what we have given you.
Jan: Leslie, who I think has been sat here listening to us tonight and who would have been very interested in this—he was the group leader who started this group off. He once told us that we have to be careful about letting spirit in when we are on our own. I think a lot of us have been hesitant about that.
You must always make sure that you are protected, and that is done quite easily, with a few words. You only need to be careful, if you are— for instance, we will often be worried for people using what you call the Ouija board, or trying to contact spirit, without knowing what they are into. And there are many who attempt this. But all of you within this room have had some experience of spirit. You are protected. So don't be too concerned about that. You will immediately know, if there is someone who is not, shall we say: 'Quite genuine'. And what you do then is you block them off, and ask whoever you ask for help, to help you to be rid of them.

Jan: Can you tell me before you go please, whether the pain in my shoulder tonight, was my pain, or a pain that I was picking up from someone else.

It was a little combination actually. A little of your pain you have been feeling. We hope that as you have been sitting here, that we have been helping with your pain.

Jan: You have, yes you have. I was in lot of pain when I came in.

Yes, keep that feeling of being pain-free with you, and you will find that it helps.

(Jan referred back to a previous visit of this one and how she had been receiving help.)

Sometimes we are mystified—that is not quite the right word, but I will use it—by people who are afraid to ask for help, as if by asking for help they are committing some spiritual crime. We like you to ask for our help; after all, that is what helps us to go forward—by helping others. So please, all of you, whatever help you need, please ask.

Jan: We will.

Lilian: I was just thinking, that will help even when we go to see our doctors, sometimes we think: oh I don't want to be a nuisance—I remember your words saying it helps them too.

Yes. Well, I must go, I have been asked to leave.

Jan: Thank you very much, we've learned a lot tonight.

(General thanks)

Lilian: Good evening.

(Then a gentle voice through Eileen explained that she had been waiting patiently to speak)

I wanted just to say a little prayer for you all. Is that acceptable?

(General appreciative response)

I want to ask that each of you be given knowledge, strength and very good health—love and understanding—mostly; that you might in your everyday lives be helped, as individuals—for I know you all have different lifestyles.

So my prayer for all of you is that you be happy—be kind—be loving—be gentle—all of those beautiful words in your vocabulary, that are not used often enough. I feel your great love my friends. I wish I could express to you how wonderful life is here in spirit. It is wonderful, it is beautiful, and most of all, it is filled with Love.

I know you hear that word so often, but I would like to say that until you are here with us, you will never fully understand. And I thank you for your patience with me. I am filled with joy and with great knowledge that each of you will be helped in some way—for this we ask the Great Creator to take heed of all that we have said tonight, and to bless you all with more knowledge. Thank you.

(General thanks)

George: Thank you so much, and thank you also for your own patience in the way you have waited. Thank you so much for your prayer and your blessing.

You are most welcome—most welcome.

Lilian: Thank you, because I know your channel will have felt what you are thinking.

~24th November 2014~ SALUMET

Happily, we now resume meetings following a break that Salumet might well describe as: the mere blink of an eye—time being that little bit different in spirit. There is still some scaffolding outside the house but inside is fine, and we are all most pleased to be able to continue onward. Audio link:
http://www.salumetandfriends.org/resources/2014_11_24+salumet1.mp3

Good evening.

(General greetings)

I am happy to join with you.

George: We are most happy Salumet to have you with us.
To feel the union between you all this time, gladdens us all. I know that you feel that time has passed so slowly, but I assure you my dear friends, that what you have been up to has been known to us also. As you know, time in our world is so different, so different that it is difficult to explain, and I know that on this Earthly plain, it is a hard lesson to come to terms with; but I am so happy for you all that the strength of your love for each other and therefore for this group of people, is strong. I would like you just for a moment or two, to feel that energy that exists between you. I would like you to just feel the energy; do not think about it, but just *feel* what it is like, how strong it is. All of you my dear friends, have joined together and no matter how far you travel, or how little you come together, that union is so strong and can never be broken. So let us take this moment to feel the energy between you. If any of you do feel different, then please say so to the others.
George: Oh yes, I'm sure the energy is there amongst us all.
Lilian: And the feeling of (being) pleased to see one another.
Sara: Yes, a very comfortable bond.
Graham: It almost feels like coming home.
(Affirmed)
George: It seems almost a stronger union, for having not had meetings for a short period.
Sara: Yes, I think possibly we are hungry for each other!
(Chuckles)
There is a saying on your world about *absence* and I believe it is apt on this occasion.
George: Yes: '*Absence makes the heart grow fonder.'*
We will replace the heart and say the 'Spirit'.
(Affirmed)
Lilian: Yes, it's a different kind of togetherness, isn't it?
Yes—it cannot be seen with any physical eyes, but as I have told you many times: to *feel* rather than to *think* and it is beautiful to behold. I can tell you that all of you are shining like beacons of light. I think because it has been some time, that I will not take questions from you, but allow you just to build upon this beautiful energy, which has been created by each and every one of you. But what I *will* say to you, is that in the months to come, there is much to give to you, there is much for you to experience, and it is up to each one of you, to fulfil whatever it is that you feel your lives are about. I wish you now to take full responsibility for every *word*, every *action* and most importantly every *thought* that you have. This may sound like an easy task, but let me reassure you my dear friends, it is not.
(Agreed)
George: I have a thought Salumet. During this brief period when we have not met, I have been writing about the *Aether,* and I have felt much guidance and I am most grateful and I did not exactly do my own planning from the start, but a set of 15 chapters seem to have presented themselves one after the other and that next book on the nature of the Aether and it's part in Creation is well underway, so thank you very much.
You are a fountain of knowledge within this group, but I do have to say, although you are aware of the help we give to you, sometimes you close your ears and do not listen to us.
George: Oh dear.
Yes—not in a negative way so much, as that you have to be aware of your *Earthly* body, as well as your spiritual body. There is a very fine balance and I wish this for all of you, not just our dear friend the writer. You are influenced at all times and that is why I have said you must take full responsibility for all that you think and all that you do.
(Pause)
Yes, I do not hear too many words *(Chuckles)*, but I hope it gives you some time to think and to move forward. After all, that is part of the aim of this group—not only to be messengers of Spirit, but to grow, to recognise where you have come from, to acknowledge that Spirit that you all are.

George: Yes, we must take full responsibility. But as regards—when I say 'help' from Spirit, it is as if there is a catalyst influencing thoughts.
Yes, you are being helped greatly, but you have earned that help my dear friend. You have put pen to paper—words sometimes influenced by us, but other times through sheer work—those words have been put down to paper.
George: Yes, the difficulty sometimes is bringing together the help from Spirit and humanity's scientific research and trying to combine the two.
Yes, you will never combine the two in your lifetime, but I would say you are trying very hard (Thank you)**. The knowledge of Spirit is still very young, although we are completely satisfied with what is happening in your world. The knowledge of Spirit is becoming greater and greater, but as with all good things, it does not happen quickly—yes. Would anyone wish to speak—not question, but rather how they have been feeling?**
Sara: I feel very happy with my piano opportunity at the moment, because it's giving me a lot of pleasure and I think inspiration too. I have felt definitely the presence of helpers with me and they help me to create some more music and I hope I will allow my helpers the chance to give me more in future. It's been very joyful to have this opportunity.
Yes, you—I do not often tell you personal details, but you could help with children and your music.
Sara: Yes, I think—I had a conversation that was leading to that recently and I feel there will be scope for that.
Yes, you must remain open to it, and if you do, then it can happen. It will also benefit you, as well as the children.
Sara: Yes, I feel that would be a good development, thank you for that. I sense it's going to happen in this place **(Yes)**, because it's a good opportunity to combine the music with interaction with people as they come.
Yes, music lifts the Spirit. I know that is something that is said on your Earth plain quite frequently, but it *does* lift the Spirit, it raises you to another level. So you may find that is the direction that you take.
Sara: Right, yes that's fine, whatever direction, I'll be happy to flow with it—hopefully.
Yes, we can guide you, but we would wish also that you strive for what you desire, because it is an innate desire, a desire that comes from the Spirit. You understand?
Sara: Yes I do, to incorporate the music with helping children?
Yes, and yourself, yes.
Sara: Do you mean in a teaching capacity, or in a singing capacity?
I see you helping children, who are perhaps lacking in some way. The music would bring to them an expression that they cannot make otherwise.
Jan *(whispered)*: You've got to work with autistic children.
Sara: Yes, perhaps autistic children—
Yes, I am not here to tell you your life path, but if you really so desire, it would be a good way to go forward.
Sara: A good pathway **(Yes)**. Thank you for that.
And again you see, you are putting others *before* yourself, but at the same time you are helping yourself, you are helping that Spirit.
Sara: Yes, that's right—interesting.
Natalie: I feel like I'm on the right path now, especially the last few months, I'm in the right direction—I'm not fighting anything anymore. Everything is just relaxed and kind of happening.
Yes, and when you relax and feel content, then even more comes to you. We can come closer to you, to help you, uplift you and to help you understand your life as it is now. But as I have said, it does not all happen within the blink of an eye—it could do, if you understood Spirit more fully, but for most human beings, it is a very slow progress.

Jan: I feel over the last nine months and especially since we have not met on a Monday that—well, pain is debilitating, but I feel through the pain, I have had time to reflect **(Yes)**. And I have very quiet moments of reflection, because of the pain.

Yes, and often with pain, comes the question why?

Jan: Yes, I've asked that lots of times.

Yes, and I have to reply to you: why not? But you understand that.

Jan: I do, I do.

Yes, but that does not help you on an Earthly vibration, because of course pain is negative and debilitating, as you have said.

Jan: But I've discovered it's the positivity and how you deal with that pain and I describe it—whether it's the right way to describe it or not—the acceptance, without wanting to hang onto it, becomes part of you **(Yes)**. You work through and there's a greater connection I feel with Spirit, since I've had the pain.

Yes, it is not something easily accepted by most people, when you say sometimes that pain *can* be necessary, I don't say always, but *can* be necessary for an individual to work through. That is what is happening to you, my dear friend.

Jan: I have in meditative moments realised that.

Yes, and I am sure when you go more deeply, that you can free yourself from that pain. Have you experienced this thus far? No, not yet.

Jan: No—briefly, very fleetingly—moments where I—the pain is a conscious and a subconscious thing to deal with, all at the same time, and you have fleeting moments, where subconsciously you're conscious if that makes sense—'I don't have pain'.

Yes, that is what I am trying to reassure you about—that when you reach a certain point, pain disappears, because what happens is that the Spirit comes to the fore. And for that brief second or minute, the pain seems to have dissipated.

Jan: But when it comes back—this sounds so silly, and it sounds negative, but it *isn't* negative—it's like, '*old friend, you're back.'* I mean, it becomes—

—An acceptance, yes.

Jan: Yes, it just becomes part of you and I find myself really appreciating those fleeting moments, but not feeling negative, when 'your friend' is on your shoulder again.

Yes, you are going through a learning curve and you are doing very well my friend (Thank you)**. In what you have said this evening, can be helpful to others who are experiencing pain, because we know from our world, just how distressing pain can be to the physical body and we try, try so hard, to help those of you to rise above any pain. It is not always possible because of your freewill. In many cases we can help, in others we cannot. So this is always a problem when people say: *Why is it when you pray your pain can disappear, but mine doesn't?* Can you see the problem? Nothing is the same for everyone—nothing.**

Jan: No—not at all. There is part of the human body-Spirit, that can separate that pain and that's what I've learned. It's a very powerful thing actually, to be in constant pain. It's not something that I would—**(Choose)**—choose, but it's also not something that I wouldn't have chosen.

Yes, I think my dear friend that when you come to *us* in this world, you will look back and say: how well I dealt with this. But of course you can still do more to help yourself and you know what that is. I have no need to put that into words. But do not despair.

Jan: No, I do try not to. There haven't been too many tears shed and not too much anger and just as I said to Sara, I've learned to accept **(Yes)** that you take time for yourself, and if you need to stay in bed all day and meditate, that's what you do **(Yes)**, and you don't feel guilty and you don't feel that you should be doing something else, because that's where you should be at that particular moment.

Yes, you must, all of you, live in the moment. We have discussed this briefly I believe, that each and every one of you should live for each moment, because that moment has already passed and you are already going forward into the next moment.

Jan: Well, I thank you very much—I thank Spirit very much for the help I'm receiving, thank you.

Yes, sometimes it is not always what you expect, but that is no reason to say I do not want to ask for help. Try always never to feel anger, because it is a very negative emotion. You know this—I am not saying anything to you that you do not already know. So we are with you (Thank you)**. Yes. Raphael would be a good one to have by your side. I will see what I can do for you.**
Jan: Raphael, lovely—marvellous. Thank you very much.
But you must call on him for his love and his healing.
Jan: Oh I will—thank you.
Sara: Salumet, if I send the thought for an opportunity with children to come, or should I—do you think it will manifest?
If you ask—you must ask for what you want. There is no—some of you human beings make us smile. It's almost as if you are asking for something dreadful, terrible *(Chuckles)***, when in fact you are asking to help others, to create goodness within your world.**
Sara: What I mean is—
You need to ask for the opportunity—
Sara: —to serve them?
Yes, you must ask for the ability to recognise the opportunities, yes. But of course you must ask, yes.
Sara: Because sometimes, although it's very easy to pick up the phone and say would you like—sometimes I quite like it when situations come naturally, through—
But they have been created in some part, by you, whether you are aware of this or not.
Sara: Yes, the idea comes and it seems we have a right to ask.
Yes, but if it is what you desire, then you can achieve it. We are never going to place your feet right on the spot—we want you to walk forward all by yourself.
Sara: Well of course, I like to feel a sense of being guided.
As all of you within this room are.
Sara: I feel it's more natural to follow some guidance **(Yes)**.
George: With regard to change in the world for the better, I feel there are signs. There are groups in some of the big cities, expressing dissatisfaction in the way things are being organised. There are what we call 'whistle-blowers', who are making known things that are kept from world population. I just feel these are *signs* of a change going on and these may be signs for the better.
Your Earthly world is a complex place. I feel those words do not surprise any of you. It is a complex place. It's difficult at times, to recognise the goodness that is within this planet. The human being is in himself a complex being, who is working and seeking to return home to the whole, if I can say that to you. Sometimes in your world, it seems that all is black, all is dark, all is evil, but let me reassure you again my dear friends, that we from Spirit are well aware of all conditions within your world and the basic truth of Love, is uppermost. I have at times told you: do not focus on any darkness, any negativity, because you give it credence. I ask you in this our first meeting together again, is to spread that love, which is so much stronger, so much that fills the world with light. I ask you that you send love to *all* people. I make no exceptions, I do not criticise one or the other—ALL HUMAN BEINGS NEED LOVE. You understand and you can feel it now within this room.
(Agreed)
Again, take a moment each of your days, to let that love pour from you, to HEAL your planet, to HEAL the people who are lost, and to help the sick and the injured and the lonely and the hungry; the list is almost endless.
George: Yes, I can see this is the evaluation from Spirit **(Yes)** which is rather different from any *physical* trait that we might see.
Yes, we help all that we can, but of course I use one of your Earthly expressions: *sometimes our hands are tied*, because we are not allowed to interfere too often. We can influence as you know, but we cannot deliberately interfere with the life path of other people. It is a hard lesson, is it not?
(Agreed)

—Very difficult to accept—but your planet is full of contradictions, and that is why it is important that each and every one of you, continues to give that love. No matter what your personal thoughts are about your world, let me reassure you it is growing in the right way.

George: That's very good to hear Salumet.

Lilian: I was just thinking to myself about the words you've just been saying. I sat quietly many weeks ago now, and thoughts began to come to me. First of all I was holding the globe/the Earth, with my hands either side of this ball, should I say. And then it went to the Earth and it was a bigger ball, but there were people and we were all holding hands around the Earth and we were thanking it for what it gives us and thinking of peace and love and so on and it was a lovely moment. And you've just said about thinking of—and I thought maybe just to imagine holding the Earth and holding hands with other people—that would help us **(Yes)**. It was a bit of an emotional moment.

Yes, because my dear friend, you are 'a keeper of the world'. That is what we call you in Spirit. Your love for the world, for people, for the animals, for all who tread this Earthly path—you have a deep need to help, which makes you a 'keeper of the world', which is what you were seeing in your meditation.

Lilian: Yes, it really was a lovely moment.

Yes, you were given a glimpse of what is happening—where the world is enclosed by the help and the love of others, yes. You, again my dear friend, have earned this (Thank you)**.**

Now my dear friends, for this time, I wish to thank all of you for coming together under this roof, to meet again, to help others with your healing thoughts, to talk about your love and your feelings and hope that each one of you can go forward. We are ever grateful to you, for the time and the devotion that you give. We thank that Great Creator, who has bestowed on us, the energy and love that is needed to continue. So until we come together once again, I will take my leave and allow you to sit quietly with your thoughts for a few moments.

George: I'm sure one thought is Salumet that we all feel very, very privileged.

Let me say my dear friend, it is OUR privilege, that you help us in many ways and one of the reasons why I chose you, and there have been many who have come and gone—it is because of the love and the humility that you show, the love and humility that is innate within you all. I want you to know my dear friends: there are many groups who lack these things. So I want to say 'thank you' and let us hope that we can continue with a little more knowledge each time we meet. And now I take my leave of you all.

(Thanks and farewells)

Minutes passed—then Eileen returned and she had a vision—a very tall tree—a Redwood Cedar. Eileen seemed to be impressed with the feeling that it was symbolic of all of us as to how far we can reach out. In discussion, it was felt to be a 'Dawn Redwood'—an interesting and very tall tree.

George's Notes:

Dawn Redwood: Metasequoia glyptostroboides. This is a deciduous conifer growing to more than 200 ft/60 metres, native to China and an exciting 20th century discovery. It was during 1946 that Prof. Cheng of National Central University, China sent an expedition to a remote village—Mo-tao-chi in Szechuan Province to collect specimens. Prior to this the tree was known only as fossils dating back 100-million years, and it was thought to be extinct. Seeds were gathered the following year and distributed to botanic gardens around the world. It is a beautiful fast-maturing tree.

In Cantonspark, Baarn, Holland—beautiful.

A fine specimen stands in Kalheupink, Oldenzaal, Holland. The broad irregular trunk is typical.

Fast maturing trees are now growing in botanical Gardens and parks world-wide. So just maybe the way in which this spectacular tree has re-emerged and spread throughout the world is also symbolic of the present spiritual mission.

~1st Dec 2014~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/2014_12_01+salumet$2BCho.mp3

One seemed to be with Eileen:

Lilian: Good evening.

Hello.

(General greetings)

Hello lady.

Lilian: Hello.

My name is Cho.

I not speak good English well.

Lilian: We can understand you.

Ye—I raised by English people. They call me 'Cho'. My name is 'Cho'.

Lilian: So what country was this?

I don't know. They found me as a baby. They raise me. So I wanna come to you to talk.

Lilian: Well, you're welcome.

You understand me okay?

(Affirmed)

George then tried to clarify the pronunciation of his name, referring to similarity to the French 'Jean' (with soft 'J' and lost 'n') to which Cho replied:

You can call me anything you want to!

(Chuckles)

Lilian: Names are not important, are they?

No. I like to travel—I like to help women, although I am a man. I like to help women who are downtrodden—is that the word?

(Affirmed)

Yes, I feeling quite nervous.

Lilian: Well, we hope you'll feel better in a moment.

Yes.

Sarah: You don't have to feel nervous with us—we are just pleased to have you with us.

Lilian: Can you remember the country that you were in?

I have never been told that. I was just a little baby.

George: No need to feel nervous here. We're all loving and understanding people.

Yes, I think so, yes—I think so.

Lilian: Is this your first time of coming to a group like ours?

No, but I picked this one tonight and if you like me, I will come again.

Lilian: You are welcome.

George: Yes, please do, we enjoy a chat.

Yes.

Lilian: So how do you help the women that are downtrodden?

I'm trying to help them by making them stronger and I wanted to say to you that some men in the world—this world—forget that they belong to male and female gender (yes)**.** ***But lots men find either through religion—culture—that they are superior. Not so! All men, all women—the gender is a mixture or both.***

(Agreed)

Yes, I am trying to help men as much as women.

George: I was thinking about men only recently and how the man features mainly in all the wars that we have ***(yes)*** and the men feature mainly in all the scientific development. The 'Marie Curries' are few in science ***(yes)***. And it's the men I think again, who've put together the various religions in the world. So perhaps the men have contributed more to Earthly troubles than the ladies?

I do not want to denigrate men, but you are correct.

(Chuckles)

But I wish to remain—

Sarah: Neutral?

Yes, that's the word!

Lilian: Well we have a saying: Behind every *(strong/successful)* man there's quite often a strong woman—quietly there, you know?

Yes, well I just want men and women to remember they have been of different gender in times past (yes)***, so my message is to spread this to all people, especially those women in far countries, where they are downtrodden.***

George: Yes and we understand there are indeed countries, where they are downtrodden ***(yes),*** or where they have very harsh or silly rules to abide by.

Yes, but I have all the time in the world to help.

Lilian: That's very good of you.

George: But your message is the two genders belong to each other?

Each gender—male, is 'male and female' and female is 'male and female' also.

Paul: We are not really—the *Spirit* is not really one or the other, is it, it's a mixture of attributes.

True Spirit has no gender. But I know you are saying what is a fact, to people on Earth—you are understanding me? I feel I am losing it a little bit.

Paul: No, we understand perfectly.

Yes, but we all get this knowledge when we come to Spirit, but I want people to understand—

Lilian: Before?

Yes!

Paul: On the Earth.

Yes, that is my purpose.

Paul: Are you working with a team, or do you work alone?

I work with many others, yes.

Sarah: We've had another—somebody else that came through, who said she's working with the females on this Earth as well *(Emma),* so I think there are others—it's a wonderful job that you're doing.

Yes, I just want to help, as most people choose to do when they come to Spirit.

Sarah: Are you finding it quite hard, trying to get through to these men?

Sometimes—sometimes I don't make any progress, but I mustn't become down-hearted.

George: Have you come across Emma—Emma Hardinge-Britton in your work? She's one who has visited this group several times and she works for downtrodden women of the world.

Let me see *(pause)****. Yes, she I believe is quite new to this work. I mean in TIME—quite short time. I have been here a little longer.***

Sarah: Can you remember what year you lived upon the Earth?

I only remember an '8'. I have been here long time—long time.

Paul: I expect you find some countries are a little bit better—women have better equality maybe, than in other countries?

Yes, inequality in all the world?—but the difference is that some women are much stronger and as in your part of this world, they stand up for themselves. But some women on the other side of your world do not have this. They are so—what is the word?

Paul: Fearful?

Fearful—Yes...

George: Emma's work began in India ***(yes)*** and has extended to other countries now, but that was where her work began.

Sara: I feel that female and male energies have become polarised in India ***(yes),*** so that the men are overly masculine and the women are overly feminine ***(yes),*** and therefore the masculine doesn't support the feminine and the feminine doesn't support the masculine. So they can't enjoy so much happiness.

No, because they have their freewill taken from them. Yes, there is much fear, much unhappiness, but you have to understand that for the men, it is 'normal'—they are not aware that they are being cruel—it is not so straight-forward.

Sara: No, because you have to look at it historically ***(yes),*** *a*nd of course the influence of their own upbringing is very strong.

Yes, culture is a very big part of it, yes.

Sarah: And you said in this country the women are strong, but it's *easy* for us to be strong here, because nothing is going to happen to us, if we say we are going to ***(yes),*** whereas in other countries perhaps they'll get stoned to death or something, if they spoke like we did.

Yes, that is why I say it is not straight-forward. There is always some element to it that needs and seeks understanding.

Sara: So you probably have to work with couples I imagine, rather than just the female.

Yes, I like to work on groups—groups. You probably would not understand that, but it is possible.

Sara: To influence the mind-set of a group?

Yes, it is like a wave in the sea that travels over more than one little area. Bigger wave travels wider and further. Yes, so that is—

Jan: Before you go, I'm picking up some clairvoyance and I think it's to do with you. I have the country *Mongolia* ***(yes)***, and I've been given the name *Elizabeth* and I think that's the lady who found you.

Ah—yes, Elizabeth and John.

Jan: They found you as a baby in Mongolia and they were travelling through Mongolia like missionary people. They seemed to be travelling through when they found you.

Yes, I was lucky to still be breathing, they have told me.

(Several sitters went 'Ahh')

Jan: Yes, you were wrapped up and you were very cold and I can see mountain ranges either side. They're with a group of people and they heard you crying and in those days, they didn't have to go to the authorities and ask for adoption. They just good—they were good people—

They just TOOK me, yes.

Jan: Yes, and made you their own.

Yeah, and I never give those details when I speak, because I don't feel it is necessary to know WHERE I came from, but it is good to hear love and goodness and kindness, which they were—that is what I like to do.

Lilian: That's the main thing, isn't it?

Jan: But Spirit are giving me this clairvoyance, so is this for my development or love to you?

Both—yes, that is why they called me—I can still say: 'Cho'. Yes.

Jan: She was very beautiful—Elizabeth.

Beautiful!

Jan: Very kind face ***(yes).*** Well thank you for letting me pick that up.

It was so much easier for you to say! I quite like being here with you (Good!)**.** ***Perhaps I WILL come again.***

(Much enthusiasm expressed)

Jan: You've brought a lovely energy.

George: Yes, a nice energy.

Thank you.

Lilian: And you're doing a very good job. *Affirmations*

Yes, I wish you could see the energy patterns I'm making. They are—what is the word?—they are haphazard *(chuckles)*. ***So, I'm going to say thank you—thank you.***
(General thanks)
George: And do come again!
Thank you, I will. Yes, I see you on a mountain. Have you been on a mountain? *(A short discussion then followed as to whether George had been on a mountain. George couldn't think of one except when skiing years ago. Cho said it was green, not with snow; and the Bosnian pyramids and man-made Silbury Hill were said not to qualify. So we wondered whether this was something to come, rather than a past event.)*
Lilian: Well, it's been lovely.
Yes, I would like to stay, but I'm being called.
Lilian: Well it's nice of you to say you'd like to stay.
Sara: We'd be very happy to keep you.
George: Please feel free to come again.
Yes, I will.
Lilian: We do understand.
And my English is really good tonight.
(Agreed!)
Paul: Yes, Perfectly understandable.
Yes, I like you. Yes, good night.
(General farewells)
(Cho then stated 'South America'—referring to the mountain mentioned earlier, to which we offered Mexico in Central America as a place where George has been.)
That sounds better—I see you on a mountain.
Salumet then began:
Lilian: Good evening Salumet.
George: Salumet?
Good evening.
(General greetings)
You may be surprised—
Lilian: Just a little bit.
—Because I wanted that one to join with you quite quickly. It was important for them to speak to you and I will say that you will come to know this one quite well.
George: That's interesting.
Lilian: Can you tell us the reason?
The reason comes, because earlier I told you there would be changes for this instrument and this will be one of them.
Lilian: She will be interested.
Jan: It felt so lovely, Salumet.
A beautiful Spirit, yes. But even though we have *(he has?)* **been in Spirit for some considerable time, returning to the Earth plane is never easy, when there is a new task in front of you. So I hope my dear friends, that whenever this dear one comes to you, that he can be made comfortable.**
George: Yes, that will not be difficult at all.
Yes, I needed you to *feel* that energy and I know that you have.

(Affirmed)

I have said there will be some changes and after your holiday time, you will begin to see that some things will change.

Jan: Are you leaving us Salumet?

I will not leave you, but as I have said before, there will be times when I will not be with you and I will not say a *replacement*, but I will say that this dear one will also bring you much joy. *(Salumet has never said he will stop coming through Eileen—only that the regularity will reduce.)*

Lilian: So he's been in Spirit for some time?

Yes, yes.

Sarah: But he is not on the same **(no)** level as you though?

No. I bring him to you.

Jan: Cho has physically walked this Earth.

Yes. So my time with you this evening is curtailed, but I will take any question that you have. Does anyone wish to speak?

Sarah: I did have a thought a little while ago, that if we evolved from the water, why do humans and animals from the water—why are we so different in Spirit?

In what way different?

Sarah: You said that for example when we go over, the animals go into a 'pool'.

A collective pool, yes.

Sarah: Whereas we go on more separately—so why is that?

—Because their evolutionary pathway is not as great as you who are human.

Sarah: But we did evolve from animals from the water, did we not?

Yes, because that is part of the Earth's evolution.

Jan: They remained one consciousness—

Yes, yes. It is not a simple question and I know you are looking for a simple answer. I would just remind you my dear friend, that sometimes—and not within all of your understanding, can we give you the answers to such questions. Some questions will only become clear to you when you join us here in *our* world.

Sarah: Yes, you have said that before.

Yes, there will always be questions that will not be fully understood, but as I have said to you in times past, you must absorb and accept what you can. It is a complex matter. But I hope that has helped you just a little.

Sarah: Yes thank you.

Lilian: Could I ask you about orbs? We talk about orbs, and in a book that I've read they were talked about quite a bit by a man who had a near death experience. What exactly are they?

All an orb is, as you would understand it, is a ball of energy.

Lilian: That's what I gathered.

Yes, that is the basic answer for it. Within that ball of energy lies many things. It can be a loved one, it can be one of the angelic beings, it can be many things.

Lilian: Within the orb—certain orbs?

Yes, that is why when people see orbs, they either feel that they know what it is, or they are puzzled by it. But in general I would say it is just a ball of energy, which has made itself seen; in the same way as those of us in Spirit make ourselves seen to many, but not *all*. You understand?

Lilian: Yes, thank you.
Sara: Yes, we once photographed some very large beautiful bright blue orbs **(yes)** that were quite close to our energy, our aura, and I wasn't quite sure, but looking at somebody's website—Diane cooper who writes about orbs—I understood it might be an angelic protective energy.
Yes, I would suggest to you that it was healing Angels if the orbs were blue.
Sara: Beautiful bright blue.
Yes.
Jan: That's why I believe that the camera lens picks these orbs up more so than the human eye, because the camera is not—
Judgemental, yes, you are correct. Yes, as in all things, some people are more susceptible to seeing than others, but if I told you now that there are orbs within this room, would you believe me?
(Affirmed)
You would, but you cannot see them. Energy is all around us. We are ourselves if you like, balls of energy. To other beings that is maybe how we would appear.
(George then reiterated Jan's point about modern digital cameras capturing what the human eye cannot see)
Yes, many things are used for communication now and Spirit will take every opportunity that it can, to allow people to make some kind of judgement. And of course as you know, much of your media is used now—your computers and your cameras and all of these things are used for communication.
Jan: When my father passed away in January, when we were in the room; as soon as dad had gone, within a split second of dad going, his favourite saying to us as we all left their house was *'two tinkles'*, meaning let me know that you are okay when you get in. The lights had not flickered at all the whole day, but as soon as dad died they went *'dink-dink'*, which was his way we believe, of saying '*two tinkles*, *I'm home'.*
Yes, of course you must remember that electricity is easy for us to use. That is why you hear people speak about lights in particular flashing off and on, and televisions as you call them, going on and off—there are so many examples.
Sara: I also saw a multi-coloured rainbow-coloured orb. I photographed it next to my son's solar plexus—a large rainbow—very beautiful.
Yes.
Mark: Could I just mention a man called Russell Brand to you? He seems to have quite a gift of communicating to people and is bringing a lot of people together at this time and I wondered if you might have something to say about him?
I would have to check on this one. I will give you an answer next time (thank you). **But I would say: basically anyone who has the right motives in mind and who is working for Spirit, is always welcome in our world and yours. I will take just one more question this time.**
George: Could I just place one that our old friend William has sent in? We mentioned some time back about a prophecy of Nostradamus **(yes)**, about a great one—about a teacher who would be coming to this Earth and would take Monday as his holy day. We wondered at first if it could be yourself Salumet, but you assured us: no, but one would be coming. William is with a group at Knutsford, and there seems to be a remarkable young man of 27, of great knowledge, and they seem to have a mission of improving the Earth through love and spreading love. And he is wondering if this could be the one referred to by Nostradamus as a prediction? Can you say anything on that?

I will say only one thing to you. I am aware of 'predictions' as you call it. There will, in that prediction—there will be no one for 200 of your Earthly years. So the answer to your question—my reply is that this is not so at the moment.

George: It sounds as if it is just another beneficial teaching that has arisen—

Yes, there are so many who come to your world that you may call exalted beings. At this time in your world there are many who have come to lead and to guide your world. If you are looking for another Great Messiah—and remember that with Nostradamus, his thinking would have been influenced by his age and what people expect. But I will say categorically to you that this is not the time.

George: Yes, thank you Salumet, I'm sure William will be grateful for your answer.

Sarah: So nobody who's living on this planet at the moment will ever get to know—

Not at the moment. Remember, from Spirit, 200 years is but a blink of your eye.

(General agreement)

That is what you have to keep in mind.

Sarah: And in fact, 200 years in human life isn't *that* long either—when I think my father's 91—that's nearly 100 years, isn't it!

Now my dear friends, I am happy to have joined with you again. I thank you for your love and patience, and also for your great love towards Cho.

George: And we are delighted that you have been with us again Salumet. Thank you.

Yes, we have missed many of your Earthly weeks, but we have still remained together, my dear friends (of course). **I have sought to keep that energy pattern flowing. So as always, I will take my leave. I cloak you all in love. I hope and pray to the Great Creator that all things good may come to you.**

(General thanks)

Jan: Thank you for sending Raphael to help me with my pain **(yes, yes).**

Paul: And we will continue to work with your assignment last week, to keep our words and actions and most of all THOUGHTS—to take responsibility **(yes).**

May the Great Creator stay with you.

Paul: Thank you to you and Cho.

George's Notes:

1: Mongolian Names: On checking, 'Shona' and 'Choibalsan' are two, so that what we have written as 'Cho' could be a shortened version of one of these.

2: Time: Emma was on Earth in our Victorian era, so the implication is that 'Cho' was here considerably earlier than that.

3: Nostradamus Prophecy: This relates to our meeting of 10 Dec 07, and the note added to that meeting was: Nostradamus Prediction: Ref. 'The Centuries, II-28'. It is interesting that Salumet acknowledges the prediction and points out that that one is yet to come. That one is also described by Nostradamus as 'the penultimate named prophet', so it seems appropriate that he should appear quite late in terms of missions to this particular civilization. Time seems a little bit 'stretchy' where prophecy is concerned ... like a concertina that has accurate events printed on its folds so that the spacing may vary a little. Some Nostradamus prophecy is remarkably precise on the time scale while certain events are sometimes just a year or two out. This is one of the quirks of true prophecy.

~19th January 2015~ SALUMET

(The evening began as ever with our healing prayers, to which Salumet refers. Jan had clairvoyance that the children of the millennium era, who are only 15 this year are the peacemakers of the future)

Link to audio:

http://www.salumetandfriends.org/resources/2015_01_19+salumet1.mp3

Lilian: Good evening and welcome Salumet.

Good evening.

All: Good evening.

I am happy to join with you once again. I have listened very carefully to all that has been said this time. Yes—there is much that is unkind and terrible about your world. But again, may I just remind you all that we do not want you to focus on those things but to be uplifted within your own spirits, to allow that light to shine from you in order that darkness be dispelled amongst those who are misguided—because that is what they are—they are misguided. I will not refrain from saying that anyone who takes another human life cannot be right, and I will stand by those words for all time. But there is no need to feel powerless, but to take up arms within your mind. That is the correct usage for them. You understand what I mean?

(Affirmed)

Yes—they are in need of guidance and love. And I know my dear friends that you are well aware of all of this. These misguided souls are not without love. Every single being—every simple existence in this world knows what love is, because that is what you have come from—even the most terrible being as you may see them, has that love for someone or something in their lifetime. But what is lacking is the knowledge to guide them towards the brotherhood of man. This is the difficult situation as it stands now. So I will say only once more my dear friends: help them with your hearts and with your mind and with your spirit. That is the way forward. Remember how many are good people—as opposed to those who are misguided, and perhaps that will put it into perspective for you. I would also like to say to you this evening that you will become aware this year of your time, of new finds within the seas of your Earth, as I have spoken of before (yes)**—and also within 'the heavens', as you call them—the planets and the stars—there will also be information forthcoming, of new stars within your own galaxy. So that is something for you to look forward to—yes.**

Serena: Are these new stars going to have an impact on us—because you mentioned them?

Not always, but they will be noticed (thank you)**. Yes, they are not really new—just unobserved.**

Paul: But the discoveries in the oceans—will they have an impact?

They should benefit mankind—yes.

(Sarah observed that there appears to be more interest being shown on TV featuring discoveries from the sea.)

Yes, we are trying to influence those with that type of nature—that interest—and those scientists who wish to push a little further.

Paul: Is it like a new energy or medicinal?

Yes, both—it should be both and you will hear of it this coming year.

Sarah: Thank you. You have told us that all diseases will be able to be treated within the next 5 years—I don't know how long ago it was you said that, but this is probably a way towards that, isn't it?

If you look towards your medicines now, you will find that in the last few months there has been much progress in many of your diseases. I am not saying that at this particular minute all will be cured, but what I am saying is that they will be eventually, because of the research and work that is being found now.

George: It has been mentioned Salumet, on the Internet, that there is a very simple cure for cancer—a cure and preventive. The named plant for this is ASPARAGUS. Of course, we never know if this is accurate information or just someone who wishes to sell more asparagus!

(Laughter)

Yes, you, my dear friend, are raising it to a humanist situation.

(More chuckles)
But yes, look to all things natural, if you wish to cure the disease of the body. Remember what I say: DIS-ease. I have said that to you on many occasions.
George: You have indeed. And yes, there does seem to be some chemical justification for this claim *(Asparagus)* and perhaps we should take it quite seriously.
I would not dismiss anything that is brought forward to you, because these people are working for the betterment of mankind (yes)**, not only in your country but throughout your Earthly world.**
Mark: There's a lot of criticism on the Internet of chemotherapy being used in the treatment of cancer. A lot of people are saying that it's a very damaging treatment **(yes)**, and there's a financial gain that's keeping that going.
There is gain, there is hope, there is cure, but there are also problems. All of this would need to be refined, but I would say to you: always take the route of the most natural kind. Your body was not built for chemicals.
(Agreed)
Sara: And the mind needs to be helped with cancer, doesn't it? It is a mental help that's needed.
It is a disease of the human—yes. It does not occur in one second. It is something that builds, and that applies to all conditions (yes)**. So again, take those thoughts and make them strong within your mind. That is the answer to all of these questions.**
Lilian: So would they be able to help all eventually—the scientists and the people who look into this help for people?
The scientists already are taking and studying cases.
Lilian: I was wondering about mental problems—depression or whatever you call it?
All aspects of humanity can be helped. Some may take longer than others, but of course, the majority *relies* shall I say, on the spirit and the mind of the being.
Sara: And some can recover from cancer **(yes)** when they've changed their thought patterns **(yes)**. Some healers have very good results, with patients who are willing to open in that way.
Yes, I am sure that all of you in this room must know of someone who has survived the disease.
(Affirmed)
Yes, so you must then ask yourselves the question: why? And of course some people leave it too long within the body, and they cannot therefore expect to make that better.
Jan: It's too advanced.
It has been left too long without having been dealt with by the one. And after all my dear friends, you will be coming to us with something or other, but we would wish it to be peacefully and disease-free. But again, I am saying: it is your responsibilities.
Sara: My friend who works with people with anxiety and depression—she tells me that all the ones who do their homework and follow the teaching, always have a wonderful result and recover **(yes)**—but it's down to them, you can't wave a magic wand. They have to do the work to change their thinking.
Again, you could have a line of people all with the same condition, and each would have a different result. And again, I say to you my dear friends: you must ask the question: why?—if they are all being given the help that is needed, what is holding them back? You understand? (Yes)**—yes. So, I feel I have spoken enough about that, this time. Is there anything you would wish to ask me?**
George: Could I go right back to the Council of Nicaea, and recall that there was a gentleman—a teacher named Arius, who had the right idea then about Jesus—that he was a MAN who received Divine inspiration. This did not suit Constantine, who presided over the Council, and so Arius was exiled—he was put into exile. And the Roman Catholic religion that was given birth to, with the Trinity idea and a young

gentleman named Athanasius, still in his twenties—he developed the Creed—both the Creed and the Trinity were down to him. But Arius, who was a most learned—
(Slight pause with Salumet apologising for Eileen's cough)
—And informed teacher, but he was exiled. And it's left me with the feeling that Roman Catholics—those who believe in that faith—would do well to study exactly how that faith began, as a man-constructed religion—at that particular Council overseen by Constantine.
I understand your question my dear friend. I am also trying to do something with this instrument. *(Slight pause)* **Yes, there have been many misconceptions through the ages. There has been much belief and disbelief. There have been many tales and stories of Jesus. I have already told you I believe that Jesus was indeed a man who came to this Earth as flesh and blood** (yes)**. And some of the Catholic religion—they give to the world false creeds—creeds as you have said were given to Constantine—the Catholic Church. Let me tell you that the Trinity that you speak of goes even further back in time. It belongs to a Pagan religion.**
Mark: That's right.
Yes, so you have to be careful when you read these stories—biblical stories, as to whether they can be classified as true or not.
George: Yes, I think the Catholic interpretation is that Jesus and God are co-equal.
Yes, that is what they teach—but of course, we know that to be nonsense—and I am not afraid to use that strong word.
Jan: Nor are we!
George: I just feel it would be good if Catholics studied how their faith began—this would help them to see the light more clearly.
Jan: But they are not ready to do that, are they?
Unfortunately the lady is correct. You have many today—mainly young people, who are beginning to think for themselves (yes)**. We have discussed these matters before** (yes)**, but there are still those who follow blindly—follow like the sheep.**
Jan: That's where they feel most comfortable—they've had so much comfort from that—why move until they're ready? That's their prerogative—
Yes, there has been much written which is as I say, nonsense. How could possibly Jesus be on an equal par with the Great Creator? He had many good things to give to this world—to teach. He was indeed a great healer. He was a great teacher, but so were many who went before him.
(Agreed)
George: Thank you for that clarification.
I hope it has helped you, my dear friend (yes)**. And I have to apologise on behalf of this instrument for interrupting you.**
Lilian: Should I take the glass now? *(water)*
Yes, if you would, thank you.
George: I hope it will help many to have that further clarification—thank you Salumet.
Jan: Salumet, I have a question that I discussed with Richard *(Jan's son)*—you know who I mean **(yes)**. There are three young men, Richard included and his question to you is: they appear to be being brought together, forced almost in a very nice sense through work, and however much they try, they just can't actually break away from each other. And Richard feels strongly that they are meant to be together. Were they together in a previous life, or have been brought together this time, so that they can better themselves while here, as a group? In a way they are working towards a career with the three of them.
Yes—they of course have known each other in previous lives—not as a group of three as you see now—in fact one of them was probably female. But no, they have come together, as far as I can tell in this

lifetime, to do work which should have been done previously. That is why they feel the pull, they feel the connection. So it is entirely up to their free will, how they progress (right)**. But yes, they have known each other before.**
Jan: Lovely, thank you—that's what I felt, that's what I was picking up.
Sara: So sometimes if there's a feeling of urgency, it might be because it perhaps would be beneficial to do—
Not always, but of course if there is an urgency and the pull is great, I would say that is why.
Sara: It's a higher self awareness—
Yes, it is the higher self pulling you if you like, in one direction.
Sara: We all have sacred contracts, as I understand. I guess it's possible to find out what we agreed to—perhaps in meditation. Would that be possible?
It's possible but not wise (ah)**. That is all I will say—not wise, because why should you know why you are here?**
Sara: It's best if it unravels slowly?
Yes, and then you know that you are doing good things with what you should be doing. You understand? (Yes, I think so.) **Many people disagree with that, but that is how I feel.**
Sara: Let it be natural—
Yes—you will find out if it is *meant* to be. But to try to *force* through meditation what you *desire*—and after all, it is only what you desire. Can you see? There is a difference.
Sara: Yes, I can, yes. A lot of people talk about secret contracts these days, so I thought I would air that one.
Yes. *You* know—your *spirit* knows anyway (yes)**.**
Jan: Salumet, I know you don't like to talk too much on a personal level, but while I've been sat here and previous weeks while I sit here, the pain that I experience becomes worse when I meditate **(yes)**. And that's because—is that my soul dealing with the pain?
It is your spirit pulling it from the body (ah)**. You understand?** (I do, I do.)
It is drawing it deep from within (yes)**. Does that help you?**
Jan: It does. And I suppose I *did* know the answer, but it's very nice to have it confirmed, because it does get worse as soon as I sit in this room.
Yes—if you can only view it as a cleansing.
Jan: Yes, it does feel as if it's being pulled.
Yes, and although it may be uncomfortable—eventually you would find that rather than be uncomfortable it will begin to ease.
Jan: Yes, it will lessen in time.
Yes, is that helpful to you?
Jan: Yes, that's lovely—thank you.
But if it is too uncomfortable, please ask for hands-on-healing whilst you are here.
Jan: I will—thank you**.**
Paul: I was thinking about earlier when you said about new discoveries in the sea, and one being an energy. One of the big problems with the planet seems to be the reliance on fossil fuels **(yes)**. And I just wondered if you could give us any information about when the day will come when we will find a good alternative?
Jan: The sea!
I think you feel I may be like a calendar—
(Titters)

—But my dear friend, no I cannot give you a specific date. All I can tell you is that these things are happening *now.* There are fresh and new discoveries at all times, and what is discovered a lot of the time will not already be known. That is as much information as I can give to you (yes)**—at this time anyway.**
Paul: Yeah, because the discoveries are one thing, but actually getting them accepted is another—
Yes, I understand what you are meaning, but do not be too concerned. Let us first find what they have within the seas. Now, I think for this time, my dear friends, I will take my leave of you. I hope I have been helpful to you.
(Affirmed + thanks)
And let us see what this year unfolds for all of you. Yes.
(Thanks and farewells)
Let us see who comes to you now.
(There then followed a period of clairvoyant messages via Jan, with messages concerning Jean (Graham's mum) and Sian. (Eileen's granddaughter) After the clairvoyance, Jan experienced being taken out of her body, possibly allowing further healing to occur. She was pain-free for those moments while out of her body, experiencing the 'void', which Jan described as a place of real nothingness. Eileen then mentioned a further 'void' stage, but teaming with energy.)
George's Notes:
Focus on upliftment: Salumet's opening words this time indicate clearly that the 'bad' people/elements in our world shouldn't distract us. Those who are misguided are aware in principle of what love is, and we are requested to focus on love and upliftment and not on their atrocities. This is a key statement that points our way forward. We might reflect that politicians and military take very different views that only facilitate ongoing disaster until appropriate lessons are learned and love becomes more widely acknowledged. We would do better perhaps to move the power of our minds/thoughts away from these fear-based activities and instead reflect on all the good things and thereby help to grow the light, which will help to raise the vibrations and dispel darkness naturally.
New Stars in this Galaxy: Actually, bearing the same date as our meeting, the following 'Learning Mind: new post' arrived:

Two Exoplanets Extremely Similar to Earth Found in Goldilocks Zone
Posted: 19 Jan 2015 06:05 AM PST
We just keep finding them, more and more planets with similarities to Earth – two more, to be exact. Kepler 438b and Kepler 442b — both these planets rest snugly in the so-called Goldilocks zone of their own star systems. So, what is the Goldilocks zone? The Goldilocks zone This name is … READ MORE
And so Salumet is keeping us up to date with new discoveries in astronomy!
Roman Catholic Church: How the Trinity and Creed came into existence is accounted in Chapter 13 of A Smudge in Time, with input from John Julius Norwich, Byzantium. The Early Centuries, Penguin Books, London (1988). And even the eloquent Athanasius did not escape unscathed following the Council of Nicaea. He was later deposed from office, escaped a company of soldiers and spent time hiding in a remote part of the Egyptian desert.
Asparagus and Cancer: A brief scan seems to indicate more against successful cure than for, but there is the comment that China benefits from a wider use of herbal remedies compared to the US. Google 'snopes.com: Asparagus Versus Cancer' for best reference.

~2nd February 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/salumet1+2ndfeb2015.mp3
Lilian: Good evening Salumet—welcome.
Good evening.

All: Good evening.
As I join with you all this time, we give a welcome to that one (Martin, sitting in with us)**—yes. I am happy my dear friends to join with you again, in order that we unite spiritually and with love and peace and with contentment. There is so much that is happening in your world at this time—our world is indeed quite busy, as you would fully understand, with so much destruction among human beings. But I will tell you again: do not despair—do not become embroiled in all that is sadness within your world, but rather to allow that light to travel further and further, until it reaches the very boundaries of your Earth planet. Let that love take hold, and let each and every one of you on this planet have the realization that love is the answer to all and the conqueror of all. There is no need for me my dear friends, to tell you that it is necessary for you to think about these things, but never to *dwell* upon them.**
George: Yes Salumet, I feel we can't help but feel sadness for those who suffer.
Yes, but you must allow the sadness to pass—you must as I have always told you, move forward. That is not to say you must ignore what is happening, but to recognize and then to let go, as you must in your own daily lives. To cling to something is a little foolish I would say, but understandable because you are only human.
George: Yes, I know a number of us are rather puzzled by attitudes within the politics.
Yes, but as I have told you in previous times, that we are doing all that we can, to impress the leaders of your world to say the right words to help their peoples.
George: Yes, and we are most grateful.
It is not something that will happen in a blink of the eye, but I can assure you that there is still much more good in your world, than there is unrest.
Sara: I think sometimes people fear that if they don't discuss world affairs and the problems of the world they are perhaps ignoring them, but I tend to think it's better to be aware of them, and am I right in thinking, think of them in prayer/send healing thoughts—is that more powerful than discussing events with some sadness?
Yes, you have used the correct words when you say: '*become aware*'—you cannot hide from actions that have happened. You *must* be aware.
Sara: Aware, and then use prayer would you say?
Let go in your prayers—that is the stronger help that you can give. So yes, you are correct. That is not being blindfolded to all that is occurring in your world. But if only you could see the power of prayer you would understand more fully what I tell you.
Graham: I find that when you become aware of something and then you feel sadness about it, sometimes even you feel briefly annoyed about something; I find that when you actually ask a prayer about it later on, that's a great way of releasing any sad feelings that you have, and it makes it so much more positive.
Yes, cannot stress enough to you, my dear friends, on releasing whatever it may be, so that the Spirit can soar freely, and in that way can help much more (yes)**. Yes, but it is human nature and we also know this, that because you are human, it is not so easy for you to do, but with practice it becomes a very strong force from within you—and in that way help is there for those who need it. Do you have any questions about this?**
George: Actually, one of our readers sent in a question. Last time, we mentioned about people being misguided. The question he raised is: *Who exactly is doing the misguiding?* Are we misguiding ourselves or are there ones in spirit who are aiding in the misguiding as well as the good guiding?
Yes, I understand your question. It is an interesting question—because of course, you *can* misguide yourselves. Let us look to the word 'mis-guide'. It indicates that there has to be guidance of some kind. Spirit from the higher realms can never misguide anyone, it can only be from truth and love. So if there is

any misguidance in words said from spiritual *high*, then that misguidance comes from that individual—in the way that it is accepted or in the way that, as human beings, they react to any information. So I would suggest that for your reader, most of the misguidance comes from *within.*

George: Comes from within the individual?

Yes (yes)**. I hope that will help them.**

George: Yes, thank you. I'm sure he'll be grateful for that.

I know what you mean by saying: from spirit there can be *misguidedness.* I would not call that being misguided I would call that 'false information', which of course does happen when there are mischievous spirits around. But that is up to each individual to become aware and to recognize what is truth and what is not. You understand?

George: Yes, so the recognition by the individual—

Is necessary, yes.

George: And the individual's free-will may play a big part.

Yes—yes.

George: Thank you, I'm sure that will be appreciated.

Have we more questions?

Paul: I was just thinking of the people that go on marches and come together to protest about something. So presumably then it's okay to come together and have a march for say 'peace' or something **(Yes)**. But even better then to bring those people together and use their power-of-thought for prayer. Once you've assembled a group of people together, to then—

You can never say it is *wrong* to come against injustice—of course you have to recognize that injustice in your world exists, but what I am saying to you is that you do not continually hold onto these things. You must either do something physically if that is what you must. But I say to you: the best way to deal with injustice is to give yourself to Spirit and prayer, and in that way we have a stronger issue of inspiring others for the better. You understand?

Paul: Yes, so it *is* better perhaps to step back from it—use the power of your thought to influence the situation.

Yes, that is the most powerful way to help. If you cannot physically help another, which many people do, and to their credit, then of course you must resort to what you know to be best. And I say only that prayer can conquer all.

Paul: Yes, so we'd be better off organizing ourselves into regular prayer meetings.

I would say daily prayer.

Sara: Instead of activism, or political or even just dialogue.

Yes. But of course these things play a part in your lives—your world. So that will not disappear in an instant, but what will happen is that the influence from Spirit will become stronger. And it is happening now with your leaders, where we are inspiring them in the right direction.

George: Yes, I think some of us are concerned because there is a forthcoming election for a new government, and I know there's considerable disenchantment with the main political parties, who are seen to be *not* loving and peaceful parties. But unfortunately the Green party which is much more peaceful in its outlook, has a minor following, and I imagine this could be helped by our prayer and thinking. I don't know if it's appropriate for you to say anything on this part of our living Salumet?

I would say only that although for you in your country, it is rather a big issue, when you place it within the range of world politics it is very small (yes)**. If you can keep the perspective of all government—I am speaking about your world as a whole. If where your own country's government lies in its views, you of course are concerned and worried that the right decisions are being made, if I say to you, my dear friend,**

if every peace-loving person within your country was to offer prayers for peace, do you not feel that it could have a wonderful benefit for all?
(Agreed)
George: Oh I do.
And then you have to magnify this in all of your political agendas throughout your world. It is no simple task, but each and every person can *help,* help in a way where they do not even have to voice an opinion. You understand?
(Affirmed)
George: Yes, this is something for us to think on.
Jan: In exactly the same way as your first opening statement was to us: to take note, to absorb and then to let it go—in exactly the same way.
Yes—you cannot ignore life. You cannot as human beings ignore what is within your world. But you can help as individuals; you can, you can and you must.
Jan: Because our power of thought even impresses those leaders—they don't need to be impressed from Spirit, *we are* Spirit.
You are Spirit—of course you are, and that is something that you must never forget. It is almost sometimes as if people see themselves as separate, as human and Spirit, but you are not; you are both—you are Spirit first and foremost. I have told you this so often.
Jan: There lies the responsibility for us all **(Yes)**. We can't leave it to those, like we like to call '*above*'.
You cannot. We can help, and we can help as much as we can, in as much as we can help, if we are *asked* to help. You understand?
Jan: Yes.
Thank you. Would our guest this evening like to ask anything?
Slight pause
Martin: I find it hard to think of where to start. Maybe the best question is: what should I ask?
(Chuckles)
I see—if you want me to read your mind, well, that can be done, but not appropriate at this time. But we will leave you to think of a question.
Mark: Could I ask a question? When Martin Luther King inspired the black people in America to—they all walked to work for about I think 10-11 months, in order to get rid of segregation, and they managed to achieve it, because they brought down the bus company—went bankrupt. And I was wondering if Martin Luther King's *prayer*, and the connected prayers of all those black people—whether that was what achieved the success of that movement?
Might I pass the question back to you? (sure) **What do you think?**
Mark: I think it probably *was*—that Martin Luther King managed to unite everyone—
This gentleman you speak of came to this world with a purpose. That purpose is what you have just mentioned—that he inspired so many people to do and work towards the right thing. And of course prayer is the most powerful thing. But segregation was on its last legs when this gentleman came and inspired all of those people. *He* was the 'pin' that was needed for this all to take place.
Mark: I see. The conditions were right, yeah.
The timing and the conditions were meant to be. So the answer to your question is: of course prayer was a very strong force. I hope that has helped you (thank you)**.**
Now, my dear friends—yes, there are some depleted energies within this room, and as I take my leave of you, we will try to uplift you—try to comfort and *heal* you also. We give thanks once more for the unity that we have found this time. And may that Great Creative Force stay with you at all times. And so my friends, I take my leave of you this time.

George: Thank you so much Salumet for your visit, which is very, very much appreciated by us all—thank you.
(General thanks)
Pause while Eileen returns; then a period of clairvoyance from Eileen beginning with Dawn and Lilian receiving floral gifts from Spirit of snowdrops and a periwinkle to remind that loved ones are near. A light-hearted one through Jan (Buddy) helped to identify the periwinkle and joined the conversation. They also assisted Jan to release some pain. Eileen 'saw' Jan's grandma with a white apron watching lovingly over Jan.
Finally a rescue via Eileen conducted by Lilian, with a little help from Jan and Sara—audio link: http://www.salumetandfriends.org/resources/rescue2ndfeb2015.mp3
Very misty isn't it?
Lilian: You can see mist. Are you outside?
Yes—very misty.
Lilian: Can you see your way at all?
I can see a house.
Lilian: What else can you see?
Street light.
Lilian: Is it where you live nearby?
I rather think I'm lost. I'm looking for Michael, my husband. He should've been back by now.
Lilian: You went out to look for him?
Yes, I'm still looking for him. Oh he makes me so cross sometimes.
Lilian: They can do, can't they? I'm going to have to explain where you are—it may be a bit of a shock—I apologise for that. But I think you've passed into Spirit, and that's why you don't know where you are.
No, no, no of course I haven't—I'm looking for my love.
Lilian: I think you'll find Michael—you'll find him.
He'd better hurry up, because I intend to go home.
Lilian: Well, first of all, I'd like you to think about what I've said.
(Jan with clairvoyance, then interjected that Michael was waiting for her in the house.)
Lilian: Did you hear that? He's waiting for you
Well, I shall give him what for—keeping me waiting and worrying.
Lilian: You'll see bright lights all around him—very bright lights.
(Jan added that she should open the door.)
Who are you?
Jan: I'm just somebody here hoping to help you, because you were lost.
Do you usually help people?
Jan: If I can—I dare say you do too.
I'm getting really irritated by the second.
(Jan reiterated that she should go to the door and open it.)
Sara: Will you do that, open the door?
Who said that? You didn't.
Lilian: Somebody else is trying to help as well.
Jan: It's a big brown door.
Sara: Can you see the door?
I can see the house.
Sara: Go towards the house.
There's too many people telling me what to do!
Lilian: Okay, okay. Just open the door into the house.
Do you want me to trespass?!
Jan: Yes.

Do you really think that I should open someone's door?
Lilian: If you look at the door now—it's nice and bright ***(yes)***. Well, that's a strange door. And that's the door you must open.
Why, what's he doing in there?
Lilian: Well, open the door—then you'll see Michael in a bright light. Remember I told you that you'd passed into Spirit—and you both are in Spirit. You can find Michael and go together.
*In great surprise—****Well I never! He is there isn't he! Very handsome! Well I never! I must be dreaming surely!***
Lilian: No, you're not dreaming. It's where we all go when we die, only you hadn't thought about it.
He's very young and I'm very young—I'm not old enough to die!
Lilian: Well I'm telling you that you're dead, but in a way we can't die—we just pass into Spirit and start a new life.
—Full of sparkling light.
Lilian: Yeah, it's a beautiful place.
I can see it's beautiful. I'm just not convinced.
Lilian: You probably thought of it as Heaven—well, that's a very good word for it.
Oh look! How beautiful is that!
Lilian: So you're quite happy to go and find out more about it and see more beauty?
I do want to go, but I'm still going to tell him off. *(Chuckles)*
Jan: He's smiling and he's saying he wouldn't expect anything else from you.
It's that voice again!
(Chuckles)
Where's it coming from?
Lilian: It's just another one trying to help.
I like you—you're very kind. How can I let you know if I really am dead?
(Chuckles)
Lilian: It's just something I know—it happens to us all, as you know.
Well I know now—
Lilian: I just helped —I'll say I helped you through the door, into Spirit.
Yes, I am going now and yes, he is smiling at me. How can I be cross?
Lilian: Well he can explain much more than I did.
Can I know your name?
Lilian: Lilian.
Thank you Lilian, I'm beginning to believe you.
Lilian: You're welcome. Glad to have helped.
George's Notes:
Martin Luther King (1929-1968): Baptist minister and activist in the African-American Civil Rights movement, and recognized as one of the greatest orators in American history. He led the Montgomery Bus Boycott in 1955, received the Nobel Peace Prize in 1964, spoke out against the Vietnam War and was assassinated in Memphis on 4th April 1968.

~9th February 2015~

Our evening began with one who spoke via Eileen—audio link:
http://www.salumetandfriends.org/resources/2015_02_09+Emma.mp3
Lilian: Good evening—welcome.
Good evening.
(General welcome)
How lovely to be with you!

Lilian: Have you been before?
I have indeed.
Paul: Is it Emma?
It is.
Paul: Ah well, welcome back Emma!
(Emma Hardinge-Britten (1823-1899) has of course visited on several occasions, and Eileen's chair would always creak slightly and reveal her very straight-back sitting position—aiding our quick identification of the dear lady. But since her last visit the chair has been changed!)
Thank you. I felt it necessary just to update you on my work.
George: Excellent! Thank you.
Of course I'm still helping women as you know, (yes) ***but I am being used in a much wider capacity, and I am helping women from all over your world at this time.***
Paul: So perhaps not just in the Middle Eastern countries?
All over—it is time that women recognise their own worth—to free themselves from those—may I call them 'tyrants'? Because that's what the feeling the women on your Earth have, that they are being treated as how you might say: second class (yes) ***and this cannot be allowed to continue.***
George: Yes, quite right.
Yes, so therefore I am being shown all of these women that need help. Might I ask please that you remember them in your prayers?
(Affirmed by all)
George: Of course. We had another one through—a gentleman who is engaged in that same type of work, who's name—we understand his name as 'Cho' and I think he said: yes, he is aware of your work too.
Oh indeed! I cannot reciprocate, but I will endeavour to find out when I return. But of course, as always, this is a very short visit. I just wanted you, with your love and your kindness to remember these women and to help all that you can.
Paul: So not to focus on any one place, but women *all* over the world.
All areas of your world, yes, they all need help.
Lilian: Funnily enough on our news today, a very well known young man—one of his things was to help downtrodden women, which he's just started.
So we are making an impression on others!
Lilian: Yes—a well known character. *(David Beckham—ex-footballer)*
That can only be good, can't it?
Serena: And there's an international women's day on the 7th March, to celebrate women's strengths.
Yes, and I shall be around on that day, just to see how things go. Thank you. Now, I will leave you in peace—take myself from your company and —(Ah!) ***Ah? You are sad that I am leaving?***
George: I was about to say: we are delighted that you have been with us. I do think of you from time to time, because your work is clearly very, very important and we are aware of the sad status of some women about the world.
Yes, well it is only when you have had difficulty that you appreciate and understand it. That is why it is quite close to me. I do not feel I can move forward whilst these poor women are being mistreated.
George: Here in England we've had our Suffragette movement, so we know our historical connection.
Yes you do, yes and you must appreciate the work that you do here too. Do not forget how much you do to help others. We in spirit appreciate it greatly.
Paul: We certainly need our reminding though, to focus on different parts.
Yes, if I might say: it is one of your little downfalls that the memory isn't always intact. But anyway, I do have to go and allow whatever is going to happen, to happen.
Lilian: Well, we'll look forward to the next visit.

George: And I know we all very much appreciate the work that you do, and we wish all those ladies about the world: very well.
Paul: And we'll remember them when we say our prayers next time.
Yes, thank you. I know you will remember, yes. I will say: good night and bless all of you.
There followed a period of clairvoyance with messages via Eileen. Firstly, the name 'Samuel' and a future career move and travel, needing a positive move, which was meaningful to Jan. Then advice for Jan's sister and the assurance that help is to hand.
Next George's father with Eileen, who picked up that he could have done more in his life, though he did have a full and happy life. George voiced that his father was a man of several parts—engineer, brief WWI naval career and farmer, with some travel in the Mediterranean. He declared Paul to be of similar mind and his message was: 'if you really want to do something, you can do it'. (Paul had expressed an interest in bringing together various aspects of spirituality) Then Eileen was saying to me: Did he call you 'my boy?'—absolutely right! And he was saying: when it's time for us to meet up again, we'll have a really good chat.
Another next spoke via Eileen who initially gave her name as Mary Magdalene (a nickname we think) and going on to describe herself as a lady of the night: http://www.salumetandfriends.org/resources/2015_02_09+Mary+Mag.mp3
Lilian: Good evening.
Cor blimey, I thought you'd never talk to me.
(Chuckles)
Lilian: That's a shame—sorry about that.
Yeah.
Lilian: Nice of you to come and have a chat.
That's all right dearie, don't worry about it.
Jan: You've been with us before haven't you?
Have I? Cor blimey dearie, I've been all over the place!
Lilian: You enjoy going round to groups like ours do you?
I bet I haven't given you the name I've got today. You'll never believe it, what they called me—not now mind you—Mary Magdalene!
Jan: Why did they call you that?
I'm not her dearie!
(Chuckles).
Jan: I know. Why did they call you that?
I used to be a lady of the night. They thought it was funny, didn't they?—thought it was funny. You my dears can call me Mary.
Jan: Well, nice to meet you.
Yeah—purest of the pure.
(Big chuckles)
George: So you were a lady of the night and you are Mary—is that correct?
That's my name—yes. That's the name YOU know me by.
George: Well, I bet you've got a few stories to tell—
Never tell tales sir—you never tell. That would never do, would it? Anyways, I just popped in because I heard somebody talking about ABUSED WOMEN.
(General understanding to that!)
Yeah.
Jan: That's something that interests you as well does it?
It interested me when I heard her talk about it.
Jan: Yes, she does some really good work.
Does she? Yeah. I suppose I was one of those women, weren't I?
Jan: You were, yes.

Abused—yeah. Only trouble is I made some profit from it.
Jan: Well it's still abuse, isn't it, at the end of the day.
Yeah it is.
Jan: You had to make a living somehow, didn't you?
That's right, I did my dear—I did.
Lilian: So where did you live, in London?
Yes. Yeah I think I did live in London.
Jan: You've got a good cockney accent there.
'Ave I my dear? (Yes.) ***Ah well that's where I came from then.***
Jan: The sound of Bow bells—do you remember that?
Vaguely—yeah I vaguely remember that.
Lilian: So it was some time ago?
George: Do you remember when it was? Do you remember who was king or queen at the time?
I think it was that woman.
Jan: Victoria?
Yeah I think it was.
(Jan's clairvoyance was kicking in)
Jan: Did you have red hair Mary?
Yeah I did my dear—very proud of my hair.
Jan: You had lovely hair.
I did have lovely hair my dear.
Jan: I can see you, if you don't mind me saying, very buxom!
I was, yeah.
Jan: Very proud of that, yes.
I was, yeah.
Jan: And you've got a red bodice on, and a black shawl!
Oh dear! That's bringing back some memories sir.
Jan: Well I can see you with that red hair and all those ringlets round your face.
Very proud of my hair.
Jan: And green eyes.
Paul: Lovely.
Yeah—quite unusual. Who said that?
Paul: Me! *(Giggles)* Yeah, well green eyes are always lovely I think.
Yeah.
Jan: That's because your dad was Irish.
Aw, don't talk to me about him.
Jan: But that's where you got the red hair from, wasn't it?
Yeah, I know—they keep telling me that.
Jan: The Emerald Isle. Did he have a temper?
Never sober, never sober and when he was, he used to chase us down the street.
Jan: And beat your mum.
Yeah—not good times.
Jan: No. Hard times—poverty made people do things—and it still does.
Surely nobody puts up with that now?
Jan: You'd be surprised—that's why Emma's doing the work she is doing.
I'm gonna go and see that lady.
Jan: She'll be very interested to hear from you.
Yeah, I'd like to help.
Jan: I'm sure you could.

Lilian: Especially as you understand as well.
Jan: You're a nice lady.
Well, you had to have a FRONT, if you were gonna survive.
Jan: You had one of them!
(Giggles)
You got a sense of humour—I like you.
Paul: Jan's got a bit of a 'front' as well.
Jan: *(Giggling)* I've got a bit of a 'front'!
Has she got a bit of a front?
Jan: Yeah, we'd have been partners in crime!
Oh my word—and what would your name have been?
Jan: What would it have been then? ***(Yes)*** I think I would have chosen something like 'Sally'.
Sally?
Jan: Yeah and we'd have been down the same alley.
Sally—yes! Didn't somebody sing a song about that?—not when I was around.
Jan: Was it Gracie Fields with 'Sally'?
It was agreed that would have been some time after Mary's time in London
Yeah, not much singing—only in those ale houses. Yeah—drunken swines!
Jan: Yeah, horses, drunken swines, mess in the streets—all that to contend with. Do you remember 'Jack the Ripper' then? Were you living then?
Yeah—yeah, two women he killed—two women.
Jan: You must have been scared.
George: Jack the Ripper, yes—so it wasn't that long ago that you were on the Earth.
Long enough to forget—don't want to remember really. Just come back because that's how I was—not like it now.
Jan: No, you're not that person at all are you now? Have you ever wanted to come back again? Have you reincarnated back?
No. May do if I find something of interest, but I'm staying a bit longer. I know you can, but I've never looked to it.
Jan: So what do you do then Mary, in spirit?
I'm just going around trying to help people, learning about life, (yes) ***popping in now and again to people like you. I'm still learning a lot.***
Jan: What do you think of our way of life on Earth now?
You don't know you're living (really). ***You've got so much. Nobody's out on the streets much—well they are but not like in MY time.***
Jan: No, I know what you mean.
It was a hard life—yeah. Don't want that any more dearie.
George: Life's very different now.
You've all got clothes and food and so much.
Jan: Do you know we've got a lot to be grateful for to your generation, because without your living through that and the lessons that we've learned from *every* generation, then we wouldn't be where we are, would we? It's evolution.
Well, yes, I've heard that word before. People evolving and making progress—still some naughty people about though.
Jan: Oh of course, there probably always will be, until we're all perfect and then when we're all perfect we won't need to be here, will we?
I'm trying to help young women at the moment, not to indulge in what I did, cos nobody respects you.

Jan: Well that's a brilliant job to do. We do have a huge problem, all over the world with women trafficking —modern day slavery ***(yes)***. Made to do what you did and very young women—it's appalling. And they don't have a choice.

Well I'm going to see that lady—yes. What was her name again?

Jan: Emma—Emma Hardinge-Britten.

Yes, I know where I'll find her, thank you. Thanks for listening to me dearies—you've been wonderful.

Jan: Thank you Mary! It's been great to chat to you.

Yes, anyway I'd best be off.

George: Could I just ask: did you have a good house?

A house? No, it was a hovel—a hovel.

Jan: One room?

Yeah, full of rats and stench and dirty water! I can hardly bear to think of it now.

Jan: No, we don't want you to get upset about that. That's gone, isn't it? You're okay now, aren't you?

I'm fine—it's just when you come back you take on the memories—yeah.

Jan: Well thank you for taking on those memories for us tonight.

You're a lovely lot of people.

Jan: We try.

George: We thank you for coming to see us, and do feel free to come again if you feel like a chat.

Well d'you know sir, I was just thinking, if I'd been alive today, it would have cost you a fortune to talk to me.

(Laughs)

Jan: We've got you for free!

(Chuckles)

Jan: You haven't lost your sense of humour either!

No. I'm going to say goodbye.

General farewells and thanks

Cheerio.

We chatted afterwards about her being a beautiful woman inside and out—her red curly hair, pale green eyes, porcelain skin and buxom figure. Eileen commented that she would have made a stunning lady. There seems to be a theme at the moment of connecting with women who are striving to help those poor women who are being down-trodden/abused. So perhaps it's a good moment to mention again International woman's day 7th March—and of course as Salumet might well say, send our prayers/thoughts:
http://www.internationalwomensday.com/

George's Notes:

Jack the Ripper: In the mid-19th century there had been an influx of Irish into UK major cities; also E. European Jews. The London area of Whitechapel was very poor with many living in slums. Many were driven to prostitution with police estimates of 1,200 prostitutes and 62 brothels. One who became known as Jack the Ripper began his murders in 1888; cutting throats of victims and inflicting other macabre injuries. Eleven such murders occurred between 1888 and 1891, possibly attributable to the one criminal who was never identified.

Farming in the 1930s: As stated, farming was very different from today. The small (100 acres) Hampshire mixed farm had chickens, dairy herd—producing milk, butter and cream and free range eggs. Crops were potatoes, wheat, oats, barley, sugar beet, clover, hay and fodder, with occasional linseed and carrots—all much more towards 'organic' than today's mostly chemical-ridden system. Trade was largely local. Meadows had seasonal mushrooms with a wonderful range of flowers and wildlife. If any would like more on this topic, I wrote a short factual story a few years ago: 'A Memory of Farming in the Forties':
http://www.salumetandfriends.org/resources/A+MEMORY+OF+FARMING+IN+THE+FORTIES.doc

(And in the 30s I might add: it was well water, candles and oil lamps, a garden privy, no energy bills and no mains water bills. Those times were certainly very different!)

~16th February 2015~ SALUMET

(Lilian could not be with us this evening—we numbered 8)

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I join with you this time I see within your hearts the compassion for others, and this I hope my dear friends, will always continue—not only in this life but in any others that may come to you. Your concern and love for others shows how much you have grown spiritually, and although there may be times of doubt and confusion, it is always replaced by love and the light of spirit. Each time we come together I see the beauty of your lights, I see the dedication of your love of Spirit, and I see your love for mankind. We could not ask more of you. This time my dear friends, my visit to you will be quite short, because I would wish to work quietly with this instrument. So, if there is anything you wish to know, please speak with me now.

George: Yes—this might be an opportunity to say a little more on the subject of 'fear'. I have heard from one who has sent in questions before—questions about Mary. I have continued to correspond with him. I think his main—he has I feel become a little more rational, but his main problem would appear to be fear. So this might be a good opportunity to say a little more on that subject, which opposes love, as you have taught us. Perhaps I could read a little of what this one has said—he says: *I want to be a light-worker, and I am in some ways already succeeding*—He has a certain knowingness where computers are concerned—an intuition about them and can communicate with people about that. But he says: *I want to overflow with light. My plan after I die is to do rescue work in the most horrible hells there are. But I can't do it when scared like this.* I have tried to answer his questions, but I don't think he accepts my answers, and he would much prefer I put his questions to you Salumet. And he says: *How is the amount, severity and length of suffering in the realms determined? Is it always a 1:1 ratio with the evil a person has done?—or can someone suffer kalpas or eons, as the Buddhists say, for things which truly do not merit this? Who or what is it that regulates this and makes sure everyone gets exactly what they deserve, no more and no less?* Well, that's his phrasing—that is the way he puts it, Salumet. But you might agree that it's an opportunity to elaborate a little on the subject of fear, if that is possible?

Yes, I understand. 'Fear' is something created by the physical brain—not the mind, but the physical. What this one is overlooking is that he is trying to find answers for things that should be seen to when he comes home to spirit. He does not and will not be able to overcome fear so easily if he is constantly questioning *fear*. As I have said to you all, you must deal with whatever is troubling and then to let it go. This one is not able to do so. Let me go to the question about who has full control of how long or how much a soul will suffer for any wrong-doing. My answer to that is: that individual soul is their own judge and jury. No one will point a finger, no one will say what must be suffered—only that being themselves. There is no judgement like there is on Earth, where you have others who decide what you must suffer and *how* you must suffer. He has to be rid of these ideas. He will not know the full extent and may never do, for as he says himself—eons of time. It is not something easily understood. So for that I ask him to—and why would he wish to work with those people who have, in our own words: created their own hell?

There followed some discussion from sitters that perhaps previous words/transcripts needed greater consideration. And we know from past teaching that Salumet does not like use of the word 'hell'—a physical description that is much overused by the religions. In reply to our observations, Salumet continued:
No. He is looking for answers that are not there.
Jan: He is creating a problem in his mind that doesn't need to be there.
Yes, he is not quite ready. To want to help others is admirable—that I would not dispute, but why when he exists on this Earthly plane is he thinking about the situations of being in hell and suffering? When he comes to our world his thinking will be much clearer. But that is all I would say to him. I feel he is not quite ready for the truth. He will not find answers whilst still here on the Earth plane.
George: Yes, I have tried to say on the matter of self-judgement, but—
He has not accept it, because—
George: He now has that answer direct from yourself.
Yes, he is creating problems—problems that cannot be answered fully until he has come to our world.
George: Yes, thank you Salumet.
But do try again—you are patient with him, and perhaps some word or two will find a place in his heart.
George: Thank you for your advice—yes, wonderful.
I hope it will help. You see, when human beings form thoughts whilst on Earth, it is very difficult sometimes to change their thinking, because thinking comes from deep within the mind and the mind belongs to Spirit. And I feel you must know this already, because I have said on many occasions that we try to *influence*. We cannot change directly your own free-wills, but we can influence.
George: So mind would benefit from stronger contact with Spirit.
Yes, you would know the difference between the thinking of the mind and the thinking of the brain. People even now cannot accept that there is this separation.
George: Yes, I am aware there has been much thinking with the brain.
Yes, too much—too much.
Paul: The brain is kind of—things that have got in your head through your being influenced by the people around you, I would think.
Yes, the mind needs the brain to function; whilst you are in the bodies, you need that unity. But ultimately, when the brain is dead the mind is fully alert, and that is where the knowledge lies—the understanding and the eternal love—it is the mind. I hope that helps just a little.
George: Yes, thank you so much.
Yes, and if I may leave the time with the dear gentleman here, and I will continue this time to work deeply with this instrument.
Sarah: Thank you very much for coming to us this time.
Following a pause of several minutes one then seemed to be with Sarah:
George: Hello—good evening to you.
I have been told that there is one here** (in spirit) **who would be able to join me in bringing together information from all of you that is resting un-used. You are almost aware of those who are around you, and you know what to expect at times. But deep within you there is knowledge that could be useful to you if you brought it to the fore. So my purpose this time is for you to exercise this unused part of your mind. We will try to help you, and the one who is helping me will stay close to me and I will not be speaking too much anymore, but the lady to my left** (Jan)**, if she will try to coax some information from each one of you in turn, I will stay with this one as a power source.
George: This sounds most interesting and we do appreciate what you are attempting—thank you.
If you feel you do not want to speak out what you are getting, just inform the lady you have the knowledge, and you do not have to say if you do not wish. But if you want to speak, it may help the

others as well. So I will remain quiet whilst the lady to my left—perhaps she could stretch her arms out towards each one in turn and we will see what we can achieve.

Pause of several minutes

Jan: Do you wish to say anything Mark—I'm coming to you first.

Mark: I haven't got anything to say yet.

Jan: Does a place come to mind?

(Mark couldn't think of a place and so continued to sit quietly)

Jan: I'm coming to Serena next. Have you anything at all Serena?

Serena: I wouldn't actually call it knowledge, but I have since I've been sitting here, seen more brighter, vivid colours.

Jan: Yeah I have colours in mind for you, it's funny you should have said that. That's good.

Jan: I come to you Paul.

Paul: This sort of figure came into my head—a sovereign queen or something—quite an elegant lady *(ginger curly hair).*

Jan: That's fine—that's what you saw.

Paul: At first like a stone cross—like a Celtic thing.

Jan: George—anything at all?

George: Well I've just been thinking I'd like to spread more love and peace in the world, and on a personal level, complete the book I'm writing. These are the things on my mind.

Jan: Ah! That's nice, yes—appropriate.

Jan: Right, now it's your turn Dawn.

Dawn: The only thing I've had come to mind—a book—I can't tell you what book, or why a book. I'm not sure if it's just popped into my head, or not—and healing.

Jan: That's nice. Well, while I've been sat here I just felt a complete blending of us—we weren't individuals at all. We were just one entity. (*Addressing the one with Sarah)* Has our mission been accomplished?

You have achieved two goals. You have in your endeavours created an energy that will now enable you to work further on this project. You have had the beginning of something which will become much greater if you can return to it, especially in your meditation times. There is much more that you are capable of doing, but you needed to unlatch that door. So I will return, and thank you for your efforts.

George: Thank you so much for being with us and for attempting this work. We are grateful.

Thank you.

A pause followed during which we at first briefly exchanged comments, then a period of silence. Then one appeared to be with Eileen:

George: Good evening—welcome to you.

The one now with Eileen gave arm movements, but different from those of Salumet when he first arrives, then following a pause of several minutes, a deep voice:

I bring blessings to you.

Sarah: Thank you very much.

George: Wonderful! Thank you!

(There was some coughing, probably on account of the deepness of the voice)

No words necessary. Little body difficult—little voice—mine big voice. You can hear me?

Sarah: Yes, very clearly.

Blessings all of you—that's what I bring.

Sarah: Thank you—that's very nice—thank you.

George: Thank you so much. Your blessings are much appreciated.

Good friend—good friend, I leave you now.

Eileen had the impression that he was a big man and probably Indian. And when Salumet had completed his work with Eileen, she as usual as she returns on these occasions experienced the sensation of travelling backwards.

George's Notes:

Salumet really spells out on this occasion the difference between physical thought with the brain and the spiritual 'knowing' of mind. In today's scientific endeavours there is much physical thought—brainstorming is a word sometimes used. This of course has its place, but there have also been occasions when 'intuition' from 'going within' has produced a remarkable result. Examples?—Well, Rudolph Steiner's biodynamic agriculture, James Clerk Maxwell's electromagnetic theory, Albert Einstein's General Relativity and the organic chemist August Kekulé who became aware of the 6-member ring structure of benzene in a daydream, must be front runners.

~23rd February 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/23_02_2015+salumet.mp3

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

As always, we thank you my dear friends, for all the love and help that you ask for others. I would like just to say to also remember those who are left behind on your Earth plane. They truly are the ones who suffer. Those who come to our world quickly recognise what a beautiful and wonderful situation they have found themselves in—they have returned to knowledge and to all of those who love them so. But they are also drawn back to this Earth plane, to those who are suffering at their loss—no matter how many times you tell them that their loved ones are safe and well, still so many mourn and mourn for much too long. So therefore it is imperative that you, my dear friends, remember to ask for them also in your prayers. If only you could hear the cries of those left behind, you would understand how much and how much more that they are the ones to suffer; and yet it is a mourning which is unnecessary, because I can reassure you, each one of you, that when you return home, there is so much light, so much love, so much happiness.

George: Yes—Jim who sat with us, his wife has recently rejoined spirit and I guess they are happily reunited. And I must say that I've been in touch with their two daughters, and they are much heartened by the many messages of love that they have received from their friends and relatives. And this I feel can be a nice factor relating to the Earth's feelings.

Yes, of course it is important for support and extra love at these times. But you see, my dear friends, I say sad times only exist on this Earth, not in our world. It is a rejoicing that keeps us in our world—rejoicing that another soul has departed the body and returned to the place that is much more real for them. But of course, any help that can be given to any human being, not only at a time of loss, but at all stages of Earthly life—that can only be good—yes. Does anyone wish to ask a question about this?

George: I'll just comment that it's very nice to receive that reassurance which I feel is not *generally* felt on the Earth plane.

No. I am speaking to people who have knowledge and understanding. But I say to you, the thoughts are needed for those who do not have that knowledge—that understanding. They are the ones who suffer, even although the suffering is brought upon themselves.

Sara: We can try to increase their awareness perhaps.

You may try to do this. It may not always be accepted, but—yes, to speak easily about death and passing can only bring more knowledge to your world.

Sara: I will try to do that.
We know that you all do this in different ways—a touch, a smile, a word—it takes very little to uplift the soul—yes.
George: Perhaps the people who are difficult to find upliftment—perhaps they are the ones who have benefitted from and have needed the church. We know the church has had many faults, but I guess, for some—
It is their comfort—if they find that is the place for love and comfort, then so be it, yes. But for many, they will never be convinced that there is life after death, and all you can do is to say a few words of support, and allow them to make their own minds up. That is all that can be done. Are there any more questions?
Lilian: I was just thinking, I bet in most cases where people are grieving on the Earth, there are strange coincidences which should give an inkling that the parents are okay or the children are okay—just a book I read—strange coincidences come along and make you wonder.
Yes, there will always be an opportunity given to those who are left behind (yes) **in order that they may begin to think why** (yes)**. But then, of course as you know, it is entirely up to them, whether they accept or deny. You cannot do more than to offer your love and your sympathy. But if you imagine how many have passed to spirit on this one day alone, then you will have some idea of those who are in a state of grief.**
George: Yes, perhaps those who've passed to spirit in the difficult circumstances of war and politics—these are the ones who are felt for particularly.
Yes—you cannot make any difference between a person in grief. Grief is grief, no matter where or what the situation—yes. But I will say thank you once more, my dear friends, for all the love and thoughts that you send for others. Let me tell you they are well noted. Now are there any more questions this time?
Serena: Yes, I've got a question **(yes)**. For the last three years, around about our Christmas time and New Year, my computer re-sets itself back to factory settings and I wonder if there's some different or extra electricity in the air. And also recently for the past several months—maybe longer, I get electric shocks off of different things and not just getting out of cars. So it does seem to me that the air's more charged—and I just wondered if you could help me out there?
Well, as regards to the time of your year, I believe you mentioned Christmas—there is an over-powering amount of love and good will at that time of year, especially here in your own country. But generally over your world there is goodness and more light, which in turn will increase the energy of love. This increase in energy can create many situations, and you have named one. That would explain your machinery. People often find that perhaps their phones—is that the word?—the phones? (Yes) **will ring with no one on the end of it, that door knockers rap. It is all to do with increased energy, and with that energy, comes the opportunity for spirit to use it** (yes)**. As for the electric shock—not only is the atmosphere charged and becomes more charged at times, but so too can the human body, and when the air is—I will say, 'supercharged' to suit the understanding of the words—that certain human beings feel it in many ways also. But of course you *feel* it as an electric shock, others will feel more inspired, others will feel confused and do not understand what is happening to them. But you are right in thinking that it is the energy, rather like your electricity that can come in surges. Is that helpful to you?**
Serena: Very! Thank you.
Graham: Could this affect irregular heartbeats? I know a number of people at the moment, suffering from irregular heartbeats, and I wonder whether that is the same thing again?
It can be the cause—I would not say always (yes)**, but it can affect certain people. Yes, I have no doubt that if each and every one of you were to think of something that has happened at certain times, which**

is a little unexplainable to your senses, you could do so. It may be as simple as 'heightened awareness', it may be that you begin to understand the feelings of another—there is a wide range of happenings—yes.

George: Yes—we have spoken on the energy of the aether **(yes)**. There is a scientist—Professor Reginald Cahill—who uses the term 'quantum foam', which I feel is an attempt to describe the nature, or part of the nature of the aether, and in order to get their papers accepted by journals these days, there is an avoidance of the term 'aether' and scientists tend to call it by quite a large number of different names—

Yes, whatever suits the mind of even one person, if it makes sense then that is fine by them. And I will speak from spirit when I say that there is much work going on in trying to understand your world and your universes (yes)**, but I have to say, my dear friends, that it all has to become much more simple** (yes)**. Scientists are making things too complicated, because of their own logical minds.**

George: Their intellectual way of thinking **(yes)**, yes I fully agree.

But it really matters not to us in spirit, what they call something, as long as they eventually reach the spiritual aspect.

George: Quite simply, I think you have told us the aether plays one role in up-keeping all matter in its various forms?

Everything is connected (yes)**. That is the simplicity—everything is connected in some way or another.**

George: And there seems to be evidence for the aether being drawn into bodies in the universe—or perhaps 'being drawn into' is the wrong expression.

Yes, I would not like to use it in that way, but I understand what you are saying and of course, all beings have to use the energies which are part of them, which is used for existence, no matter whether it is a human existence a worldly existence or universal existence (yes)**. That energy is common to all things—you understand?**

George: Yes, and we talk about the connection to planets and suns---and to galaxies, one might say—

No—you *must* say, not *might* say. You cannot exclude— *(Chuckles)*

George: Yes, one *must* say, yes. And one can easily visualise a connection in the case of a *spiral* galaxy, and the form of that connection I would guess has to initiate the spiral form?

I see what you are saying, but again, you are trying to dictate that there has to be form at all times. When you come to spirit, you will lose these ideas of form. You understand where I am taking you?

George: I think so, and not all galaxies are spiral form.

No, but I do not like to dissuade people to not think, because by thinking, even if you are mistaken, eventually you can come to the right outcome.

George: I feel there's been an awful lot of that in our scientific journey!

And much more to come of course, but all of these things are less important when you travel home. You will eventually understand more, and wonder why all of these situations seemed so complicated.

George: Yes—because we made them complicated, no doubt.

Because your own thinking has complicated them—yes. I hope that has helped you just a little.

George: Yes indeed—yes, thank you. It's a great help to stand back—it's like seeing things from a greater distance **(yes)**, if I could put it like that.

'Clarity' is a word to use for all things—clear seeing, clear sensing, and then the picture begins to clear also. And we will leave it there just for this time. But, as with all knowledge, a little at a time is more beneficial, and that is what you are trying to achieve—to know and understand the form of existence. And I have to say my dear friend, it is not the kind of knowledge you will succeed in finding whilst upon Earth.

George: Yes I can accept that.

But we always thank you greatly for your efforts and to the knowledge that you have brought to others.

George: Well, I think we're in the process of realising the Big Bang thinking was totally wrong.
Yes—but interesting.
(Laughs)
George: And we are changing to a 'steady state' theory **(yes)** which I think we're all agreed is a more satisfactory way of seeing existence.
Yes, but there are always many who will dispute any information given from spirit, because they cannot justify it in their own minds.
George: But the gentleman I mentioned earlier, Reginald Cahill—I think I am correct in saying that he does align to the 'steady state' way of thinking, concerning the universe **(yes)**; and I'm not sure how correct his reasoning for this has been, but I think that's the way he is heading.
Yes, well we will only encourage those who seek to seek the truth, as you all are seeking truth. And now my friends—
George: I thank you for that Salumet.
Thank you—I will take my leave. Perhaps the lady would take you on a little journey and I will quietly return from this one. As always, I leave you knowing that my love for you all is strong, is protective; and we give thanks to all creation for all that there is.
George: I'm sure we all take pleasure in reciprocating that love.
(Thanks and farewells)
Following a pause, we were all then taken on a journey via Sara. Audio link:
http://www.salumetandfriends.org/resources/23_02_2015+sara+journey+8mins.mp3
We are going on a journey of love. We are going to try to feel the quality of love, and I want you to start in a sensory way by diving into a pool of pink water. It's so warm and you are just getting into the water and you just notice the beautiful pink colour—very gentle, quite a light pink actually; and you just gently start to swim around in this beautiful gentle pink water. And you feel so safe and so protected, and you realise that you are free to be yourself. And you splash around a little bit and you just feel this tremendously sweet, happy safe feeling of being loved and at the same time the quality of love itself. And so you keep swimming along and just being aware of this wonderful feeling, and you are thinking that, really, if you stay in this feeling for long enough and somehow carry that with you, you are going to start erupting into joy eventually, because really that's the next stage. Once you can feel that love within yourself and feel that—try to maintain that around you and give that feeling to other people and protect yourself enough and feel protected enough, that others can't take it from you—it's going to move into a different sort of state. You are going to feel more joyful generally and you are going to bubble up and be happy and transmit that happiness to other people. So it might be useful as a trigger to think of that beautiful sweet, pink protective feeling of the water—warm water around you, as you go through different experiences in your days—knowing that that's the feeling that you have to keep hold of. If you feel that—maintain that feeling of safety for long enough you will naturally start to feel and transmit that joy and happiness to others. So just paddle around in that pink water for a little bit longer and enjoy the feeling of love and warmth and peace, and imagine that others will want to drink from that and share that feeling with you.
(Pause)
There is a lightness to it—there's no heaviness or strident feeling/forcefulness—it's a light feeling. When you're in a state of love, it's something quite light and very gentle. You don't need to shout, scream or protect or defend—it's a feeling of lightness and love, but you have to also feel that way towards your own self, in order to maintain it. You have to somehow protect and defend and look after your own self a little in order to maintain that good feeling.
(Pause)
And it's sweet as well, without the strident forcefulness—that sweetness is retained.

George's Notes:
1: Sara's Journeys: On these journeys, Sara has no prior knowledge of what is to be said. She declared that there was a feeling of pressure about the head during the session.
2: Prof Reginald Cahill and PROCESS PHYSICS:

GRAVITY AS QUANTUM FOAM IN-FLOW
Reginald T. Cahill, School of Chemistry, Physics and Earth Sciences, Flinders University, South Australia (2003).
Abstract:
The new information-theoretic Process Physics provides an explanation of space as a quantum foam system in which gravity is an inhomogeneous flow of the quantum foam into matter. The older Newtonian and General Relativity theories for gravity are analysed. It is shown that Newtonian gravity may be written in the form of an in-flow. General Relativity is also analysed as an in-flow, for those cases where it has been tested. An analysis of various experimental data demonstrates that absolute motion relative to space has been observed by Michelson and Morley, Miller, Illingworth, Jaseja et al, Torr and Kolen, and by DeWitte. The Dayton Miller and Roland DeWitte data also reveal the in-flow of space into matter which manifests as gravity. The experimental data suggests that the in-flow is turbulent, which amounts to the observation of a gravitational wave phenomena. A new in-flow theory of gravity is proposed which passes all the tests that General Relativity was claimed to have passed, but as well the new theory suggests that the so-called spiral galaxy rotation-velocity anomaly may be explained without the need of 'dark matter'. Various other gravitational anomalies also appear to be explainable. Newtonian gravity appears to be strictly valid only outside of spherically symmetric matter systems.
Process Physics: This is a new paradigm for the modelling of reality—a dynamic model in which space and matter are seen to arise from a fundamentally random but self-organising system.

~2nd March 2015~

Audio link: http://www.salumetandfriends.org/resources/2015_03_02+plants.mp3
Lilian: Good evening and welcome.
Good evening madam. You look just like my granny!
Lilian: *With a chuckle*—Do I? What's your name?
Sarah.
Lilian: Hello Sarah—mine's Lilian ***(Lilian)***. On the other side of you is George.
George.
(But George was trying to adjust his hearing aids!)
You're all very well behaved.
Lilian: Nice and quiet are we?
Nice and quiet.
Lilian: Yeah, we're few in number tonight (7)—in our little group. So why have you come to talk to us?
Just because you look like my granny.
Lilian: Oh my word! Has she changed? I'm sure she would have.
No, she went before I did.

Lilian: Yes, but she would've changed.
But you remind me of her! Not in the way you're dressed of course.
Lilian: No. What sort of clothes did she wear?—long clothes?
Yes—apron—cap—nice smile like you—used to grow her own herbs, but she couldn't save me—couldn't save me.
Lilian: So how old were you when you passed?
Oh I must have been nineteen.
Lilian: Oh, very young.
Yes—I had the consumption. So, my granny tried really hard, but it didn't work.
Lilian: Yeah, she must have been disappointed.
She was, but—
Lilian: —Different now. So what do you do in spirit—apart from visiting groups like ours?
I'm interested in the flowers and the herbs (yes) ***like my granny was. And I like to study them, and I try to influence people who use them*** (that's lovely)***. They're still good to use.***
Lilian: Yeah, it's a shame we don't more.
Not always pure, like they were in granny's day, but nevertheless they're still good.
George: Did you make a study of the flowers?
I am at the moment—I'm studying.
Sarah: 'Cos Lilian likes flowers as well, don't you Lilian? (Yes) And she reminds you of your granny and Lilian likes flowers as well.
Lilian: I like the wild ones, ***(Yes!)*** probably more than the others.
My Granny loved all things that grew, but especially the herbs, because they helped people.
Lilian: Yes, they still use them—
I know.
—in medicines we have today.
Yes—any medicine's good isn't it, if it helps.
Lilian: That's true.
George: I was going to say, the herbs are used as much in cooking as for healing.
Yes, granny did that too—always adding little things, always looking out for people.
George: In studying flowers, are you also interested in the insects that visit the flowers and do the pollinating?
Well of course you have to take it all into account, but no I wouldn't say I was—
George: Yes, I've been very interested myself in the way the flowers rely on the insects for pollination ***(yes)***, and the bees in so doing collect the nectar for making honey.
Yes. It's all part of God's plan isn't it? (Indeed) ***Everything intertwines. Everything works with everything else. But my granny was a very wise woman, I know that now. I didn't at the time. I just—to be very truthful, I thought she was a little bit strange.***
(Chuckles)
Paul: Could I ask a question about—I was thinking, do you think sometimes when people get ill, that some of the herbs or flowers can sometimes turn up in their gardens—the ones that are needed for the healing—do you think that can happen?
It can happen and it does happen. And it's all down to the nature spirits (ah!)***. You mustn't forget they have a big say in gardens and woodland and all kinds of growth.***
Paul: Sometimes, certain herbs—I remember 'fennel'—when we've lived in places—sometimes fennel seems to grow very, very well—almost like a forest of it, even though we weren't particularly trying to grow it. I wondered if that was a sign that we should have been eating a lot of fennel?

Perhaps I can just say that wherever you live, if there is a glut of anything—it means that it should be used (ah)***. So to answer your question sir: yes, you're quite correct. It's the same with anything that is grown locally to you—it's there for a good reason. So I would suggest maybe that you think a little bit more about things like that.***

Paul: Yes, it makes sense because if a plant's growing very well and strong in the area ***(yes!)*** Maybe to eat that strong plant helps *us* be strong.

Yes, yes because you're also in that area for a good reason also. Don't forget that everything intertwines—everything is part of everything else.

Lilian: Did your granny ever use dandelions?

Yes, she used lots of things; I couldn't tell you all of their names, but I remember as a very small child her trying to teach me. But of course, I was never quite as interested as I should have been.

Sarah: But she sowed the seed.

She sowed the seed! Yes.

(Chuckles)

Sarah: One thing just came to mind talking about nature spirits and plants ***(yes)***, if you take a cutting from a plant to make another plant ***(yes)***, does it take part of that nature spirit that's in that plant into the new plant or does it get a new spirit?

But the nature spirit is not exactly in the plant. The nature spirits take care of the plant.

Sarah: But hasn't each plant got its own spirit?

If you cut a plant it can suffer for a little while. It's never as clear cut as human beings seem to assume. There is feeling within all living things—but what it takes from the mother plant, shall we call it, is all the energy that it has sustained throughout its own growth. Therefore the younger plant is able to then grow strong and healthy, because it has been taken from another strong plant.

Sarah: Yes. But they do have their own spirits don't they?—plants, apart from the nature spirits around?

They all have energy—they all have individual energies, in the same way as you all have different energies. Every one of you in this room has different energies, but it is all the same energy (yes)***. I'm sounding rather clever aren't I?***

(Agreement and laughs)

George: I imagine our farming methods sometimes make it difficult for the elementals.

Yes. You will find where there's discord in any farmland the nature spirits—there's not as many of them, because they would withdraw a little way—not go away, but just hold back a little.

George: Yes—when I was young, *clover* was a very widely grown crop ***(yes)*** in the 'mixed farming' days ***(yes)***, but it's scarcely seen today.

—which as far as I am concerned is a pity, because it has a very strong energy.

George: Yes, it improves the soil—

Yes it does.

—It provides wonderful flowers for the bees—

Yes, you are quite correct sir.

—And it makes a superior type of hay for feeding animals.

Perhaps you can be a supporter for clover (mm)***.***

Paul: We could grow our own clover in pots.

I think everyone knows what is right for themselves. I'm coming to the conclusion, the more I study here, that as individuals, you should have much more knowledge than you use. You know? It's innate within you and yet it is not used.

Sarah: We've been told this before that we have what we need—to get it out.

Yes, that is what I do—that is what I am interested in, and it is all down to my granny.

Sarah: Well done your granny!

Yes, and she is still working with herbs and things, even now.

George: Yes, the knowledge is innate ***(yes)***. But we do have unfortunate influences. Our politicians and our media like to, shall I say—shout their own views—

Yes, well if you don't mind me saying sir: I think you all have to return to simplicity *(affirmations).* ***I know you have critics who would say: how can you—that is impossible. Nothing is impossible, especially when you have the help from spirit.***

Paul: Yes that's right we've got a powerful ally.

Yes and you have to use it.

Paul: We have to get on and re...

Lilian: Sow a few seeds.

Paul: Exactly—sow a few seeds, and re-establish our link with nature.

Yes. But of course, you have to remember, a lot of your modern medicine comes from the natural plants (yes)***. So, in a way there has been good come from it*** (yes) ***but you are moving away from what is truly the best for you, in the sense of health.***

Sarah: Salumet tells us there is a balance, and this is where we've tipped the balance too much in the modern way and left the old behind, so we need to get the balance.

Yes, a lot of our teachers in spirit, always teach us that, that humankind has really grown much too quickly.

Lilian: Yes, it's been rapid.

Yes, but not always for the best.

Sarah: And of course we've got computers now, and robots that can work out things for us. So maybe that's not too good on the one side, but on the other side the computer is very useful and also spreads the word that Salumet's taught us.

That is as your free-will I believe. That is what our teachers tell us also, because we don't lose our free-will, we still have free-will here, and we know how powerful it can be.

Lilian: It wouldn't make sense if we didn't have free-will, would it?

You would have to ask the Creator that, 'cos I really can't tell you. But I think personally it is very important (yes)***.***

George: Yes, we have innate knowledge, we have spirit, we have elementals ***(yes)***, we have free-will—it's quite a combination!

It is a powerful combination sir—it is indeed, yes. Anyway I feel I am beginning to ramble on a little.

Sarah: That's alright, we're very happy to listen to you.

Paul: It's interesting stuff, I was trying to think about—if you have a little garden, it's tricky knowing what to plant, because as you say, the nature spirits will be wanting to bring their own seeds I'm sure, and maybe we should step back from it a bit and let nature—

Why don't you just FEEL—step back and FEEL what the plants and the trees and the shrubs are saying to you. And with that good energy, then the nature spirits can help.

Paul: Ah yes! That's very good advice—

George: I think I see you as a teacher—you have come to us with quite a powerful message.

Well, thank you sir, but I certainly would not class myself as a teacher. But every bit of information that you collate, has to be used in some way. I see it all the time on your planet, where people are given opportunities and they don't take it. And when it comes to plants, think of them as spiritual energy, feeling everything the same as you do, only in a slightly different way.

Sarah: So if you like a plant or you dislike a plant—

That plant will love you back and it will blossom.

Sarah: There are certain plants that I prefer over others. So that's probably because our energies aren't the same.

Yes, you are very much connected by the sound of it. Yes, if you love a plant, if you cherish it, feed and water it correctly, that plant will then return all of that love to you—the love and the beauty.

George: Yes, well Spring is coming along and it's a good time of year for us, and the weather is getting just a little bit warmer. I've been working in my greenhouse today ***(have you?)***. Yes, and it's important to give the plants sufficient water. I also play them a little music sometimes.

That is really wonderful sir!

George: Some will think I'm a crackpot for doing that!

Sir, when it is your time to come to this world you will be in your element, because Spring as you say—over here is so much more beautiful and you will not need to feed and water your plants, because they already sing, they already bloom and it is all just so beautiful. I cannot explain to you how beautiful, because there is nothing in comparison on your planet. But I still love your planet, I do. If you have been to any other planets, which I know you haven't, but if you could, you would realise how beautiful this one you live on is. The colours are beautiful.

George: We have had the privilege of speaking with people from other planets ***(ah right, okay)***.

Paul: I'm sure you're right—the nature, the animals, and the insects and the birds are absolutely stunningly beautiful.

Yes, the Creator has been kind to this planet Earth, as on other planets too. But I am not so much interested in other planets. I know they exist, but I cannot give you information. I just know that this planet Earth is a beautiful one.

Sarah: Do you think you've been influenced by the fact that you were once here and you like it because it's familiar?

Yes, and I can remember the love and the beauty that my grandmother brought, with her flowers and herbs and how much joy and help it gave to others. That's what is important, it's not whether they get healed or not, but the joy they feel within themselves—the touch on their spirit.

Lilian: Yes, she sounds a lovely lady.

Paul: We understand that our visitors from other planets like to build pyramids—and they have done all over the Earth, on this Earth plane—built pyramids in different countries. And that seems to have an effect on the plants ***(yes)***. We're only just learning about it, but it seems that some plants grow better near these pyramids.

That is what I'm trying to say—this planet is a beautiful one. It has had visitations from others on other planets. This I do know and this I can confirm for you. I don't know too much, because that is not what I am studying and I have eons of time to find out details. But I do know that, yes, on your planet, pyramids that you have mentioned, and your seas and your air are all contributors to beauty.

George: Yes, with visitors to our planet, one of the first things they've done is build a pyramid to produce the extra energy that they need. And yes, we are aware that this energy also has its influence on the plants that grow nearby.

Of course.

Sarah: Have any of these visitors brought plants to us?

I believe that has happened, yes. I believe they have introduced other strains that weren't originally on this planet, but I do believe that is not known about too much.

Mark: Ah, because I did hear that some plants have been sprouting up near pyramids, which were supposed to have been extinct for thousands of years. I don't know if they would have been brought maybe?

I cannot confirm that for you, but it would not surprise me in the least. Yes, I'm sorry I can't confirm.

Mark: That's alright, you've brought us lots of interesting information.

(Affirmed)

It's rather nice being here speaking to like-minded people. Some people are very sceptical, even when we bring information from spirit, they cannot always accept it and I often wonder why not, when indeed you are spirit—you know—it confuses me sometimes.

Sarah: Well I think we've been very lucky with our teacher that we've had, and I think he's put us all on the right track, so that's helped a lot as well.

Yes, there have been many teachers come to Earth to bring knowledge I think.

Paul: ...So we are becoming more knowledgeable, gradually. I think also we don't always have gardens, but I think most of us are quite—we like animals and plants—

I think when the soul is touched, your love for all things grows. For some people it may be stronger in one direction—like animals, or children, or woodlands or whatever. But again that is your free-will, but definitely a love exists for you all.

Paul: Mm for this thing called *'nature'.*

Nature—it's a rather nice word, do you not think?

(Agreed)

Nature—I like it! Anyway, I'm being told I have talked too much and I really have to leave.

Lilian: We've thoroughly enjoyed your visit.

Thank you. And I'm so pleased to see a replica of my granny.

(Laughs)

Sarah: And especially one who likes plants!

Lilian: I'll send love to your grandmother.

Perhaps she has influenced you at some time, who knows? I perhaps will try to find out.

Paul: And maybe you can pop in again some time, it's been a very nice chat.

(General agreement)

Sarah: Could I just ask how long you've been in spirit?

I don't know exactly—I think it's about 125 years or something. You must remember time is so different.

Sarah: Yes we appreciate that.

Once you come to spirit all of those mundane things seem to disappear. And I know sceptics always say: but how can you forget when you were here? It's because it's not important.

Sarah: Yes, that's right. I just wondered if Lilian was a reincarnation of your grandmother.

Lilian: Her grandmother's still there...

My grandmother's not reincarnated yet. (Oh right)***. No she is—I still see my grandmother as she was.***

Sarah: That's right, I remember you saying, yes.

George: I think we understand that scepticism will decline and a factor in this is computers and the internet, which is providing an all-round view of things, which our traditional media—well it's one-sided, but I think more people these days are going to the internet with their computers and getting a better balance of knowledge.

Yes, your machinery, your computers do offer knowledge, but they do not and cannot and never will provide you will spiritual senses. You can read and you can gain knowledge, but to grow you must use the senses you have been given, within the physical body. You must use your mind.

George: Yes, it's just unfortunate that there are so many Earthly *material* influences.

Yes, but to have knowledge, even if you are materially-minded, can only be for the good. Do you not agree sir?

George: Oh yes, it is for the good if people have more knowledge—

And after all, that is why the computer came to you.

—and develop their minds accordingly.

Yes, provided it is used correctly, it is a means for knowledge.

Sarah: Yes, but of course like everything else, it gets abused.

Well, that is what you must be careful of. But I'm sorry to say I'm being called again and I can't ignore it this time.

(Thanks and farewells)

There was then a period of clairvoyance through Eileen, including a message about a bill, which needed to be paid. This seemed to trigger a merry one through Sarah. Audio link:
http://www.salumetandfriends.org/resources/2015_03_02+bill+to+pay.mp3

She declared that she never paid a bill in her life. After some light banter, she talked about her work in spirit, trying to help children who came over and act a bit 'impish' to begin with, playing pranks that go a bit too far and need to be kept in check a bit.

George's Notes:

Clover (Trifolium): Red and white varieties of clover are in fact grown today, often in admixture with rye grass and largely as forage crops; also for making silage. Clover has advantages over grass as cattle feed, providing significantly beneficial protein. In making protein, it takes in nitrogen from the air so that nitrogenous factors are not depleted in the soil.

Salumet's corroborative message: Eleven years earlier (19th April 2004 – Transcript library of www.salumetandfriends.org), our teacher and guide had this to say:

...We have spoken recently about many things but in particular about the state of your food crops. You remember? I would like to bring to you this time another thought for your *consumption* shall I say!! We have spoken much of the civilizations of long ago. Perhaps my dear friend you are not aware that those ancients called upon angelic realms for the nurturing of food crops. Might I say to you, that perhaps with knowledge growing as it is today, and the wave of thought of growing more natural foodstuffs should I say, that perhaps man might take a leaf out of the book of the ancients. There remains even to this present day a part of what was. After all even in your churches this day, do they not bless the food and ask for heavenly help; it is a remnant of ancient times.

George: Yes, I think you refer to what we know as 'harvest festival' in the churches.

But it is similar also to those people who love to be with the Earth and the growing of all foodstuff. They have a love that attracts to them the elementals of the Earth but they are slightly different from the angelic realms who are waiting for the whole of your planet to ask for help in this way.

Sarah: I think there are still some tribes today who ask for help from what they would term 'gods'.

Yes there are people still upon your planet but they become fewer and fewer. I hope my friends that you will think upon this matter and perhaps we may be able to discuss next time what you feel or perhaps even you could create your little experiments and use your thoughts to those in the angelic realms. Yes?

Sarah: It has come at just the right time for me too because I have just made a vegetable garden. I shall certainly call upon them!

Yes, try my friends. I am sure you would be amazed at how healthy these plants would be.

Paul: I should imagine you could also use them to control what we term 'pests' – I know that that is a bad word really – the parts of nature that damage the food that we grow.

With help from the angelic realms there would be no disease; the plants would be naturally healthy.

George: I think there is a certain amount of relearning from ourselves in working *with* nature instead of against.

You must not allow any negative thinking such as our dear friend has broached about 'pests'. You must believe in that power and I can assure you that all of your plants will be most healthy. Help my dear friends is always available if you would but ask.

So our visitor this evening is perfectly in line with that earlier teaching, and I think there is a growing awareness that the older ways of food production, whether it be garden or agriculture are superior. 'Organic' growing without use of chemicals that are toxic towards nature is thankfully increasing. And we should commune with spirit and elementals. This has been a powerful reiterated message.

~9th March 2015~

Firstly, a spirit helper spoke of one known to Sarah who has difficulties. This was a case for the group to send thoughts of love to improve that situation. There then followed one through Eileen:

Audio link: http://www.salumetandfriends.org/resources/2015_03_09+dev+exercises.mp3

Lilian: Good evening.
Do you know there's lots of people here?
Lilian: They've come with you?
Yes—and they all want to talk to you.
Sarah: We're very happy to listen.
There's somebody with all of you, so you've all got to listen and say what's going on.
Lilian: I see, so we listen to see what we can pick up?
Yes. Oh yes, and your teacher will be here next time.
Lilian: Okay thank you. Can you tell us your name?
You don't always listen do you—all of you?
Lilian: Probably not.
You don't listen.
Sarah: What have we missed?
What have you missed?—I've no idea.
Lilian: Do you mean while we're in the group or in our daily lives?
—In your daily lives.
(Acknowledged)
It's not always words. It can be little actions, it can be something unusual and you seem to dismiss it—as nothing.
Lilian: Perhaps a feeling?
Yes.
Sarah: So, are these spirits telling us these things, or other human beings?
Your own connections yes. For whatever reason, they speak to you on a daily basis. Did you know that?
Lilian: No, well I'm sorry if we don't hear or sense it.
Paul: I mean, we have been told we've got guides and helpers around us all of the time, but we—
But because you know, you should listen more carefully.
Paul: Yes, yep—open up a bit more then, to their influences.
Yes. They are going to try tonight with all of you. So don't be afraid to speak out will you?—even if it seems very silly. You've had this before, haven't you?
Lilian: Yes, similar. Are you going to wait and see?
I would like to if that's acceptable.
(Agreed)
George: I have felt a tremendous urge to work in the garden this last week. I don't know if that's anything to do with helpers?
Well, if it was a strong urge, then perhaps you were being influenced by your own helpers.
George: Yes, I rather felt that might be so.
Yes, if it's a very strong feeling you should follow it, and then they can give you more and more and more. Yes, so I'll just be quiet and you can all see what you can get and don't be afraid to speak out please.
(Slight pause)
I think your teacher wants you to develop more than you have done.
(Agreed)
We sat quietly to see what we were being given:
Sarah: I'm getting a ruin and I've a feeling of something about the last war—maybe burning or something like that.
So why don't you ask a question about it?
Sarah: Okay, thank you.

George: It's on my mind that I've had some quite remarkable dreams this week during sleep state. I think dreams are generally prompted from feelings rather than actual words. There might have been feelings there originating from spirit.

Yes, never dismiss that's spirit entirely. Of course, some dreams are just everyday thoughts that become jumbled. But sometimes it is inspiration from us when we are trying to help you.

George: Yes, I had the experience of a dream being mentioned in a dream, rather like a realisation of a dream within a dream ***(yes)***. It seemed very unusual, but I'd been thinking about the universe and the creation recently and Salumet has been quite adamant that we cannot possibly understand the creation while we're still living here on Earth. But I felt the dream within a dream might have been something to do with that ***(that is good)***—a dimension within a dimension came to mind as a result! So it's just possible that's something to stimulate my thinking.

Sarah: I was told that I was in that bombing in the Second World War and I was killed by fire. I could see flames—I didn't feel any pain but I could see the flames. And I was told that I was in that bombing and I asked why I'd been shown that. And they said this is why I have a good connection with the Germans—why I like Germans and their country.

Lilian: You mean that's where you lived?

Sarah: I suppose I was a German (yes).

Paul: I'm not getting anything very clear, except the colour yellow.

Yellow is a colour we inspire for friendship.

Paul: It's a nice shade of yellow I must say—this one.

If it comes from our world it is a little different from the colour you would see here. There is an extra beauty about it—or there should be.

Paul: It's like a buttercup sort of yellow.

Yes, you need to expand and ask some questions. Without the questions you will not be given. Try to enlarge on why you were given that colour?

Sarah: I think I've also seen a nun. I think I was a nun—a German nun.

Yes, good. Ask for a name or something? Keep it going.

Lilian: I don't know why, but I've been thinking about my pumpkin ***(a pumpkin, yes)***. Something I've never grown.

Yes, you must ask why or what it means—some question.

Sarah: I think I'm getting the name: Hildergard.

Yes, that is a German name. How about the gentleman?

Paul: The one who got the yellow?

—The other gentleman.

Mark: I haven't at the moment.

There is just a little fear with this gentleman, although he's not aware of it. He is just a little afraid of completely letting himself go—so it will be more difficult for him. But you must keep trying. How about the lady?

Dawn: Of all the odd things, I keep thinking of an orange, I don't know why.

Have you asked the question why?

Dawn: Yes—haven't come up with anything yet. Oh, now it could be an orange on a tree.

Yes—it could be an indication of your own development—that when the orange is ripened it can be picked and used (right)***. I think that is what it means, but you must find your own answers*** (thank you)***. Is there any more?***

Lilian: I felt the pumpkin suddenly got very huge ***(yes).*** I've no idea why.

Paul: I just feel I want to *bathe* in this yellow. I did try to ask and I felt it was the colour that—

Just surrounds you—

—surrounds me at the moment. It's needed as part of the development

That is good. So you see, it's possible for all of you, when you are in the correct state, to pick up what we in spirit try to give to you, and of course it is entirely up to every individual whether they accept it or not. But this just goes to show you what is possible.

Paul: Yeah well I want to thank you for it, because it's been a lovely feeling bathing in a colour ***(yes)***, that's just right at the time, so it's silly not to take advantage of it.

Of course.

Paul: Mm—Thank you for persevering with us.

It is quite uplifting for those of us here when we see and recognise that thoughts and inspiration have been recognised by you on Earth. It is something we can always build upon. But we cannot do it without your help and your acceptance.

Paul: And as you say, we've really got to incorporate it more in our *daily* lives.

Yes, it should be natural part of your daily life. After all, a thought takes very little effort.

Paul: Yeah and as you say, when we get these little inspirations, probably most of the time we don't listen to it—so we do need to reflect and ponder and ask questions about it, to develop it.

That is what I am being told—that so much is given to you, but you do not hear or you do not use it.

Paul: Well it's very good to have the reminder.

Now I will leave you now that we have seen what can be done.

(Thanks and farewells)

Sarah: You're welcome back any time.

Thank you.

Following this one's departure there was some discussion. Sarah seemed to have the name 'Hildegard' and thoughts of the WWII bombing of Dresden

After a pause of a few minutes George made the comment: Audio link:

http://www.salumetandfriends.org/resources/2015_03_09+Gardener.mp3

George: It seems that working in the garden is in three ways beneficial; it provides the exercise, that I was in need of, it's satisfying to grow organic vegetables—it's also good to do the menial task—not brainstorming all the time, but periods of doing the menial task seems to be necessary.

Lilian: And yet it's a very important task—without it we wouldn't survive! With the other tasks, we would—a lot of the other things we do doesn't help us at all. So I suppose if you think about it logically, it's a very important task.

But now another was with Sarah who joined the conversation.

The lady is right. Working in the garden is not a menial task!

Lilian: Sorry George, I've started something. *(Chuckles)*

George: Ah! For me, it's much easier and more straightforward than brainstorming in a scientific way.

Lilian: It's a pressure, isn't it?

George: But I take your point.

It is different, but not menial.

George: Yes, I take your point on that.

Lilian: Thank you for coming.

I could not allow that one to degrade the work that I used to do. It was, as you lady say, a most important job (yes)***.***

Lilian: Was it agriculture or garden?

What I was going to say was, without those who work on the land none of us would be able to survive. So I was working on a large estate, and unusually for that time, the rich people who lived in the big house were most kind to all (that's good) ***and those who worked there were well rewarded, as were their***

families (that's nice)***. And in turn, those workers would work harder than perhaps was necessary, because they wanted to please.***
George: What country was that?
That was in this country.
George: And are you able to say when that was or if you remember who was king or queen at the time?
I can tell you it was George.
George: It was one of the Georges—
And I can remember the big windows—the ones that went up and down with a rope at the side.
George: Yes, a sash-cord.
—Because, one day I was talking to someone in the house and I put my head through the window and it came down on my back! (Ooh!)
Yes, so I remember it well. But it was a good time—a rewarding time, and necessary work for all the community.
Lilian: Yes, one without the other just doesn't work, does it?
It does not, you are right. You are a wise lady—and the gentleman is wise also, but in a different way.
George: Did you have horses on the estate?
There was everything on that estate—yes—everything that was available was there. They were indeed very rich people, but they were very kind.
George: And it was a mixed-farming system at that time I expect?—growing crops, keeping cattle and hens?
I think this was the other part. I was involved only in the garden, with the vegetables and the flowers, and just generally keeping everything immaculate around the house. I believe there was the farm, but it was not right on top of the house. So it was not something that I got involved in.
Lilian: Would you have grown pumpkins or would they have come from other countries?
I don't remember pumpkins in the garden.
Lilian: No, I just wondered how they would be used.
I cannot actually remember too well all the things in the garden, but I do remember raspberries. They were good and there was also a mulberry tree, and this was not a joy to pick this fruit, because it was very prickly.
Paul: So what do you do now?
Now, I am trying to keep all produce in a natural way of growing—not with too many of your chemicals (ah)***. It is difficult to influence the majority of people, but I would say that more and more people are becoming aware of how important it is to have natural foods that nourish the body well. So that is my job now. You could say that now I am the overseer—I have changed places—yes.***
Paul: So you're trying to influence people to eat more natural foods, or grow more natural foods—
Yes to grow, because if they are not grown, people cannot eat them. Eating them becomes easier to buy the produce if there is more of it—yes. It is not easy, because in our world we do understand that there are many people to feed, but nonetheless, to remain healthy, it is much better to have foods without chemicals.
George: Yes, as you say, there's a greater awareness of this need. How did you cut the grass when you were on the estate in the garden?
This was done with—I believe there was a new machine that had just come in. It was quite a heavy machine I seem to remember
Lilian: Did you use a horse to help?
I do not believe there was a horse on the lawn. It was cut firstly, when I remember, with what you say—a scythe, but I have a feeling, by the end, there was a machine.
George: —And that was taking over from the scythe—

I believe so, yes. I was not in charge of the lawns. I was in charge of the growing, so mostly the vegetables, but I did do some of the flowers and the hedges as well. But I do seem to remember this machine. It was—I am seeing a sort of blade—yes. Yes it was heavy and I believe two people had to pull or push—I cannot remember.

George: I expect it had rotating blades that did the cutting—

I cannot quite remember, because it was not what I was using. But I do know that the scythe was also used in the beginning.

George: Thank you for that.

Mark: Going back to the 'organic' issue of growing more healthy food, I notice that some country's governments are encouraging more organically grown food—one being Denmark—the Danish government are planning to double the amount of organic produce over the next two years. I guess it's very helpful if governments take a bit of a lead in encouraging this.

Oh yes, if the governments become involved, this can swing the pendulum in any direction depending on how they become involved. And if it is 'pro' what you say, 'organic', then this is good. I am not quite aware of these Danish people, but I am sure you are correct—yes. I tend to stay within the country I knew. I suppose I have a good feeling for this country. I was very happy and I would like those who live in this country to all be as happy as I was.

Mark: They are doing quite a lot to try and keep the GMOs out of this country; more so than America I think.

Could you explain?

Mark: Where the scientists play around with the genetic make-up of plants.

Yes, this is not the way I would want to go, but having said that, there is the odd occasion when a little help actually can be of benefit, but not the complete alteration of the plant.

Lilian: Thank you, that's helpful.

I will leave the gentleman to continue with his menial task!

(Laughter)

And I will return—thank you for your time.

George: Thank you! It's always nice for us to hear some commentary on past life and how it connects with today, and we've much enjoyed and appreciate listening to you—thank you.

Paul: It sounds like you're doing an excellent job trying to get this country more organic.

We try.

Lilian: Yes, well do come again if you can.

Thank you.

Finally another followed through Eileen:

Audio link: http://www.salumetandfriends.org/resources/2015_03_09+Arfer+Goodfellow.mp3

Lilian: Can I help you?

Oh God—blimey, all this talk of food!

Lilian: I could see you waiting.

I nearly feel angry.

Lilian: But not quite.

Aw, I thought he was never gonna stop!

(Laughs)

Lilian: He sounded a happy man, anyway.

Oh yeah, I'm not talkin' about the man.

Lilian: A lot of questions—

Ah—I didn't intend to come, but all that food—I couldn't avoid it. Cor blimey!

Sarah: Have you not had anything to eat today then?

I don't eat today (don't you?)***—or yesterday.***
Sarah: Or the day before—
—Or the day before.
(Laughs)
Sarah: You don't need to, do you?
No, but the memories are there.
Sarah: Were you hungry when you were on this planet? Did you get enough to eat?
I'm afraid I was a street urchin, so anything was better than nothing.
Sarah: Yes I'm sure. That was a hard life then?
Oh I've got this stupid hand with me. I must try and get rid of it. I'll be with you in a minute. That's better.
Lilian: I was going to say, do you need any help?
It happens every time I come back.
Sarah: You were paralysed—did you have a problem with it?
Yeah I did, and my legs.
Sarah: Was it sort of cerebral palsy perhaps?
No—I was slung in that prison (oh dear)***—stealing.***
Sarah: Stealing because you needed something to eat?
Yes.
Sarah: That was awful ***(that's right)***. We were not good in those days.
Yep—proper old street urchin. 'Arfer'—that's me name—Arfer Goodfellow.
(Chuckles)
Sarah: —And 'alf a bad fellow!
(More chuckles)
That's it—that's it, me lad! Never did remember my name, so I thought 'Arfer' is good—Goodfellow sounds good. But I didn't fool anybody.
Sarah: Did you have lots of friends on the streets?
Sometimes—sometimes I was on my own, Sometimes had to be when we got chased. I had a kind woman took me in when I was a tiny tot. My mother was thrown in jail and I was abandoned (oh dear!)***.***
Oh don't be sorry—that's all gone and past.
Sarah: Why was your mother put into jail?
She was trying to steal. Not good times.
Sarah: No, they were bad times.
So you see why I was attracted by the talk of the food?
Sarah: Yes, I'm sure you were, yes.
So you like my name then, Arfer?
George: Yes, we know a few Arthurs.
I know a Mr Goodfellow, and I tried to pretend I was a relative but they wouldn't have any of it.
Sarah: And was he a good fellow?
I dunno, I doubt it, but I liked the name.
George: I suppose there was no one looking out for or helping people who were on the streets?—no organisation at that time to help?
No.
Sarah: And there were so many of you weren't there? That was the trouble.
Yes, unfortunately there was—not many survived.
Sarah: I was going to say: it's amazing you *did* survive.
I did last 'til I was eighteen, before I was thrown in the jail.
Sarah: And then what happened?
And then I just withered away. I wasn't strong enough to cope with those conditions. It was a hard life.

George: You lived to eighteen?
—Eighteen yeah—which was quite a good age for us youngsters then.
Sarah: Still, it's no age at all really is it?—just starting out on life.
That's right. Some people were quite kind, throw you a crumb or two—ah it was a hard life—and the chill gets in yer bones—I can feel it now.
(Expressions of sympathy)
George: Was that in London?
Yeah I think so—I think that's what we called it. I've tried to forget all of it, but I can't. I'm still pulled back now and again (yes)***.***
Lilian: Does it help to talk about it?
Well it doesn't bother me now—it's only when you come back and then all the memories flood back. I'm alright now. I'm not worried now. It's just things like this silly hand keeps going when I come back. Look, it's curled up again. But it's all right.
(Eileen's hand curled up as if suffering from some ailment)
George: But you know it's going to be perfectly alright again when you get back.
Yeah, of course it is.
Sarah: Have you met any of the people who were so unkind to you?
No, don't want to.
Sarah: You don't want to?
Don't want to.
(It was suggested that he would fare a lot better if he came back to Earth life now)
I've been thinking about coming back actually, but that's a big decision.
Sarah: Another life here ***(yes)***.
I've needed a rest time.
George: I suppose you would need a reason for coming back, or desire of some kind—
There's plenty of reasons to come back. It's just it takes a while—
George: But you need a reason that suits yourself.
Yes.
Sarah: Maybe you could come back with a twin, and then you could support each other. Two of you come together.
What good would that be?
Sarah: Well I just thought if you were concerned about coming back, then that would be—
Depends what I came back as (that's true)***. It's hard enough to look after one, isn't it?***
Sarah: But I think if there were two of you then you could support each other ***(yeah)***. I don't think we have street urchins any more.
Mark: Well we've got plenty of people living out on the streets.
Sarah: Yes, but there is some support for them if they want it—not much but—
Yeah, it's a doddle today, compared to my time.
(There was some further discussion about the problem still existing in some countries.)
Paul: I suppose it's your guide would advise you on that, whether to come back?
There will be suggestions, but ultimately it will be my decision. And as I say, it will happen probably but not just yet.
Lilian: So what do you do in spirit now?
I come back like this to different groups, and I do visit those poor people that are homeless.
Mark: They are older these days, aren't they?
Yeah. In spirit, I have to say I haven't really done an awful lot yet. I've just absorbed everything.
Sarah: And healed!

And healed, yeah—and that can take a long time sometimes. It makes me smile sometimes when they say: ooh they passed over they'll be fine! Sometimes for some of us it's not so easy.

Sarah: Why do you think that is?

—Just because I never believed in anything.

Sarah: You stayed quite close to the Earth?

I'm not close to the Earth now, I've moved on.

Sarah: So it's easier now?

It's easier now.

Lilian: And you've had quite a bit to cope with—to sort out your mind I'm sure.

You are quite correct, yes.

Sarah: Have you met up with your mother again?

I did—dear soul she is. She's moved on now. She's coped much better than I did.

Sarah: Did she—yes. Was she pleased to see you?

Yeah—I don't think she liked the name Arfer though!

(Chuckles)

But that's my name and that's what I'll stick with. Anyway I'm off now as well.

Sarah: Well it's been lovely to have you.

Lilian: Thanks for coming.

George: And if you are visiting the homeless—yes we still have a few homeless people—

—More than a few—too many.

George: They will really appreciate a bit of help I am sure.

I quite like going to those places where they've got big bowls of hot soup—

(Knowing laughs)

—And that tempts me back sometimes, 'cos the memory's so strong, and I think: lucky little buggers! I do —I think that!

(Laughter)

Sarah: What you would have done for a nice hot bowl of soup!

Now I've been told off for using that kind of language.

Sarah: Well we understand that very well.

I don't swear much these days but I used to when I was a youngster.

Sarah: Well I can understand that.

Mark: They're making feeding the homeless illegal in some states in America—I think 33 states—I don't really understand that.

That's not right. I might have to look into that one.

Lilian: Yeah, because it's good for people to help others.

You should all help each other. Anyway, I'm off.

George: Well thank you Arthur—nice to hear what you have to say.

Oh I can tell you're a gentleman. Arthur, Arthur—me name's 'Arfer'.

George: 'Arfer'—Arfer with an 'F'.

—and Arfer with whatever—I'm off now this time.

Sarah: Yes, well you keep up the good work—you are doing well there, so that's great.

George's Notes:

Lawn Mower: The first lawn mower was granted a British patent in 1830—invented by Edwin Budding of Thrupp, near Stroud. It was designed primarily for sports grounds and extensive gardens. The early machines threw the cut grass forward into a box. It was a push-mower but it was soon realised that an extra handle was needed in front to help pull the machine along. So using it would indeed have been a two-man job! And George IV would have been king until 1830.

Hildergard of Bingen: Hildergard was a 12th century (1098-1179) sainted visionary who wrote much and founded two monasteries. Nuns of the current Hildergard Abbey in Rhüdesheim had had the foresight to copy the original manuscript of 'Know the Ways' complete with its coloured illuminations. This copy is now much treasured because the original was lost in the horrendous bombing of Dresden towards the end of WW II. With so many treasures and exceptional buildings, Dresden had been seen by many as a safe area. Any buildings left standing after the bombing were gutted by fire and the number of deaths remains unknown on account of the presence of many undocumented refugees—there is reason for supposing 35,000-135,000. The Dresden bombing was a highly controversial war episode and of course a huge loss to the world.

~16th March 2015~ SALUMET

Following our prayers there were some fine thoughts of more peaceful prospects and Eileen had clairvoyance of planet Earth—holding the whole Earth in our minds—a nice feeling, like it's shining and just needs some love. There was some discussion: thanks given to Mother Earth and all who are helping—nature spirits and life support; then a short period of silence.

Audio link: http://www.salumetandfriends.org/resources/2015_03_16+salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

My love and lightness, may it touch *all* of you.

(Thanks)

And as you have given thanks for creation, so too shall we say 'thank you' to the force of all life, for the happiness and knowledge that is given to us at all times. I have been listening to you, and already it has been spoken about new discoveries in your oceans (yes)**. This of course is confirmation of my words, and *still* I say to you, my dear friends, that it is only the very tip of knowledge. You will also find in the near future the existence of new planets. This will become much more noticeable after your next eclipse.**

Sarah: That's interesting. Are these inhabited planets Salumet?

Not all of course—no, no. But it does not matter whether they are or not, it is the recognition that they have existence, and of course it is important for you, my dear friends, as human beings that you can have at least some small confirmation of all that is given to you.

Sarah: Thank you. Well, I must say I think we all agree that anything you tell us Salumet, we have absolutely no doubt it will come about, if you say it's going to—yes, but it's always nice to have the confirmation **(yes)**.

George: I imagine our planetary discoveries follow the telescope that is orbiting the Earth **(yes)** and sending back pictures?

Yes, your scientists and your astronomers are making great progress at this time of growth, because my dear friends, it *is* a time of great growth, whether you are aware of it or not—I can assure you that there is much upon this beautiful planet that you will find that has as yet been undiscovered. All you need is to know that the source of all life *wants* this planet to exist in a state of love and growth.

George: That's a very nice thought to hold.

Yes, it is a thought that can be utilised greatly. You can take that thought and magnify it thousands of times, and still it could not be great enough. Do you understand what I am saying to you? You are capable of so much more than you are able to do at this moment in time.

George: We can expand on the thought of 'love' **(yes)** and the quantity of love.

Yes, the expanse within your universe, it can create much more. The action from one universe to another, of course is great, and this is something my dear friends, for you to consider.

George: Yes, it would be a very nice feeling, for that love extension to extend to extraterrestrial beings who would contemplate visiting this planet. I believe there have been unfortunate problems with approaches in the past, but I feel that all that is changing—the attitude is changing **(yes)** for the better.

The time has not always been right for these happenings, but any love that can be extended, of course creates a different atmosphere of love. When the time is right there *will be* more communication. Those from other worlds are well aware of Earth and its problems, and as in all things, are trying to help in any way that they can. So my dear friends, I say to you: be patient, but become much more *aware* of the beauty of thought.

George: Yes, it became clear to us that our friend and visitor 'Bonniol' seemed to know things about our planet and our ways that were not too well known to ourselves! And I imaging there are others apart from those on his planet who have, shall I say, been around and know of the happenings and the problems on our planet?

Of course, yes. Your visitor was sent to you to prove mind-control—mind and thought transference. Of course, there are many other beings from universes outside of your own with extended knowledge. I cannot explain to you enough of how far in the many universes that love exists—that knowledge exists, and knowledge of your planet is well known.

George: Yes—well known in other universes as well as this one **(yes)**. That's a profound thought!

It is, and it is something not easily understandable to you at this time. But what I think for you is to become much more aware of the thought, the expansion of that thought and the expansion of the *love thought.*

George: Yes—where those other universes are concerned, I think of them as universes-on-different-wavelengths. That may not be quite the right way to visualise, but I can think of different wavelengths having their connections.

Yes, if that is the way you find it easier to understand, then by all means, that is right for *you.*

George: If you could suggest a better way—

Yes, I understand your words, but for each individual, their own thought patterns will bring them the knowledge that they need. So, for you, that is very good for now (thank you)**. But it is not quite thought patterns; that is human thinking.**

Paul: I was just thinking, perhaps one reason we have a reservation, is thinking about the *size* and scale **(yes)** so our love might not reach out to all those other universes—this universe is so vast, but maybe size is a bit irrelevant with love energy expansion—I don't know—

You cannot make a size of thought. How would you explain thought to someone who did not understand? What would be your words of explanation?

Paul: Yeah, I *had* been thinking of it like physical energy, but of course it's not **(no)**, it's a non-physical energy, so—

So it is the human thought—I use that reservedly—the human thought interferes with what thought really is.

Paul: So size *doesn't* come into it **(or distance)**—or distance, of course—

In the same way you cannot compare your Earthly time to that of spiritual time. If you think along those lines, then you should, I would say—'*feel*' the thought. It is not a unit that can be transmitted in the way you think of thought; that is not what true thought is. Thought is instantaneous, thought is everywhere, but your own thoughts can be expanded at any time. It is just that you do not fully understand as yet.

Paul: How to expand—**(spiritual thought)**—spiritual thought.

Sarah: I suppose that's infinite isn't it—spiritual thought?
—Instantaneous, yes. Your thought from here to other universes would be instantaneous.
Sarah: I was thinking more of—when you say expanded—I suppose I'm thinking in the physical term, but there wouldn't be any edges to it if it's thought, its spirit—I can't explain it—
I understand what you are saying, and you are making it more complicated than it truly is.
Sarah: Yes, as we humans do.
As you humans do. But that is why it is difficult to come to conclusions, because always the human brain interferes, instead of just feeling.
Jan: Would a better analogy be that we all have a beating heart—and with every beat of that heart there is love energy?
You are not aware of the beating heart in your everyday lives, until you focus upon it. Think of thought slightly in the same way that it is always there to be recognised and used. But 'expansion' is just a physical word for you to try to understand. All energy is expanding.
George: Yes, expansion implies involvement with time **(yes)**, but perhaps it is the *generation* of thought which involves time—and that's something that is more human.
Yes, that is correct—it *is* more human. But it is something for you all to consider. It is something for you all to work upon. And there will be time when we will have more communication from others—from what you call 'space-time'.
George: Wonderful! We shall really be accepting and appreciative of that!
Yes, it is already happening, but it is not fully documented for all to know. As in all things, think carefully—know what is right within your hearts, accept what you have been given, but only accept what is right for you. You understand? (Yes) **Do you have any questions about this?**
Sarah: You said earlier that you want to get the planet—the whole idea is to make all human beings full of love. And when that happens, the Earth will no longer need to be here because we will have reached our goal. However, once something has been created, it never disappears—so the Earth will still *be*, but in a different—
—In a different energy form. It will go back to the energy from whence it came (right)**. But you are correct in saying it will never fully disappear.**
Sarah: But those who have reached their goal on this planet and made the planet so that it doesn't need to exist anymore—will anybody ever have any contact with that Earth planet that has then gone back to where it belongs, or is that the end of that association?
You have to remember the evolution of the planets. There will come a time when the *physical planet* will no longer exist. That is what I am speaking about; so of course, there is nothing to return to, because the energy will be absorbed by that—what I shall call 'greater energy'.
Sarah: Yes, but I was thinking, we will all then be—
You will be, by that time, spiritual beings, first and foremost.
Sarah: Yes, so even if we could make contact still, with that planet, we wouldn't need to anyway.
Yes, it is irrelevant, once that point has been reached, yes.
Paul: Going back to expanded thought—when we said our prayers earlier for the Earth, did that involve expanding our thought?
Your thoughts are taken by those in spirit who then deal with those thoughts in a spiritual way. Are you speaking of direct thought—you feel that your thought is direct?
Paul: Well, when we—
It is always noted, if it is sent with *love.* But your thought is a physical thought at the moment—that is the difference. But you can cultivate your spiritual thinking.
Paul: So would the spiritual thought, be more towards our own spirit—connecting with the spirit?

There would be no intermediary from spirit. It would be instantaneous—your expanded spiritual thought. Does that make sense to you?

Paul: So does that mean it wouldn't be directed at a *physical* thing, like the physical Earth, but it would perhaps be spirit to the *spirit* of the Earth? **(Yes)** Um—

Yes, you sound confused.

Paul: I think I'm beginning to see it.

—beginning to understand.

Paul: —beginning to see that you're perhaps not getting involved in any of the physical things and it's for me a very much more direct connection.

Yes I feel that the human being sees thought as a solid thing, to be sent almost as you would send a letter to someone, and expect that letter to reach a specific point. But what is happening with you is that your pure thoughts of healing and love are being collected by those in spirit who then deal with those thoughts. At the moment, until you can develop your spiritual thinking and make it a little stronger—do you understand? I know it is a difficult topic.

Paul: Yeah—almost a crystal-clear thought will—

—Take its place.

Paul: And it won't need any delivery mechanism—any help in its delivery.

Yes, you have to rid yourself of the idea that it is like something to be delivered. You have to free yourself from that idea.

Paul: That's it. I'm beginning to—sort of no space, no time **(yes)**.

Jan: Living outside your head and your body.

Yes, you have to reach that state of understanding, where the thought as the lady says: until you focus on the beat of the heart, you are not even aware that it exists, but it is always there to be used.

George: Is there any difference between expansion of thought and *strength* of thought?

There has to be a slight difference—yes. I know what you are saying. Let us use the word 'powerful' because that is a human word. The more powerful your thought being sent, the more it will be used. If it is a thought—and remember your thoughts are based on human thinking—the more powerful your thought, the more it is captured and heard. You understand?

George: Ur yes—I just felt it might be easier for us to imagine the power of thought than expansion of thought.

Whatever makes it easier for you, that is what I will recommend to you. Each of you are individuals, each of you know what feels right for you. But I *do* want you to know and to understand that any thought, whether physical or spiritual—and it is both in actual fact, but the physical thought you need to understand is always 'collected' if you like, when it is sent with true love and healing.

George: Yes, something for us to think on.

Yes, it is something for you all to consider. Now, before I take my leave, do you have any questions for me?

George: Well we have had a question sent in Salumet, which I would very much like to put to you **(yes)**. It concerns two people producing a baby with what is considered medically to be a high risk of disease being involved. And there is the idea of introducing genes from a third person to reduce the risk of a disease occurring in the child. This is referred to as a 'designer baby', and the one who sent the question in, wonders if you have any comment on this.

I believe that we spoke about these designer babies at some point. What I would say to you, my dear friend, is that when mankind begins to interfere too much with what is in the natural world, there will always be the results of that interference. My own feelings on this is that anything that can help mankind in a medical way—if it is good, if the thoughts are good, if it is for the best of any individual,

then so be it. But there is in your body of science *too much* interference and I feel that this is never the correct pathway to take (yes)**. So my answer to you, my dear friend, is that I have reservations about this thing. They are already using genes for helping others and there is an element of good when it *is* helping others. But when it comes to self-satisfaction, I begin to feel a little uncomfortable.**

George: Yes, I think you said something similar where transplants are concerned.

Yes, and yet it happens, but that does not always mean that it is correct. Much in your world has been misused, and as I have said, there will always be some result from using and doing these things.

Sarah: I suppose the thing is some of these designer babies, if there's an hereditary disease, they can now —

But they are playing God.

Sarah: Yes, well I was going to say: they might stop the disease, but maybe that child was meant to have that disease.

Yes—yes it is a subject that we will explore at a later date, but there is much unease in our world about what is happening in yours. And if someone is trying to help, that is a good thing, but it is not always the correct way. The intention is good and that is what will always be taken into consideration.

Jan: If it's for selfish gain, that's not—

Yes, self-satisfaction sometimes is the aim.

Lilian: I was just thinking that the spirit of the baby before it comes into the human form—

There are always those spirits who will be willing to come quickly into any body. Although we have great care and great advice from those in spirit, you still have free-will when it comes to returning to Earth (I see)**. So remember that it is not always the case that the spirit has chosen wisely.**

Lilian: I was just thinking that in some cases it's quite brave of that spirit to agree to come back into that body.

There is no one answer to this, but you will always have spirit who is ready to jump into the human body. So does that help just a little?

Lilian: Yes. Thank you.

Paul: Have you got time for one more?

I will take one more quick question—thank you.

Paul: I don't know—I'm not sure that mine's that quick. It *could* be fairly quick.

I will take it.

Paul: I think there's some misguided information or confusion concerning a group known as 'The Illuminati'. It seems to pop up on the Internet a lot, and there seem to be some people describing them as a group who have had control of the Earth—a lot of the materialistic **(yes)** things going on—for a long time. And they even sometimes say they've got a reptilian connection, so they're not even human. I find this—I don't really believe it and I don't want to give it any credence either, but—

You are wise to not give it credence, because these people are misguided. I will not say 'troublesome' but misguided. And my feeling is that you would be wise to ignore what is written by them.

Paul: Yes, so we can rule out that—

If I may use one of your Earthly words, it would be 'fantasists'.

Paul: Fantasists, yes, I don't think we need to look to anything other than our own human weakness to explain what is going on.

Yes—all of you within this room have reached a point where you can make good judgements, and there are a lot of people on Earth who are looking for some kind of *glory* to make some kind of name, and you have to be aware of this. But yes, do not give them time of day.

Paul: Mm, thank you.

Is that helpful to you?

Paul: That's very helpful and I'm very happy that we can pass that out. Thank you.
Sarah: This isn't a question Salumet, but I just wanted to say that when you came through this time, I couldn't stop smiling, so I think you must have brought some very happy energy with you this evening.
Well I am always grateful for your kind words my dear friends. Always I am pleased to join with you, even if it is not quite as often as it used to be There *has to* be a time when the information given to you has to slow down, because however much I could say will not and cannot be understood whilst you are in physical garb. But I always bring to you my love and my light. And I would wish you to know that you are always near to me, even when I am not here with you. So in times of trouble or worry or fear, you can always call upon me.
(Thanks)
Jan: And when we have in the past, you *hear* us, or you sense us—
I *know* what is happening within all of your lives of course, but my intention is that it is better that you *do not* call upon me, if you can, because then you become a much *stronger* human being—a more informed spiritual being and a more loving being.
Sarah: You say that once the connection's been made it can never be broken; so when we return to spirit, will we still have contact with you?
If you so desire, I will be able to come to you. You will not be able to come to me, but I will be able to unite with any one of you.
Sarah: Yes, that's lovely, because I always think of you as just being an old friend now—which is lovely—you never like to lose friends.
No, there always will be the spiritual connection.
George: And needless to say Salumet, we are always most delighted to receive you. Thank you for bringing so much.
Paul: Long may it continue.
Thank you—thank you my dear friends. Now let us just say thank you before I leave you, for *all* that is brought to us—for the love and the *joy* that we *feel* together—for all the love and energy you send to others. And you know that as each day passes you are as one with that great force—that great force of love, and for this we will be eternally grateful.
Eileen's return was followed by a period of clairvoyant messages that helped to explain several quirks relating to our family histories.
George's Notes:
1: Illuminati: Much has been said on the Internet of the Illuminati by David Icke and others. Salumet spoke on this gentleman in response to a question placed on 10th October 1994. His words then included:
Mainly it is all right, but he has rather diverged a little. What he must not do, is be adamant in his teachings. By all means, he can speak of what he feels; there is nothing wrong with that. You all have been endowed with free thinking, you are all entitled to think and feel as you will. But you cannot force your views onto another person. I would say of this one, he basically is a good person, but rather confused— or shall I say, being influenced along the wrong path sometimes. But he is good at heart and that is what matters. I would say to you all again, listen; listen to what your hearts and your inner voices tell you, and you will not go wrong.
2: Help from Others: The key phrase here is:
"Those from other worlds are well aware of Earth and its problems, and as in all things, are trying to help in any way that they can."
It is becoming clearer by the minute, thanks to communications with our dear friend 'Bonniol' and other ET-beings, thanks to the crop circle messages, thanks to Salumet's teaching and thanks to the Internet; that others endeavour to help us. It is so good that we have so many real friends out there. They are truly

advanced sentient beings and it is appropriate that their interest in our planet should be valued by the people of Earth.

~23rd March 2015~

Following our usual healing prayers there was some talk amongst those present, mainly by parents about the needs of their children. Then one spoke through Eileen:

George: Hello, good evening to you—welcome.

What interesting conversation!

(Chuckles)

Good evening.

All: Good evening.

How wonderful to hear parents talk of children, when so many today are abandoned, abused and not under a shining light.

George: I think there's much love within the families represented here.

Yes—I would like to just say, and I believe I do have some experience in our world, because I do help young children when they come to us; I would just like to say that children—spirit does not choose the person because they are supportive, spirit chooses families, for the experience that they can achieve from that family. So yes of course, you have to give full rein to those youngsters in order that they too grow spiritually. Nothing is set in stone, you all know about your free-will and you must allow your children at least to express which direction they wish to take. I do not say this is easy, because it is not. I would just say that children on the whole, do listen to parents, even if at times they seem not to. So, yes I was most interested to hear your conversations. So I say only: do not prejudge what they may become, because you do not know. You may think you do, as all parents do—they think because they are older in age that they have more knowledge—not so—not so. So always be gentle, be kind with your words, be firm if you have to, but extend to them all the love that you can. That is my message to you.

George: Do you care for children who come to you as young children, to spirit?

Yes, I with many others help these children to grow, to understand and to help them on their way.

George: I think there's a great sadness in the war zones that we have at the moment with them; sadly, some children's lives being terminated. Does this become a problem to you?

Well, there are many in our world who help in those cases. I do not myself work in that way. I work with the children who have already come back home to spirit, but I understand the devastation that is caused to children in these areas of your world (yes)***. Yes, there are many who are there to help, there are many who are there to comfort and there are many there who try to teach. That may sound a little alien—try to teach; but I mean that they try to teach those spirits who have forgotten and are a little in the dark to, shall we say, see the light of spirit. We work closely with them all.***

George: Well, we have our view from here on the Earth, but it's very interesting for us to hear *your view* as you see it from spirit.

Yes—yes, if you could but see all children as spirit first, it would at least ease some of your pain, because no one wishes to see Earth children suffer—no one! So you see, just be aware—be aware of them as spirit, and it will help you to cope with the devastation that is taking place at the moment in your world. This is nothing new—it has always happened, there has always been conflict. So remember that your prayers, your wishes, your thoughts—are thoughts for good. Thank you for listening to me.

Sara: Thank you for coming.

George: Thank you for your words.

I just felt that I needed to come a little closer because I was most interested in your conversation.

Sara: Well thank you for your words, because they're good wise words for us to remember.

Thank you. Yes, wisdom I am afraid is not available to all in your world, but we never give up hope.
Paul: Slowly, slowly.
Slowly, slowly yes, thank you for listening.
(General thanks)
A pause at this stage while Eileen returned followed by clairvoyance via Jan and Eileen, which seemed to make much sense re family connections, with messages to be passed on. And then another was with Eileen:
George: Hello. Good evening to you—welcome.
A very frightened voice replied:
You've got to help me.
Sara: How can we help?
George: Please take your time.
You've got to help me.
Sara: What happened?
Where am I? You've got to help me. Please help me.
George: Where are you?
I don't know.
Sara: We can help you. Can you see anything around you?
George: We can help you. We are all friends here.
Sara: Can you remember what you were last doing? Can you remember where you were a little while ago? —what you were doing?
(So this was a 'rescue' and Jan now received clairvoyance of a hospital light.)
Sara: I think what's happened is, you were in hospital and you died—and your spirit lives on and we can help you to go to the next place. So can you see a light in front of you?
It's dark.
Sara: It's dark at the moment—ah.
And I don't like it.
Sara: No, of course—
George: I think you'll find it will get lighter.
Sara: Don't be afraid.
George: Keep looking ahead of you
Sara: If it helps, hold my hand and you're not alone here. We are all with you and we are not going to leave you until you are ready. Alright?—so just relax.
I wanted to die.
George: I'll take your other hand.
Sara: Did you say you wanted to—were you poorly?
I cannot cope.
Sara: You couldn't cope any more—oh I understand—yes, it all got a bit too much for you did it?
(There was more confusion at this point as to whether possibly this was a suicide, but Jan's clairvoyance came to the rescue and she explained that she was in a lot of pain, and was alone when she died, and was rather confused, but she did not take her own life.)
George: Keep looking ahead and you will see a beautiful light.
I'm scared.
George: You are with friends, so there's no need to be scared.
Sara: Probably if you just take a few breaths and relax, you *will* see a light.
(Jan then asked Sara to ask her for her favourite memory.)
Sara: What's your favourite memory—can you think of something really happy that you can remember doing?—something you enjoyed doing?
Jan then added to say WHO made her happy, to which she replied:

—My little dog.
Sara: So perhaps if you think about your little dog, that'll make you feel better. What sort of dog was he?
Jack Russell—he made me smile.
Sara: And what was the name?
(Jan had clairvoyance of the name 'Bertie'.)
Sara: Bertie? What was the dog's name?
Bertie.
Sara: It *was* Bertie—Ah!
It's not so dark anymore.
(Jan then added that she needed to step forward, which Sara encouraged her to do.)
I can see then—sun.
George: You can see a light ahead of you—good!
Sara: Yes, and if you look into that light you should see—
And it feels warm.
(Further clairvoyance from Jan suggested a blue outline would be becoming apparent to the lady.)
George: Can you see people waiting to greet you in that light?
I can hear your voices but I can't see you.
Sara: Can you see somebody coming in that light? Keep looking.
—Shadows.
George: Shadows—yes!
Sara: If you keep looking, you'll see somebody looking out for you.
Will you come with me?
(She was ready to go but still wanted Sara to go with her. We agreed to hold her hands as she goes forward, explaining it's not yet our time to go)
George: —But you will be met by loving people.
Sara: Yes, they'll be just as nice and kind and you will feel very comfortable with them. So you don't let go of my hand until it is the right moment—okay? You are in control.
I'm moving—I'm moving.
(With further assurances, and instructions via Jan's clairvoyance, this one then eventually moved on declaring that she was happy, and we wished her a happy continuing life.)
Following a further pause, another was then with Eileen:
George: Hello—good evening to you and welcome.
There followed a lengthy pause during which there was some continued chat about toast with reference to Graham; then a loud voice via Eileen declared:
It's my name!
Sara: Ah, Graham—really?
I'm angry.
Sara: Oh dear!
I'm feeling angry—I don't want to be here. It's not fair!
Sara: Oh dear.
I said it was too early.
Jan: Is your name Graham?
Yes. Please let me stay here with you for a while.
George: Yes, you are very welcome to stay.
Jan: Did you like marmite then Graham?
I did.
Sara: And eggy toast?
And eggy toast, but that's all trivial.
Jan: Yeah I know.

It's not fair. It's just not fair I had to come so soon (ah)***. Please let me come back—they said I can*** (ah)***—not yet.***
Sara: But later maybe—
Jan: Would it help if you talk to us about it Graham? What happened to you?
I was run over—left my family behind—
Jan: That's what you're worried about isn't it—your family.
Why did it happen? They keep saying it was for the best. I don't believe it, and my wife's struggling with the two little baby—
Jan: Very difficult—
Well I'm so angry about it—I'm sorry—I'm so sorry—
Jan: It's understandable—
Angry, angry, angry.
Sara: Well it was a shock wasn't it?
And the poor driver's suffering as well.
(Sympathy expressed)
I know I shouldn't be angry but I am. I can't get rid of the feeling.
Sara: It will go though.
I've been told.
Jan: That's why you've been sent back to us.
Sara: But you mustn't blame yourself you know.
But I do.
Sara: No, no, no, you mustn't though, because these things do happen. And when you think about it—the number of things that we've all done, and we haven't known *why* we did them. But we did, because it's all part of being human. And we don't know why we did things sometimes. You didn't know either.
Jan: You were just in the wrong place at the wrong time.
But I'm not suffering am I?
Sara: No, not at all—and you must just let the feelings—just let them go—it's normal to feel those feelings, when you're in shock.
I just find it so hard.
Jan: Does your wife have a good support group around her? Can you see?
Yes—her other family. I see her crying all the time.
Sara: It's hard for you to see that, but she will come to terms eventually, and she will accept.
George: Perhaps you can help. Perhaps you can be an influence.
That's what I have been told.
Sara: Yes, you can probably help to calm her actually. It's just her fears probably. You can probably help her—the grief and fear.
Jan: When she's asleep, that's when you can be with her.
I can still visit her—
Jan: Just before she wakes in the morning—that's when you can be with her and make her feel happy, and to feel your presence. That will help immensely, because at the moment you are drawing back because of your grief yourself. But you can both grieve together.
She was talking about marmite this morning—that's what's drawn me here. And I know I shouldn't be here.
Jan: Well you've been sent back here for a purpose. You wouldn't be here talking to us if you weren't meant to be.
Sara: And it helps us to understand as well—what happens in these situations.
George: By being here perhaps you are being given a little help, and we all need a little help at times.
Sara: And you are helping us to understand.

George: And I'm sure you can be a good influence and send your love.
I do feel calmer.
Sara: There's actually a lot you can do in fact to help. It's difficult to know why these things happen, but I think further on you'll see a bit more good that will come from it.
There's good people here, I know that.
Jan: Have you tried whispering to her Graham?
Yes, but she can't hear me.
Jan: No, but she will, don't give up on her—keep trying. But *you* must be happy because then she'll feel that you're okay—don't be sad, you must start to feel happy. I know it sounds silly but you've got a lot to look forward to now you're in spirit—you've gone home.
I know, it's just as difficult to leave people behind—
Sara: Yes, you get drawn back again—I think it helps to actually know that you can do some good to help her along—you'll feel a bit happier then.
Yeah—I don't know why they gave me this body to come back with—
It was explained with some chuckles that he was using Eileen just so he could talk with us.
Should have had a man—
(Chuckles)
Jan: Did you often wonder what would happen to you?
I believed in another life—I'm shocked myself that I feel this strongly—it was just so sudden.
Jan: Did they explain to you before you came through the instrument that it would be a cathartic exercise to come back again and speak to people?
It was suggested and I wanted the opportunity.
Jan: And how has it now made you feel?
Different—I feel calmer and I think you've explained how I can help.
Jan: Obviously you know more than we do, because we haven't been to spirit like you have. But you are able to influence her—
George: All things are possible.
Jan: When you're calm and not upset, then she'll hear you.
Mark: Are you able to see the other spiritual help that your family's now getting?
Other spiritual help—yes, she's surrounded—but she doesn't feel it.
Sara: This is where you'll be able to help her I think, in time.
Someone's saying: come on—time to come back.
George: There's bound to be an influence, given a little time.
Well I want to thank all of you—thank you for helping me.
George: You are most welcome—we love helping people.
Thank you—thank you.
Jan: God bless then.

~30th March 2015~

Firstly one spoke through Eileen, suggesting an exercise for individual development, where we voiced our feelings and impressions. Lilian had thoughts of her maternal grandmother, with image of her watching the young lads playing football—which she enjoyed doing. She also felt a hand on her head. Paul was impressed with the image of what he described as the driver of a steam train who had a very round face. Eileen was then with us with clairvoyant messages. She described a lady connected to the letter 'B', but at first none of us were able to make a connection with the information. She was aware of heavy breathing as if one had passed to spirit with a breathing problem. Then she addressed George regarding a Bill or William who had passed to spirit during World War II. A number of people, both regular and part-time had worked

on my father's farm—even servicemen on leave; and some had lost relatives; but I could not place one of that name. Eileen added that he was known as Bill—not actually a relative but close to my family. Then I remembered 'Bill Allen'. He had passed over at that time but not as a war casualty. The more I thought about this bill the more certain I became that it was he.

Bill Allen: He was truly a stalwart—round-faced and rugged countryman. I believe he had a breathing problem because his work was very dusty at times. Bill owned and drove a big steam engine—a Puffing Billy—that towed a threshing machine and elevator. He visited farms in the North Hampshire area to thresh the grain harvest that had been gathered in sheaves and stored in stacks. That was the system of the 1940s and earlier—predating combine harvester and grain-drying silos. It was a job of great responsibility and Bill was very hard working. He liaised with farmers, towed his machinery to location. The farmer was obliged to get in a half-ton of steam coal to feed the Puffing Billy. The dusty part of the job was cutting strings as sheaves were loaded into the thresher. The thresher separated straw, chaff and filled 2 ¼ cwt (252 lbs = 114.3 Kilos) sacks with the grain. A sack trolley was used to convey filled sacks to the big barn. But sacks were stored in two layers, so there was a sack hoist to lift to appropriate height. To speed the operation sacks would be hoisted, then carried piggyback-style to the barn and placed in the second layer—and there was a degree of pride in being able to do this! When Bill passed on, his younger brother Cyril continued the business.

Why are we reminded of this? Well, it is good to reflect on our past sometimes and know how really hard-working some have been in getting us where we are. It is all still clear in my memory. And it just so happens that that very morning I had mentioned in conversation that the threshing equipment had once used a particular route, since reclassified as a bridleway. This was probably the trigger—and Paul's clairvoyance fits Bill's travelling Puffing Billy entrainment quite well.

Next, Eileen declared that she had become very cold:

(Pause)

Lilian: Good evening—welcome.

I come only to say: hello.

Lilian: That's nice of you.

My name is Nahashi Wa.

Lilian: You are very welcome.

Paul: I think you've been before.

I am this one's protector.

Paul: Yes—yes.

I just wanted to say: hello.

Paul: Well, good to hear you again—yes, I remember the name.

Lilian: Yes, how do you say it again?

*(More clearly)—**Nahashi Wa.***

Paul: Nahashiwa yeah—so you protect Eileen?

I help to protect and this time I protect all of you.

Lilian: Oh that's nice. How exactly can you do that?

Protect you? (Mm) ***Try and keep you on the right pathway.***

George: I'm sure that's not difficult!

Lilian: It might be!

(Chuckles)

I not fall into that trap.

(Laughs)

George: Anyway, it's very nice of you to come through, and are you happy to have a little chat with us?

I not allowed too long—you supposed to be working.

Paul: Ah yes.
I just wanted to say: hello.
Lilian: I think our evening's coming to a close actually.
Yes it is.
Lilian: It's lovely of you to come and say hello.
I not be responsible for you not to work. Perhaps another time I speak longer with you.
Lilian: Yes, that would be nice.
George: Yes, and are you an aspect of this one?
Yes, you are correct (yes)***. That why I not come often.***
George: Well it's very nice and it's very interesting that you've come through. So you would have been on Earth as a North American Indian I believe—
Yes.
Paul: Do you remember which tribe it was?
I not know now.
Paul: Yeah, that's not important.
—Too long.
Lilian: Could we have—I'm sorry if this is keeping you—could we have quite a few aspects?
Yes—you not know this—you not know about this?
Lilian: Well yes, our teacher that comes has talked about it, but I wondered—we've probably got quite a few—each person I mean, say sitting in this room.
Yes, you all have lived before—yes. Not all lives are extended, but some are. I choose to help this time with this one.
George: And you have memory of the days when you were on the Earth?
—A little memory—not much now.
George: I think you recognized at that time the lights in the sky were visitors to us, which we don't all recognize today. In this group we all do, but many on the Earth do not seem to recognize the visitors to it.
Man has become little foolish—needs to remember (Mm)***, but that not up to me to remind him—that for others to do.***
George: Yes—yes.
Now, I go. I say more than hello.
(General thanks)
George: Nahashi Wa—it's very nice to hear from you—we appreciate your visit.
Paul: Yes, hope you can pop in again some time.
George's Notes:
1. Nahashi Wa: This one first spoke with us 26th February 1996. She brought blessings from 'White Horse' and gave the message: Be good to your Earth and you will be blessed many times. Nahashi Wa and others from the tribal community were also with us on 10th January 2005.
2. Threshing Process: Sheaves were tossed from the stack to one on the thresher who cut (and saved) strings and fed into the machine. The machine was belt-driven from the steam engine.

A Puffing Billy driving a threshing machine, with heavy grain sacks and trolley in foreground.

3. Ann's Visit – 23rd March: Last week, my dear wife Ann had briefly spoken via Jan, just to say a little glycerine (glycerol) would be good for my ears. They had in fact become dry and flaky. After a week of this treatment I can now report that condition is improved and aids fit better.

~13th April 2015~ SALUMET

A small group this evening—six of us.

Audio link: http://www.salumetandfriends.org/resources/13_04_2015+salumet.mp

George: Good evening to you Salumet and welcome.

Good evening.

All: Good evening.

The feeling of joining with you is as always of great love and upliftment. I try to bring to you, my dear friends, all the hope that you have within your hearts for your lifetimes here. I wish to say to you this time that this coming year will be one that I feel you will *remember*, because many changes are taking place, not only upon your Earth, but in all of the universe.

George: Oh!—several of us have indeed mentioned between ourselves that we *feel* this will be a very good year.

Yes, indeed it will, and upon your Earth it will almost be like balancing against all those areas of trouble which are in your world at this time (yes)**. Many discoveries will take place—people will become more aware. It will include not only Earthly skies, your deep oceans, but in the change within each and every person. Whether it is noticeable in all, we cannot say as yet, because, as you know, free-will plays a very big part in all of your lives. I know that these words are repeated often, but I feel it is important to say them. Not only will there be changes in medicine, but the greatest change will be in the human being. So there is much my friends for you to look forward to in this coming year.**

George: Wonderful!

Paul: Yes—very good news.

Yes, I feel that there will be a settling of many of the disputes in your world, (ah!) **because of these changes. So be aware, my dear friends, of these words which I have given to you.**

Paul|: That's like a breath of fresh air, because we have over the last, I don't know how many years, seem to be causing more problems than solutions, so finally to have some progress—

Yes, unfortunately mankind has always pretended to himself that all is well. He can no longer do this when this great surge of energy will happen in your world.

Graham: When you say there is going to be a change in humans, do you mean that our vibration will increase?

Yes—it may not always be obvious to you, but it will be subtle changes, but nevertheless it is something to be aware of. And people such as yourselves, will be much more open to it.

George: Yes, some of us have felt that the Internet is playing a part in this and knowledge is progressing as a result—and I imagine this all contributes to a better understanding of how we should be.

Yes, it is giving people *food for thought*, as you might say. It is allowing them to open up spiritually—to recognize that that is the important part of the human being, because too many still are unaware of this. There are too many who are listening to the voices of others, when indeed they should be listening to that inner voice of their own.

George: Yes, sometimes we have felt there's a lack of government understanding, coupled with heading in wrong directions, while there is a great improvement in general people-awareness.

Yes, that has been a problem, but you will find in time to come that those in power—and unfortunately it is power that attracts them to the role of serving others—not because of the love of the people (yes)**.**

But these things, as I have said, will alter slightly, only to increase the love and the light which should surround you all.

George: Yes, we've felt there's been a love of power, as you say; also a love of money, and I've actually heard the expression voiced at times: money is viewed as the god.

Yes, unfortunately power and money can go hand-in-hand—not always of course, but I would say generally—yes. It is something to become aware of, but I know I need not say this to you, because you are already spiritually aware and having innate knowledge of what is right and what is not quite so right. But I wished you to know this, my dear friends.

George: That is much appreciated.

Yes, it is hope for your future, so I feel it is good that you know these things.

Paul: Presumably, with more awareness, we will begin to take more care of the planet and maybe take a few more steps to stop polluting?

Yes, as I have said, Earth has always been a problem as far as mankind is concerned, but if you look back in your time, which I do not generally advocate, but sometimes if you look back, you can see how much you have moved forward and in doing so, you become more fully aware of what is happening in your own world. So my dear friends, I say: look inwards to your own thinking—look to your own hearts and you will be guided in the right direction (thank you)**.**

George: Yesterday, three of us attended a lecture on pyramids, with special reference to the Bosnian pyramids, which are still not a subject recognized by our mainstream media, but it was rather nice to observe, I think about eighty people attending the lecture. And several of our readers came forward and made themselves known. This was most heartening to us.

Yes, you do very good work in allowing others to hear what is meant to be heard, so as always my dear friend, we are grateful for your time and for your efforts, because without it these others would not be so knowledgeable.

George: Well Salumet, it is a joy for us to have the awareness that so many others are hearing and reading your words—thank you!

Yes, it is indeed humbling—yes. Now, for this time, that is all I wish to say to you—to be positive in your outlook and your thinking and to see the results and the rewards of your efforts. So let us just sit quietly and then see what comes to you for the rest of your time here. We will endeavour to bring some people to you, but you must be open to them.

George: Yes, and thank you so much for drawing our attention to expectations for the coming year. I am sure many will appreciate this.

Thank you. Now I will take my leave and allow you to continue with your evening.

General thanks followed by a lengthy pause, then another via Eileen—a light chat with a lady of the theatre/stage:

Audio link: ***http://www.salumetandfriends.org/resources/2015_04_13+Rosamund+stage+actress+1905-London+Palace.mp3***

Is there anybody there?

Paul: Um—yes, yes.

Oh blimey, it's one of them séance things!

Paul: Oh well it is a bit, yes!

I thought: nobody's ever going to talk to you girl.

Paul: Oh well, we're here now, so welcome!

Thank you very much.

Paul: What brings you here then?

Believe it or not, I like to make people laugh. And I come here and you're all like dead as dodos!

(Chuckles) (In fact, I think we were all 'away' for a time and scarcely with it)

Graham: Well we're laughing now.
Paul: We're always glad of a laugh, yeah. Is that something you used to do while you were here?
I was on the stage m'dear. Rosamund's my name.
Paul: Rosamund ***(yes)***, so you liked the theatre?
I liked the theatre—yes. I was known as 'quite a buxom lass—'
Paul: Ah right—yeah.
—Attracted many a young gentleman, did I. I liked the laughter—I liked the life of the theatre.
George: The life of the theatre—
Yes, I did. Yes—very good.
Paul: Was that a long time ago, or—?
I think and I believe it was 1902.
Paul: Oh right!
If my memory is right, but you know, your memory goes—no need to remember those things.
George: So would that be the time of Vaudeville? Or were you into *serious* theatre, or entertainment?
I entertained, I sang—not much dance, because I was a bit of a heavy lass—but that didn't stop the gentlemen! Yes, I was rather a proud woman. I can see the error of my ways now, but I did like to make people laugh.
George: Yes, why do you think of that as an error of your ways?
Paul: Well, the pride.
George: Laughter is good.
Paul: The laughter was good—yes.
George: Laughter is uplifting for many.
And I did tell some jokes, which didn't go down too well at that time for me (oh)***, so it was a bit risky.***
Paul: But that sounds good. You were maybe ahead of your time, as far as women go—being a bit more forthright—
That's a good word, I like that one—forthright—yes, that's much better than what I was called.
Paul: Ah well, we have a lady who comes through sometimes called Emma. She talks about women needing to be more forthright in certain countries—not so much here, but it's coming along.
George: Gender equality is something we have talked about much, and yes, in some countries womenfolk are unfairly 'put down' by their—
Yes, I wasn't so easily put down. I must have been quite a stubborn woman (right), ***but it served me well.***
George: So perhaps you were an advocate of gender equality, and applied your stubbornness—
Yes, but there was no feeling greater than being on the stage—I adored it.
Paul: I think you must have had a—what they call a 'stage-*presence*'—some people feel at home on the stage.
Yes I did—it was my life, yes. I never wanted a husband and children. And I suppose that was my downfall, for being so selfish.
George: Aw. Did you enjoy dressing up?
I did, yes—that was part of it.
George: There's an expectation by audience for those on stage to present themselves well and it sounds like you did that.
I did, I did.
Graham: Did you work in London?
I worked in a theatre there, yes.
Graham: —That would have been the West End—I think we call that area—I don't know what it was then.
I just—we called it 'The Palace'. But I had a good life, although many women at that time did not. But I can't say too much, because I was not involved. But I just loved the laughter and the thrill of being on the stage.

Graham: Do you still do things like that now?
Yes, I do tend to come and try to help people with laughter, because laughter is very good for you and too many people do not laugh, do they?
Paul|: Yes, do you have like a stage in spirit—I guess you can have everything...
You can have whatever you wish, yes—and sometimes I do it for the children. And sometimes I realise what I missed not having children, and then another time I think: no, that was the life you were meant to lead, and I was a fortunate woman—many gifts, and as I said, many people were unkind, but nevertheless it was a good life.
George: So it's good that you can look back on it in that way.
Yes, I tend not to tell people—that's not the purpose of it—but to come back to make people laugh.
George: So what do you do now—are you planning to be ongoing in spirit and be an influence with others?
I intend to stay where I am for quite some time, to return to help others who are in need. I'm being told something now—the gentleman has a daughter and the lady has a daughter, and they are saying to me to say: 'If at first you do not succeed, try, try again.' Both these girls should be told that—I do not know what it means—I am just giving it to you.
(Dawn and Graham express thanks)
Paul: Possible stage connections?
I do not know—it's just come—
George: I think we're all aware of competition in our world—
Yes I wouldn't like to be alive today.
George: And one has to try and try again.
Alive! Is that not funny?
(Chuckles)
Of course I'm alive—well, well, well.
Paul: That's a good joke—there you go.
Yes, well what I mean is I wouldn't like a lifetime at this particular time in history—although times were hard back then—
George: I guess life is very different on the planet today.
Yes, although you know, for one life that is happy and contented, there's another that isn't. So, it's always, always balanced somehow I feel, although I do not know too much.
George: So do you endeavour to influence those on the stage at all today?
Oh no, no I have left that all behind.
George: You've had enough of that—
I've had enough of that yes—I think they probably had enough of ME.
(Chuckles)
But it was a life of experience, shall we say. But it was the forerunner for what I do now. So, in that sense, it was a VERY good life. It was a very good TEACHING in that lifetime.
George: Yes, interesting perhaps that today we have a gentleman named Russell Brand, and he began as a comedian on stage ***(yes?)***. But he's become much more politically motivated more recently, and he has a very active mind. I think he receives assistance from spirit, and he's getting over some very good messages which I think are being a good influence on our way forward.
Yes, I can't say that I know this gentleman, but if you're happy, I say to anyone who is alive in your world today: listen—listen to all people before you make judgement, and if good words are said, then digest them—it can only be good for your own soul.
(Agreed)
Yes, and there is a saying in your world that I like, that if you cannot say anything good, then please do not say anything!

(Laughs and agreement)
I feel that is a wonderful saying.
Paul: Mm—I was thinking of that one recently, funnily enough.
Were you—yes, it's a very good saying (mm)***. Mm, as you can gather, I'm very much into sayings at the moment.***
Paul: They help remind us because we've got such bad memories down here, that we forget things too easily—so to have a saying helps to remember.
Well don't worry too much, because when you come to my world your memory will be quite good if you want it to be, but sometimes it's not a bad thing to forget. Don't you agree?
Paul: Yeah—oh, to forget a lot of the...
Yes, prime examples are very small children, aren't they, where their memory is very selective. For their own sakes, I bless them all—yes. *(Said with chuckles)*
George: Small children with selective memory—
Yes—deliberately!
George: I've recently been writing an article, and it concerns 'reincarnation', and I became rather interested in the small child prodigies ***(yes)*** and how some of them seem particularly brilliant at certain things at a very early age; and one reasons that they must have learnt what they know in a previous lifetime.
Yes, not even just one lifetime. These people have knowledge from many times, many lifetimes (yes)***. Yes, you all have learnt something from past lives, but these particular people you speak of are probably quite old in their time.***
George: Yes, one who comes to mind is Mozart, who composed symphonies at the age of four!
Yes. We have children in spirit who are doing that also. You do not always realize.
George: Children in spirit?—Yes!
Yes. If that is what they wish to do then that is the way that they are guided. And very often then, they wish to return to show what they have learnt. Yes, it's wonderful isn't it?
George: Yes, as an entertainer on stage, you must have developed your mind and vocabulary and turn of phrase nicely—which you have now.
Well I wouldn't quite put it that way. I did have a turn of phrase, but it was not perhaps proper! *(Chuckles)*
I was very good at taking off my gloves (Ah right)***. Are you aware of this kind of thing?***
Paul: It sounds like you—at that time it would have been like the old razzle-dazzle. Did you throw your glove?
—To effect—yes, I did dispose of my gloves into the audience, yes.
Paul: Right—and that got the young men excited probably.
Well, I cannot speak for them, but yes I would say so. Yes—it still makes me smile.
George: But you are well-spoken. So did you develop your speaking style in that life on Earth, or has that come since?
No, I actually spoke like this, but to be on the stage, it pays you to be a little—oh dear—common? Yes, a little brusque, you know. So I developed that way of speaking, but my own voice was—yes, quite proper. I actually shamed my family by going onto the stage.
George: Really?!
Yes, that's almost a confession isn't it?
George: So you were from an upper crust family and they felt that going on stage was beneath them—
Most shocking, most shocking—yes. I was not spoken of well within my own family, so I had to find my own way, which was hard at times, but nevertheless I still say it was a good life.
George: Yes, good! Well, we each have our free-will as individuals ***(yes)*** and that is one of the rules of spirit.

That is God's way, yes so we were all given free-will, and that is as it should be (yes)***. Anyway, as I must leave on stage, I must leave you all now, because I have spoken to you long enough.***
Paul: The curtain's about to close, is it?
(Laughs)
You are one of a kind—thank you dear sir.
George: Well thank you for coming to our stage. So this is a curtain call?
Yes, and I am happy to have been here, but I'm also happy to go.
Paul: Well thanks for the show, and drop in again.
George: Yes, do feel free.
Yes, and if I might leave you with one of my gloves?
Paul: I was going to say actually: throw us one of your gloves for old time's sake, yeah.
I've heard that many a time—yes.
(Having been 'away' at the start, George asked for a name. Our guest elaborated that 'Rosamund' was her stage-name and that's what we're getting!)
George: Well, thank you Rosamund, and we've enjoyed having a chat.
Yes, thank you for listening.
Paul: Any time you want to pop back—it's a pleasure.
And please do not forget to tell those girls: If at first you don't succeed, try, try again.
General farewells
George's Notes:
The Palace Theatre: The theatre, built in 1891, is a striking architectural feature of London's West End. Following a period as an opera house, the building became a grand music hall and was renamed 'Palace Theatre of Varieties', and later referred to as simply 'The Palace. In 1897 it began screening films as part of its entertainment programme. Herman Finck was its musical director (1900-1920) and during that period the theatre combined variety entertainment, including dancing girls, with the screening of films.

~20th April 2015~

Firstly this evening, one spoke via Eileen, explaining that 'Cho' would be speaking with us soon. They continued to chat for some time before another followed through Eileen:
Lilian: Good evening.
A quietly spoken: ***Evening mam.***
Lilian: Sorry, can you repeat that?
(Paul repeated the greeting so Lilian could hear)
I haven't done this before.
Lilian: Well I can hear you very clearly. So this is a practice...
Yes—feels a little bit odd.
Lilian: Yes—being in a physical body?
Yes.
Lilian: Feels heavy?
Yes. Sounds different too—doesn't sound like me.
Lilian: Are you a man?
I certainly am.
Lilian: Yes, well you're using a lady—so you would wouldn't you...
Well that explains things, wouldn't it...
Lilian: Yes it would. *(Chuckle)*
I didn't really believe you could do this you know—didn't believe it at all.
Lilian: Didn't you? Something you'd never thought about, while you were on the planet?
No—I thought, what's the point of coming back? What's the point of it all?

Lilian: Maybe it was just to prove to you that it could be done.
Yes—it is proof to me. First of all I thought it was a trick. I had parents who thought things were funny, and first of all I thought: they're tricking me. But this isn't any trick is it? This is no trick?
Lilian: No—no, we can hear you. The fact that you are using a lady proves it's no trick.
Amazing isn't it?
Lilian: Yes, you'd never heard of it while you were here and I see no reason why you'd think any different—for a while anyway ***(yes)***. Maybe somebody said something to you in spirit and you got curious?
Oh I was curious all right—very curious, but still didn't believe it could happen—and now it has!
Lilian: How long have you been in spirit? ***(How long?)*** Can you remember?
(Pause)
Lilian: Can you remember who was on the throne—a man or a woman? King—queen?
A king I think.
Paul: Maybe King George?
That sounds more like it. Your memory goes you know (yes)***. It's peculiar—some people remember everything and some of us just forget.***
Lilian: It's not worth remembering really, once you're there, is it?
No. What's the point?
Lilian: From our point of view it gives us a clue—we're just being nosey really.
I can understand that too—yes.
George: So you're a spirit and you're borrowing another physical body ***(yes)*** and you're finding that your voice sounds a little different. That's because you are using a different throat—a different larynx. And you are finding that you're able to move your hands.
Yes I can—it's peculiar.
Lilian: Pretty marvellous though, isn't it, really?
It's wonderful! To think you can come to places like this and talk again—and you can hear me.
Lilian: What do you do in spirit?
At the moment—I was lost for a little while I think—only because I didn't believe (yes)***. But I'm exploring everything now—meeting people, seeing children, animals—just seeing the beauty of the whole thing. And forgiving my parents for the joke they played on me.***
George: Well, forgiveness is a great thing.
Nothing terrible—it was all in my head. I thought they were being cruel—they weren't. They just liked a little joke—not cruel at all. Do you know why?
Lilian: Can you tell us?
They gave me a name—they thought was a good name, and I didn't when I was young—because it's a name that's in the history books, and I didn't think it was amusing. Do you know the name they gave me? I still remember that—Thomas á Becket.
(Various exclamations)
Thomas A Becket—that's my name; of course I'm not the famous one, as you might have gathered. But I thought it was cruel of them, but they didn't do it out of....
George: Did they like the name: Thomas á Becket?
It was Thomas A Becket—yes.
George: So that's the name they gave to you?
Yes—I became a bit of a joke when I was young.
Lilian: So you changed it, did you?
No—what's the point? And I know now it wasn't done with any malice. But I would say to people, to think before they name their children.
Lilian: We've been told that we choose our names before we come.
You can, but it can be altered by the parents.

Lilian: Of course, yes—we've been told that too.
Yes—most people are happy with their names, because they have chosen, but there is always an element of stronger energies which can transmute and change (yes)***. Anyway, that is all something to be forgotten about.***
George: Yes, we can understand that. Did you have a different name that you would have liked?
I wondered if I could have been 'Peter'.
George: Ah yes, mm.
I could still be called Peter if I wanted, but what use is it now? We do not need our names.
Lilian: Are you enjoying your visit?
I am amazed by it.
(Chuckles)
—And I feel almost like I've become alive again. Does that sound strange to you?
Lilian: It's difficult for us to say, because we're still used to this body.
Yes, you would not be able to comprehend I suppose. But I am satisfied now that it can happen, and it can take place.
George: You feel as if you have come alive again? ***(Yes)***—so that's with the memory of life as it was when you were on the planet?
Yes, although I cannot remember too many details, I know that human existence is so much different from that of spirit.
George: Yes, we understand the memory of details going with time.
Yes, because they are not important—it is the spirit that is important; and as you said previously about past lives, I believe you said: what does it matter? What does it matter?
Lilian: I think you feel that more in spirit than we do ***(yes)***. We're just curious to know a little more. But in a way, even while we're here we forget things that happened when we were young.
Yes, because of your memories—because, as you age and get older, so memory fades. In your world it fades, as I am beginning to fade now. And I must return—so I want to say thank you, for allowing me this time to experience this for myself.
George: Well, it's interesting for us—we've enjoyed chatting with you ***(thank you)***, Thomas, or should I say: Peter.
I will leave that to you, I really do not mind. But I have to go. I can feel the pull.
George: Fare you well and thank you for coming.
There followed a period of clairvoyant messages via Eileen. Then finally, she experienced a most powerful unspoken presence. Hands were raised in firm gesture as if in salutation to all. She described a being wearing a golden pointed hat, sitting in a golden temple

~27th April 2015~

Firstly one spoke via Eileen, mainly giving personal messages relating to Sara and Graham's family. Towards the end of the communication, she added a little message from Ann, George's wife now in spirit:
One thing to say before I leave, and I really must leave: she thinks and loves each and every one of you—that is the extended family also—not only you in this room.
George: Ah, that's wonderful!
But she has a most lovely smile (yes!)***. Now I see her—she has come just a little closer.***
General appreciation
But she would never have pushed herself forward.
George: And yes, you're absolutely right—it's a wonderful smile.
Yes—beautiful smile. Even more so probably than you remember—she is saying something about a blue dress.

Sara: I've got a blue skirt that was hers, given me recently.
She is smiling still, so—
Sara: I've been wearing it.
Yes, she's happy about that.
Sara: And her pink cardigan today—tell her.
Okay. Now I have to leave. I wish it was longer but I have to go.
George: Thank you so much. It's been so good to hear all that you've said.
There followed a period of quite strong clairvoyance via Eileen. One was with Eileen and it fairly quickly became clear from exchanges with Sara that this was 'Connie', her grandmother (also grandmother to Mark and Paul, and George's mother-in-law). This was a most dear and well-loved lady who was exceptionally kindly towards her grandchildren.. Then, following a lengthy pause, another was with Eileen, adding a complete contrast to the happy family situation:
Audio link:
http://www.salumetandfriends.org/resources/27_04_2015-Dennis-hard+life.mp3
George: Good evening—welcome to you.
I was waiting for you (ah)***. Good evening.***
All: Good evening.
George: Have you dropped in for a chat?
You could call it a chat if you want. I'm not one who's going to come and say: ooh, I miss him and her—and that and this, because I don't. I'm glad I'm here where I am. Life brought me nothing but—ooh—can't even bear to talk about it. I wouldn't want to come back.
George: You wouldn't want to come back?
Wouldn't want to—no.
Sara: It's good you haven't got to.
Well, you never know. I've heard tell that some do. I don't want to.
George: Yes. Would that be because you had an unhappy life? Or—
Yes, I did (oh)***. Don't want to depress you or anything, but that's how it was.***
Sara: So you did well to get through it then, probably.
Glad when it was all over (yes)***. Didn't know what I was coming to mind you, but nevertheless I was pleased to leave.***
Graham: Was there anybody who loved you?
—Don't know—probably the cat—lost all my family.
Sara: When you were young?
—When I was young.
Sara: Oh dear—that was difficult.
Hard life—I don't want you to think I'm unhappy now, because I'm not.
George: Ah, you found happiness in spirit.
Yes.
Sara: That's good.
George: You have good friends in spirit?
I've made some friends now. Some—I didn't want to know. And you don't HAVE to know them.
George: So have you been in spirit long, or do you recall when it was you were on the Earth?
How long have I been here?—it feels like forever. I don't know—got to be honest sir, I don't know. I was a bit confused to begin with.
George: I was just wondering if your difficult time on Earth related to a past time that had rather poor conditions—
I don't know about that, because you see I'm still learning (yes)***. I am still learning sir, I am—there's lots of forgiveness to be done, and I'm trying and I'm working hard.***
George: I think we're all learning in our various ways.

Yeah—but I've just come tonight to show the difference between coming through and talking about loving families—not everybody has a loving family.
Sara: No—that's right, we have to remember that ***(yes)***.
Graham: I think sometimes perhaps we take for granted.
Yes, that's what I was going to say to you sir. Not everybody's as happy as some. Some people have a miserable existence.
Sara: They do—it takes a bit of understanding really.
Yes, and even when you come here, you rebel (yes)***. I suppose that's hard to understand, but it's true*** (yes)***, because you're still angry*** (that's right)***.***
George: Do you recall if you lived in a big town?
Yeah I did sir—where there was lots of people—I do remember that. And do you know, you can feel lonely in a big town.
Agreed
George: Yes, we are aware there was a time when there were street urchins—I think that was the name, and they had a tough time.
I wasn't an urchin sir—I just didn't have any family who cared about me. I don't know why and I still don't know why.
Graham: Did you have childhood friends?
I had one lad I quite liked, but he left with his family, so I was left all alone.
Graham: It must have been heartbreaking ***(yes)***.
George: Did you go to school?
No sir, I didn't (oh)***—I should've done but I didn't. Anyway, I haven't come here to depress you.—I've come here to tell you that not everybody is sweetness and light*** (yes)***. Some of us come over and as much as there's plenty of love, it's still hard to rid yourself of all of these things.***
Paul: Are you gradually ridding yourself of that life?
I'm aware that I've got to work hard—I was in a bit of darkness for quite some time, only because I was confused—I didn't know what to believe.
Paul: Yes, but there's plenty of help at hand, isn't there...
Yes, there is—yeah—lovely.
Sara: It's a good thing to remind ourselves that not everybody has a happy life. It helps us to be more tolerant.
Yeah—be more kind to those who are without—that's my message to you.
George: It sounds as if you are making real progress, and that's good to hear—good for us to know.
Yes, they wouldn't have let me come if I hadn't made progress—yeah. As much as I wanted to come, I wouldn't have been allowed if I'd dragged you all down.
Sara: You haven't done that.
George: We're interested to learn, whatever the circumstances.
Can I just suggest to you all that you all keep talking, because it's a wonderful gift—to be able to have conversation.
Paul: Yes, that's true. It's another thing that we're lucky in this group—we are all able to chip in and talk — we don't quarrel, we just talk.
That's good isn't it? But you need to have friends to quarrel, don't you?—people to quarrel with.
Paul: Yeah—sometimes a bit of a quarrel is alright, isn't it—you can always make up afterwards.
Well, I don't know much about those quarrels, but there you go.
Paul: Well—you probably can't find anyone to have a quarrel with, where you are.

Well we don't quarrel here—there's no need because your understanding's much better. But it still takes time. As I say, if you've been in some kind of fog or mist or darkness—but I can't tell you how wonderful it is when you come out—when you see the light. Yes, that is the most wonderful thing of all.

Paul: I think there *has* to be a great learning in that experience. Maybe it will gradually unfold, what that learning is. It could be partly in having that really lonely life, it *must* give you the ability to see the joy of having friendship and this is what you can now look forward to.

Yes—it's not even learning—it's complete knowledge of everything here. I can't explain it to you. Perhaps somebody can one day, but I'm not able to.

George: It's more like an inner knowing rather than learning.

That's right sir.

Paul: An inner knowing of the incredible gift of people—

You just feel part of everything. That's all I can say.

Sara: Yes, and you probably have a heightened appreciation of it really. That's the beauty of lack isn't it—that it gives you that amazing appreciation when you have access to it again.

It sounds like you all know more than I do.

George: We've got a wonderful teacher who visits from spirit and we are fortunate in that way.

Yes, I don't know about that—I don't know about that sir. Anyway—I'll get off before I depress all of you.

Laughter and general denials

George: You're not depressing us! Can I ask you about music? Were you aware of music while you were on the planet, or now that you're in spirit?

Of course I heard music—yes. Did I know any music do you mean sir?

George: It can raise your spirits sometimes—if I could use that expression?

Sometimes it can, it depends how deep you've gone. Yes, I agree. Music's wonderful over here. Have you ever heard the trees sing sir?

George: We are aware sometimes of the breeze rustling through the leaves.

Singing in the air—yes, I've heard that said too.

Sara: I think you hear things differently in spirit—in your world.

It's not even hearing—it's just being. If I could say one word to anybody still—where you are, it would be just 'BEING'. It says it all I think (yes)***. And I'm still happy to be learning about being. But it's been great to find some new friends.***

(General appreciation)

George: You are welcome to come again if you feel like a chat ***(yes)***. Ur, can we have a name for you?

You can sir if you want. My name's Dennis (right)***.***

Sara: Well, you can come any time, so you've got some more friends here***.***

I'm very grateful for that—thank you.

George: It sounds like you've made very real progress while you've been in spirit, Dennis ***(oh yes)***. That's good—good for us to hear.

Yes, I am making progress, yeah—and that's not said with any vanity.

(Agreed)

So I'm gonna say: cheerio, and hopefully one day I'll be back (yes)***. And I'll tell you what else I've discovered.***

(General affectionate farewells)

Paul: Carry on *being.*

Mark: It's nice to hear about 'being' because down here it's nearly all 'doing' and 'making' and making money...and it's not 'being' at all really.

Are you not being? Why don't you make that your next project then—'being'.

Mark: Yes—thank you...
George: We've got an election coming up, and I think some of our politicians should take note of that!—be less controlling, less dictatorial—much more into 'being'.
If I wasn't learning I'd say: shoot the lot of 'em!
(Much laughter)
George: If you were back on the planet, I think you might get our vote!
(More chuckles)
Yes, right—I'm being called—I must go.
George: Thank you for joining with us.
(Warm farewells)

~11th May 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/11_05_2015+salumet1.mp3
Lilian: Good evening Salumet.
Good evening.
All: Good evening.
We bring to you peace. We also bring to you much love (thank you) **and understanding for all that happens in your world. We give thanks, my dear friends, for all the loving, healing thoughts that you send out for those who have passed. Times such as these make spirit busy, but I would wish to gently remind you that these events—these happenings—they are part of your planet's evolution, and therefore we in spirit are very busy at these times of what you call 'disasters'. I would like to say to you that so often we hear: if you know in advance what is happening on this Earth, why cannot you stop it? I am sure you know the answer to that question** (yes)**, because of course it would be interference. We can try to help, we can try to uplift, but we cannot interfere with that evolutionary path which is part of your planet Earth. So my dear friends, just a gentle reminder for you all to consider—to consider what is happening within your world. And after all, every event, every happening is *your* happening—is owned by each of you. But it is always difficult we know for you to understand why these events happen. Would anyone wish to speak?**
George: Yes—the natural disasters that occur as part of our planetary evolution, does that link in some way to the free-will of humanity?
Those disasters which you call 'natural' would happen, no matter the thoughts of many. But I understand what you are saying. Mankind can alter many things with his thought—this you know (yes)**, but ultimately he cannot change what is meant to be. Do you understand?**
George: Yes, and I just wonder if, through free-will and good thinking, he would have the ability to know in advance about these things.
Many of these things are already known of in advance. You will find if you look into these matters that this is so. But nevertheless they are what you call 'natural disasters' and are part, as I have said, of the evolution of the planet (yes)**. Of course, mankind, as you know, has the power to alter *many* things—many, many things; especially himself. This he does not do well, but slowly, slowly you are learning. Do you understand?**
George: Yes—I was partly wondering if by improving his own awareness, he could be more aware of these things coming.
Yes of course—that is the answer. But mankind has to learn that awareness—that *spiritual* awareness is what would help. But he will never be able to eradicate what is meant to be. He of course would wish to do so, but as I have said, that would be classed as interference.
George: Yes, but he might through upgrading his awareness, shall I say, become more understanding?

Yes of course. Yes, I entirely agree with you. Yes—mankind's awareness is not great, but it is something for each of you to work upon. You can work upon the awareness to help others in many different ways. It need not be a giant leap, but some small knowing that can help your fellow man. And as I have told you in times past: if you but help one human being, my dear friends, you are doing well—yes.

Paul: Maybe for mankind, these so-called natural disasters provide possibly some *humbling* for the kind of people who become a little bit 'power-minded'—to know that they actually *cannot* control something.

They will never control the elements—never control the elements, but what they can control, I repeat again, is themselves. They can become aware of their own humility, their compassion, their knowing what happens when these events occur—that they can help those who are left in need, and they can become custodians, if you like, of many things.

Paul: Mm, because they're absolutely *trying* to control the elements **(yes)**, the scientists, but—yes, it's so outward-looking instead of trying to control themselves **(yes)**, they're trying to control nature.

Yes, if only they could begin to understand the workings of your world—the workings of the mind. That would be much more beneficial—*much* more beneficial, because then they would have the capabilities of helping individuals—helping people who are starving, helping people who are without homes—all of these things.

Paul: Yes, I think some of us get sad that these scientists are spending all their time trying to control the weather and things, but we don't know how to reach them and...

They will always have some element of success—I do not say they will never achieve anything by trying. They will to a degree, but what I am saying to you is it is unlikely that they will ever rule the elements of your planet Earth.

Paul: Yes, I think that's good to know, because I'm not sure they'd rule it very wisely—at the moment, anyway.

That is why they need to become aware of the mind—of the *spiritual* aspect of living. All of you have a duty—are duty-bound to find within yourselves that love for peace—that love for humanity, which still does not exist today.

George: Yes, I think this might be an apt time to say that it is the 70th anniversary of the ending of our World War II, and there have been commemorations, memories and services all over the world, notably in Russia, parts of Europe and the United Kingdom. I was wondering how you regard these occasions—these commemorative occasions, when people remember *the end* of a major war, and clearly they are aware of the value of peace, particularly at the end of a warring period **(yes)**. Have you any comment?

Yes—I would say only: if people have the awareness that what they have been through—the evil of killing another human being—if they could learn from those things, that would be something quite great I think. But throughout history, how many times have you seen war? *(Affirmations)* **Have they not learned about the reactions, the downfalls—the hatred that is created by all of these unjust things?**

Mark: Yes, there seemed to be a good period following the 2nd World War, in this country; when a very socialist-style government was voted in, and there was a long period of very good productivity, producing things for the many—not for the few. But it seems that thinking got lost over the years.

But you are speaking of one small island in a planet. I am speaking of the whole of your Earth, where constantly men fight against their brothers, and still it is not acceptable. And what we are working towards is 'love', 'understanding', 'peace'—that each and every one of you in this room, on this planet, are images of each other.

George: I think you imply that 'remembrance Days' are of no value, unless—

—Unless, yes—

George: —People learn from them and become aware **(yes)** and love, and begin to value 'peace'.

Yes—sometimes I feel that these events are encouraging others to be fearful—and as you all well know, my dear friends, *fear* is one thing that you should never want to possess. Again I say my favourite words to you: there is only 'love' and there is 'fear'. And under the umbrella of fear lies many of the problems of your world—you understand?

(General agreement)

So it is a case I feel, of once more, looking at the wider picture—looking with those spiritual eyes, and trying to help others in understanding, with patience and with love.

George: Yes, this is better understood and developed on a personal level than on a political level. While there have been remarkably good politicians, they seem far too few to achieve a love activation **(yes)** on a political level.

You would be amazed, I feel my dear friend, if you could see how many in our world are working with those in power, to try to bring to them that feeling of unity and love with their fellow man (yes)**. We are working very hard to try to encourage these people, but it is not a quick task; you have been so long with people who only want to be greedy, either for profit or being of some kind. It is like trying to work through what you would call a wall of steel.**

George: It's heartening for us to know that those in spirit are working away.

And that is why it is important for each and every one of you to work in sending thoughts to these people—that they may indeed find their own light. That way will change your world for the better.

Paul: Yes, instead of being critical, we must be charitable towards them.

Yes, if you cannot find or give charity from within, how do you expect others to?

George: Yes, I'm sure we all agree that that works on an individual level.

Yes, these are words I have given to you before (yes)**, but I feel as always, it is good that you hear those words repeated, just to remind you.**

(Agreed)

George: Yes, and going a little beyond the individual level, there is the Internet; and views and influences are being attempted through places like 'Facebook'—people offer views and ideas in that way—

Yes it is a form of media which is being used for the betterment, when it is used in that way.

Jan: It also creates a lot of fear **(yes)**.

George: It's rather a mixture!

That is what I was about to say: as with all things, there is good and there is bad. You must ensure that any comments made or looked upon are those of some purity.

George: And we must use our discretion **(yes)** as to which of those comments we take on board.

Jan: From what you've told us over the last 20-years, is how to actually filter those comments that are totally irrelevant. I do find myself skirting over the bits that are of no importance whatsoever **(yes)**, for betterment of myself or my fellow man **(yes)**, and that alleviates a lot of the fear in your own daily life.

—Because you are taking control of your life; that is what is happening. You have decided that those comments, those remarks which are full of fear are not what you want to see or hear.

Jan: No, they are no benefit at all **(yes)**. I read an interesting article on Facebook this morning on fear, and the author, in her opinion—which I thought was a very valid one, was that have not evolved to deal with our fear very well. When we were put on this planet and were chased by bears etc and the fight or flight—chemicals in our brains would step in. She believes that that's still there, but rather than a bear chasing us, it's now our own fear which causes the anxiety, and we've not yet learned to switch that off. And it resonated with me very well, that's that occurs in everybody's life. It *is* a chemical in the brain—our every choices are made out of love or fear **(yes)**, and if you take that fearful choice it's very, very difficult to overcome that obstacle, and that fear follows you around and absorbs your very being I feel.

Yes, of course, that is what fear will do—that is what I have said to you. That is why it is important that you know yourself as a spiritual being, not a physical being. I repeat this to you so often, my dear friends, but it is so true. The spirit can overcome many obstacles.

Jan: I felt when reading it, it is our—as humans it is our biggest obstacle **(yes)** because without that fear, things would just completely change.

Yes, and it has served its purpose in times gone by in the evolution of mankind.

Jan: Yes—such as being chased by a bear—

Yes and at those times the fear was used, may I say, in a positive way; because of course, even fear has a positive and a negative side to it.

Jan: Yes, the positive was you ran quickly to escape the bear, and then the chemicals in your body would settle again until the next time that you needed that **(yes)**. But we are bombarded with fear every day and every moment of our life, whether you choose to absorb that and take that fear on board—

That is where your free-will comes into play. Yes, you are quite correct. But it is something, my dear friends, for you all to think upon this time. It is such a vast *subject*, as you would say, for you to all absorb, but nevertheless it is something you should think about carefully and again come to know that spiritual being which rules over everything else in your lives.

Jan: I have another feeling on the subject. The authentic self, if you base yourself on your authentic self, then other people around you who are not in the same way of thinking—it can have a negative effect when you feel more centred than the people around you, and you're drawn back into that fear. And that's where free-will comes into it again, but I think it's very difficult for us humans to actually stay centred—

Yes, if you allow yourself to be immersed within a pool of fear then of course you will be dragged down by it. It is a powerful—we shall call it 'emotion' because that is the word you would understand. But because you have free-will you should be strong enough to reject any situation that creates that fear.

Jan: And dis-ease comes from the fear, as you've told us before **(yes),** but our aches and pains, I've learned, are more from the anger side—contributed to fear anyway—comes from the core of the fear itself **(yes)** and stops you from moving forward—you literally—your spirit might be calling you to move forward, but you are stuck.

You are ignoring the spiritual voice.

Jan: Yes—my illness has come from fear **(yes)**—all of it?

All illness has a negative background, as I have told you often. And again I would say to you, that it is practice to allow your spiritual being to guide you, to help you and to keep you *free* from fear. After all, what within your lives is there to fear?

Jan: No, we're not going to be eaten by a bear any more, are we?

And if you are?

Jan: —so be it?

So be it.

Sarah: You say all illnesses come from fear-disease **(yes)**. Even things like worn-out hip, has that worn out because of fear?

Jan: The balance of the body is not quite right, so you walk on one side or the other. It has the same effect—it doesn't matter which part of the body it is—it has the same physiological effect.

In the evolution of man, your life should be one which moves smoothly, until such time as it is ready for you to go home. That is the perfect life, but we know that the Earth planet creates, as the lady has said, many fears, and that is where it stems from; and as she has already explained, there is always dis-ease—dis-ease within the body, which is unbalancing. That is the problem—nothing is balanced, so fear and dis-ease take over the body. Some may never experience this problem—many cannot understand this problem, but all I can say to you: it is a basic truth of humankind.

George: In my youth, I did conscripted military service in the army and as part of that, I did a course in parachuting. There seems to be a natural fear of leaping out into space from a great height; and it was most interesting to see how different people overcame that fear. Some seemed to have a strength of mind which seemed to get them through it; some seemed to just *freeze out* mind, become quite rigid and do their first jump; for others it was a matter of ground-training and with much repetition, being tapped on the shoulder and an instructor shouts 'go!'. So when you're in the aircraft and you're tapped on the shoulder and the instructor shouts 'go!', you go; because this has been your training. But it was interesting for me to see how different people responded in overcoming their fear.

One other thing I would say is: remember although you are spirit you are cloaked with a physical body. You have come from two parents who already have genetic faults, so you have to make allowances. That is why some people are braver than others—some people have strength of mind which others do not have—many reasons. So you are a combination in this world of spiritual and physical—

George: —endowed with genetic thoughts, as you have said. That is interesting **(yes)**.

Jan: Also, and I believe I'm right, we come into this world with only one fear, and that's the fear of falling—

That is part of the passage of birth—

Jan: —of birth—yes, that's right. So some people probably carry that on and never actually deal with that and others, as a baby and an infant, learn to deal with that and find it's not so bad after all—

And there is also the fear of being born into a physical body (yes)**. You must remember all of these things. Nothing is as simple as it may seem.**

George: So if there were no fear of being born into a physical body, then there would be much more reincarnation **(yes)**.

Sarah: But what happens if you have a caesarean section? Perhaps they wouldn't have that fear, *(of falling)* would they?

They probably would be more afraid of—because most babies would be born in a natural way; those who are taken from the body in the way that you describe, would have different fears—fear of the sudden bright lights, fear of the many faces which greet them; there are many, many reasons. Yes, but yes, you are correct in your assumption that there is fear from the very moment of birth.

Sarah: Going back to the natural disasters **(yes)**—when there are earthquakes, afterwards, some people have miraculous survival—they're taken out of the rubble after many days and they survive. Is this because they are not ready to go, or because they've asked for help or is it just luck?

It could be a combination of all of those things. I would say that it is not their time—that would be the main reason. So if it is not their time, it is only right that they would be found or they have asked for help and those Angelic beings, who are so good at these times, are there to help them.

Sarah: So really, all the others who don't survive, it is their time to go?

Anyone who goes, it is their time, (yes) **yes.**

Jan: How much of that survival instinct is the free-will?

That would come into play because it is part of the physical make-up. Yes, of course, your free-will (to fight—survive)**, yes.**

Sarah: Even if it was a baby—

—Even a baby.

Jan: I can imagine their will to survive is even greater than somebody much older.

Sometimes it is more difficult, because the child would be closer to spirit—and happier to return (yes), **yes.**

George: One gentleman, who studied drowning at sea, was convinced that a main cause of death was panic**.**

It does not help. Yes of course, if you panic it is fear—yes.

George: I imagine in an earthquake situation, someone who becomes buried could panic, while another might go into a period of meditation or close to that.

Yes, there is no one answer to all of these questions. I cannot give you one specific answer that will satisfy all of you. But all I say is: remember that first and foremost you are spiritual beings, and try to place those fearful conditions to one side. I am not saying it is simple, it is not. But in the striving for it, you will find you will become stronger and better people for it and better able to help others—which after all, should be one of your goals of life. Now, my dear friends, I have enjoyed our company this evening, as always.

George: We have much enjoyed your good teaching Salumet. Thank you so much for that.

Thank you, and as I take my leave from you, know that always I am close—always I am a voice, in order that you may convey whatever you are feeling. And with those words, I leave my love with you all.

(Fond farewells + thanks)

Following a pause, one was then with Sarah:

Audio link: http://www.salumetandfriends.org/resources/11_05_2015+egyptian+eye+med.mp3

Lilian: Good evening and welcome.

I am just bringing you a little information that is not of huge significance today, but I have been part of a life of the ancient Egyptians, and I just thought you would like to know that the eye that they paint on these replicas and drawings and images, is indeed an eye that you CAN look into. And if you look deep enough into an eye, you will see another eye, and once that eye has been looked into, there will be yet another eye, and this is what the Egyptians knew—that when you CAN focus on an eye, you will see repeated eyes. That eye will never go away, and you will then find that you have arrived at a point where you are able to have knowledge that is there for you; but you have at the time before looking into the eye, been unaware of. So I just wanted to let you know that these eyes do in fact have great significance, and were not just something that were painted on for a perhaps decorative feature. They were indeed able, these ancient Egyptians, to use these eyes for much knowledge and understanding. So that is just my message—I just thought you might be interested to know that.

George: That is indeed very interesting. Might I ask about the state-of-being on looking into the eye? Would it be a meditative state?

You can arrive at achieving an eye to look into at any time. You only have to focus your mind on an eye, and you will find you will see one, and then you can work down through the eyes that come one after the other (ah)***. As soon as you have looked into the eye and you are focussing onto the centre you will find the next one, and so this pattern is repeated until you will find yourself in that state where you can obtain knowledge that you do indeed have, but you are not aware of.***

George: So it's a matter of focussing mind ***(yes)***, and shall I say, being away from worldly thoughts—

Well, I think you will find that once you start to look into these eyes, you will indeed get into a different, how can we say?—

George: A different mental state?

Yes—but you do not need to start in that state.

Mark: Would this be a similar process that people do using a crystal ball?

I think it is slightly different, because the crystal ball is just for focussing, but the eye does indeed produce something a little more than the ball—could I say: the ball is perhaps one plane, whereas the eye has much more depth.

George: —and just purely for clarification: are we talking about looking into an actual eye or a drawing of an eye?

No—I am talking about—it will be an eye—but you do not look into someone's eye. You close your eyes and you focus on an eye and it will appear.

George: Yes, that clarifies—thank you ***(yes)***.

Jan: It's your mind's eye—your spiritual eye that you're—

It is an eye that is given to you when you wish to focus on these repeated eyes.

Jan: I wonder if that's where our saying 'our third eye' comes from—

I beg your pardon—

Jan: There's a saying here on Earth that your third eye can see further than the pairs of eyes that you're given ***(yes)***. So I would imagine that that's the third eye—it's the spiritual eye, it's the window to the soul.

Yes, I believe this has a connection—yes.

Jan: Good—that makes sense, and the Egyptians had learned, hadn't they—

They knew, yes indeed they did, and that is the reason—

Jan: —for the drawings.

—For the drawings, yes.

(Jan then mentioned one of the bank notes having an eye on it—the US dollar and a little discussion re possible SF film connections.)

Paul: I think we'll all be trying it now.

That's good, because you will all gain from that.

Mark: Yeah, we certainly need all the help we can get, focussing. Thank you.

So now I will leave you and thank you for the time.

(General thanks)

George: Thank you for your explanations, and I think we understand that the Egyptian drawings are representations—or attempted representations, of this eye within consciousness.

Thank you.

(The power then seemed to fade as the communicator withdrew)

George's Notes:

THE EYE: The Egyptian eye teaching seems to connect very well with that phrase used by Salumet earlier: That is why they need to become aware of the mind—of the spiritual aspect of living. So perhaps this is an interesting exercise that we should practice. And what has been said makes perfect sense of that other phrase: the all-seeing eye of Horus. Images of the all-seeing eye, not only adorn the Giza pyramids, but have spread into other places:

The all-seeing eye of Horus—interestingly René Descartes described it as 'the seat of the soul.

The sons of Horus and the all-seeing eye.

The eye with its pyramid association, as it appears on American banknotes.

~18th May 2015~

He first speaker was via Eileen—one named Cho, who was to be our new Gatekeeper:
Audio link: http://www.salumetandfriends.org/resources/2015_05_18-+Cho.mp3
Lilian: Good evening.
Hello.
(General greetings)
My name is 'Cho'.
Paul: Ah, welcome back Cho!
I will not stay long, I learning to use voice.
Paul: Ah yes. Is there anything we can help with, to help you with that?
Only good energy.
Paul: Ah yes.
I want become your gatekeeper.
Paul: Oh! Become our gatekeeper! That would be very good—yes, that's a very good job.
Lilian: Have you done that job before?
No.
Lilian: So you're learning and we're learning from you.
Yes—I wanted you to know.
Lilian: That's interesting.
Paul: So you're going to make time for that as well as your other work—with helping the down-trodden women of the world?
I want to do lots of help.
Paul: Ah yes, that's very good if you can juggle lots of things and help in lots of different ways ***(yes)***.
Jan: So what does the gatekeeper do? Do they bring the people to speak to us, or they filter?
Yes, they make sure only right ones come.
Jan: That's good.
George: It's a job of very considerable responsibility.
Yes—I ready except for speech.

Jan: Well you're doing very well.
Sometimes easier than others.
Lilian: Yes, I remember, quite some time back now—quite a few years—there used to be one; his name was Mickey, a gatekeeper—
You peoples have many over time (I see)***. That all I have to say.***
Lilian: Yes, well Mickey and you are the only ones who've given us a name and explained your job.
I work hard for you.
(Appreciative comments)
Jan: So you'll have some interesting people for us will you, in the future?
That part is not up to me. I'm not—
Jan: You are not organizing them ***(no)***, just stop anybody who shouldn't be with us ***(yes)***.
Lilian: Do you find there are many that would come when perhaps they shouldn't?
No, only how you call them—opportunists.
(Some faltering with word but agreed and understood)
Only them—not bad people, just anxious sometimes (yes)***.***
George: Does this mean that you will be with us for all our meetings?
Not to speak (no)***—may come sometime—tell you a little more.***
Lilian: That'll be nice.
—But not every time.
Lilian: Is this the only group that you'll help?
To begin—yes (I see)***. Now, my speech needs help, so—***
Sarah: Are you having difficulty with your speech because English was never your mother-tongue, or is it just because you are coming from spirit?
I had speech defect plus I always wanted to speak my own language.
Sarah: Which was what?
Jan: Mongolian ***(Yes)***.
(Jan explained that she had been shown clairvoyantly that Cho had had a cleft palate and lip)
Sarah: Ah right—yes. Anyway, you are doing very well—we can understand you clearly, so that's good.
Jan: Am I correct Cho that that's what your impediment was?
Yes.
Jan: You're very good at sending me clairvoyance when you're around.
That's good, how you say—good?
(Affirmed)
Always problem for me.
Jan: But you don't have that now, do you?
No.
Jan: So it's just learning to speak. It's doubly difficult isn't it?—your learning to speak again—and using somebody else at the same time!
Yes. I told not too long now.
Jan: No, we won't tire you.
Lilian: Thank you for coming and having a quick chat.
Paul: We look forward to you popping in a little—now and then.
Lilian: We'll think of you in the background.
Sarah: And we'll ask for some help for you, to make it a little easier for you to speak to us.
I got go now.
Jan: Our love goes with you.
Paul: It's good to have you around in the background. Thank you for the work you'll be doing.
Yes, I will always give my name when coming to you.
Paul: Thank you. Yes, it's quite an easy name for us—yes, we understand—thank you.

(We know that, as a baby, Cho was abandoned by his parents and cared for by travelling missionaries. Eileen was able to give a description of him—quite a long head with black hair and short in stature.)
Soon, another was with Eileen who declared that she was looking around and assessing everyone:
Audio link: http://www.salumetandfriends.org/resources/2015_05_18+-+those+around+us+be+more+aware.mp3
You know there's many people around you?—many people in this room, but not many are aware of them. Why is this?
Paul: I don't know—we've been told that before—that the room has so many in it. I wish we could be aware more fully ***(yes)***.
George: Yes, there are just eight of us material beings, and I would imagine there are rather more present from spirit—
Yes, and they are calling out names. It's disconcerting I think.
Mark: We are not consciously ignoring them, we'd like to acknowledge them.
No—I know. They like the feeling of being with you—I'm being told this by two people—Silvia and Alison.
(It was explained that they just like to be helpers sometimes and we might possibly feel their presence. Some sitters could feel their presence though were unable to 'see' them.)
If you feel the energy, that can only be good.
Jan: Well, can you give us some hints or tips on how to pick these people up?
Hints or tips?—no, that is down to each one of you.
Sarah: Are there some children as well?
There are all kinds of people.
Sarah: Because I can see some very small hands.
Yes, well that's wonderful. You need to elaborate on that. You have to ask questions; after all, if someone knocked upon your door, would you not have a conversation (yes, true)***. You have to let us know that you are aware of us before we can have the contact. Does that make sense to you?*** *(yes)* ***I am going to go around this room, and perhaps each one of you can give me something that you feel or see. A little exercise for your spirits.***
Sarah: I'm actually seeing—I think it's a rose bush, but it's more of an umbrella shape, and there are lots of pale pink flowers on it.
That is beautiful is it not? But can you connect it to anything that may apply to you?
Sarah: Well I do like flowers.
Yes, and we are in the month when the roses are blooming.
Sarah: I feel actually, that's what came to mind—the spring but it's a little bit early for roses. They are really summer flowers.
Yes, but they can appear outside the normal times.
Sarah: Perhaps it's something that's going to happen. Perhaps I'm a little bit ahead of myself. Perhaps they are trying to tell me of something that's going to happen in the summer.
Yes, well you must ask the question and whoever is closest to you will try to oblige. Yes, that is what you must do. You must question us—you must be aware of us.
Sarah: Yes, the first thing that came to mind actually was a house because I'm wanting to buy a new house, and I think something might be going to happen in the summer.
Yes! Well, perhaps the roses for you will be significant.
George: I recall that 21-years ago, we were told that Salumet would be with us when the roses were in bloom, and the roses were certainly blooming most beautifully in Leslie's garden when Salumet made his first visit.
Yes, Salumet—you mean your teacher?
George: Our teacher.

Yes, well you know roses as well as all flowers, are beautiful, but not as beautiful as ours here. Yes, I wish you could see them; I really do wish you could see them.

Lilian: And some of them have a beautiful scent ***(yes)***.

Jan: I must say it, because I think the moment will pass, I think my dad's here with me in his pink jumper.

That's wonderful isn't it? Yes, and who better to be aware of than a loved one. Yes, you must listen and try to feel him and see what he wishes to say to you. Yes, that is good—anyone else?

Lilian: What came into my mind was, not many hours ago I was talking to someone, and how this blackbird comes in the door for grapes and things, to the point where I have to shut the door.

Yes—nature's wonderful.

Sarah: You were talking about Leslie—of course, he had a blackbird, that would sit on a handrail and tap on the door.

Yes, are you beginning to see the connections with all of these things? You will find there will always be continuity—yes, anyone else?

Paul: I have the image of a man—like someone who works *simply* with nature. I seem to have an image of big outdoor hands and tree-bark which seems to have a face on it, like the tree was becoming alive—almost nature waking up—seems to be relating to this man having a simple outlook—working simply—good honest work.

And can you get some more detail of this gentleman? Can you ask for more details?

Paul: I'll ask—yeah.

Yes. If you have a question, you should have an answer.

Lilian: Going back to the blackbird theme, I know my mother had one coming in as well. There's a lot to do with birds and wildlife.

Jan: I've just realised—I've got his jumper on ***(you have?)***. I *am* wearing his pink jumper.

Well, that is very good.

(Pause)

Now each one of you should become aware of a loved one in spirit—

George: When Paul mentioned about the hands, I had the thought that my father was a farmer—Paul's grandfather, and he had a working farmer's hands **(yes)**—that thought came.

These thoughts are not random in these situations. You have created amongst yourselves an opportunity for those in spirit to come close to you. That is why I say you must endeavour to question. If you just say: I see this or feel this, and just let it go, you will never expand your knowledge; and that is what we would like you to do.

(Sarah explained that Paul's man made her think of those who made rustic items from woodland materials)

Well, I'm being recalled, so I'll leave you and allow you to think about the words I've used; and try—every day just try to connect with those in spirit, because they are all so willing to come and help and support you in your everyday lives. They truly are there ready to help.

Sarah: I know they are—if you've got two seconds: my son and daughter-in-law—she had to go to the doctor with her two babies, and it was teeming down with rain—a mini-cyclone. And I just said to the spirit friends: could you help these a little bit? And, do you know, the rain almost stopped—we got to the doctor's and back again. And I was going to take the dogs for a walk, but before I managed to get across the road, it started raining again. So I know the spirit friends definitely helped that day.

Yes—and we cannot truly help unless you ask. You know we can help sometimes without your asking, but it is preferable that you ask us, because then we know you truly, truly know that we are around.

George: Yes, I'm very much aware that my dear wife, who passed to spirit 3-years ago, is around and indeed she has been through to this group and has actually spoken as you do now ***(yes)***. So I'm very fortunate in having that confirmation ***(yes)*** of her presence.

Yes, and really there is no reason why you should not have one-to-one contact without the use of another. You are all capable of doing that (yes)***—yes, all capable.***
George: Yes, I have a daily—shall I say: a one-way conversation—before I go to bed.
Yes, that is a very good time to have contact—a relaxing time for most people.
George: —And I have feelings associated with that.
Yes, that is good. Now I really must go.
George: Well, thank you for being with us.
Sarah: —and for staying for just a tad longer.
Paul: —and we'll try and connect more with all these lovely people around us.
Another next spoke via Eileen:
Good evening.
All: Good evening.
We wish to try an exercise with all of you. We wish that an individual focuses on another individual within the room, and pick out some small detail that they are given. And it will help with your—
George: Is this focussing on one who is in spirit?
No, another in the room, just to see what connection you can pick up. We are happy that you choose your own subject.
So this was a development exercise for us. One at a time, another was named and focussed upon and question-and-answer exchange followed. We were advised not to dismiss anything that comes to mind, even if it seems silly. Some themes seemed to develop logically—others did not. The one from spirit withdrew and left us to it. The exercise concluded the evening.

~8th June 2015~

This meeting was to be brief because Eileen had a cough which was troublesome, but one did in fact come through who picked up on our prior conversation. This concerned the need for peace moves in the world and the apparent dearth of politicians with any genuine interest in peace moves.
Audio link: http://www.salumetandfriends.org/resources/2015_06_08-helpingworld+leaders.mp3
Lilian: Good evening. Have you been listening?
I have—I have been listening—interested to listen to all of you—interested to see how the world has changed so much. And interested to see how each individual in your world has changed also.
George: This is—changed since you were on the Earth?
Yes—yes.
Lilian: I know our teacher who comes says we are changing for the better—meaning spiritually.
I could not argue with that, because I really do not know.
Lilian: Oh I see—yes.
All I can say is that I know people are more independent with their minds (yes)***—that most individuals think for themselves. But yes, I would agree that your world governments are a force that need to be listened to and also my friends helped. It is easy to condemn—***
(General agreement)
Jan: But we do with our thoughts and prayers always ask for guidance of those leaders—we mention that in this group very often.
Yes, I listened to them tonight, and I am pleased that a group such as you are able to do so; because still there is the unknown factor of the true facts sometimes.
(Agreed)
So always be careful that what you speak about is in fact the truth.
George: Yes, and I believe there is a fairly new peace initiative from a scientist named 'M T Keshe', and he is launching a peace initiative which, as he states, is quite independent of politics and independent of

religions—and I rather liked the sound of that; because it is not going against, he is deliberately not going against religions or politicians—but launching an independent initiative.

Yes, I think I would agree with you about that. Yes, perhaps that is something to be nurtured. But I know as time continues and you see the much bigger picture, you will all agree that although it seems almost impossible at this time, you are indeed moving forward.

Lilian: Yes, you've only got to read the history books—maybe that's not all true what they write—but yes, I'm sure we've improved a lot.

Yes—continue with your healing thoughts—that is my advice. Continue to view things individually and as groups of people who seek only love and truth. You can only win in the end. And really that is all that I come to say, because I was most interested in your conversation.

George: Well thank you for coming through and it's nice to have your thoughts on this.

Yes—yes, if only everyone could see a little bigger picture, I'm sure you would be encouraged; because I know all seems not well in your world, but I can assure you from what I know, that things are moving in the right direction.

George: Yes, and if more people are beginning to think for themselves ***(yes)*** and I'm sure that is part of that 'right direction'.

Yes, you are correct. Thank you for listening to me and I am grateful that you have allowed me to sit here with you, listen to you and join in with what you have had to say.

Lilian: We are very grateful.

George: Thank you for being with us.

Thank you.

George's Notes:

Keshe Foundation: It is understood that this is the brainchild of Iranian-born Mehran Tavakoli Keshe and is based in Belgium. M T Keshe is a nuclear engineer and son of an x-ray engineer. It is claimed that he has expertise in plasma energy application to anti-gravity application. His work and claims are highly controversial, but his motives—promotion of green planetary systems, no kill policies and peace in the world—are attractive.

Yes, M T Keshe's work and claims are highly controversial, but then they would be in a world conditioned towards violence, warring, towards pollution of the planet, slaughter-house meat for food and to brushing major political issues under the carpet. And I continue to be astounded by the way the UK's major issues of £1.56 trillion debt (with continued £100million annual increase) and attendant nuclear weapons expenditure, got brushed under the carpet in our recent election discussions—this in favour of 'health facilities'!

The Keshe Foundation may or may not succeed—time will tell; but its motives have merit.

~15th June 2015~

Firstly, one came through to say that Salumet would be with us next time and gave a few personal messages for sitters. A period of clairvoyance followed via Eileen with messages for Paul and Sarah. Then a child rescue via Eileen counselled by Lilian:

Audio link: http://www.salumetandfriends.org/resources/15th+June+2015-rescue-workhouse.mp3

Lilian: Good evening. Can I help you?

I'm not going in there, I'm not going in there. I'm not!

Lilian: Not a very nice place?

Lilian: Don't worry about it, you're not going in wherever you don't want to go.

I don't want to go in there.

Lilian: If you don't want to go, you won't go.

It's horrible—horrible place.
Lilian: Yes. Can you tell me a little bit about what you think it's like?—this place you don't want to go. Is there a name for it?
I can't read—It's got a—somebody said 'W'.
Lilian: Workhouse—or something like that?
Yeah. Papa died—Papa died—mother's taking me there.
Lilian: I see yeah, I was just wondering if it was the workhouse. How old are you?
Six
Lilian: Six—well try not to worry. You're not going in that workhouse.
It's horrible!
Lilian: Yes, of course it is. Try and forget that. You're feeling okay—you are not feeling ill or anything? You're just frightened?
I'm not very well (yes okay)***. My head hurts.***
Lilian: Yes, I expect it does really.
It hurts.
Lilian: Well okay, you're not going into the workhouse, that's for sure. And I'm here just to help you, and anyone else that needs helping.
I don't like it—my head hurts.
Lilian: Yeah okay—if you think about it, that head should be soon getting better.
(Lilian reached across to Eileen's arm)
I'm touching you with my hand, and all the aches and pains will go away.
Are you a doctor—I haven't got any money—Mummy hasn't got any money.
Lilian: I don't want any money—I'm just helping you. Don't worry about what I am. Soon you'll be able to feel nice and warm and cosy. *(Pause)* Am I right?
Yes.
Lilian: Now you'll see a lovely lady waiting for you, and maybe your mummy as well—the two of them, maybe they're waiting—a very kind lady; you know that she's okay—this kind lady.
I don't feel frightened any more (good)***. My head still hurts.***
Lilian: She'll make it better. Can you just see the one lady? ***(Yes)***. That's okay.
It's not my mother. Where is she?
Lilian: You'll see her soon. That lady will take you to her. What I would like you to do is to go with the lady—take hold of her hand. She'll take you to the loveliest place you've ever seen.
Why can't you take me?
Lilian: Well I'm a little bit busy at the moment ***(Oh)***. I was just to tell you to go with this lady. What's your name?
Thelma.
Lilian: Hello Thelma—are you happy to go? Has she got something for you—this lady?
Yes.
Lilian: Can you tell me what it is?—something you'd like?
A little cat.
Lilian: Oh lovely. Well that's your cat now.
Is it? What's your name please?
Lilian: My name's Lilian. Call me Lily for short.
I'm going to call my cat Lily.
Lilian: That's nice yes, you call your cat Lily—I shall remember that. So you're happy to go and take your little cat?—and go with the lady?
Will you come and see me sometimes?
Lilian: I won't be long—yes.

I'm not frightened now.
Lilian: Good—you're going to the loveliest place ***(mm)***, so I'm going to say: bye-bye.
Thank you.
Lilian: You're welcome.
—Lilian—Thank you very much.
Lilian: Bye-bye.
(The workhouse conditions must have been terrible around 100-years ago.)

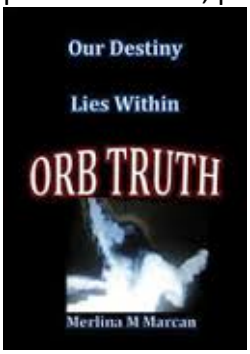
~22nd June 2015~ SALUMET

Several were unable to be with us this evening but Annette joined us making a total of eight present:
Audio link:
http://www.salumetandfriends.org/resources/2015_06_22+1salumet.mp3
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As always, I am happy to join with you all this time. We would wish to extend a welcome to the dear lady who joins with you this time. She is one of our workers, but I would wish to say to you, dear lady, that even now, sometimes you doubt yourself.
Annette: You're absolutely correct.
Yes—do not fear, because many work with you who will give you that upliftment and encouragement to overcome this doubt.
Annette: Thank you very much—that's good to have that confirmation.
You have much work to do—this you already know, and I am told by your own guides that you are a dedicated and loving person. All too often we see with workers that the ego comes into play. This is not so in your case.
Annette: That's correct and that's why I believe I've been given this wonderful gift.
Yes—we look for helpers who are dedicated to the work of spirit. Now, I know you have been concerned about your family (yes)**. And it is natural for you, because you are of course only human. My dear friends who sit within this room with you have heeded my words over many times, and they know that sometimes it is best to just let go and to give love to those in need. This is what you must also do—give of your love and allow the fear to dissipate** (thank you)**. Now my dear friends, for this time, I will tell you that there is much movement in your Earthly skies at this time. Be vigilant and be aware of new sightings within the sky of your planet.**
George: Mm that sounds interesting, Salumet.
Yes—I will say no more but it will come in the not too far distance, that there will be sights of other planets and other happenings. Remember my words, my dear friends.
Lilian: Well just recently, on the news, there was a couple of young lads and they'd found a planet that was sort of hidden behind two others, but they found it, which was rather thrilling for them. So that's one thing that I've heard just recently.
Yes—there is much more to come (right)**. Yes, but that is just a little something for you to focus upon.**
George: Thank you. I'm not sure if there's any connection, but I understand that one person in particular has been doing photographic studies of spiritual orbs—energy orbs. And there seems to be detail of colour and form showing up within the orbs. There is the suggestion that they are projections from a different reality or a different dimension, and even claims that faces of beings are seen within them. I just wondered if you have any comment on that recent research by Merlina Marcan, Salumet?
Yes, I will comment only to say that yes within these orbs, which are indeed spiritual energy, as you well know, there is no reason why that energy cannot be transmuted to show the faces of others. I would rather say these beings are not from different worlds, but are the faces of loved ones gone from this planet.

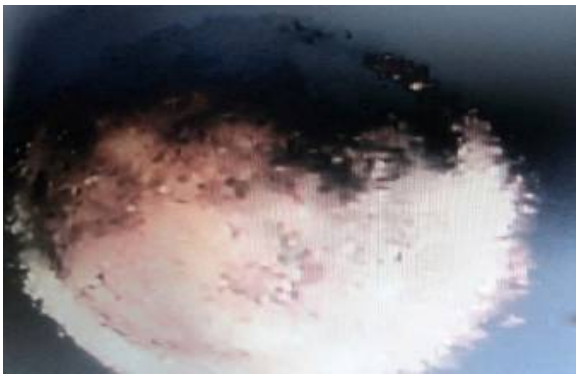
George: Thank you! That's most helpful and reassuring that this research has elements of truth.
Yes, there is no doubt that the element of truth exists. I hope that is helpful to you.
George: It is indeed.
Are there more questions this time?
Serena: Yes, I often wonder when what I believe are chemtrails and the weather modification, when the sky is completely whitened out, but there's lots of activity behind whatever is in the sky—can you say anything about what that might be **(yes)**, because there are rumours that it might be blocking out sighting of UFOs?
I would say: you know that all things have the protection of spirit. There is indeed behind all of these actions, those in our world who are trying to help. That is more likely, that that is what is happening. Do you understand?
Sarah: So are these beings getting behind the chemtrails because the chemtrails are wrong?
Yes—yes; you understand what I say?
Paul: The UFOs are trying to fix our mistakes—trying to help?
Not the UFOs—those of spirit, from our world—those who look after nature.
Lilian: Nature spirits...
Well, nature spirits are known as 'smaller beings', but nature spirits of your air are huge beings of energy, who are there to help whenever needed. You understand?
(Affirmed + thanks)
Lilian: Talking of nature spirits—I've thought about this a little bit. When we have things like the terrible earthquake that's just happened where human beings are harmed—would this affect the elementals at all?
The elementals will not be harmed. They are already in spirit. They are not human beings.
Paul: Non-physical.
Yes. You can only be harmed if you are of human existence. The elementals belong to the spirit world.
Lilian: Right, I probably should have reread what you'd said about them.
Yes, we have spoken of them in past times (yes)**. Do you have more questions this time?**
George: Yes, there's an organisation called the 'Kesse Foundation' and it's a scientific group with a PEACE initiative. It's controversial—those who believe this is for good and those who do not. The gentleman who is organising this is M T Kesse and he is Iranian-born and maybe some political manoeuvres come into this. But I was impressed by the peaceful motivation and intent of the Kesse Foundation. So I'm wondering if you can make any comment on this?
Only in as much as anything or anyone who is involved in peaceful happenings can only be congratulated. Always there is fear of all things new.
George: —Fear of change.
Fear of change, yes. We have spoken considerably of fear and it exists in your world in great measure. So I would say: anything that encourages peaceful events can only be for the good of mankind and to be encouraged.
George: Yes, thank you. Thank you for that—that is helpful.
(Pause)
George: One of our readers sent in a question about the name 'Yahweh', and I think I'm correct in saying this was a name given to Moses for the 'Creative Principle', which is a term that was not used at that time. Any comment on the origin and name 'Yahweh, Salumet?
Yes—we could spend an eternity dissecting names and their meanings and we have spoken much more deeply than what has happened in your Christian religion—your Bibles. The Creator is far larger—more expansive than any questions given to us about Christianity or any other Earthly religion. All I will say is: it is immaterial—it is of no matter of these things past—what they meant. What is important is what you know and understand at this time (yes)**. So I am not being dismissive—only encouraging you to look forward rather than to go back.**

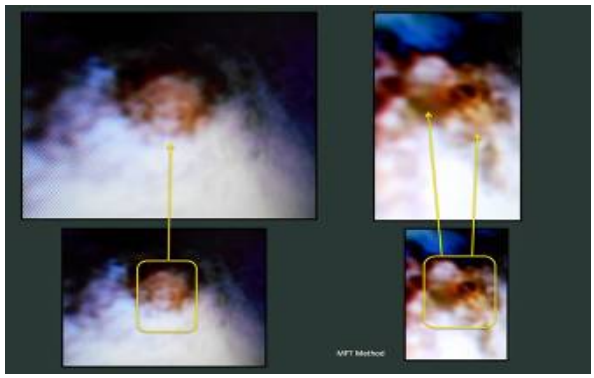
George: So past names given are immaterial.
Yes, I would say so.
George: Yes, well thank you for that. That really does clarify.
Yes, I know and we expect you as human beings to be interested in all things past, but really, my dear friends, it is more important that you go forward and find that Great Creative Force which stands before you.
George: Yes **(yes)**, yes, understood—thank you. Could I ask another?
I will take one more question this time.
George: Would anyone else like to ask a question? Annette?
Annette: No I'm fine—I'm enjoying listening to this.
I am always amazed that so many questions are within her mind until you enter this room.
George: I have the feeling Salumet, that suicide bombers—they are led to believe that if they blow themselves up together with other people, they will receive rich reward when they cross over to spirit. When they do cross over and see so much more clearly, it must be a huge change for their consciousness **(yes)**. If you could comment on this it would be very good.
I have to say, my dear friends, that all of these people are misguided—misdirected in their thoughts—believing that what they do, brings them to their own kind of paradise. It is—I believe you would say in your world—heartbreaking to see such devastation, when suddenly they realise what has happened; not only to themselves, but to all those other people who have been involved in their ways of thinking. They are never alone and yet they *are* alone, because they do not suddenly change their way of thinking. This we have spoken of many times. You do not suddenly become changed—you do not suddenly become aware of everything which has taken place. So I would say only this to you, my dear friends: that they must be included in all of your prayers—not only those innocents, but these people themselves who believe that they will meet their own god. It is indeed—I think you would feel—shocking, when the realisation comes, but they are surrounded by love, nevertheless.
George: So the realisation will come to them but it does take time.
Yes, for most it takes time because their mindset is that. You know that when you pass to spirit you see what you expect to see, and so it is with them.
Sarah: You did say to us once Salumet, that when somebody does something—I know we shouldn't judge, but you might perceive to be wrong, but killing—you said that nobody should kill—but if they're doing it, believing that it's right, that isn't quite as bad as when you're doing it knowing it's wrong—
Well, what is wrong is wrong, there can be no change of that, but of course, the reason behind the action has always got to be considered as well. Do not forget that we are speaking of spirit and not the human being.
Sarah: Yes, but there again, they might kill the human being, but of course they haven't killed the spirit.
No, the spirit can never die, but nevertheless their time upon this Earth has been used in 'misguidance' I like to call it, because after all, as I have told you my dear friend, everyone has love in some proportion—no one is completely 'bad', to use one of your words—and all must be helped whenever they are willing. I hope that has helped you in understanding.
Serena: So what about the people that help with 'assisted suicide—euthanasia, and perhaps people who have maybe destructive habits, like drug addiction—because that's a slow suicide, isn't it?
Yes—they have to face responsibility. No one can leave that responsibility behind. That is why it is so wrong for Earthly religions to tell people that they can be forgiven by the use of a few words, and others if they do such deeds can also be forgiven and will sit by the side of what they call 'God'. So know everyone is responsible for their own actions. Assisted suicides, as you call them—people normally do it from love, but I am here to tell you that it is not right. However painful it is to watch loved ones deteriorate *you cannot be the Creator*—you do not have the right to say who should go to spirit or when.

Serena: That opens a can of worms, because I feel in some hospitals and hospices, people are just really left to die almost **(yes)**, given just liquid and nothing else as and when—so really that's a form of assisted suicide.
But if the body can exist without all of the drugs and everything else that is administered, then surely it is their time to go? You must also remember that in making your judgements—you understand? (Yes)
Paul: And it goes without saying that this extends to animals as well **(yes)**. But I guess it doesn't quite extend to the plant kingdom, or should it extend to the plant kingdom?
As human beings you are limited in *pure* love. If we are speaking of *pure* love, no plant, no insect—nothing would be damaged; but that is unrealistic in the world that you live.
Sarah: —because what would we eat?
Yes, so you have to keep a balance, my dear friend—yes.
Paul: I understand that—yes.
Sarah: I was thinking about child suicide bombers, where they've been indoctrinated, and they're probably too young to make up their own minds or perhaps they don't have a chance, they're forced into doing these things. So that is slightly different is it not?
Yes, that is what I would call: using the purity of spirit in a way not meant to be used; so whoever has indoctrinated has to take responsibility (yes) **for that action.**
(Pause)
Now my dear friends, I hope your questions have been answered for you.
(Affirmed + thanks)
George: Thank you so much Salumet, for answering all our questions.
Yes—as always, I leave you cloaked in my love and light. And I know that when we come together once more that you will all be imbued with spiritual love and energy. And now we will allow any others who wish to come to enter this room.
George: Thank you for that—and we shall watch our skies.
(General thanks)
A very detailed period of clairvoyant messages then followed from both Eileen and Annette for those present.
George's Notes:
Merlina Marcan and Orb Photography: Merlina Marcan is author of 'Our Destiny Lies Within Orb Truth', published 2012, published by Gordon NSW, Australia Minipublishing, 122-pages.



Merlina Marcan is the originator of what is termed 'MFT Orb and Spirit Photography Method', which is described as 'holographic energy field projection. And here we have a small sample of her amazing photographs in which faces appear to be revealed:





I have corresponded with Merlina and she is very happy to share her photos, adding: 'I believe my research discovery will be far too important to just sweep under the carpet. Once tried & tested by scientists, this will open up "unexplored" doorways in science.' I would add: science and spirit must of course eventually recognise each other, and it is good that there are those of us on both sides of the current divide working towards this; and this will then open a doorway to what we might term 'spiritual science'. And knowledge of 'spiritual science' is what has already led extraterrestrial sentient beings to their space-travel and to their (proven) construction of energy-producing pyramids here on Earth in ancient times—a fact that is currently being swept under the carpet!

~29th June 2015~ SALUMET

Firstly there was a very brief visit from Salumet giving a personal message of guidance for one of the group's family members, indicating how Salumet caringly watches over, and not just those who attend the meetings.

George: Good evening—welcome to you Salumet.

Good evening.

All: Good evening.

My stay this time will be brief—there are others to come. What I wish to say is directed to the lady who sits alone in the chair. I would like just to say about your daughter (yes)**, and I would like to say also to you that life feels like a heavy burden. But for the young one, she is at the point in her life where she feels there is not too much to celebrate** (yes)**. Yes—partly the reason for the medical condition at this time** (I accept)**. Yes—I would just like to say: continue to try to be patient with this one** (I will)**. She has a good heart** (she has a lovely heart)**. Yes—try to focus upon the good things. Within the next three of your Earthly years you will see a great change come for this one. So, my dear friend, just be a little more patient—continue to be positive each time you speak with her** (yes) **and it will begin to shine through—gradually, but it will happen** (thank you)**. I just felt that at this time, you are in need of a little upliftment** (thank you for that)**. Now, my dear friends, I will leave you to continue this time with others to come.**

George: Thank you Salumet for that—I know that it is much appreciated.

As this was a personal message, names have been omitted—there followed another through Eileen, with the message that there was one trying to speak through Sarah, but we needed. She went on to talk about her work in spirit:

What I normally do is look after cats. I've always loved cats—big or little makes no difference to me.

Paul: So you looked after them also when you were on the Earth?

No, I just loved them.

George: Are these cats in spirit?

Yes, they're cats who belonged to people, or they THOUGHT they belonged to people—of course they don't belong to people, but there's a connection with them and that helps them to stay as animals, whereas I don't know if you—

George: Yes, so the connection is between cats-in-spirit and people-in-spirit?

Paul: Yes, the love connection ***(Yes)***.

Paul: So that means they don't go back to the animal pool.

Oh you DO know.

Paul: Yes, we've been told this before.
I just feel very blessed that I'm allowed to give love and, you know, take them around with me.
Paul: Yeah, well they must be lovely in spirit as well—I mean they're lovely here in Earth as well.
Yes, they're special little creatures—they're full of God's love (yeah)***—I think they are. So that's what I do mainly, and sometimes I come to groups such as this—and try to stir things up!***
(Chuckles)
George: Wake them up when they're a little quiet perhaps...
Wake you up—yes!
Sara: Have you got a cat with you at the moment?
I have—can you see?
Sara: Is it black with white stripes? I just thought I saw—
Yes! Isn't she beautiful!
Sara: Very beautiful—very unusual ***(yes)***—lovely colour.
Yes, she likes to come with me on these occasions.
George: And is there a bond between the cats in spirit—one cat with another?
There can be, but it is not usual (not usual)***—not usual but it can happen.***
Sara: What's her name or his name?
Meme—it's a she.
Sara: Yes that's what I first thought.
She's purring—isn't that lovely! (Yes) ***So I'm very blessed with what I do.***
So, does someone wish to speak to the lady?
Sara: Good evening?
(Pause)
No one there yet? Well I shall say goodbye.
Sara: Thank you for coming Alison.
George: Well thank you Alison for coming through and jollying us up a little.
There were fond farewells. There followed a loud clear voice via Sarah:
Audio link: http://www.salumetandfriends.org/resources/2015_06_29+one+thru+Sarah.mp3
I am sorry that you were not aware of my presence earlier.
George: But we nevertheless welcome you. Thank you for coming through.
(General welcome)
My friend is always at hand when there are times like this—my friend and her cat (ah yes)***. We in our world join together on many occasions, to try to help those who are misguided, and on this occasion I have come because of the impending fear that there is in this country after the shootings recently. There are many who are so fearful of the problems that could arise that they are encouraging those people to come to them. It is essential that this fear is abated, because the more fear there is, the greater the risk of trouble.***
Paul: Yes, it gets attracted to them—yes.
So our work at this time is to spread much love to all those in fear and to bring together all those who are not on the best terms with each other, but who need to draw together at this particular time in your living. We are with you and we know that the gentleman will forward this message out to many.
George: Yes indeed.
—And this is my purpose this time—to try to avert any misguided beings from being able to destroy their own lives.
George: Yes—I think you refer to suicide bombers and the recent killings in Tunisia.
Paul: The terrorists...

Yes, that is correct. So we will continue to work with those Earthly beings who are in fear and we wish to thank you for your small part in making this planet into the way of thinking that benefits all.

George: Well, this is a very wonderful message that you bring, and exactly what is needed at this time. And we do consider ourselves so fortunate in having your influence in this matter—this particular problem of our times.

And we in turn thank you for your understanding.

Paul: We'll do our best to get it out on the Internet—to get people thinking in the right way.

George: Are you concerned with the religious groups who put out incorrect teachings to these potential suicide bombers?

We cannot judge these people, but my message that 'fear attracts negative'—I think you can understand that what these people are doing is not benefitting themselves or the planet. So my message is simple: Please give your love to them, and if you can pass on my message about 'fear' and trying to overcome that, will help more than anything.

George: Yes indeed—we are familiar with the relationship between love and fear and how they can oppose each other, and how fear can attract.

Paul: Yes, so in dispelling the fear we don't attract it to us, but we also help perhaps, those that could start hurting other people by sending out more love and not succumbing to fear. We literally can help the other people as well.

Yes, that is all you need to do—yes. But remember not to judge, but only to give out love. Try not to be fearful (yes)***.***

Sara: I think it's very difficult for human beings when they watch tragic events on the news, because from what I see hysteria and panic arises in most people when they see these things, and I think that's what causes them to judge; so we just have to try to in very simple terms, explain the mental process and what we attract—so that people can understand.

It is not easy to pass on this type of message, but unless you do it, you will not achieve anything. So I will leave you with that message and we will continue to do our best to help all we can in making your planet the peaceful loving place that it should be.

(General thanks)

George: Thank you so much for your loud and clear message. We will certainly pass that on.

Paul: Could we ask for a name?

I do not have a name—I am sorry.

Paul: That's alright, I just wondered—the message is the important thing—names are not important.

Yes—thank you.

Following a pause, Sara then took us on a journey:

Audio link: http://www.salumetandfriends.org/resources/2015_06_29+sara+journey.mp3

For this journey I only want you to look at your own fears if you can. Try to, as you go through your days, try to observe your own thoughts when you can—because when you become more aware of your own fear about anything, it can come into your thinking at any time, you will see how it restricts and blocks your thinking—your opportunities—your decision to act or not act sometimes. So try to observe whenever you have fear within yourself, because when you are aware of your own fear and your own vulnerability at times, you will instantly understand and recognise it in other people. And you can more easily be strong for them or give them your strength and positivity. And behind every act of hatred or vengeance, there is always a fear. So, once we start to see this, it becomes possible not to judge—not to instantly see everything as black or white, good or bad, right or wrong; but we can understand better the thinking that has led to the darker action. And it's quite liberating for yourself when you start to observe the ways in which we restrict and limit our own selves—when we see the effect of fear on our thinking. Everyday fears usually turn into worries and anxieties. But if we catch ourselves doing that, we can stop it—we can cancel the thought and begin again with a more open mind, and this should help. So just for now, reflect a little

on common fears that you may experience. It may be to do with your own self, your own wellbeing, your own health, your future. It could be your children or people that you know. Reflect on your own fears for a few moments now, and see if you can have any inspiration about that. Okay, thank you.
(General thanks)
Finally, one spoke via Eileen:
Audio link:
http://www.salumetandfriends.org/resources/2015_06_29+sister.mp3
Hello.
George: Good evening—welcome to you.
Good evening. I have just been listening—so much talk of fears and distress and people hurting others and I just felt so sad, I had to come and just say that even although I belong to a different world than yours, it still distresses me to know of what is happening, and really all I wished to say was that your whole planet are in my prayers, and I know that some of you say: but why do you still pray when you live in a beautiful world? But that does not mean we cannot show concern for those on other planets.
Sarah: That's very kind of you.
Sara: Thank you for that. It's comforting to know that you're thinking about our planet.
Paul: It is sad to still see humans attacking other humans.
Sarah: It's the minority really who are causing the trouble. The majority of people are good people—it's just these few.
Yes, I know.
George: We certainly have our problems on this planet at the moment. Are you from spirit realm of this planet or are you from another planet?
I am from Earth spirit planet—if you wish to call it a planet—but of course it is not a planet. Spirit is everywhere—intermingled with all of the planets.
Sarah: So when you were on this Earth planet, were you a nun?
I was—I belonged to a closed order—I remember that. I remember sometimes, chastising myself for the thoughts that I had, because I have always been sympathetic to all people. I do not know if that made me a good or a bad nun—I'm not sure.
George: But if you had sympathy, then you had love.
Yes, and that is what I carry with me now. I just wanted you to know—
Sara: But I think that's a good quality—that you can feel for any person.
Yes, thank you.
Sarah: But you give out a nice feeling so I'm sure you did well here. It's what you needed to learn whilst you were here.
Yes, I am still not certain that to close yourself away, such as we did—it is the wisest of things. Because you have to belong to the human family, to understand their emotions and it is not always easy.
Sarah: But at the time that was right for you I'm sure.
It was right, yes.
Sarah: So if you were to come back to this planet again, you wouldn't do that again, because you've learnt, but at the time it was right.
Sara: You probably needed to have a quiet life at the time—more peaceful maybe.
You're very kind—you're probably right, I don't know.
Paul mentioned that some of us had shared a past life as monks in a monastic order
But we were not allowed to mix with males.
George: I guess your closed order was closed physically, but it was not closed spiritually—
No. Spiritually—it was hard, to begin with.
Sara: I'm sure you had beautiful meditation times—reflections.
George: Meditation—
George: Do you recall which country you were in, in that closed order?
Sarah: Ireland—ah right!

George: And was your closed order influenced by a religion or did you tend to go your own way?
George: I'm sorry, um—
George: Yes—were you influenced by a religion such as Roman Catholic?
Sarah: Yes, but it could be in a previous life you had a taste of religion, and this time when you were a nun you had something that was drawing you closer to God...
Sara: And the reasons for your Earthly life become clear too I guess, yes. So you understand why you had to do everything that you did?
Sara: Yes, I'm sure, because I believe that a lot of the strange things that happen out of the blue—I'm sure they are connected to other lives and perhaps sometimes we're reaping good rewards and sometimes we are having to amend for something.
Our dear visitor was then saying that she really does have to depart:
And we all said our fond farewells. We declared it to have been our pleasure, and finally we were reminded to remember those on Earth in our prayers.

~6th July 2015~ SALUMET

(The evening began with a rescue counselled by Lilian. Salumet spoke later on.)
Audio link: http://www.salumetandfriends.org/resources/2015_06_07rescue$2BCho.mp3
Lilian: Good evening—welcome.
(No response)
Lilian: Have you been listening to our conversations?
(Still no response)
Lilian: Is there something you would like to talk to us about?
(Still no response)
Lilian: Would you like to just sit there quietly? You could nod your head if that would help. I'm going to put my hand on your shoulder. Hopefully that will help if you want to say something or ask a question. Does that help at all?—any difference? Have you any idea where you are? Just nod your head if you know where you are—because you're quite safe.
I'm waiting—I'm waiting.
Lilian: Yes, you're waiting. Are you being helped by the gatekeeper? *(Nod)* Good. We're pleased to have you anyway.
I'm confused—confused.
Lilian: You're confused. What are you confused about? Where you are? You don't recognise my voice?
Yes.
Lilian: But you feel safe?
Yes.
Lilian: That's good—that's the main thing. Do you know what's happened to you? Something's caused you to die. Do you know that?
It's dark.
Lilian: It's dark where you are, yes. Did you feel unwell? Where do you think you are? If it's dark, are you in a room? Are you outside in the woods maybe?
—In a room.
Lilian: In a room.
—My room (yes)***—bedroom—cold.***
Lilian: Did you feel unwell? ***(Yes)***—In pain?
No pain.
Lilian: No pain—that's handy. But did you know that something has caused you to die?
No—I'm not dead.

Lilian: Sorry to be rather blunt but that's why you' e confused, and I'm here to help you. There's lots of friends here that will help you. If you look forward you should see a light. That light will get bigger and brighter.

I can't see one—I can't see one.

Lilian: It doesn't matter—you will. You'll begin to feel nice and warm and cosy. I'm just trying to help you go to the next life—your spirit life. You've left the physical body but you still live on in what we call the spirit world—heaven if you like. Can you see a light?

(Occasional coughs)

—Very small.

Lilian: That will get bigger and bigger, then slowly someone will be waiting for you, maybe you know them?

(Eileen was coughing a little)

Why am I coughing?

Lilian: I think it's just that your throat's dry.

It doesn't feel like me. 'I' don't feel like me.

Lilian: You're using someone to talk to me—you're using someone's body, because you are now pure spirit. That's what you can do—I know it sounds complicated if you haven't thought about it, but it's the best way I can put it. But the main thing is, let's get you into heaven, I'll say. You see that light?

Yes—it's bigger.

Lilian: Good, and then slowly you'll see someone waiting and that will make you feel happy—very happy.

Yes—yes I can see someone. I CAN see someone.

Lilian: Yeah, you'll recognise them in a moment.

My word! It's Tommy!

Lilian: Tommy is your—

Husband!

Lilian: There you are—I bet he's pleased to see you!

Well, well!

Lilian: Something you hadn't thought about maybe—that you'd see him again?

He's been gone twenty five years! Oh!

Lilian: So life goes on—just rather differently.

He's holding out his hand.

Lilian: Good and you're happy to go? He can explain a lot better than me.

It's like something I never imagined.

Lilian: But you're very pleased, I'll bet?

Yeah, I am very pleased—very, very pleased.

Lilian: So you go with Tommy and be happy.

I will (good)***—I will—I will.***

This rescue had been clearly slow at the outset but Lilian persevered and the lady was reunited with her husband. Another then followed via Eileen:

Hello—it's Cho—it's Cho.

Lilian: Hello Cho—it's nice to have you with us.

Paul: Our gatekeeper.

Just say: thank you—thank you for lady.

Paul: Pleased to help.

Lilian: She's okay now and on her way.

Yes—easy one.

Lilian: Well, we don't want any hard ones please.

(Chuckles)

Yes—how you say?—I get big head?—big head?

(More chuckles)

—Not me.
Lilian: I wondered if you were the gatekeeper behind it.
Yes—I try hard—very hard.
Lilian: Yes, so from your angle you somehow point them to what they must do ***(yes)***. It's not easy for us to understand.
—No—bring them good lady like you.
Lilian: Thank you! There is a satisfaction that goes with it though, I must say.
Ah, ego 'pride'.
Lilian: Is that what it is?
Yes—don't want that (no)***. No.***
Lilian: Just makes you feel good that you've finished the job.
Yes. Well, I'm gone.
Paul: Ah! Nice to chat again with you.

Salumet then spoke:

Audio link: ***http://www.salumetandfriends.org/resources/2015_06_01sal1.mp3***
Lilian: Good evening Salumet—welcome—unexpected, but welcome.
Good evening.
All: Good evening.
I, as always, am pleased to join with you all this time. We felt it necessary to bring the dear lady to you in order for her to move forward and also to allow your gatekeeper to help. I was of course aware of what was happening within this group. I wish to say to you all my dear friends, that there is a peacefulness and a joy within this room this time. I would like you all to absorb that peace and quietness and to allow it into your heart areas, that it may in the days, weeks and the months to come, uphold and sustain you, because the more you recognise it from within, the more help you can receive. All too often, my dear friends, you feel that happiness, peacefulness and joy coming from out and not within. This can be of course a mixture of both, but true love and peacefulness comes from the spirit, and I wish you all to develop that inner knowing for whenever it is needed. And I know that you all try so hard in your meditations and in your thoughtfulness for others; but I do not wish you to become too complacent and allow it to slip from your grasp. Do you understand my words?
(General agreement)
Paul: We need to be mindful and continue with the meditations—
Yes it is not a practice—it should be a way of life for you, by now. It should come to you naturally. That spirit, which many say is within, is not within—it is your very being. It is YOU and it is who you are. So please my dear friends, recognise this and you will be helped throughout your lives. Do we have any questions this time?
Lilian: I was thinking: if we can reach that point, would it in turn help other people that we may meet each day?
Yes indeed, because of course you then become an emissary of spirit and the light which is your spirit, shines forth to others that they will pick up naturally, because they recognise what is theirs to own. You understand? (Yes) **Yes.**
We wish again to extend a welcome to the dear lady who has joined us previously, and we give you peace and love.
Jo: Thank you, and the same to you.
Thank you—any more questions this time?
George: Yes, I have a question Salumet, about spirit realms. Initially I was thinking in terms of each planet in the universe being associated with a spirit realm, but conflicting with that thought, spirit is really all one **(yes)**. There are no distinct boundaries, and yet in some ways, people entering spirit realm from Earth will stay close to Earth. So could you say something about that?—and the absence or presence of boundaries within the spirit zone?

Yes, you must completely forget any boundaries. When you speak of Earth and spirit you are speaking of two separate, shall we call them, 'places'. But of course they are not—you my dear friend are physical, but you are spiritual. All is intermingled—every planet, every universe is as *ONE.* You do not suddenly depart to another place. This is what most people cannot understand. There are many of your universes, as you well know (yes)**, and we have discussed on occasions. But when you speak of passing to spirit, if you were to pass to spirit it would happen here and now—you do not travel to another place. Do you understand?**

George: Yes I do, and I felt that the notion of oneness—

You cannot have separateness. How can you? All is spirit. The Great Creator created spirit, but although you live on a physical planet, when you speak of 'spiritual places', it is the intermingling of the physical and the spiritual together.

George: Yes, and although we sometimes talk of 'your world' and 'our world' **(yes)**, it's really all intermingled—

Yes, it becomes confused, but of course we need to use human words, which is confusing. So for the sake of understanding we use your Earthly words.

George: Yes indeed—that clarifies. Thank you very much.

Yes—yes. Perhaps if you thought of when you go into sleep state, you are in spirit basically and yet you are still in the physical bed—there is an analogy there.

Are there more questions this time?

George: Yes, there's one that you may well be able to confirm for us Salumet. I was reading in a chemical journal this week about some investigational work regarding cloud formation—the high clouds in our weather system. And scientists have been flying into the clouds and collecting samples for analysis, and are declaring that clouds are formed largely as the result of what they call 'condensation nuclei'. And those would be of two types: mineral dust, which can arise from agriculture, and especially the way we do agriculture today. And the other type of condensation nucleus is metal particles, which they declare would come from industry. But I feel that cloud formation is much enhanced these days as the result of our 'chemtrails', which we have talked about—and these put metal particles into the atmosphere, and I suspect they're playing quite a big role in the condensation that forms clouds. Are you able to comment on that?

Yes—of course as time continues, the atmospheres of your planet alter, as you rightly say, by how mankind is treating the Earth—of course, it has to have results. But what I would wish to say to you, my dear friend is this: that for all time your Earthly planet has been a mixture of many things, and like the genes of your body, it holds onto many particles. I am not speaking scientifically at this point, but what I am doing is saying to you that you cannot use the time and space that you exist in to say these things have been caused. All of these happenings have already existed. Does that make sense to you?

George: All of these happenings have already happened in effect.

Yes—let me find a simplistic way of saying this to you: if you have a—and I know all of you here enjoy your cup of tea—

(Acknowledged with chuckles)

At the bottom of every cup of tea there are particles that you would call 'tea leaves' (yes)**—yes—not today because I know you use paper—**

(Chuckles)

But if you were, after one week, to stir your tea, all of these particles would rise and show themselves—a little like the state of your world. Although you think that a lot is caused by how you live today, a lot of the time it is stuff already within the atmosphere anyway (yes)**. Do you understand?** (Yes) **Of course it can be exaggerated at times, but nevertheless it is wiser for you to retain that your Earth has never been so different at any of its human time** (yes)**. It can be made a little worse, but that is caused by the stirring of the humans within. You understand?**

George: Yes, it is something that has built up—

No it has not built up—it has always existed, and only comes to the fore when it has been aggravated by some such condition—perhaps one of the conditions that you have mentioned.
George: Yes, changes in agriculture.
Yes—it is a complicated subject that you have chosen there—and not easy within your world to find the correct words for them.
George: But perhaps it is good that scientists are studying this at this time—
That is the purpose of your scientists is it not?—that they are always curious—that they will always seek something new. After all, if you go back to the beginning of my teachings, did I not say that all has been?
They are important words to remember.
George: Yes, I was thinking that the cloud cover seemed to be increasing, but perhaps we should see it more as a natural fluctuation—
Natural—yes—yes; I think you would be wiser to do so and to think more along those lines. But nevertheless, your scientists are here to find out as much as they can—we hope in order to help others, but not always unfortunately.
George; Yes, what comes from our scientific investigations is rather a mixed bag of items.
Yes, but nevertheless of interest to humankind, and I have to say, they have at times brought *good* to man. They have looked at many things and provided much; so we will try not to judge them too harshly.
George: Yes, we will try not to judge and try not to be fearful.
Yes, always do not be fearful.
George: And that was a very good message that we received last time. Thank you.
Yes—yes. Now my dear friends, I will take my leave this time and allow others to come. So, as I leave you, I cloak you once more in my love and light (thank you)**. Until next time, I leave you.**
(General thanks).
George: We are so fortunate. Thank you so much Salumet.
(*There followed two clairvoyant messages via Eileen, both for Graham. These concerned the location of a mislaid book and Graham's painting commissions—and that concluded our evening.)*

~3rd August 2015~

Eileen returned from holiday, but it was a small gathering this time:
Lilian: Good evening—and welcome.
Good evening.
George: Welcome to you.
There's more than one!
Lilian: Yes, there're six of us this evening. Quite often there's a few more than that.
I'm here to relate to you that one is coming to you next time.
Lilian: Yes, thank you.
I'm being told you know who that may be (yes)***.***
George: Yes, that would be Salumet, our guide and teacher.
Yes, well he wanted you to know he'll be with you next time.
George: Thank you, that's nice to know.
Lilian: Are you someone that brings these sort of messages?
Yes—I like to prepare people in advance—a little like a gatekeeper but not quite.
Lilian: No, I see.
But sometimes I feel people do not always believe what they feel, so therefore it is necessary to bring the words.
Lilian: It's very handy to have someone tell us.
Yes. There's a very special feel here (good)***—so quiet, so peaceful.***
Lilian: We're not always quite so quiet ***(you're not?)***. No—we have a laugh sometimes.

You have a laugh. I like that. I like to know that people are happy. I like to know that people love life, because you know, so many people don't.
Lilian: Yes, for some it's quite a struggle isn't it?
Yes, very much so—very much so. I would wish that everyone could be happy, but in your world, that is not possible (no)***.***
George: No, there's rather too much stress; and I think we all here have a nice appreciation of nature—appreciation of the natural world, and I feel that counts for quite a lot.
Yes, I'm sure it does and that is why it feels peaceful—because I can feel that from you. You are at heart, genuine kind people. Kindness is lacking in the world—it is and it saddens me, and many others, to find such injustice sometimes. But nevertheless you mustn't allow it to pull you down. You must allow your soul to soar in all events.
Paul: Yes—yes, I think we've been told to try to focus always on the good things—put our energy into the good things.
Someone has already told you?
Paul: Yes, the teacher ***(ah)*** who will be coming next week I think has mentioned. There's a word he mentioned—not to give *credence* to the bad things.
I understand—I too have had that teaching. Yes, that may seem rather unusual to you, but it is not—it is not, because—just because you pass to spirit doesn't mean we become all wise. It takes a long time to reach the situation of BEING peace.
George: Yes, you progress in spirit just as we endeavour to progress here on the planet.
Yes, I know this is not news to you, but as I am here I may as well use my words.
George: We're delighted to hear them. We had a popular song a few years back. It went: *'You gotta accentuate the positive, eliminate the negative, and don't mess with Mr In-between...'* ***(Yes)***. I rather liked that!
I like the sound of that too.
George: I think it agrees with what you've just been saying.
Do you wish to sing it?
(Laughter)
George: I don't think you'd enjoy *my* voice singing it.
Are you saying you are not an Angelic being?
(More laughs)
I fully understand, but the words indeed quite true—it's wonderful.
George: Well it's partly that I'm getting on in years. I'm 84, and the voice isn't quite as it once was.
Well I am not aware of the Earth year, but your light shines brightly (thank you)***, yes, as does all of yours—yes, beautiful.***
Lilian: When you were here on the planet ***(yes)***, were you aware that contact could be made?
No, I knew nothing—I knew absolutely nothing; only that I believed in something (yes)***, and of course, I have done much learning 'here', as you call it—yes. But no, I was not aware of any of those things:***
George: But you had an inner feeling, of which you were conscious.
I knew there was something—that's all I can say; I really did not know what to expect, so therefore, when the time came I found it very beautiful—yes. But I know, and I'm being told that you spread the word to others about passing.
Lilian: We try.
Yes, and that is very good because so many people still are not fully aware of what happens when it comes to their time of passing.
George: Yes, we have a website—I don't know if you're familiar with computers and the Internet that we have these days?
I am aware that you have these machines—yes.

George: Yes, so we have a website that Paul here has built ***(yes)*** and people can visit that, and we send out regular reports on these meetings and those reports go around the world.
Yes, you are doing a very good job, I know, and that also explains the aura of these meetings. And I know from others, they too have felt the love presence within this room at times.
George: Oh good, well we do our best to get the word out to others.
Yes—yes, believe me when I say: if only a few take in the information, you have done the job very well—we cannot ask more of you.
Lilian: Some people are just not ready to accept it, are they?
No of course not. You are all individuals after all—you were all given free-will—you were all born to different people. Therefore you are unique—remember that also. Your uniqueness has much to say (yes)***.***
George: We are concerned about the warring zones about the world. We're not depressed by it—this would not be right, but—
And it would not be quite right I feel if you were not concerned. Concern is a form of love (yes)***. Yes—but yes, you are right, you must not focus on it in a negative way at all. That applies to any situation in your life. It may not be wars—people against people—it may be an inner war—one that you have to fight within yourself throughout your lives—that also is a war. So, you know, there is much for you all to learn.***
George: Yes, I'm a little—I'm disappointed also in the number of people involved in manufacturing arms—guns, and in exporting them to these war zones ***(yes)***. I feel that is very wrong.
Yes, you all each have individual feelings and thoughts about what is right and what is wrong. I am not here to tell you what you should feel or think or consider, but I am about to say to you: if all of these thoughts are given in love to help your fellow man, then please continue, but don't allow it to become the be all and the end all of your lives, because let me tell you, each and every one of you: the lives that you have on this planet are truly beautiful. I do not speak of disappointments or heartaches or anything else which you would find upsetting, but I want you to look at your world as the Creator gave it to you—as a beautiful specimen of existence, and if you can keep those thoughts in your minds you will do well. Now, we would like to try something here tonight, because we know the numbers are less than normal.
George: Yes that's true.
Yes, but it doesn't matter does it?—because spirit will always be with you—as one individual or as many. We are always waiting for the invitation to come to you, to speak with you—to converse on subjects perhaps you like to discuss.
George: Mm, well this is always very nice ***(yes)***.
Lilian: You are always welcome to come again.
Thank you. I will hold onto that invitation. But we are going to try with each of you, to give a little clairvoyance. So do not be afraid to open up to us, after all, we are not here to harm you or criticise you in any way. So allow your hearts and your minds to open and see what comes and I will bid you all: a good night.
(Thanks + farewells)
There then followed clairvoyant messages via Eileen and Jan. Jan felt the presence of Ann (George's wife now in spirit. She mentioned a celebration and also a magazine article that George would find useful. (He had been sorted through piles of them that day.) Jan also got an impression of Ann's spirit garden:
Ann was fond of water—streams. Lots of big rocks—boulders, in Ann's garden—hidey-holes—secret gardens where the fairies can play...
George's Notes:
1: 'You Gotta Accentuate the Positive...': Well, would you believe?—that was a song by Johnny Mercer and the Pied Pipers, from 1945! How time flies!
https://www.youtube.com/watch?v=f3jdbFOidds

~10th August 2015~ SALUMET

Included in our healing prayers this time, we had requested healing for a dear friend in Japan who has on occasions sat with us; also healing for her mother who has dementia. We in fact had received a letter from her that arrived on the Hiroshima anniversary day:

Audio link: http://www.salumetandfriends.org/resources/10_08_2015+salumet.mp3

Lilian: Good evening and welcome Salumet.

Good evening.

All: Good evening.

As I come to you this time I clothe you with protection and with much love (thanks)**. I wish at this time to take a minute to speak about one who has asked for healing, and to comment about the word you use—that word being 'guilt'. I would like you, if you would, to communicate with this one.**

George: We shall be very pleased to do that.

Yes—because when you human beings speak about 'guilt', you are in fact punishing yourselves. You are allowing spirit to become negative and we do not wish that to happen to any one of you. The lady in question should not feel guilt. She needs not to feel sorry for what the deed has done, but she needs to give of herself more love, more forgiveness—that is the help that she needs. She needs to love herself more. Can you please convey those words if you can.

Paul: Yes, we can send her those very words in the transcript—yes.

George: We'll send her the transcript **(yes)**. We shall be delighted to pass your words on to her, and I know that she will be most grateful to receive them—thank you Salumet.

She feels so trapped at times. Her spirit needs to soar a little more and I will endeavour to help as much as I can.

George: I know her mother has dementia which is becoming worse; that must be part of it.

Yes—yes she, I will use the word again, because it is the word known to you—'guilt'. She feels guilt sometimes at the things that she thinks, but she has no need. She must allow herself to become free.

Paul: Guilt seems to not have any usefulness, in a way, as a feeling.

It is punishing the self—guilt is punishing the self. So that is my words for her (thanks)**.**

Paul: I'm sure it will apply to others who feel guilty, too.

Yes—guilt takes many forms. It is very often used in punishing one's self, when in fact all you need to do is allow the love to come from deep within; that love that is as yet not quite understood in your world. There are many levels of what you call 'love'. It is a widely used word, and sometimes, to the people who use it, it has little meaning. I speak of that deep innate love which is there, whether you are aware of it or not. That deep love is the very essence of your whole being. Do you understand?

George: Yes, and as to feelings of guilt, this last week there have been the anniversaries of World War II—use of atomic bombs on Hiroshima and Nagasaki, and I know there are many in the Western world and throughout the world who have some kind of a feeling of guilt—or perhaps not exactly guilt, because they did not make the decisions. But I'm sure many in the world feel for those occasions and those people who suffered.

Of course—any action which destroys or hurts other people cannot be looked upon with great love, but at the same time, as we have just said, guilt is a negative word, and yes, there are many who are punishing themselves because of these particular events—not only the one that you mention, but many that have occurred in your world. What they should try to do is to make amends in some way—bring love to another who is in need—help others who are in need, and in some way, it helps to *atone*—I do not like the word but I use it—atone for any ah—

George: It's a word we understand.

Yes—as always, it is difficult to find the correct word with the correct meaning. So I have to speak to you in your own dialects, in order for your understanding. But yes, I agree, there is still much guilt, as you call it—yes. Mankind—humankind, is a great supporter of guilt. Do you have any questions about this?

Paul: Just going back, you said before George mentioned Hiroshima and Nagasaki, about this deeper level of love **(yes)** that we become aware of—so because it's a *feeling* that love energy—

The love I speak of is not a human emotion. It belongs to the spirit—therefore it is innate within the spirit, yes.
Paul: That deeper level of love—I'm just trying to put it all together—
You will have difficulty, because as I have said, it is not an emotion that you are aware of—yes, it is a *true love* that belongs to spirit, that belongs to the *soul.*
George: Perhaps I could mention one who had quite an amazing perception in the first half of the last century—Viktor Schauberger. And he made the observation that man's devised processes have the character that they begin *within* and expand outwards, with a huge output of wastage of energy and heat, whereas—Hiroshima being an extreme example of this; whereas nature has the reverse processes. The weather vortex begins *without* and produces all the energy *within*, likewise the whirlpool in water begins without and the process goes within. So he made the observation that nature's processes are quite different from the man-made processes and opposite. And we with our methods are spoiling the planet, and perhaps I could quote from him and his words were: *In view of the fact that we're heading for extreme planetary spoilage*—he said about sixty years ago—*when the time is right and the need is great, perhaps some higher intelligence with a concern for human evolution will intervene and help us.* Well, I think that has happened, and a big 'thank you' to you Salumet, and your colleagues for helping us!
Yes, we in spirit, endeavour to try to help in any way that we can. I partly agree with the words you have spoken, but not fully. All must come from within to begin with. What exists on your planet is starting from without to go within, but when you speak of a creative force, all must start from within. You are all the *ideals* of the creative force, are you not? You are given this planet to live upon, and yes mankind has at times neglected his love and his duty of tending to this beautiful planet. But that is happening in the event of what you call 'progress' and sometimes progress is not as it should (be), but what is progressing is the thinking of mankind, and that thinking begins from within, because that is the spirit speaking. Do you understand?
George: Yes—so I feel that Viktor Schauberger made a great observation, but it's not absolutely wholly true.
Not quite correct, but I know where he was coming from in his thinking. And the other point I would like to make is that he tends to think of the creative force as some great human who has the right to interfere. That is not quite correct. As you know, the creative force is in all things, and mankind was placed upon the planet with his free will in order that he might return home without interference from that creative force. That part of existence does not include those like me, who come from spirit to help. We are not the creative force. Do you understand? (Yes) **Are you sure?**
George: I was just thinking: there is the matter of influencing—
Yes, but the influence comes from us in spirit. Many who have already lived upon your Earth—many of us who do not or have not. So you see, in a sense, we still retain some of the human elements.
George: Yes—I was thinking back to when you first came in 1994 **(yes)** and we had been heading towards nuclear oblivion **(yes)** and that changed course.
Again, the time was right because there was so much fear. There is fear today amongst many, but I would wish to dispel that fear, because fear, like all energy, transmutes and grows and that is not what we would desire to happen. I hope that helps just a little.
George: Yes indeed—that's wonderful; thank you Salumet.
Do we have more questions this time?
Paul: Did you say just now that the creative force is in everything; so it's within you of course—
You are part of the creative force—yes.
Paul: We're all part of it—
—A tiny, tiny speck, but still part of the great creative force.
Paul: So would the Angelic beings have a larger speck, or is that irrelevant?—the size of the speck—I suppose it's irrelevant—

Compared—yes, to human beings on this planet—yes, the Angelic beings have, for your understanding, a larger amount of creative force—to simplify it for you, yes; because they have never trodden your pathway, they are exactly what we call them—Angelic beings.
Paul: And you've described yourself as more like the Angelic beings in that you also haven't had physical incarnations **(yes)**. But you're also a conglomerate of beings.
A conglomerate of beings—that is how I came—the name was given to you, if you remember, for the purpose of recognition.
Paul: Yes, but it's better to think of you as many—so it's almost—
It is not one tongue, as you would say. It is indeed a conglomerate, which means the thinking of many.
Paul: So when we say: good evening, we are saying good evening to a *gathering* of beings—
—Of thought—a gathering of thought, yes. Yes, sometimes I feel, using the word 'being', is rather confusing, because it humanises, and that is not what we are.
Paul: —Because though you're a conglomerate—in a way, you behave like one—as one. Could you say as one being?
I speak as one being—yes. I am the part that uses the voice to speak to you, but the thoughts are the conglomerate beings.
Paul: And are the other Angels also conglomerates?
No—no. They all have their own work to do upon this Earth, as on many planets, but we are more—it is difficult to describe, because we come from that little way further.
George: Would it be right to say that the shared thoughts are all Akasha or Akasha-linked?
Yes.
George: Yes, thank you.
Does that clarify it for you?
Paul: Yes, it helps build up a picture. I know some readers like to try to grasp exactly *what* you *are*. You're not exactly—
They will never be able to fully understand. That is why it is better if there is a name to recognise, only in as much as it can become confusing.
Paul: Yes, I think as far as our understanding goes, we probably have to accept that we can't fully understand at this stage **(no),** but it still makes me so happy to—
Yes, I feel your puzzlement, but the more you think upon it, the clearer it can become. When first I came to you I also said: if you feel there is something you cannot accept, then you do not accept it; and that still stands now.
Lilian: Well we can accept, except that we cannot understand.
Yes, and you will always find those people who will refuse to *try* to understand if it does not make sense to them, and that is up to each individual. That is why you have your free will. But each time our words are accepted—each time, the mind grows a little more—and more questions come to you. You must surely have found over these many years that each time a question has been answered, that another comes into your mind.
(Agreed)
It is a continuous progress. Now, for this time, I feel you have enough to think about, and that is always my desire—that you have something *new* to consider or to disregard—the choice is absolutely yours and, my dear friends, I am always happy with whatever outcome you choose.
George: Salumet, I think I have a short one. Have you time for that? **(Yes)** Regarding 'spirit'—non-material, and it has this oneness which we're I think beginning to understand **(yes)**. Regarding the aether—that also is non-material **(yes)**. Does that have a similar oneness?
Of course, there can be no separateness. All belong together. All is intermingled, so you cannot separate. I know where you are going with that, but I have to say: you have to look at ALL as one.
George: Yes, that includes the material as well.
Yes, it is still part of the whole.

Lilian: So when my mother saw what you explained was an aspect of me, through the window, did she need to see that aspect at that time? Why did that aspect appear?
You are speaking of seeing your mother—
Lilian: Yes, she saw me outside a window looking in, and physically, that's not where I was. And when I said to you—you said it was an aspect of me.
It is the spirit of you—each of you has—you are spirit and you have a physical body, which most of the time is together, but the spirit can separate from the body—not fully, until you leave to come home to us—you are attached as you know. But the spirit can travel and show of itself.
Lilian: So is there a reason behind the showing? I've seen my son as well.
It just might be that the subconscious mind is thinking of those people at that particular time. You may not even be aware of the thought.
Lilian: No, I wasn't.
Yes, but all of you travel, whether you believe that or not—again I leave it to you. But yes, you leave your bodies at night when you rest, in order for the spirit to be rejuvenated; but you are still attached to the physical body. Only when you are free of the physical body will you then be seeing spirit as it truly is. So I would suggest the reason is that the thought was there without you having the awareness.
Lilian: Yes, I thought about that and I thought: is there a reason? But yes, I see what you mean **(yes)**. Thank you.
Now, I am happy to leave you, my dear friends, and look forward next time to coming together, as always in love and upliftment. And that is what I shall leave you with this time—upliftment.
(Thanks and farewells)
Following a pause, another was then with Eileen:
Audio Link: http://www.salumetandfriends.org/resources/11th+Aug+2015one+wanting+to+be+an+angel.mp3
Lilian: Hello.
Hello—hello.
Lilian: Nice to have you with us.
I didn't know whether to speak or not.
Lilian: Have you been before?
No I haven't. I heard you speak about Angels and I thought I've got to just come and tell you: I want to be 'an Angel on Earth'.
Paul: Ah, you want to be an Angel on Earth?
That's what I'm going to be. I want to come back—I want to be an Angel on the Earth.
Paul: What would you like to do as an Angel on Earth?
I'm not sure yet—that hasn't been arranged. I just want to be an Angel of the Earth. Doesn't it sound wonderful?
Paul: Helping people—
Yes, I'd like to be in the hospitals.
Paul: Well, there's much need of it, so that's a good thing to try to do.
I always thought only Angels were in spirit, but that's not true. You can be an Angel on Earth, if that's what you've planned to do.
George: An Angel on Earth with a human body?
Yes—yes, I want to come back and I want to be known as an Angel. I know it's not the same.
Paul: It's not the same as a real Angel, but it's a good aspiration.
—A good thing to do.
Paul: Like Mother Theresa—some people think of her like an Angel.
Yes, I know about her. Yes, she was an Angel on the Earth. Yes, lots of Angels—
Paul: Florence Nightingale ***(yes)***—
George: Yes—so a human who has Angelic qualities and Angelic helping and giving—and loving.
Yes. I have been told that you have to have lived quite a number of lives, and you have to have reached a stage where you can use that word 'Angel'. So, although I want to do that, it may not always have been

possible; but I'm excited because I know that's what I'm going to do. I'm not sure about the coming back bit—I don't know too much about that yet.

Paul: You don't know which country?

No, I don't know where I'll be at the moment.

Lilian: So obviously you've grown spiritually enough to be able to want to do something, really—

I suppose so—I suppose so.

George: Yes, I was just trying to think back in our history. There was Florence Nightingale who was devoted to healing in hospitals and there was Albert Schweitzer—

Yes, but you don't have to be famous. You can just be an everyday person—and you can still be very good. I feel I want to work with children; I want to help them all I can. But I'm excited—I don't know if you can tell?

(Affirmed)

I am really excited about going. And when I heard you speak about Angels I said: please let me go and speak with them!

George: The excitement does come through.

Yes—I must remember to keep my modesty though, because I am really excited I know.

Paul: But we've been told we mustn't feel any guilt about things, so if that's what's coming from within you, then that's your enthusiasm.

It's not guilt—I don't feel guilt.

Paul: No, right—so it's what makes you happy.

Yes. I don't want to find any ego—that's what I'm trying to say.

Paul: Right, yeah—there is always the chance of a naughty bit of ego ***(yes)***.

George: Have you any feeling of fulfilling a need that the people of Earth have in this?

If I'm going to be really honest with you, it's a need within ME—as well as helping others—it's a great need for ME—I don't know if that makes any sense.

George: Ah yes, I understand.

Paul: I think it does. I think that's often the way—it works both ways.

It helps you to grow.

Paul: In helping others you also help yourself.

Yes, that's what I'm hoping anyway.

Paul: In giving love to others, it seems to come back to yourself as well.

Yes, well anyway, who knows? I could even bump into one of you, who knows?

Paul: Yeah, if you get a move on and come down here fairly soon, you could perhaps.

Why, are you planning to come here?

Paul: Well no, not for at least another 50-years or so.

(Laughter)

Okay, I'll see what I can do! But of course it would depend which part of the world I'll be going to.

Serena: Most of the people we speak to are doing jobs *after* life with no thought of coming back; so are you between lives?

I am between lives—yes. I am at the moment considering when to return—I KNOW I'm going to return, I've already moved forward on that—so, yes.

Serena: Is that a different state to people who aren't coming back to an Earth life?

We all have the choice—we all have the choice and we all have guidance, but I've always wanted to come back, because I feel this need. It's—I don't know how to describe it to you. It's not a feeling I had on Earth—it's something that's happened since I've been here.

Lilian: A need to help?

—A great need to come back and be an Angel—an Angel of the people.

(Short pause)

Anyway, they're saying you're outstaying your welcome.

Lilian: Well thank you for coming back and telling us—that's given us something to think about.
Yes, I'm really, really becoming excited—I must go.
Lilian: So we'll say: good luck to you.
Paul: If you get clarification on exactly where and how and who, maybe you can pop back and tell us a bit more about your dream.
Perhaps—yes, I don't know, I'll think about that one—but it's been very nice, but I am going—I really am.
Paul: Good luck to you and lots of love goes with you.
George's Notes:
1: 'Deep Innate Love': This would appear to be an innermost feeling, and 'guilt' may arise from going against this. Clearly, guilt should normally result from the killing of another, but military training surely opposes this. Psychopaths / sociopaths fail to feel guilt for their antisocial acts—a part of dictionary definition. So can training produce a psycho- or sociopath? It would appear so, and yet, a proportion of military personnel are known to develop mental disorders as a result of what they do—so the attempted removal of personal responsibility through training fails, and guilt eventually catches up.
2: Fear and Nuclear Missiles: It seems that nuclear missile stockpiling has been driven by fear. But the object of that fear is clearly nuclear missile attack; so that cause and effect are opposed in a dangerous balance. [Perhaps we should note that the Spithead Review, with its dreadnought class battleships, was a show of British naval power which Germany endeavoured to match. And this was one factor leading up to World War I.] It is most imperative that we learn to control our fears in today's world!
3: Accentuate the Positive (ref last week): A recent study (2014) – 'Prioritizing Positivity...' by Sara B Algoe & Barbara L Fredrickson, University of North Carolina; indicates that positivity relates to improved organization and happiness.

~17th August 2015~ SALUMET

Salumet having been with us last week, we had not really anticipated a further teaching this evening. But Jean, Graham's mother, had travelled from Cornwall to stay with Sara and Graham, so they brought her along. Jean has sat with us on previous occasions. Proceedings were held up just a little at first on account of Eileen being troubled by a tickly cough. During our sessions, several use a rug over their knees for comfort, including Eileen. Eileen felt that her rug was causing the tickly cough, discarding it, she asked for another to be passed to her:
Audio link:
http://www.salumetandfriends.org/resources/2015_08_17+salumet.mp3
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
I would like to apologise for the irritation in the speaking box. At last, this one is listening to the quiet still voice. We have tried to impress upon her about the irritation caused by the covering over her knees (ah!) **But now at last, she hears our voice.**
(Chuckles)
Sometimes also, when we are making adjustments, the voice can be affected, but not usually to make the instrument cough.
Lilian: That's interesting.
Be aware that we endeavour to use this instrument as gently as possible, as well you all know. I felt that it was necessary this time just to welcome an old friend, and to say that no matter how long in time, those who are part of this group will always be part, whether they are in this room or not. It just shows that you are never far from our thoughts and we give a welcome to the one you call 'Jean'.
(Chuckles)
George: That's nice for you Jean.

Jean: Nice, yes.
We wish only to say one thing: as you know, I do not usually speak on personal matters, but there is something to be wary of in her home. There is a step which needs to be attended to. The step is in the garden. Are you aware?—It is not anything substantial, but just enough that needs small repair to keep this dear one safe. Can you please check on this for her?
Graham: We will check on that, yes—thank you Salumet.
Now my dear friends, as always, it gives great pleasure to all of us in spirit to join with you, and it is also good to see so many faces this time.
(Ten of us present)
As you know, I do not always come so often, but I will not miss an opportunity when a dear one returns to us.
(Thanks from several sitters)
George: That's very much appreciated Salumet; and in just a few weeks time, we have two people who will be travelling about 300-miles to come and sit in with us **(yes)**, so it's nice to feel that you will also be around on that occasion.
Yes—I will keep them safe—yes. As I have told you on many occasions, there will be people who come and go, and that is the way of things. That is how we are expanding, although we have the spoken word on record and we have your pages of written verse, it cannot compare to being in this room and to feel the energy which is created by all of you. That is something that needs really to be experienced. I am sure you would agree with me.
(General agreement)
Now, if you have any questions this time I will be happy to answer them for you.
(Brief pause)
Are there questions please?
George: Ah yes—sometime back I asked a question about the creation and understanding the creation, and you very appropriately indicated that we could not possibly understand whilst still here on the planet—there still has to be a reason for not being able to understand. And shortly after that I had a dream whilst asleep, that referenced another dream that I'd had. And the idea of a *dream within a dream* left me with the feeling of the creation involving a *dimension within a dimension.* And if it is something like that, then I can easily see that we could not possibly have any understanding of the creation! Have you any comment on that Salumet?
Only in as much as it helped you to understand my words. Of course, all of life—all of spirit is intermingled. I know many in your world find this difficult to understand. But *all* is now. I feel we are beginning to move into difficult situations when we speak of creation because, let me tell you my dear friends that the understanding of creation will never be known—not only on this Earth plane, but in the many lives and situations you will find yourself in, in time gone and in time to come. It is a deep—a deep situation to try to explain. I could not even begin to explain it to you, because we as beings are not even fully aware of what creation means. So that gives you kind of some range of understanding that it is not a simple explanation, and as much as you would try in your world, it will never be. Your scientists are making inroads as far as the existence of planets and all of these discoveries. But it is but a point on a pin—I will put it that way.
George: I think today, we tend to distinguish between what might be called 'mainstream science' **(yes)** and the work of individuals. And I think currently, the work of mainstream relates to the material world, and—
Because that is all mankind truly understands.
George: But there do seem to be *individuals* who are making headway with what is often called collectively 'the paranormal'.
Yes, you have to include what you call 'paranormal', which is indeed 'normal'—it is not paranormal—it is normal to many. But the understanding will never fully take place; after all, you are existing in only *one* universe at the moment!

(Chuckles)
And yet, all is intermingled—all planets, all universes, all of spirit.
George: Yes, some of us tend to think of the principle of other universes being other dimensions.
Yes, and as you say, there is one dimension within another and another and another; and so it continues.
George: Ah, yes, and the other thing is, I think you have told us our understanding becomes clearer when we pass to spirit—but that still doesn't clarify everything.
No—you will see a wider picture. You will have wider understanding; you will be much more knowledgeable about spirit. But remember, my dear friends, you are still only babes—babies.
(Chuckles)
—Babies in the *understanding world*, babies in the *collective use*—I am trying hard not to go beyond what you would understand. But yes, you will never completely understand, although as I have said, the picture will be much bigger. Is that helpful to you?
George: That is most helpful, thank you Salumet. Yes, that does open up our minds I think more clearly to the general situation.
Yes, that is all it can be—is a general situation. Yes, but I know also, that as human beings you have curious minds and it will never stop you seeking such information. But the more you learn, the more you understand—the more spiritual you will become, and that is a much bigger asset than trying to fully understand creation.
George: I think we all here recognise that many others in the universe have progressed in that direction further than human beings **(yes)**, and thank you for arranging connections in order for us to become clearer on that point.
When you can become one with your own being, then your understanding is great. Think about those words this time—when you can become as one with your *own being*, then you have a small inkling of what is ahead of you.
George: That is a deep thought.
Yes. Now, it is a short visit this time. I hope my words have given you food for thought. I know my dear friend, you work so tirelessly to give the word of spirit, and for this we will be always grateful to you. Continue, but sometimes allow yourself just to *be*—to be still and to listen to that quiet voice, and all will continue to be well.
Sara: Could I have one more question Salumet?
Yes, of course.
Sara: When we consciously invite Angelic presence into our experience, would you say it's more common to have synchronicities and coincidences?
Yes, when you invite Angels into your lives, it is the way they communicate with you.
Sara: Ah!—because I have experienced a lot recently, and it helped me to make decisions **(yes)** because I was amazed by the synchronicities.
Yes, it is their way—there are many ways in which they can communicate, but the synchronicities, are I would say, one of the most often used ways.
Sara: Ah—interesting! Thank you so much.
So I would say: continue, and not only be aware, but to listen in your quiet moments; because if you have called them forward in one way or another, they will always reply to help you.
Sara: Yes, thank you for that.
George: And I shall endeavour to have more quiet time and seek in that quietness.
Yes, you all need to do this. I know some of you are good at doing it, but others may be a little lax. So as I leave you, my dear friends, I thank you for your presence here this evening. We also thank that Great Creator for all the love that is given to us. And so, as I leave you, I cloak all of you in my love and in light.
(Thanks and farewells)

A period of clairvoyance then followed—information concerning Sara and Graham's family. This was followed by a meditational guided journey via Eileen:
Audio link: http://www.salumetandfriends.org/resources/2015_08_17+Eileen+journey.mp3
Okay—I want you gathered together as a group; and it's a beautiful, beautiful summer's day, and I want you to feel the warmth of the sun on your body and your whole being. And on the start of this journey I would like you all to slip your shoes off and step onto the grass, which is soft and silky and it feels good on your feet. And as you get used to the feel, I want you then to move forward—slowly and happily and to look at one another, and appreciate the bond that all of you have. I want you to carry forward and look around—look at the sky, how blue it is, how green is the grass and see where you are. Are you in an open space? Are you in a woodland? Are you by the sea? Each one of you will find your own destination. And as you continue on this journey, you begin to feel very light—lighter than you've ever done before—and you continue forward. And as you look at the fields ahead you see many things and you can see many people. I want you to carry forward, and suddenly you can't feel your feet in the grass. You feel so light, lighter than you've ever been before. And as we go forward there's a small rustle in the trees, and the smell of wherever you are; whether it be the sea or the woodlands or the open space. Just stop, just smell what is around you—and feel yourselves being absorbed by Nature, and you're feeling really, really good. You're feeling relaxed, you're feeling happy and you're glad just to be alive. Now as you move forward, before you there are another crowd of people, and whichever pathway you've chosen, you will find the group of people that are known to you. So slowly, slowly go to meet them. And suddenly you'll recognize within this group that there is someone you love or you recognize from other times and you can't wait to meet them. So continue forward and stop a while and see who that person is. You will recognize them and they are coming towards you. Take the time to recognize and to feel the love that they bring towards you. And as you get closer you become as one. You talk to the person that you have met, and you discuss how you feel and how glad you are to meet them again. And I want you just to be still, to feel that love, to feel that light, before you return back to where we started. So take your time and see just what happens. Feel the peace, feel the lightness, feel the joy and the happiness; and know that you're more uplifted than you've ever, ever been. And whenever you're ready, you can return in whichever way you want to; and I shall meet you all back at the beginning.
(Pause)
Now, we're back at the beginning, please remember to put on your shoes, to feel the ground, and yourselves to feel grounded and happy about where you have been. So gradually return and come back. Thank you.
Everyone back?—did you meet anyone you knew?
Some discussion then followed about the various friends and relatives who were met.
George's Notes:
Paranormal: The Concise Oxford Dictionary gives a succinct definition—'Events or phenomena supposedly beyond the scope of normal scientific understanding'. So it is a supposition (assumption) that the paranormal is beyond normal scientific understanding. And normal scientific understanding is considered by mainstream science to be a material construct and testable as such. The term paranormal must eventually be discarded when scientists in general seriously accept the non-material—the spiritual and aetheric parts of reality. And as Salumet declares: the paranormal is indeed normal!

~24th August 2015~ SALUMET

Whilst Salumet does not speak at every meeting, he nevertheless watches over and this was to become clearly evident on this occasion. As we settled, there was some discussion of the problem of 'addiction', and this attracted one to come and speak on this. There was some difficulty at first and it was a slow start:
Audio link: http://www.salumetandfriends.org/resources/2015_08_24+Miriam+addiction.mp3
Lilian: Good evening—welcome.
(Pause)

Lilian: Can I help you?
(Pause)
Lilian: Do you wonder where you are?
(Pause)
Lilian: You are with a group of friends who would like to help if we can.
(Lilian extended a hand to Eileen's shoulder to see if energy adjustment might help. Jan received clairvoyance regarding a name, which she suggested might be Joseline.)
Lilian: Is that right?
George: You're very welcome. Do you wish to speak with us?
(Pause)
Lilian: No need to worry. We're here to help.
(Still no response but Jan's clairvoyance now kicked in)
Jan: Try Mary-Ann or Marian.
Lilian: Does that mean anything to you?—Mary-Ann or Marian?
Lilian: A bit confused at the moment—who are all these people chatting away to me.
(Pause)
My name is Miriam.
Lilian: Miriam—that's a nice name. Can you tell us why you're here to chat to us? We're here to help or listen.
Only because I listened to you talking about addiction.
Lilian: I guessed you were—so you're here to help us?
No—I'm here to help me.
Lilian: You want to talk about your addiction—what happened to you ***(yes)***. Well we're happy to listen, if it helps you to get it off your chest—well, we'll be pleased.
If only I could help others, it would be a blessing.
Lilian: By talking about what happened to you, I'm sure that would be a great help.
(Pause)
Lilian: You know you're in spirit? ***(Yes)***.
George: Are you concerned about any particular type of addiction? There seem to be a number of addictions on our planet at the moment, with alcohol, tobacco and drugs—
Yes—and violence. I think the one who spoke about all of you having addiction is perfectly correct.
Lilian: I guessed that.
But it is a weakness in the being who struggles to help themselves and do not have the back-up of knowledge in their lives.
(Pause)
I apologise for the slowness of my speech.
George: No worries, that is perfectly acceptable to us.
It has brought back to me how destructive it all is—not only for the person with the addiction, but for all who know them.
Jan: That's right—it extents out far and wide ***(yes)***. When you spoke of—I think you mentioned the word 'support'—you can give all the love and support you can give, but unless that person wants to get better and wants to accept the help—
Yes. They do not listen to that—
Jan: —Inner voice...
—inner voice. You are correct—they say they want to, but they are weak. All you can do is to send up thoughts for them, because although they may be full of good intention, it is so easy to fall backwards, as well I know.
Lilian: Yes, very easy I imagine.

I just wanted to say: I hope I can bring all of you some love and upliftment for yourselves or anyone that you are aware of who has such addictions.

Jan: As you can now see it from spirit side—and as a *survivor*—that's the wrong word, isn't it? You yourself went through an addiction while you were here ***(yes)***. What would be the best piece of advice you could give for those helping others with an addiction?—apart from love and patience?

—And to listen to the inner voice.

Jan: —Our inner voice or are you telling the person—

—The addicted.

Jan: —Telling the addicted person to listen to the inner voice.

—Because, no matter how much love is given, they are ignoring it.

Jan: Yeah, they don't accept love.

No, and unfortunately, when they come home, they will be faced with all that they have done and I can tell you only how I felt—and I was ashamed. And even now, coming back to the conditions of your Earth, I am being bombarded with memories. That is why I speak as I do, because my speech was one thing taken from me. Therefore I hope for all the love you have sent out this evening, that if only one or two of those people are touched, you have done much good.

Jan: Oh that's good to know.

George: Listening to the inner voice is a very personal thing ***(yes)***. Have you any recommendation as to how one might encourage people to listen to that inner voice?

Each and every one of you knows what your inner voice is. That is why so often with addicted people, they are full of hope that they will beat the addiction, but because they are weak, they cannot sustain it. But you cannot help someone who has given up on life, because basically that is what they are doing.

Jan: The substance, whatever the addiction is, and I mean a vast array of addictions ***(yes),*** when they're taking it, when they're in that state, that's when the inner voice is completely switched off from them ***(yes)***. It's only in the cool light of day, do they feel remorseful and are not going to do it again ***(yes)***, and then as soon as that substance is touched, it's cut off...

Yes, but no one MAKES them do these things. So if they refuse advice and help, then unfortunately there are consequences (yes)***.***

Sara: Presumably we can pray for help ***(yes)***, for them to perhaps listen ***(yes)***—we can pray for spiritual help to encourage them to listen to that inner voice ***(yes)***; perhaps Angelic help also, to bring to their attention—we can try maybe.

That is all you can do (yes)***. But what I find, or did find upsetting, was that those people who loved and tried to help ME, I treated them abominably—and they are the ones who are supposed to love. It is a selfish act, I'm sorry to say.***

George: On the other hand, those who are addicted to violence are trained into being that way. I refer to the military system. So many are *trained* into ***(yes)*** violent ways in such a way that they do not have to accept personal responsibility—

But they DO—no matter whether they are military they have the right to say 'no' or to abandon their way of thinking. Of course, when they pass to spirit, the reasoning behind the actions are always considered, but nevertheless, every individual on your Earth plane is responsible for their own ways of thinking and their own actions.

George: Yes—they are trained into acting under the orders of another, which has the effect of removing personal responsibility—but I take your point that in the final analysis they *must* be responsible.

They have to be, there is no getting away from it—no matter what the addiction, they have to have their own personal responsibility.

Sara: I think we all make choices every day, don't we?—in a way—but you mustn't blame yourself, because it was a—

But yes, you do blame yourself.

Sara: But we all do things—we only learn unselfishness usually through being selfish first. I think that's how all human beings probably discover many—
No, I cannot agree with you on that we do not need to learn from being selfish. Selfishness is an act of the being who does not extend love.
Sara: Ah yes, yes I see.
It is difficult sometimes I think for you to understand.
Jan: It's very like when somebody takes their own life—it's that type of selfishness.
Yes, although most people would feel sorrow—yes, of course you feel sorrow, but what harm has that person done? Of course, the state of mind is taken into play, but at the end of a life, you become very responsible for that life.
Sara: True—yes, I see. I don't mean to say that we can't feel responsible, but I suppose we can only feel compassion—that's all—for others.
That is why—this is only MY feelings—why it is important for mothers and fathers to teach love in their small children (yes)***.***
George: And I guess *demonstrate* love.
Demonstrate love to all people, to all creatures, to all of your Earth.
George: To all creatures, yes; and in the animal kingdom we have what we sometimes call the herd instinct. In order for that to be, there has to be a love between those animals?
It is a different kind of love (yes) ***from human being's kind of love. But of course, you only have to watch an animal in nature nurturing its young, to know that there is a bond there of some kind.***
Sara: True. Did you come to understand how your addiction started? Did you understand?
I thought it was fun to begin with, but it is not fun—it is destructive, it is wrong and I cannot in any way, knowing what I know, condone it at all. And now I'm being called.
George: It sounds to us that you have made a very good journey since you have been in spirit.
I am happy and I am conscious that I made a lifetime of foolishness which now has to be paid for, and that is not in the sense that humans would understand. It is not a punishment, but it is—perhaps I will use the word 'education'.
George: Could also say it's a self-recognition of what is required?
When you come to spirit—I cannot answer sir, I am being called.
(Thanks and farewells)
Following a pause with a little discussion amongst ourselves that centred mainly on 'greed' and the code of practice that has been with us for a very long time called 'TheTen Commandments'. Then, to our surprise and delight, Salumet joined us:
Audio link: http://www.salumetandfriends.org/resources/2015_08_24+sal1.mp3
George: Welcome to you—Salumet?
Good evening.
All: Good evening.
I had to join with you this time, listening to you speak about what you should not do. What, my dear friends, out of those Ten Commands do you think is the most important one?
(Jan and Lilian quickly responded with: 'Love one another—love thy neighbour')
Yes, that encompasses all others, because if you love your neighbour as you love yourselves, there would be no *harm* done to any other people.
(Acknowledged and enthusiastically agreed)
So, we need only one command. I had to step in just to say these words to you.
Jan: Thank you for that.
Paul: That clarifies it—yes.
Lilian: It's very simple when you think about it **(yes)**.
Jan: I was talking about them in the context of the other person who came through—Miriam—the selfishness—teaching people how to be more self*less* **(yes).** That's more to the point why I raised the Ten

Commandments—each one is something to do with not being selfish, but doing things only in love. That's how I read them.

Yes. To speak as you do, my dear friends, brings harmony not only to yourselves, in your discussions, but you leave this room thinking a little deeper each time. And that in itself is something you should cherish, because if you do not think about the deeper matters of life, what is there to think about?

Jan: Very true—it's all trivial.

Yes—you are wise, my dear friends, and my only hope is that the words that you spread help others to gain that wisdom.

Jan: We do our best.

Yes—now, for this time, unless there is a very quick question, I will leave you to finish this evening in whatever way is for you to do.

George: I would just like to comment that we're back to that song again with the title 'Love is All You Need'. *(All you need is Love—the Beatles)* We've mentioned that before and I think you approved that title.

Yes, I indeed did approve, because the words say it all—yes. With 'love' you have everything.

Jan: I do have a really quick question about addiction. When I was washing up tonight before I came out, I was thinking about—before they come back to Earth, or this is their first time on Earth, but normally they return to Earth, and this time around they had an addiction; would they know in advance that they were going to be an addicted personality and it was something they would have to do this time?

They would be aware of the pathway of life—whether you walk a straight pathway or whether you deviate from it—that is entirely up to your free will (yes)**, but I will say that some—but it is not the normal for these people to choose to have addictions. It is normally something which happens within the lifetime. You know and we have spoken many times that you can bring things from another time, but with addiction I would say not. Does that help you?**

Jan: It does, thank you.

George: Salumet, could I just say that we know of two young teenage people who are very interested and seem very keen to sit in with this group. One of them I know to have clairvoyance. The general feeling has been in the past I think that young teenage is a little young for sitting in séance. Would you have any comment on that?

There is no problem with young people in séance, provided they are accompanied by wise mediums. If it is just a question of seeking, then of course a medium would help very much in their learning. If you are speaking of a group such as this, which has taken many years to develop in understanding, it may be a little more difficult for the young one to understand. But I would welcome their presence as long as it is an evening of just helping them cope with questions. It would not be an evening where I would speak, and because that may be something they have not as yet encountered.

George: Ah! Not an evening for advanced teaching.

No, but they would be welcome to the group to speak to others, who would help—not myself.

Sara: So we could perhaps devote one evening for them to listen to others.

Yes, a discussion evening with perhaps some light-hearted people—because they are very susceptible to spirit. Some are okay, some are fine and some I have said could come; but these I feel are not quite ready for deeper stuff.

Jan: Christmas time, at the end of our year would be quite nice when the children are around in spirit.

Yes well, I believe you said one is acquainted with spirit anyway, but even so, if you all remember back to your first séance meeting, you can imagine what a young mind can be—

Jan: They're so vulnerable to different thoughts at that age **(yes)**. I think it's far too young personally.

It is not young if they are the correct people; if they have encountered clairvoyance and other mediumistic—ah—

Sara: One of them is my daughter, and I think she has a lot of questions, because she has had a lot of experiences. Even though she's young she's seem cats a lot, for example, clairvoyantly **(yes)**, and she still does—it's been going on for five years. But she also has experienced a lot in her short life, in terms of

clairsentience. And she's heard a lot of things too—experienced a lot of spirit in the house and I think she will definitely develop when she's older, because she seems so sensitive.
Yes, all children have the gift of sensitivity— whether they use it or not is a different matter. But I feel that it would be best to have a question-answer circle rather than to have the usual sittings with me. I do not feel they are ready for deeper matters yet.
Sara: Yes I'm sure that's good advice.
(Paul then asked Salumet for any advice for a friend, who was suffering badly from arthritis)
Yes—is she close to the mother?
Paul: Um, I'm not sure if she's close to her.
Yes.
(Pause)
Yes—there are underlying issues here. That is all I will say at this time. She needs to separate a little more from the mother. Just to ask for help—that is my advice to her and there are many who would be listening. I will try and see what we can do to help her.
Paul: Thank you very much—thank you.
Yes—we may speak of this on another occasion, but for this time I am going to take my leave of you all.
(Thanks and farewells)
Finally, there was a period of clairvoyant messages via Eileen. These concerned a dog known to Jean, Sara and Graham; travel and family for Jan; and an observation for Natalie—all of which made perfect sense.
George's Notes:
1: Inner Voice: So we all have that inner voice to guide us, and so we each are responsible for our actions in the final analysis. Habitual drug-taking will it seems with certainty be regretted. And military training to transfer responsibility to another who gives orders is no excuse—the inner voice is still there, so personal responsibility therefore remains. Perhaps that is why mental problems sometimes occur in the Earth life following the killing of others.
2: Love and The Ten Commandments: It is both disappointing and sad that the man-made religions, the majority of our governments and those who vote them into office have ignored and continue to ignore that most important commandment. That is why Earth has had Inquisitions, crusades, witch hunts and wars. And that is why we still have highly aggressive governing bodies, Middle East war zones plus the enforced migration from those war zones, weapons manufacture to supply those who fight, drone and aircraft bombing, suicide bombings, nuclear missile arsenals, and an electorate who vote governments into office that initiate and conduct this love-starved status quo.
3: Séance and Young Teenage Sitters: The advice is that, for the reasons given, young teenage who express interest should be encouraged. They are best introduced to discussion and question-and-answer sessions in which understanding mediums may be present. The deeper ongoing teaching conducted by Salumet would be inappropriate for the younger mind—that journey should be reserved for later.
4: Addiction: Before Miriam came through, we had been discussing addiction and Paul had been describing an interesting piece of research into the nature of addiction, known as 'Rat Park', which you can read about here: https://en.wikipedia.org/wiki/Rat_Park

~31st August 2015~

On this occasion Eileen felt that we should experience a 'temple meditation' with musical accompaniment that she had on CD and it was played at the start of the evening. Then, following some discussion about our feelings during the meditation one joined us from spirit:
Audio link: *http://www.salumetandfriends.org/resources/2015_08_31.mp3*
Lilian: Good evening—welcome.
Hello.
Lilian: Hello. Have you come to talk to us or—
I'm just a messenger.

Lilian: I see.
I've come to talk about coincidences, and tonight was no coincidence. The lady thought that she'd picked the music/speaker, but in fact it has been planned from last time. Remember when you were speaking last time, when there were so many? And you were speaking about many different things, weren't you? Well I'm here to tell you that many people listen to meetings such as this—you're never just on your own.
Lilian: No, we tend to forget that.
Do you?
Lilian: Sometimes—we're often told there are people listening—they even come through like you have.
It's a strange thing to say isn't it?—'come through'. I always think: what am I coming through? It seems odd, doesn't it?
Paul: —because you're there anyway—you don't need to come through.
Yes, in an instant. But I suppose it's just a way of expressing.
Paul: —because we're not quite aware enough yet, to know who's around us ***(no)***. So we have to have these chats like this through mediums ***(yes)***, to find out who's around.
Well anyway, I'm being told to tell you that you needed this evening—all of you, for a little upliftment (yes)***. And so the music disk was not really for music, but for upliftment—that's why it happened. But it was all planned, speaking last week.***
Lilian. Yes—we forget that ***(yes).***
Paul: I kind of thought: if that's what we were going to do, it must be the right thing to do.
Yes, we always try and provide what's right for you at the time.
Paul: Yes, you look after us very well I think.
Yes, it's a two-way thing, isn't it? You—all of you help us to work and we try to help you in any way. Quite simple really, isn't it?
Paul: Yes, we're all trying to help I think. You're trying to help and we're trying to do our best.
Yes, but anyway, I haven't really told you what the connection was. The connection you were speaking about last week was what you call 'the third eye' in the centre of the brow. And did you notice that was brought up in the meditation? (Yes) ***So that was the connection from last time—so just something to think about.***
Paul: Yes, we also had an exercise, maybe a month or two ago, about eyes—the 'Egyptian eye' I think—how you can visualise that eye, then you see another eye, and then another eye. That seemed to be another way to—
Yes, if I might just say: really, I think it's best to find your own way. But you should know that it comes with practice—practice.
Paul: This opening up the third eye?
Yes—and the lady over there said this evening about pressure. That's when the third eye is opening.
Dawn: Right.
George: That's interesting.
Yes, but people have different experiences. Sometimes it is just there and people don't know why they have the sense—it is just there—and for others, it takes much work
George: Yes, we are aware of all the help that you bring to us in various ways—the speech during these evenings and the synchronicities during our lives ***(yes)***, and I know I get help with my writing and—
Someone's just saying: you're getting much better—at listening—much, much better. That's wonderful isn't it?
George: That's good to hear—thank you.
Paul: We'll give him an extra biscuit tonight!
Ur, he thinks you're a dog!
(Laughs)
George: So we're most grateful for the various ways in which you help us from spirit.

We are so glad that we find people such as your selves who are willing to open up and present the truth whether people believe it or not. It is not always easy when people regard you as not quite sane.
(Acknowledged and well understood!)
This happens on many occasions I know.
George: We are well aware that some people are just not ready for the truth yet.
Yes, but most of you are quite wise in your choice of words with other people, and for this we can only be grateful to you. Yes, but anyway, I have delivered what I came to say and I thank you all so very much for allowing me to speak with this one.
Paul: Thank *you* for the message.
George: We're grateful for your words.
Yes. Now I will just leave and perhaps another time...
Lilian: Yes do—can you give us a name?
My name is Rosalind. I do not mind giving my name. I know so many say it doesn't matter, but I still feel some identity, so therefore I do not mind giving my name. So I am known as Rosalind.
Paul: Thank you Rosalind—yes we still work with names of course.
Yes, it would be most confusing wouldn't it, if you did not have a name to be recognized by?
Paul: Yeah, we're not quite ready for that yet.
I like names—I like the different names that people give (mm)***.***
Lilian: Do they have a meaning? I mean I can pick out a rose in yours.
Well, I'm not too sure about that—what the meanings are. I know we pick our names when we're coming to Earth—or we try to influence the name—perhaps that is a better way to put it. And some people don't like the name when they come here, and they change them. What is the point of that?
Paul: Yes, it does seem a bit odd. Because presumably they chose the name in the first place—or maybe they didn't quite manage to influence—
It's the influence that goes wrong I think. You do choose your name, but circumstances also change, and also you have to contend with the parents who are going to raise you; they may not be influenced enough to accept.
Paul: And also I think a lot of film stars, celebrities and musicians like to change their name, possibly a little bit for marketing purposes.
Yes well, as long as it does not harm anyone, that's alright I think.
Paul: Yeah, I guess it's not hurting anyone—yeah true.
No, as long as you never hurt another, then it's really not important. I just like names. Anyway, I really must go—I'm being beckoned.
(General farewells)

~14th September 2015~

This evening there were two speakers through Eileen. Audio link:
http://www.salumetandfriends.org/resources/2015_09_14+first.mp3
Lilian: Good evening.
Good evening.
(Pause)
My name is Gamehl. I wanted only to say that, although you feel that your planet is upside down at this moment in time, I wish to say that sometimes it is necessary in order that the results are a betterment for mankind.
(General agreement)
You may not feel this to be so when you are actually living on the planet at this time of change, but I can tell you not all is doomed. You must keep within your hearts the lightness of spirit and allow others to speak what they feel. But for all, for each and every one of you to be honest with yourselves in the way

that you feel about all things in your world, whether they be personal or whether it be global—honesty from the heart is the right pathway to go. I just wanted to convey those words to you.

George: Yes, very nicely put—thank you. And I guess, for some of us, we need to observe errors in order to understand better our way forward—

It is good that you try to look at others with love in your hearts, no matter what your thoughts may be of them. You of course cannot be the judge—only the Creator has that right to say what is right or wrong. What we wish from all of you is that you keep your hearts open to ALL men. I know these words at times seem too simple for you, when there is so much going on. But I believe you have already been told that all you can do is to extend your love to all people.

(General agreement)

Yes, that message still stands—and that is all I wish to say.

Paul: A timely reminder. Thank you. Yes, it's so easy to lose focus down here, but I understand what you mean.

You will never fully have an extended view in the same way as we do here in spirit—it is impossible for you to have that overall view.

George: Yes well, the extended view is something for us to look forward to when we return to spirit.

Yes, hopefully it will be much better BEFORE you join us.

George: Ah! Yes, well that too is a beautiful thought.

Paul: We'll try to think with our hearts a bit more, and not be critical of things but to be more understanding of the process of change.

Our visitor had withdrawn—we felt that this was a wise one who understands our process of change rather better than we do!

Audio link: http://www.salumetandfriends.org/resources/2015_09_14+2nd.mp3

Lilian: Hello—Thank you for coming.

Hello.

(The voice was indistinct and Paul enquired if it was Cho)

No. I came with the man. I am being helped with my own forgiveness. I have spent much time with not being able to forgive. I could not forgive. *(Spoken tearfully)*

Lilian: But you're managing with help now, are you?

Yes—yes, I am being helped. I am now ready to forgive.

Lilian: That's good—not easy is it?

No, even here, many cannot forgive. I know—I have been told: most people let go. I could not—could not forgive.

Lilian: I think there must be some things that are really hard to forgive—really hard, but I'm glad that you've come through in the end.

I wanted to say: there is always help here; but to not forgive hurts yourself.

George: Yes, and I guess it's important to remember to ask for that help.

Yes, I was wallowing in my own hatred and unforgiving; so I just wanted you to know.

Lilian: Yes—because the person it hurts is yourself, isn't it really?—I've thought about it.

That is what I now recognise, and I am being helped in order that I may help others.

Lilian: Oh that's a good idea.

There are many, many people now on Earth, who also cannot forgive.

Lilian: I'm sure there's quite a few here and maybe still struggling in spirit.

Yes—yes, but I will endeavour to do all I can when I am ready.

George: I guess with the fighting—the warring that goes on, on our planet, there are many who are seeking forgiveness in relation to their hurting of others in the warring situation—

I am told that when souls return to spirit, that mostly they recognise quite soon what they have done, and also, those who need to forgive, forgive quite quickly. But then you have those such as myself who hold on to this unforgiveness—this hatred which, as the lady says, eats at you constantly. So no matter

your station in life, always remember: forgiveness is part of loving. That is my message to you all tonight.

George: And I imagine it's very good if we can learn that process of forgiveness while we are still on the planet here.

Yes, that is when it should happen; before you come to this world, try to forgive those who have wronged you. You will be the better one for it.

(Short pause)

Now, we do not wish to make your evening so gloomy, but know that when you leave tonight that there will be much light and upliftment around you. We would not wish you to be feeling gloomy.

Lilian: No, I'm sure we won't.

George: We thank you for that...

Lilian: Wise words.

Paul: Very wise words—yes.

George: That is very much appreciated and we also thank you for coming through and speaking with us on this matter.

Thank you, thank you very much.

In our follow-up discussion Eileen declared that she had the feeling that this one was associated with the holocaust and there was the feeling of broken fingers. And there was the strong feeling of the lady having been a German Jew of mixed blood.

It has been a spiritual teaching that before you judge another, look within yourself. And there is a saying (looking at your hand): for every finger that points, three point back! And there's the Jesus quote: forgive them for they know not what they do.

~28th September 2015~ SALUMET

This time our number included two visitors from Maidstone, Kent. It transpires that Gwen, accompanied by Chris does grand work as a platform medium, and like Eileen, often operates in full-trance mode.

Audio link: http://www.salumetandfriends.org/resources/2015_09_21+sal.mp3

Lilian: Good evening.

Good evening.

All: Good evening.

As we join together this time, we give thanks to those who have come this evening for their love and their light which they have brought with them. As always, my dear friends, we are happy to join with you once more. So much is happening in your world at this present time, so much so that there is fear, there is confusion and there is great unhappiness. But as I have often told you: you must not concentrate on those things, but to concentrate on the Love and the Light which you can send to all of those people who are in despair. I feel this evening that a little upliftment is needed for some of you, and this we will endeavour to do.

Lilian: Thank you.

I do not know, my dear friends, if you are aware of the knowledge that is coming to man from many things under your seas—great strides are being made there, and I would ask, because I have told you previously of these things—be aware of what is coming. That is all I wish to say on that subject.

George: Might I ask Salumet: does that embrace a number of underwater discoveries of structures—of stone structures, that have been made in the past, before the sea levels rose?

It entails all knowledge that has previously been missed. It will be of benefit to mankind to obtain this knowledge. But there is much that can be useful to you so be aware my dear friends. Now, for this time, I will take questions from you if you so wish.

Lilian: Two new sitters, have you got any questions?

Chris: Yes, thank you very much. Yes, good evening Salumet **(good evening)**. Thank you for being present this night for our visit here to this group—we are very grateful for that. I would like to ask you about

'knowledge' **(yes)**—the knowledge that we might have when we come to the Earth plane from the realms of spirit **(yes)**. Do we have access to all the knowledge that we might hold as soul-beings before Earth incarnation?

It is available, but I would say it would not benefit you to know *all* of the information, because you have come to this Earth to learn and to be guided. Therefore, to have access to *all* knowledge, would not I feel (be) **of benefit to you.**

Chris: I see—thank you.

I hope that helps you.

Chris: It does indeed yes. Thank you very much.

(Pause)

We are very quiet this evening.

(Chuckles)

George: Yes, well I do have a question. Some information was recently sent to me, in fact the recording of an interview with one Graham Hancock. His writing has always impressed me as being or as containing much which is close to the truth. One part of that interview concerned 'psychedelic drugs'. Now it is sadly the habit of many in the western world to overdo things such as tobacco, asbestos usage and drugs usage, but where psychedelic drugs are concerned there have been a number of reports from the Amazon rainforest in particular, about the controlled one-off and rare usage of a psychedelic drug which can open the mind to psychic and spiritual things; it's described as like opening a doorway. One drug in particular mentioned was 'Ayahuasca' which is a vine extract which is used in combination with another plant extract has been cited as having this effect. So I'm wondering Salumet, if you would care to speak on the possibility of *sensible* usage of a psychedelic drug such as ayahuasca for opening that doorway in consciousness?

I understand. I would say only this to you: there are many ways of opening the mind; and there are many, as you have mentioned, which use natural products. But this is not to say it is the correct way to open the pathway of the mind. Remember that the mind belongs to spirit, and sometimes the use of these drugs gives false impressions. Who are they to say that what they say is spiritual? It may seem so to them, but I would not advocate the use of them. And yes I understand when you speak of overuse in the western world, not only of drugs, but of alcohol and such things. I would not use any of these to open the mind; that should come naturally to you, because, as in all medicines—and that is the word I will use—all medicines, there are effects which are not beneficial to the body. That would be my only concern. But as we have spoken on many occasions about free-will, then I have to say to you, my dear friends, that whichever road you take, you ultimately are responsible for. So I can only say: if people feel benefit from these things, then that is the pathway that they must take. Do you understand?

George: Yes—yes, thank you—yes, that's a comprehensive answer.

It is always better—more beautiful, to see the mind open naturally.

George: Yes **(yes).** Yes, I was particularly interested because I had an experience myself, 26-years ago **(yes)**—and I was keenly interested in the Mayan peoples **(yes)**, and I was in receipt of the most amazing sequence of synchronicities which led me to the wonderful Mayan temple site of Palenque; and I conducted what I considered to be a scientific experiment at the time, with what is commonly known as 'magic mushroom'—

But you see, my dear friend, *your* experience was a very good one. What of those who have not had such a good experience?—of those you know nothing?

George: Yes indeed—my experience was a good one **(yes)**—I received a spiritual message **(you did)**. And it set me on a spiritual pathway.

—which can only be good for you.

George: It certainly worked for me, and that is the only time in my life **(yes)** when I have had recourse to a psychedelic drug.

Yes, but of course, as you know, all of your society relies on drugs today, as you would call them 'medicines', and of course, they have their good points—I will not deny this for you, but on the other hand, I have to say, my dear friends: what is better than to heal from within with that clear mind?
George: Yes, perhaps this is something I lacked at that time, but I think what was particularly relevant was the extraordinary sequence **(yes)** of synchronicities which led me to that occasion.
Yes, well as I have said, that experience for you, was a good one, but that is all perhaps I wish to say. Each one of you has a pathway to tread, and it is up to each individual to choose in which way they go.
George: Yes, thank you for that, that's a very clear answer, thank you.
Lilian: Well, you've talked about medical advances **(yes)** that we shall be seeing in the future—in the near future.
There have been many in this past year.
Lilian: Yes. Will it happen that we won't need—or they'll discover something—that we won't need to take so many drugs for medical reasons? Will they slowly die out or be not needed?
That I cannot see for a very, very long time, but the possibility is already here. It is just that people have forgotten how to heal themselves. Do you understand? (Yes) **Yes, and today your bodies have been adjusted and become dependent upon all of these drugs, which are made I hasten to add, from natural products. But that does not make them good. You understand?**
Lilian: Yes I do understand.
I am not trying to tell you that you should never take any of these medicines—that is not what I am saying—after all, the doctors in your world are being influenced from spirit. They are the healers of your world at this time. Therefore my words to you, my dear friends, is that, do not always be so hasty to take these medical products, but firstly to put into place, the state of your own mind. I hope that helps you all and gives you food for thought.
Lilian: Yes, thank you.
Jan: It's certainly something that I feel I've experienced over the last 18-months—not taking all the drugs that the doctors have prescribed for me.
Yes, and you are beginning to win that war—
Jan: Yes, I am healing thank you—I can feel it every day.
We have been helping you my dear friend.
Jan: I know, thank you very much. I understand it entirely now—the words of the 'human spirit can heal the body'—entirely **(yes)**, if that's the right way of putting it.
So many people would say: but that is not common sense. What is not common sense is that they do not think for themselves.
Jan: No. I think I know what caused mine—I know I'm lucky to have that—to be able to go within and find the answers to why I was in pain, and I know a lot of people aren't as fortunate.
And I hope, my dear friend, that I have taught all of you to think more clearly for yourselves, and I know that spirit are so grateful to all of you for the work that you do, and we will endeavour at all times to help those who try to help themselves.
Jan: It's very powerful—so powerful—to be able to help yourself.
Chris: May I ask about the *etheric* body **(yes)** that we each have, as far as I understand? **(Yes)**—and how that might link with our *physical* body, and the etheric body experiences we might have in our sleep state?
In what way do you wish to know the connection? You cannot have one without the other if you intend to live upon this Earth. The etheric body is a powerful image of the Earthly body which, if you are speaking of leaving the physical body at night (yes)**—that is what you are asking I believe?** (Yes, thank you) **Yes, all of you leave your body at night to be rejuvenated and to help the physical to still exist on Earth. Is that what you wish to know?**
Chris: Yes, I was very curious, because I've been reading an interesting book written by a medium who was on the Earth in the 1930s and 40s—Gladys Osborne Leonard, and she experienced the moving within the

etheric body, in her *conscious* state you might say **(yes)**, to meet up with her husband who passed into spirit—
You can be free from the physical. It takes practice for most people, but it is achievable.
Chris: Is it to be recommended do you think Salumet, or not particularly?
I would suggest caution, once the etheric body is free from the physical. I do not feel that you would come to much harm, but you can go further than you should. I hope that is helpful.
Chris: Very helpful—thank you very much.
I will take one more question this time.
George (*looking around)*: has anyone else a question?
Mark: Mine's quite a quick one. I bumped into a woman who happened to have worked in the Bosnian pyramid, and she seemed to think that there was extraterrestrial communication going on from there currently, which sounded quite interesting. I don't know if you'd be able to comment on that?
I would have to consider this one. It does not feel quite right to me. I will return with that question to you next time (thank you).
George: Can I place one more concerning the Graham Hancock interview?
Yes.
George: He has studied the writings about what is termed the 'Ark of the Covenant'; and it seems that it's considerably pre-Christian era **(yes)**, it is mentioned in a number of spiritual writings, there is a replica of it in 20,000 Ethiopian churches, I gather—so it has a very serious place. It also seems to have been feared, and it is claimed to be present in one particular church and people are denied access to it. And he seems to have reason for considering that it relates to, shall I say, a lost technology from a previous civilisation. Would you care to comment on that Salumet?
I will comment quite quickly, and yes I would agree.
George: You would agree that it is a technology from a previous time?
Yes, it is no doubt—and again, much longer than has been stated.
George: Yes **(yes)**, that was my feeling about it **(yes)**. Yes, it's interesting that you are able to confirm his contention that that is what it is.
Yes, there is no need to go deeply into this, but yes I fully agree.
George: Thank you—that's very nice to know.
Now, my dear friends, I thank you for your presence as always.
George: And we certainly thank you for yours, Salumet.
Yes—as always, I will take my leave. I leave you with my love as always, and I hope that the upliftment given to each and every one of you will be felt as you leave this room. Until we come together once more, I will leave you in my Love and my Light, and take my leave of you now.
(General thanks)
Following a pause while Eileen returned, she had clairvoyance with a message for Serena regarding her family, and this was quickly followed by commentary from one speaking via Gwen. In fact, a number came through, each speaking rapidly with a different accent, one following the other in quick succession. The first had a slight cockney or perhaps Australian accent. It was a light-hearted opener with lots of chuckles throughout:
So may we say good evening to everyone!
All: Good evening.
We've come along tonight because we thought it would be rather nice to talk to you, you know. We're strangers, or so you think, but we know all about you—we know all those secrets, you know, that you keep hidden.
(Chuckles)
Though not to us, because you see, we can see right through. We know you're nice people, 'cos there's a nice light here you see. And there's a great big healing vibration, as you would say—we call it a power—right in the middle of the room and it spreads right out to every one of you. So we thought we'd come

along and say congratulations, you know. We don't often do it quite like this, 'cos we're more sedate, but you're a friendly lot, so we thought we would come through, if it's alright with you.
(Agreed)
There're a lot of us waiting here just to talk to you, if you will listen to us, if you'd like to talk to us that is, 'cos we wanna be polite you see, we wanna do things in the right way, 'cos it's different with everybody you know. At some of the places we go to they're a bit snooty—
(Chuckles)
—others are just like you, very friendly and very nice people. So we thought we'd come and say: how do you do.
Chris: Bless you.
Eileen: So could we ask your name?
Betsy.
Eileen: Betsy—that's a nice name.
Well, it's alright, isn't it—it'll do for now, you know. I might change it later on you know.
(Chuckles)
Eileen: Well, you'd be welcome to change it.
George: Well Betsy, you're obviously a very nice person too.
Well that's kind of you.
Eileen: Have you been doing this for long Betsy?—coming to groups.
Oh, for a long, long time dear, you know. 'Cos she's getting an old lady now. She doesn't like to hear it, but it's true.
(More chuckling)
So, we've been around for a long time, but she didn't know it, you see. But you see there's a lot of us that come around her and Christopher (Chris) and we try to help out and we try to help other people, but they're not very interested, you know, really.
Eileen: Are they not?
Not really, you know.
Chris: Well, some are surely Betsy?
Ah yes, but what do they want to know? They want to know who's gonna marry who—
(Knowing laughs)
—how much money they're gonna have—
(More laughs)
—and it's lovely, 'cos that's what life is all about. We don't have to stand on a high horse, or pretend to be something different to what we are, 'cos we're just ordinary people and we have to earn a living when we have a body—it's a blooming nuisance, but there you are.
George: Are you saying, it's not so much laziness, it's more the materialism?
Well, that's always been like that—it hasn't changed you know. 'Cos there were the toffs who had the money and there were those who did the work—and they (the toffs) didn't—it's always been the same.
(Affirmed/chuckles)
Eileen: And it still is.
It doesn't change you know. Don't expect your world to change and you know, you move into the spirit realms and you're just the same where you were, you stay there for a long—but you're always the same, you don't change one bit—a long time. Why should you, you're happy, aren't you?
Lilian: Mm—so have you been there a long time, in spirit?
At this point a different speaker with a more refined English accent quickly continued through Gwen:
Indeed my friend. Good evening!
Eileen: Good evening.
Good evening—yes we have—many of us have been this side of life for some considerable time and we move around you know and we converse with different people on different subjects—nothing terribly

serious at this stage of life, but it's all very interesting and we come across some remarkable occurrences, you know; and people have the funniest of ideas about the spirit realms. But you'll be most surprised and delighted when you leave behind that overcoat and come into the spirit realms. There is warmth and there is love and there is hardship and depression; it's just the same as it is in the physical body. My dear friends, you don't change for a considerable time. But we thought we would just come along, you know. Each one of us is a little different and, my friend, you'll understand if we say the 'Americans' are here this evening.

Chris: Lovely.

And they might come and talk to you if you're very lucky.

Chris: Oh good.

And that would please you immensely, wouldn't it?

Chris: Yes, it would indeed, yes.

But you see, you're all very nice people and you're all very interested in the different aspects of the spirit 'life', shall we say, but can I—if I may just say: Be very interested in the life that you have NOW—that is most important, for you're in that physical body for a very, very short time and during that time, make the most of it! Enjoy every minute. Try to help other people of course—in so doing you help yourself, you know—as you give, so you receive. And tonight we want to say that it's a joy to see you all gathered together in harmonious conditions and that light goes out and you'll attract many, many other selves from the spirit realms and beyond, we can assure you. Love and peace prevail when there is a mutual interest, and you have that interest, one with another and it's delightful. My friends it has been a pleasure to come and talk to you.

George: It's been a pleasure to listen to you.

If you will allow us just one moment, there is another soul who would like to come forward, if you would just—one moment please—

Paul: Absolutely.

Short pause, before a powerful speaker through Gwen, in what sounded like an old Abraham Lincoln style American accent:

We want to say that great strides have been made in this pathway of life—that you have indeed opened the door to greater knowledge and as you receive and you act upon that knowledge, a lot of help can be given to the nations of your world. To consider that you are in a physical body, and it rather lacks something like—we can understand this. But you have within you a tremendous power—the power of almighty God, and if you will realise that and utilise that to the fullest benefit, mankind can change the path that it is walking upon at this moment. It can change tremendously, that man will come to realise that he is a power himself and as he radiates that power, peace will prevail. Many of you attend your churches and your synagogues and your mosques and various places of worship and your ask Almighty God in the wisdom that you have, to eradicate the hardship which exists upon your Earth and we want to say to you tonight: my friends, with the greatest of sorrow, we have to say it is a waste of time, unless you are willing to do something yourself; for you are the power of Almighty God and that works through the man who walks in the physical body. Now there are many in the spirit realms who are working as you would say 'overtime' to radiate that power of healing to the Earth and other places, but we need YOU, we need your hands, we need your light. Do you understand?

(Affirmed)

That united you can go forward and eradicate all the hardship which exists upon your Earth. Yes, it will take time, but it needs someone to start the 'ball rolling' as you say. When this happens, much can be achieved. We wanted to come to you tonight, for it is a great and wonderful honour to be able to be within this little group tonight, to help you to radiate that power, to say to you in all honesty, YOU are the instrument that we use. Remember this in your moments of depression, remember this in your moments of—troubles and tribulations.

George: This is a stirring message—

Realise you are that strength, you are that power and you can do so much to help mankind. You are the instruments my friends and we offer you a great and wonderful blessing from the spirit realms, that each one of you will feel within you the upliftment of heart and to know that the generations that are to come after you, will live in peace and harmony. God bless you my children.
There was a gentleman who wanted to ask a question we think?
George: I just wanted to say: this is a stirring message and thank you very much for that.
It is a message of HOPE and REASSURANCE to mankind.
Eileen: Thank you.
It is a message that should be given to all the people, wherever they are. And now you have heard the words, now you will be able to give these to others and encourage them, will you not?
(Agreed)
God bless you, thank you.
George: This message will be circulated through the Internet that we have now and that is in itself I believe, having a great effect. It is great being able to reach people via the internet and your message will certainly go there.
(Agreed + thanks)
There then followed a much softer spoken one through Gwen:
Now that's nice, isn't it? You see, these things do happen, you see. We weren't sure that we could manage it, but we did try you know—
Chris: You did really well.
—joined together and there's lots of us here and we want to say 'how do you do?—to each one.
(Thanks expressed)
We shall remember you in our prayers and in our thoughts and if you have any doubt, you know, about the continuation of life, then stop for a moment and think about Nature as a WHOLE. The beautiful trees, for they are about to go to sleep for the winter—and in the spring they will come back to life again. And my friends, one day you will put aside, lay aside that overcoat and you too will march forward into the realms of spirit, and once again live with freedom, with joy in your hearts. We do hope you will understand this message.
(Affirmed + thanks)
Another then followed through Gwen after a short pause:
Can we just say to you that to be able to come to the fore and speak to people of a like mind is very pleasant, you know.
(General agreement)
It is very good and we do thank you for allowing us to come. It is a great and wonderful privilege to be with such people, to be with such light. You understand?
Eileen: It's a privilege to meet you all.
It is very nice—tonight we decided that we would do a little work. There's somebody else who wants to come and if you can allow us a few more minutes, it would be rather nice.
(Affirmed)
It just takes a little while sometimes to change over you know—not usually, but tonight is a bit different you see, because there's a lot of us and they all want to come and say 'how to you do?' Now they can't all come, but just for tonight, just for one moment please—
(Pause)
Another then began through Gwen, who, like an earlier speaker had an American accent:
Well now, we thought we would come to the surface as you'd say and speak to the good people, with the good will that you have. You've heard us before my friend.
Chris: Yes, my American friend—we so welcome to you, thank you.
Yes indeed. It's a joy to be able to come into this 'chapel of rest' I was going to say—it's not quite that is it?

Eileen: No, not yet.
(Chuckles)
We got the wrong term my friend—but this delightful atmosphere. If there's anybody wants to ask a question, because, you know, we're here and we bring a lot of power, a lot of love and many of us have spoken to you tonight—a few of us anyway—and they all say the same thing. So if you'd like something different, just say so.
Eileen: So you'll put in a good word for us, will you?
(Chuckles)
There's no question about that my friend. You know very well you have the power, you have the incentive, you have the joy within your heart, you connect with the spirit world—you don't understand ALL of the knowledge, of course you don't, but then you're inquiring all the time, and little by little and you gain more and more and more and that's how it should be—that's how it should be. So when you eventually emerge into the spirit realms, then my friends you'll be overjoyed at that which you have created, by all the work that you've done here and all the joy that you've given to other people—that will be with you in the spirit realms; it'll be a glorious day. Anyway, power's going a little, because we're a little tired, but if we could say 'God bless you all', and maybe God willing, we shall meet again one day.
Eileen: That would be lovely.
Bless you all. Thank you my friend *(Chris)* ***for the help that you've given.***
(General thanks)
George: And we seem to be receiving from a group in spirit. Might I ask how many of you there are?
Innumerable people in the spirit realms who've joined together and there are all nationalities; some have been there a great length of time—many, many—shall we say thousands of years—and some have only been there a few hundred years. But we are a group and we have those in the physical body, who are instruments of this group. These are just two *(Chris and Gwen)****, but in truth, you are all instruments of this group, because we all work together to create the atmosphere which allows spirit people to come to you to the Earth, to give upliftment and to bring the great and wonderful knowledge of the continuation of life. That is the sole purpose of our connection with the Earth, to teach people to put aside that great and wonderful fear that they have, that has been nurtured within them for so long, of death—it is quite ridiculous! No-one ever dies—you move into the spirit realms—life is continuous. And that is our message to mankind, to put aside all the rubbish that they have been taught, to bring about this new idea perhaps—this great and wonderful knowledge that to live within the physical body is a great and wonderful blessing that has been permitted—to live within the physical body for a very short space of time. And then you imagine you move into the spirit realms—that is wonderful—you reap that which you sow.***
(Affirmed)
You will notice that we have changed places again.
(The accent had indeed changed at some point earlier, as another from the group in spirit had slipped in, replacing the previous American speaker)
Chris: Yes—you're very good at that.
(Chuckles)
We do this repeatedly—yes, we're very good, we're improving all the time my friend, we're improving all the time—yes.
George: And a recent teaching of our guide Salumet is that ALL is intermingled and I think that you epitomise that.
Yet another accent change as another slips in, with possibly a hint of a German accent:
All—you sit in your circle—whenever it is possible, you radiate a wonderful power to the spirit realms and there's no difference between one group and another really. They all want to say to you that we are all warm and happy and loving people and we wish you well. The difference is in the physical body my friends, where everybody has a different religion and they're always right and you're always wrong—

(Chuckles)
It's quite ridiculous you know, because all religions, all pathways lead to—the medium always says that they all lead to the summit. Well perhaps that's the best way of putting it—it's acceptable to most people.
George: But unfortunately all the religions that we have are *man-made* in a sense and they don't quite get everything right sometimes.
Do you know my friend we want to say to you that it doesn't matter in the least whether they are right or wrong; it doesn't matter whether you are a Roman Catholic or a Jew or a Hindu or Muslim, or a Spiritualist—it matters not at all. As long as you are the BEST Spiritualist you can be, the best Muslim that you can be and you follow that pathway in Truth and in Light. That is good.
(Agreed)
Chris: Good message.
You live in this area of your world. It is a Christian area, so most of you were brought up in the Christian faith, yes?
(Affirmed)
If you lived in the Eastern countries you would be brought up as perhaps a Muslim or a Hindu or a Jew—it depends really on where you live. So how can you possibly say one is right and one is wrong?
Mark: That's right. Gandhi used to say: God has no religion.
That's right!
Mark: But equally you could say God has *all* religions.
That's right. And so you see we agree, do we not?
(Agreed)
With this we say goodnight my friends. It has been a great and wonderful pleasure and a privilege to talk to you tonight, to listen to your great and wonderful guest. We do appreciate the privilege that has been extended to us. God bless you all.
(Blessings and fond farewells)
George's Notes:
1: Ocean Floor Structures: All around the world there are submerged rock structures suspected by many as being man-made; also pyramids.
—Yonaguni monument off Okinawa: Graham Hancock and others have investigated these submerged columns and steps. Hancock reports details in his documentary 'Quest for the Lost Civilisation' and in the Joe Rogan interview. It is reasoned that the rockwork must predate the last ice age when sea levels rose substantially.
—Bimini Road, off Bahamas: This has the appearance of a road about 0.5 miles long.
—Structures off Cuba: A submerged city with buildings and pyramids?
—Gulf of Cambay, West Coast of India: Another submerged city? This has radiocarbon dated items indicating 9500-years.
—Pavlopetri, off Laconia, Greece: A post ice age city that probably became submerged during an earthquake.
2: Ayahuasca: Ceremonial use of this psychedelic drug goes back a long way with Peruvian rainforest people. It seems that DMT (dimethyltryptamine) requires the presence of MAOI (monoamine oxidase inhibitor) to be effective, hence the admixture of two plant extracts. Traditional sources say that instructions came from plant spirits (elementals).
3: Magic Mushroom: Psyilocybe caerulesens Murray, variety Mazatecorum—a paper on this subject published by a Mexican doctor was by chance passed to me for my possible interest, just a few days prior to my wife and I left for our Mexican adventure.
'There are the 'veladas' or sacred mushroom evening ceremonies. These were outlawed by the Spanish Inquisition following the fall of Montezuma and for the last four centuries such ceremonies have been conducted covertly. Maria Sabina (1894-1985) was during much of her lifetime, a revered practitioner and

guide to proper use of the mushroom. And it must be stated that an important part of Mayan tradition is that the mushrooms should only be taken under guidance (either spiritual or Earthly) and for proper reason.' —From chapter 6 of A Smudge in Time. The complete chapter which includes all synchronicities leading up to the magic mushroom experiment is separately attached.
4: Gladys Osborne Leonard: (1882-1968)—an adept UK trance medium from an early age. She did valuable work with the Oliver Lodge family and for the Society for Psychical Research from 1918 onwards.
5: Ark of the Covenant: It is said that the ark is within the church at Abu Gosh and there are small replicas of the ark in 20,000 other churches throughout Ethiopia:

The information that the ark is technology from a civilisation dating from well before the Christian era leaves me with the thought that perhaps it has connection to Atlantis. We have the as yet unpublished testimony of one Vincenta Moog, and I sincerely hope that it will be possible to publish when the time is right. Vincenta has powerful visions of a time when in past life she was High Priestess of the Brotherhood of the Light in Atlantis. She gives wonderful descriptions and speaks of a gateway with lasers of a golden hue criss-crossing it. These generate a kind of force field. "Only a suitably advanced soul could walk through it unscathed. Spiritually impure souls would literally be thrown backwards through the air, never to be invited back during that life." Food for thought!

One of a number of illustrations from the literature that depict the Ark of the Covenant.

~5th October 2015~

Audio link: http://www.salumetandfriends.org/resources/2015_10_05+Jeani.mp3
Lilian: Good evening—nice of you to come along.
I didn't realise you knew who I was.
Lilian: I knew you were there, but I'm not quite sure who. Should I know you?
No—I just meant that I thought you knew I was here (yes)***. Yes, I'm always attracted to peaceful places—peaceful quiet people and I think that describes all of you.***
George: Certainly we're peaceful and peace-loving.

Yes, I do admire people today who have their own minds—who can discuss things in a peaceful quiet voice—yes.
Lilian: Yes, we might disagree, but we're fine together.
Yes, I never was quiet. (Oh!) ***I think today you would have called me a 'bible basher'!***
(Chuckles)
Yes, I know that has brought some response.
Lilian: Were you a parson or—?
Oh my goodness no!—I belonged to the Methodists (yes)***. Yes, I did—my parents were very strict, and you know, it was the biggest regret of my life.***
George: I was going to ask how you view that now from spirit—
Completely different and I now see what I've missed, because there was a young gentleman who wished to marry me and I wouldn't—because he was a blasphemer—quite against the rule of God. And anyway, my parents would not have approved—and now I can see what a wonderful life I've missed.
Lilian: Have you met this chap in spirit?
I have and he just laughed, and in fact he passes a joke and says: 'It was a narrow escape!'
(Laughs)
Isn't that amusing?—yes absolutely, yes.
George: So I guess you needed the spell in spirit to view all this and think about it some more.
Yes, you do—you see things differently—you see everything more clearly. Yes, I was quite shocked to tell you the truth. I thought I was a perfect little human being. Now I know differently—yes. But nevertheless, it is good to see that religions are more open to change.
Lilian: Yes, very much!
Yes—you're not about to be rid of it just yet, but nevertheless, it is nice to see that people are speaking out and people can now disagree (yes)***. I was forever quoting to my young gentleman, but there you go, that was part of a life where I learned a lesson.***
Lilian: Yes, I was going to say: we are here to learn lessons. That's the main thing isn't it?
Yes, unfortunately I did not learn whilst I was there, but now I have.
George: Yes, I think we all feel that the religions of the world have been so much man-made and state-affiliated, and your Methodist one, as you imply, has been too rigid.
Yes, all are too rigid I think, but nevertheless, nevertheless, it was part of life and I now accept that.
Paul: Yes, we've been told that they still provide a useful sort of 'scaffolding' for people.
Of course, if that is what you people need, who am I to say differently?—if it makes you a good person—
Lilian: I was going to say, if they're good people, that's the main thing isn't it?
Yes—my father, he knew every word—he had an answer for everything from the book—yes, but nevertheless, he was a very good man.
Lilian: Yes. Did you have brothers and sisters?
I had two brothers, yes—hard working, yes. My father could be a bit cruel I think at times, but it did not seem to harm them (yes)***. So that is why I've joined you, because you are quiet and peaceful.***
Lilian: We're glad you came.
George: Have you any plans for another Earth life?
Not at the moment sir—not yet—I'm enjoying life too much (yes)***. I'm finding out information and I am content at the moment.***
George: Oh good—that's nice to know. And how do you view people—or how much awareness do you have of people in the world today?—the Pope for example—have you had any thoughts of him?
Well not particularly, but I think he probably is a good man. The trouble is they become too involved in what has been said in the past (ah yes)***. That is not their fault.***
George: No, but as you say, I feel many see him as a good man.

Yes, he IS a good man—don't let anyone say otherwise. He is a good man, but I would say: a lot of the leaders in the religions are a little misguided. That's all—not that they are bad or cruel or evil—just a little misguided.

George: Yes, as are a number of political leaders today, I think—we must agree—there are interactions between political leaders and religions and how people have developed through not really understanding their religion—

Yes—I really didn't really study much about what you call 'politics'—never have, and thus far I haven't been able to acquire more knowledge—only in as much as I have not wished to. But I am sure the time will come, I'm sure as it comes to all, that you have a much wider field of vision.

George: Yes. I'm afraid our Middle East area is in a state of confusion at the moment ***(yes)***—that's what I was thinking of.

Yes, I know there are problems in the world that you live in, but I'm more concerned about religion (yes)***. That's not very helpful for you is it? But that is the point I'm at, at the moment.***

Lilian: Yes, well you had a lot to do with it while you were here.

Yes, I certainly did!

Lilian: Can you tell me what part of the world you came from?

Paul: America.

Yes, that's right sir. My parents—I suppose today you would have called them 'pioneers' Yes—I don't know.

Lilian: So quite a long time ago—well longish—

—Long yes, but—yes, that is where I would have lived. But that is of no concern now, because it does not matter who you are, what your name is, where you come from—it's all very unimportant.

Lilian: Yes, the planet is a small place.

It is—it truly is. That is something that you will be surprised by—you will, you will. And I really must go—I've so enjoyed myself, I really have.

George: We've enjoyed your visit and it's been a pleasure talking with you—thank you!

Thank you sir—I won't say: God bless you—'cos I know there's no need.

(Chuckles)

Lilian: So feel free to come again.

I truly will, because I feel so comfortable here.

George: Well, you'll be most welcome.

I will leave my name, if that is convenient.

(Agreed)

My name is 'Jeanie'—and hopefully we can meet at another time.

Lilian: Yes, I'm sure we do.

George: We'll look forward to that.

Yes—perhaps I'll have a better view of the world and give you a little more information.

Lilian: Yes, that will be nice.

Paul: Yes, that would be interesting—thank you.

But as I said, I am focussed on my own—

Lilian: Growth really—

—Growth, yes. I wish you all 'farewell'.

Paul: Farewell to you Jeanie.

(General goodbyes)

Next followed a 'rescue' of a blind lady—audio link: http://www.salumetandfriends.org/resources/2015_10_05+rescue-blind+lady.mp3

Lilian: Good evening. Can I help you?

I can't find Percy—I don't feel well.

Lilian: You don't feel well and you want Percy—

Yes, please find him.

Lilian: Is he your husband?
Yes.
Lilian: I will see what I can do.
Please help me—do not leave me.
(And the lady held out a hand to be guided)
I can't see.
Lilian: You're blind? ***(Yes)*** Well, we can sort all that out and you'll be able to see again by the time—
No—just please fetch him.
Lilian: And that's your husband?
Yes—I feel so unwell.
Lilian: How old are you—can you tell me how old you are?
I'm eighty—please get him.
Lilian: Right, okay—let's find Percy first. I think he'll be waiting for you when I tell you what's happened—he'll be waiting for you. Did you ever wonder what would happen when you died?—where you go to—spiritually? Did you ever think of your spirit?
Yes.
Lilian: Yes? Well you've left your body behind.
No—(yes)***—no I'm still here.***
Lilian: It feels like that, but no. You're still *you*, but you need some help to go to Percy, because he's gone already and he's there waiting—he got there before you. You've been asleep for a little while and now you're ready to join him.
Oh—I'm confused.
Lilian: I'm sure you are. But you're eighty and that's a good long life, isn't it? But something has taken you—well you said you felt unwell—and something has caused you to die and leave that body behind. So you're talking to me spiritually. But you're still you—you're still the same person, but you will take on a new body.
George: It's very understandable that you would be confused about it.
Lilian: You'll be really happy in a moment. But now you feel nice and warm—you feel surrounded by love. You think about it. You feel that love, don't you?—good. Now what I want you to do is look forward and you'll see a light. Eventually in that light you'll see someone you know, which I suspect is going to be Percy.
It's dark.
Lilian: Yes, but you'll be able to see again—remember that—you'll be able to see perfectly—any disabilities will disappear. So if you look for the light. *(Pause)* Someone's holding out their hand to you?—good. Who do you see? ***(mm)*** You see Percy? And you can see him, can't you? And if you're happy to go—
It's him.
Lilian: Yes lovely. Well, you'll start life afresh—
It's him!
Lilian: And he's pleased to see you—well off you go—and be happy.
The experience left Eileen feeling shaky and she needed a minute or two to clear the residual feeling. When Eileen first saw (as did the rescued one) it was beautiful colours, which is unusual—before more normal vision took over. Perhaps this related to the lady having been blind. Eileen felt it to be a nice rescue and he was waiting.
The evening was concluded with clairvoyant messages via Eileen for Natalie, Mark and Serena. Serena had cold feet and Eileen was actually aware of one giving her energy about the ankles.

~12 October 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/2015_10_12+sal1.mp3
Lilian: Good evening.
(Pause)

Lilian: Have you been listening to us talking?
(*It then became clear that this was Salumet)*
Lilian: Welcome to you Salumet. I guess you *have* been listening.
Good evening.
All: Good evening.
As always, we are aware of your conversations as you come together. Still my dear friends, you find yourselves absorbed with the ways of your Earthly world. I wish to say one thing: to remind you of what each individual's life should be, no matter where their status lies; whether it be, as you say, with too many Earthly gifts or whether you belong to those who suffer and are without the very fruits of existence. I say to you all my dear friends: what has happened to *living in this moment?*—because whilst you are concerned about all of these matters you are foregoing your own lives. Do you understand?
(General acknowledgement)
I would like you all to think a little more deeply about this matter. I have told you so often: all really that you can achieve and what you should do is to give your thoughts and love for all—not to distinguish between your brothers, but to love *all* people, no matter the circumstances. And for yourselves to live in the moment, and in this way you move forward with knowledge and with love. I hope that makes sense to you.
Lilian: Yes it does.
(Affirmations)
George: It does indeed. I know that some find it more difficult to love those who are involved in the fighting and the bombing. But I know your statement also refers to those soul aspects.
Yes—you must allow each and everyone to exist within this world, whether you agree or not. This is a very big ask of anyone. But I want you my dear friends, to think about the words I have said to you and begin to understand that what you must do is place all of these difficulties into the Creator's hands. The answer therefore lies with that Great Creative Force. And mankind at this moment in time is refusing to listen to that inner voice. We know and understand, my dear friends, the heartache that is caused, and of course we would wish for a good life for all people; but that is not for you to pass judgement upon. Your love must surpass all things. You must turn to the Great Creative Force and allow that force to take care of all that happens within your world.
George: Yes, unfortunately it has been a human trait to when hit **(yes)** strike back **(yes)**, but I recall a phrase from the Bible about turning the other cheek, and perhaps that would be more appropriate.
Yes—again, we have to—there is so much still to do within your world. But my dear friends, I wish you to continue, to be uplifted, to feel love for all of your fellow man—not just those people that you feel deserve your love, but for *all* people, for all those—especially those you feel have done wrong; they too will need your love and your prayers. So think about these words this time and see how your discussion goes; when you really feel and become part of this Earthly world with all of its, what you call 'problems'.
George: Yes. One feels there are certain people who have worked themselves into a position from which they are able to make improvements within our world. And I've always felt that it's appropriate to give those people support. How would you comment on that?
There is nothing wrong in giving support, but what you are doing my dear friend, is making selection, when indeed that should never happen. What you are doing is passing judgement upon many others. Do you see what I am saying to you? (Yes) **You are selecting those to have your backing and that is never right. No matter how harsh these words may seem, I feel that I have to say to you: love for mankind is for *all* of mankind—there can be no exceptions. After all, the Great Creative Force is *all* love.**
George: Yes, that would seem to imply also, a neutrality—where the workings of society are concerned.
Yes, mankind should be working towards unity—not whether one side of people are evil and another is good. There is good and evil in all men. I do not hesitate in saying this, but that is why you need to find the spirit which you are, with that all-unending love that is within it. Only then can you look to yourself and say that you love all of your fellow man. I do not say this is easy my friends—it is not. I understand

quite well the workings of your Earthly world. But I wish you to think about it. It is easy for me to say what you must do, but by now you should *feel* that burning within your *heart* for ALL of mankind—ALL of mankind. It is easy, as I have said in the past, to love those people with whom you feel there is a unity, but it is not so easy to love what you call 'your enemies'. After all, if you had two children, and one was very good and one was very naughty, would you make the distinction of loving the good one more? Of course you wouldn't—your love would go to both of them and you would help whoever is in need, with love. I am making that very small comparison in order for you all to understand. And I am going to leave you with these words this evening, because they mean a great deal and there are many of those from spirit who are here to help your world. And they need your help—they need your thoughts, they need your prayers to create love and unity for all of mankind. But do not leave this room feeling so downhearted; instead you leave this room feeling uplifted and hopeful for the future.

Paul: Yes, that seems to simplify it beautifully.

Again my dear friend, simplicity has all of the answers.

George: It is a clear message which you have endorsed with us Salumet—I hadn't really thought too much about the neutrality that has to go with this 'love'—and 'non-judgement'. Thank you!

Yes, you see my dear friend, too many come to our world who are full of regret. Is it not better that they change whilst they are upon your planet? Of course it is, and that is what we are endeavouring to do—to help them while they are here. No one says it will happen in a second—of course it will not. And today, mankind is much more used to his brain being superior, instead of allowing spirit to be superior.

Jan: Some of us on this planet over-think and over-complicate it with our mind.

Yes, but do you see how words, when they are spoken, can change the way that a person thinks, so quickly?

(Agreed)

But I could only say it to a group such as yourselves, because you are full of love and compassion, my dear friends. And it brings me great joy each time we are united, to speak of these things.

Jan: That statement you've just made that we're full of love and compassion—I think that one of the greatest lessons is recognising it in yourself—

You have to love yourselves—of course.

Jan: To know that you possess that. Modern day life tends to bombard us with so much information that, like as you were saying, it's very easy to understand what it's like to be human here, for us—but if we could only remember that first—

If ever you are in doubt you must go within. You must allow the soul to speak. You must have that outward knowledge that spirit is eternal.

I hope my dear friends I have given you a little to think about this time. And I will take my leave and allow the evening to continue. I as always, with all of us in spirit leave our love and upliftment for all of you. May your daily lives be filled with love, may your consciousness be true and may you allow that Great Spirit to touch others.

(Thanks + farewells)

That's quite a big message—quite a lot to think about. And very much at variance with our TV news bulletins—I have to say that, and as Salumet says, it's something he can say to a group such as this—Our discussion on this in relation to a rapidly changing world continued for 10-minutes or so, before Cho spoke—audio link: http://www.salumetandfriends.org/resources/2015_10_12+Cho.mp3

Lilian: Good evening and welcome.

It's 'Cho'.

(An enthusiastic welcome from all)

I'm going to be your gatekeeper.

(Acknowledged)

That's what I'm here for. There's lots of you tonight.

(Agreed)

George: Yes, there are twelve of us here tonight.
Not as many as I've got!
(As expected!)
George: I hope we're not overworking you.
No fear!
(Laughs)
No fear—I'm not here to talk, I'm here to guide some through. Can you understand me?
(General assurance)
I've been practicing.
Sara: Very good.
If anyone wants to speak, speak up!
Paul: I was wondering about these people that are with you. Are they going to come through tonight?
—If you let them.
Paul: Well we'd like to.
It all depends on you.
George: I thought it depended on *you!*
(Laughs)
No—you naughty!
(More laughs)
—Not me. I got to go.
George: I think I notice more clarity in your speaking ***(yes)***. Well done!
Yes—I still trying get Cho—hard.
(Appreciative comments)
Paul: Yes, but it's coming along nicely.
Somebody come for YOU, lady.
Jan: Let them come through—Are they with you now?
No YOU!
(Realisations that Jan was to be used for speech)
—I'm Cho, I let them through. That rhymes, doesn't it?
(Laughs)
'Cho' and 'thru' ... I'm off!
Lilian: I was going to say are you going to stay with us.
Cho then left to allow others to speak. Cho had a speech defect in Earth life and is learning to get speech articulated and flowing.
Eileen commented that there are a few around and we waited to see what would happen next
Eileen: Have you got anything Dawn?
Dawn: No but there's a lot over here.
Eileen assured there are those over there between Dawn and Jan. We waited in silence, then one via Jan, who after a brief introduction, began to talk about what they used to do on Earth:
Audio link: http://www.salumetandfriends.org/resources/2015_10_12+Bob+the+Thatcher.mp3
Sara: What did you do Robert, or should I say, what *do* you do with yourself?
Which one do you want to know?
Sara: Well, whatever you want to tell us.
I was a Thatcher.
Mark: Whereabouts did you do that?
Dorset.
Mark: There are not many around these days—thatchers.
No—lots in my day, but then—lots of thatchers. *Chuckle*
Mark: When was your day then?

1860—something like that—a long time ago, isn't it?
(Agreed)
Eileen: Must have kept you very busy.
It was a good living—not a bad living. You know, it put bread on the table and paid the rent. It was cold; we had some bad winters then—really bad!—you don't know what bad winters are really—not now with all this global warming and things warming up. It's true—it has. We had some terrible winters. You could have snow on the ground for 4 or 5 months, in the winter—it never went!
Mark: Did you still thatch in the cold?
Oh, you had to—you had to—very difficult mind. Them metal things—what were they called?—it's so long ago—the blacksmith would make them, they looked like half a ring and when you put them in ... ah blimey! Your skin could stick to those—when it got cold it was like a burn, you know?
(Affirmations)
You know what I mean by the metal things?
Mark: Yes. I bet there were some accidents, weren't there?
Well, I fell off the roof a couple of times—yeah! You couldn't really thatch when it was very icy, or if there was a lot of snow on the roof, you'd had it. We had a hard life, us country folk really—well, we all did—those in the city I understand didn't have it much easier really. At least we had a privy down the garden—they had to do it in the street!—Awful in'nit?
(Agreed)
Mark: I suppose you had a bit of cider down in Dorset, did you?
(Chuckles)
Have you been there then?
Mark: Yeah!
Well, not so much Dorset, was it? The 'scrumpy' *(cider)* ***was Somerset—Somerset made the scrumpy.***
Sara: Nice countryside in Dorset.
Oh yes, it still is. I love it. I have a look now and again. I can still recognise the coast—the coast you know, it hasn't changed.
Sara: Lulworth, the lovely rugged place.
Yeah, that's still—and Durdle Dor.
Lilian: Chesil beach.
Chesil! Oh I say—they still fish that stretch like there's no tomorrow—yeah.
Graham: What do you think of modern thatching now? It is the same skills?
Same—well actually I think they're a lot tidier than we were. They take months!
Eileen: Did you use local thatch or did you buy from somewhere else?
Reeds—we didn't use the straw then—that's not Dorset—it's reeds.
Eileen: Right, okay.
They're different—reeds are what holds the warmth in, in the thatch. Yeah, we was busy—not so many now really. All gone—even public houses were all thatched—that's all gone, isn't it.
Sara: But we did see the other day—we were driving and we did actually see some brand new houses that had thatched roofs.
Graham: That was in Lulworth.
Sara: We were there last weekend and we saw these thatched brand new houses.
Oh, so I suppose you applied for a job—
(Chuckles)
Perhaps I should come back and show 'em a thing or two—no, I wouldn't wanna do it again.
Graham: What do you do now then? What's your job now?
I haven't got a job—you don't need a job, do ya?
Sara: You've got a bit of a job talking to us!
(Chuckles)

I'm just being funny—I know what you mean—have I got a job? Well, I suppose it's the same as everybody else really. You've just got to do the best you can—help other people.
Eileen: You've done very well tonight.
Do you know what Cho said to me earlier on—that once I started talking I wouldn't be able to stop—I think he's probably right.
(Chuckles)
He's pulling my jumper. 'Ere—get off!
(Laughs)
I'm alright here, you leave me alone!—I'm alright now. He's laughing—I know I gotta go. I'm quite comfy now though, it's not so warm. It's nice, I like you lot, you're alright.
Mark: You'll come back and see us again then, will you?
Yeah, I'd like that—just call me 'Bob' next time.
Agreed
Robert's a bit stuffy, innit? I'm coming! *(Directed at Cho the gatekeeper)* ***Oh dear, oh dear, oh dear!***
(Chuckles)
Eileen: Is that so someone else can come?
I don't know—he's pulling me. What's going on? Oh well, I've gotta go, he said—I better go. Love to everybody.
General farewells, then another via Jan:
Audio link: http://www.salumetandfriends.org/resources/2015_10_12+second+thru+Jan.mp3
I'm so sorry about that.
Sara: We enjoyed it.
I'm glad you did—he's a character!
(Chuckles)
No one have any questions?
Sara: Can I ask your name?
I knew that was coming, I just knew it—someone would ask my name. My name's 'Betty'.
(Said with a merry chuckle)
Dawn: That's a good question to start with.
It's polite isn't it—we've all done it, haven't we?—we all do it. Even here in spirit we say, what's your name? It doesn't matter—I'm sure you've heard that before—it doesn't matter, but it's still nice—to be addressed with a name.
Sara: Have you been before Betty?
No.
Mark: Did Cho have to push you in?
(Laughs)
I volunteered.
Lilian: Have you been to other groups?
No. The little group of us here—this is my first time.
Sara: So what do you like to do Betty?
I sew for the children. I like children—I like the children—always been happy around children.
Eileen: What made you want to come to us Betty?—to visit us.
Well, we're working on 'rescues', regarding the children; and so, to instruct children in rescues, it's important that we experience for ourselves. I can't ask a child to speak through an instrument unless I've done it.
(Acknowledged)
—Or guide a child. Do you understand?
(Affirmed)
Sara: You're doing it very well.

That's lovely.
Mark: So you don't feel it a bit warm then—in here, like Bob did?
No—very comfortable, thank you.
Mark: That's good.
So it's been wonderful—and I'm going to do this again.
Eileen: Were you nervous to do it?
Mm, it's a bit like going up in front of the headmaster!
(Laughter)
—Very nervous—silly really, but yes; it's out of your comfort zone.
Sara: Yes, anything new is a little bit out of the comfort zone, isn't it?—we find that too, with everything we do.
I know—but isn't fear silly?
Sara: Well it's worth facing it sometimes isn't it?
We hang onto it, don't we—even in spirit we hang onto that fear—not in a negative way you understand, but you know, you're still shy and hesitant. There's no need is there?
Sara: No there isn't, not really.
What's the worst thing that can happen?
Mark: You just look a plonker, that's all—but it doesn't last.
(Chuckles)
I love that word!—I'm going to use that.
(Laughs)
Sara: Well we don't have to worry about cabbages being thrown any more do we, or things like that?
I came after than dear—yes. Oh this has been nice! I'm a friend of your mums.
(Warm appreciation of this)
Mark/Sara: Give her our love.
She put me in touch.
Paul: Did you know her on Earth?
No, we've become friends.
Sara: Ah yes, because she loves the children too?
Yes.
Graham: That's how you met—is she with you now?
No, she isn't—she IS of course in spirit isn't she—of course she's with us. But not WITH me.
Sara: Not at this moment.
No—Anyway, I too am being pulled back now, okay?—so lots of love.
Sara: Thank you for coming Betty.
I hope to come at your Christmas time, for the children.
Graham: Ah that's very special.
Bye-Bye for now.
(General farewells)
Finally, one via Eileen:
Audio link: http://www.salumetandfriends.org/resources/2015_10_12+light-hearted+one.mp3
Hello there!
All: Hello.
I'll be the last one.
Lilian: Nice to meet you.
Yes—I said to Cho: I'll come on your first visit, after those two have spoken—I thought it might be a good time to step in.
Lilian: So what news have you got to tell us?
—Nothin'.

(Laughs)
I'm not bringing news—I've just come to help Cho out. He's new to this (yes)***. I said: I'll step in—I've done it before. And I have listened in at times—even though you don't know me.***
Sara: What's your name?
My name?—Barnham.
Sara: Barnham.
Yeah—lovely name.
Agreed
Mark: Unusual name—around these parts.
—Around these parts?
Mark: Yeah—Barnham—I don't think I've met a Barnham before.
Oh well, you can call me what you like sir—don't matter.
Mark: I'll call you 'Barnham'.
Call me what you like.
George: It's nice to have a name that's a little different.
You speak for yourself!
(Laughs)
George: Well, my name's George, so—pretty common I think.
(Chuckles)
—Yeah, quite common. Well I'm sure you're very nice sir—don't mean to be rude.
George: We try.
Just my manner you know—people take me all wrong. Quite nice—I quite like the ladies as well.
(Laughs)
George: So what part of the world are you from?
Well it's called 'spirit'.
(Guffaws)
George: I don't know whether to call that a big place or a small place!
I can assure you sir, you can go anywhere you like here (yes)***. You don't need transport*** (yeah***)—don't need wheels—don't need anything.***
Lilian: Much quieter.
Much quieter?
George: —Quieter—yes. What I really meant was—
I know what you meant sir (yes)***—I'm not actually that daft!***
(Laughs)
George: I'm sure you're not, Barnham.
I don't even discuss where I'm from—
(Laughs)
I'm just an awkward geezer!
(Laughs and a cough)
Was that me making you cough?
George: No, I've got a funny throat.
Oh, you need to get that sorted or else you'll be joining us.
(Laughs)
George: Yes, well I'm getting on in years, so I might be joining you in the fairly near future!
No you're not—no you're not. Don't you be trying to get out of your job!
(Hearty laughter)
I know what these men are like.
George: Well, you say it's nice and quiet where you are?
It is—it's great. Where's the little lady gone?—she's gone all quiet on me.

Lilian: Me? I'm just listening.
You're supposed to be talking to me!
Lilian: Am I—sorry about that.
Anyway, I've done my bit—that's good enough—yeah—alright.
(The last bit being as an aside to Cho)
Lilian: Well, nice to have met you.
'Cho'—'e can't talk properly either can he—keeps saying 'Cho' ... who wants a bleedin' name like 'Cho'?
(Much laughter)
George: You've had words with Cho before you dropped by, have you?
Dropped by?!—You're a bit of a comedian sir!
(More hearty laughter)
George: Well, he is the gatekeeper, so I wondered if—
He's in charge—I'm only joking with you sir. I don't mean to be rude, but it's just my nature.
(Chuckles)
I've got to go.
George: I'm sure you haven't really got a rude nature. You have a touch of humour.
Is that what you call it?
(Chuckles)
I just wanted you to all finish on a bright note. I'm not really this gruff.
Jan: Do you know Bob quite well—do you know Robert quite well?
Sara: 'Bob the Builder'?
What? Who's Bob the builder?
Lilian: m—Bob-the-Thatcher.
(Laughs)
She makes me laugh!
Sara: 'Bob-the-Thatcher'.
'Bob the Builder'—who's 'Bob the Builder'?
(Laughs)
Jan: He's a child's TV character.
Ah, somebody's just telling me—that was funny wasn't it? Yes, I know Bob—he's a nice kind character. We all know each other. Anyway, I got to go, 'cause Cho—
(Laughs)
Sara: —Is he pulling you back as well?
He's just saying: get a move on—time to go.
Lilian: It's nice of you all to come.
I think so.
Paul: A lovely evening.
George: I know who Bob is?—Bob's your uncle!
(More laughs)
Bob's—your—uncle? Now you've really got me confused! Bob's your uncle—Bob the Builder?
George: It's just an expression.
I should think it is—oh blimey, what I let myself in for! Anyway—you folks all have a good time—I'm going off now.
Lilian: Thanks for coming.
(General farewells)
George's Notes:
1: Bob's your uncle: A very English expression meaning: everything is alright or a successful result. The origin is uncertain but likely to be political, relating to Prime Minister (1895-1902) Robert Arthur Talbot

Gascoyne-Cecil. As 'uncle Bob' he appointed his nephew Arthur Balfour into favoured political positions, and the word 'nepotism' is derived from 'nephew'!
2: Plonker: At first used from mid-19th century meaning something large of its kind, but now refers to a silly person.
3: Modern Thatching: Traditionally, thatching in the UK is a local art using local materials—water reed, combed winter wheat straw or a combination. As such, it was always expedient and economic as well as nicely insulating. Combine-harvesting of wheat now makes quality straw much less available and local building regulations have added their difficulties. And reed often has to be imported from Europe. In general, reed lasts longer than straw, but the latter is used for the roof ridge because it is more flexible. The ridge is likely to need replacement every 10-20 years. The reed is likely to last around 50-years, but while wheat straw has a shorter life it need simply have a fresh layer laid over the old as required. While there are now modern competing systems, thatch still has popularity because it is good insulation, in reality carries very little fire risk if done properly and it has attractive appearance. But as Bob says, it now takes much longer (and is also more expensive).

~19th October 2015~ SALUMET

On this occasion, Sarah who has been caring for her elderly father was able to be with us, and our dear friend Jette, on a visit from Denmark, also sat with us:
Audio link:
http://www.salumetandfriends.org/resources/2015_10_19+salumet.mp3
Lilian: Welcome to you Salumet—nice to have you with us again.
Good evening.
All: Good evening.
We welcome back our dear friend who has been absent for a short time.
Sarah: Thank you very much—it's good to be back.
Of course, you know that we have never been too far from you.
Sarah: No—thank you very much.
—And also, as always, we wish to welcome your guest this time. It is always good to welcome those who have a connection with spirit. As you well know, once that spiritual connection is made, there is no one who can sever it—only the individual themselves. But although this happens very occasionally it is not the normal way of things. Therefore we are grateful, my dear friends, for all the love that is brought to this room—many who have visited and those of you who are dedicated to spirit. I cannot of course thank you enough for all the work that you do. If there are questions to be asked this time then please speak out.
(Pause)
George: Do you wish to ask a question Jette?
Jette: Yes please—it might be a big one. I am wondering Salumet, why does our beloved father-mother God always want to be in omniverses/universes, and all us people and the grass and the leaves—I wonder if it's for fun and for creativity, please?
—For fun and creativity. We desire, those of us in spirit, that those who abide upon this planet make the fullness of life, which is their entitlement. Who are we to deny happiness and joy, and 'fun and creativity' as you call it; but human beings themselves tend towards negative views so often, and this we in spirit struggle with constantly. So I would say that each individual, each individual on this planet has a responsibility to live life to the full, because innately as individuals you know what that is, even if you are not consciously aware. But I say that the Great Creator, who knows all things, knows each of us, because we are part of that great creation—knows what is best for us; and because we are part of that great creation, then it is up to us to fulfil all of these things whilst on this planet. Does this help you just a little?
Jette: Thank you very much.

You are ever seeking, my dear friend—constantly looking—constantly feeling—constantly questioning, but for you that is part of this lifetime for you—that these questions and answers are of so much importance. It is the pathway that you walk. But let me tell you, my dear friend, that you are supported in every step that you take and when your time comes to leave this Earthly planet, you my dear friend, will look back upon your life and be happy with what you have achieved. We know that you crave more information but, as with all others, you have to be a little patient. You understand?

Jette: Yes, very well—thank you so much. I am so pleased with the messages—thank you.

Now, have we any other questions this time?

George: Could I just add to that—positive creativity—yes, this clearly is our best and proper way forward, while negative creativity is so sad. Perhaps it sometimes has its place in helping us to become more positive. But as you imply, it's the positive creativity that we should ideally all be seeking—

Yes, as always there are always mirrored sides to all of these conditions. In the same way that you experience sadness—how can you know happiness if the experience has not been felt? Too often mankind dwells on the negativity, as you say, but it is our work, it is our gift to The Creator to try to uplift those who have negative fears—who have negative lives, and to turn that energy into positive occurrences; as it is your task, my dear friends—your task, my dear friend, has been to spread the word of spirit, and you have done this admirably. And for this, spirit will always be indebted to you (thank you)**, not only for the work that you have achieved here, but in giving the help to those in spirit when it has been needed. So you see, my dear friend, you are creating positive energy at every step of your living** (thank you)**. We thank you deeply for it—for all of you within this room, who come and succumb to give their energy in order that we may speak with you.**

George: It is also appropriate that we thank those in spirit for standing by and for assisting. I'm sure their assistance is of great value to the total way forward.

Yes, you will never stand alone. I am sure that many of you have felt this to be—that sometimes you feel you are guided or uplifted, or a thought or idea enters your thinking that moves you forward for the better. All of you have experienced this, and whilst you are dedicated to the work of spirit, there will always be the help, but remember that I have told you in past times that you must ask for our help (yes)**, especially those beings in the Angelic Realms who have a little more vision and are able to come closer to you.**

(Pause)

Are there more—?

George: I wonder if—following your teaching last week Salumet—I find I am often analytical of the various political ramifications that go on. And although one sees both positivity and negativity—with rather too much of the latter—I find I can still love everyone concerned and recognise that they are each on their own pathway at, shall I say different levels; but regardless of being analytical, I feel I still love everyone concerned and recognise where they are. Would you have any comment on this?

Yes—you have been endowed with a brain which thinks sometimes perhaps more than others. There is nothing wrong in analysing any situation upon your Earth. Yes, I have given to you the knowledge that love outlives all negativity. Love will always come to the fore. And yes, I totally understand why you say the words that you do. Of course, you can be analysing situations, but still love your fellow man, as long as you do not allow the negativity to creep in and allow your views to be changed too drastically in the other way. You understand?

George: Yes, thank you, that does help—

Yes, as long as you are clinging to the love of all men, then there can be no question that you are following the right pathway.

George: That's very reassuring—thank you Salumet.

You live in a world that at times is angry, at times is cruel to other human beings, and of course there has to be some order, but what I speak of, my dear friend, rises above all human happenings. The love I speak of comes from that part of your spirit which is all-loving and all-giving. You understand? (Mm—

yes)**—that is not to say you must be blinded and not understand what is happening in your world—that is not what I was saying. I was telling you to look inward and to find that deep spiritual love which comes from spirit—and understanding that is greater than any that you could have as a human being. I hope that helps you.**
George: Indeed—yes, from deep within with no judgement.
Yes, you must never make judgement—after all, none of us are the Great Creator. Therefore, you must find that deep abiding love within.
George: Yes, thank you so much.
Now—I feel I have spoken enough and reminded you of why you are here and what your lives are about—about never harming another human being—to never pass judgement, because you do not have enough knowledge to do so—and to find that deep love within you; and it is within each and every one of you—and to let that love grow and you will automatically do what is right for yourselves and for your fellow man. And now, I will withdraw this time and allow whatever is to come next. I leave you as always my dear friends, with our love, with upliftment and with we hope a little wisdom.
George: Wonderful!
(General thanks and appreciation from all)
Following a pause of several minutes while Eileen returned, she and Lilian had clairvoyance of a group of happy people of mixed nationalities, all waving. The impression was that they were ex-holocaust but now a very happy group. After another pause, one was with Eileen:
Audio link: http://www.salumetandfriends.org/resources/2015_10_19+Sister+of+Mercy.mp3
Lilian: Good evening.
Good evening my child.
Lilian: Good evening and welcome.
I wish to join with you if you would allow. I have listened to your every words. I feel your pain. I feel your anxiety—I feel all that you feel. When I was here upon this Earth I spoke to God every day (yes)***, but now I know that God is not quite the full picture; so I would like to take you and say a prayer for all of you.***
Lilian: That's very kind.
—To ask the Great Creator that you may all be blessed with upliftment—that you be blessed in your everyday lives—that you do the best that you can in that life; and goodness only knows how difficult it is at times to deal with life. We are not unaware of the trials and tribulations which humankind suffers from. Therefore my prayer for you, my dear children, is that you have the knowledge and wisdom to take you forward in all aspects of your life, in order that you do what is necessary for you to do. I extend to you great love. I extend to you the understanding of mankind. And I extend to you all, the knowledge that there exists a much greater life for you when the time is right. So as I come to you all tonight, I wish that you feel the love of spirit—to wrap around you, to comfort, and to love you, each and every moment of your existence.
George: What a lovely prayer!—thank you so much for that. Might I ask if you were with a religious order whilst in Earth life?
I was indeed, and I still revert to some of the—as you see, my hands are often joined together (yes)***, when I return. It comes from a remembrance of who I was, but as you know, it is of no concern any more. And of course, you are right—I indeed spent a lifetime as a Sister of Mercy.***
George: Ah—wonderful! Thank you.
Yes—thank you all.
Next, following a brief period of clairvoyance from Eileen, she asked Jette if there was anyone speaking to her—audio link: http://www.salumetandfriends.org/resources/2015_10_19+Jesus+via+Jette.mp3
Jette: Well—Yes—it's my good friend—and everybody's friend—a wonderful man.
Eileen: What's his name?
Jette: Yeshua ben Yosef—who walked the planet over 2000-years ago.
Eileen: Is there anything he wishes to say?

I greet you (thank you)***. Beloved brothers and sisters, I'm honoured to be with you.***
Eileen: And we're pleased to have you here—thank you.
I just want to say a few things through this, my friend that I know so well for many years.
Eileen: You do?
I really only want to say one precious thing—(yes?)***—and listen well now.***
Eileen: We're listening.
Nothing happens outside of YOU. Can you comprehend that?
Eileen: Nothing happens outside of us.
No—it is your perception that forms your whole life—and I know it is too hard to take in, but you might take it out in your daily life. One day you will know that it is right. And we are gathered—a huge amount of energy here to see your light. And let me tell you one more thing of the truth: we see your mastery. We see that you are about to have the full awareness of your masterhood. You are all ready to become the Masters that you once were—from the beginning of time. YOU have been there with your love, and we honour you, as your beloved Salumet does—we bring our blessings to your forward, re-membering to your mastery again.
Eileen: Well, that was wonderful—thank you. Thank you for those words.
Paul: Yes, thank you—wonderful message.
George: Yes, we are much indebted to you for those words—thank you.
Paul: It gives us a lot to think about.
I leave you now because—and with the strong, strong connection that we are all one with the 'I am' presence. Amen.
Paul: Amen.
Eileen: Bless you.
George's Notes:
1: Yeshua ben Yosef: This is deemed to be the original name of Jesus of Nazareth, prior to AD 30, and means 'Yeshua', son of Joseph. 'Jesus' is actually a misspelling of the Greek version 'Iesous' that was later Latinized to 'Iesus' under the authority of Emperor Constantine who presided over the Council of Nicaea. The letter 'J' did not enter into the English language until the mid-17th century. All relatives and friends knew this one as 'Yeshua'.
2: Analysis of Political Ramifications: A current example of 'cause and effect' analysis that appears to be non-existent in media news reports of today, is the sudden huge immigration problem with which Europe struggles to find a solution. But it is so clear that people are being driven from their homelands by the warring conducted by people who are 'foreigners' to their country. These 'foreigners' use and supply mega-weapons (drones, bombs, aircraft, guns, rockets etc) that destroy homes and create a living hell from which people flee in terror. This is clearly the cause that produces the effect. So the obvious solution is to stop supplying munitions—stop the warring. And if necessary, very heavily penalise any firms and countries that dare to continue to promote and support aggression in this way.
The above is an analysis of a highly problematical situation. But as is amply borne out in this meeting transcript—WE ARE ALL ONE, and ALL ARE LOVED for individually believing in what they do—and all are part of humanity's evolving consciousness. And our collective consciousness will ever approach a greater perfection; so that we may later look back on these more primitive decades, see them as such and wonder why all that happened. But we must never ever lose sight of the fact that WE ARE ALL ONE.
3: Further Commentary re Jesus: A question had been placed regarding Jesus during the meeting of 13th August 2001:
George: I wonder if I could also ask about—I was reading Edgar Casey on this, and he mentions past lives of Jesus and a number of past lives of people known to history and I imagined Jesus evolved to his state of perfection as a result of a number of past lives on this planet.
Of course—and may I say to you that the essence of the one you call 'Jesus' still exists. Does that surprise you that the essence of this being is present here upon your Earth at this time? (Yes.)
Lilian: In a physical form?
Yes. Remember what I have told you, you are not one being. Would it not seem natural that Spirit as developed as the one you call Jesus, has trodden many lifetimes and continues to do so? Remember there is no perfection that you know of. Do you understand this, my dear friends? (Yes.) He has been revered as the greatest one, but he is but one of many. If you can hold this in your thinking, then you would understand more. The being known as Jesus

upon this Earth, does not wish to be revered. He came to do work which he had chosen to do. Mankind has placed him upon a pedestal; but the essence of his being still continues to do good within your world.
George: One particular reincarnation that has been mentioned is that of Akhenaten in Ancient Egypt. If that indeed were an incarnation of Jesus at that time, it would solve a number of historical riddles for us.
Yes, you see, there is always problems when what you call 'religion' interferes. The Spirit is always present, the Spirit will return to continue work, and I can tell you that the one known to you as Jesus, has returned many times, not just one part, but many, because in his own development, he has achieved much.
Lilian: So would he still be a teacher of sorts?
He would be a spiritual teacher, yes. He has attained the knowledge to such a degree that he cannot return to what you would call normal life. He would always be in some form a spiritual teacher, whether it be in the form of male or female. Do not forget this, because it is important. I can tell you that he is at this present time a female. Is that helpful to you? *(Affirmations + thanks)*
George: So would it be his same soul aspect, as opposed to, in the case of the Dalai Lama, different aspects of the same soul?
Always it is an aspect of the soul. It is never the same aspect.

~2nd November 2015~

Our first visitor was one with fidgety feet:
Audio link: http://www.salumetandfriends.org/resources/2015_11_02+Olive-architecture+etc.mp3
Lilian: Welcome to you.
Hello.
(Pause)
I'm always amazed you sit so still.
Lilian: Well we ask for healing for anyone who might need some help, and then we just sit quietly and wait to see who might come from your realms.
I know but—it just amazes me; I never could sit still!
(Chuckles)
Lilian: It's not always easy.
No it isn't—especially when you have itchy feet! So, have you been doing this for very long?
Lilian: —for myself—yes, quite a long time.
—Quite a long time—
George: More than 20-years.
Oh that's such a long time! Let me tell you: that is but a blink of the eye.
George: But a blink of the eye—
But in your time, I know it's a VERY long time.
Lilian: Did you used to sit in a group like this?
I tried, but I was too fidgety—I didn't have your composure. I was too, I suppose, nosey. I didn't want to miss anything—I wouldn't shut my eyes.
(Chuckles)
Yes, you may well laugh. It was amusing to me but not the others; so I decided: no, that was not for me. So that's why I'm interested now—yes, so I just come back and look. Not all are as good as you are.
George: So did you find alternative interests whilst on Earth?
I just used to pray—that's all I did; and I just found there was a calmness when I did that—a peace that I managed to hold onto. But to actually sit quietly and not say a word, well really that was like purgatory to me—yes. As you probably notice, I keep chattering now, don't I?
Lilian: Why not?
Yes. But I don't bring any specific message to you. I just wanted to say how I admired you all.
George: Oh, that's very kind ***(yes)***, but as to describing yourself as 'fidgety', well I can only say: it takes all sorts!
It certainly does sir—all kinds—yes.

Lilian: And it's nice you come through to talk to us—that's why we meet.
Oh I really know the reason why you do it (yes)***, of course I know—I do know that.***
Lilian: It's nice to chat to someone on your side.
You like to call on us do you?
Lilian: Yes, maybe find out what they do in spirit, and so on.
Anything you want—anything you want to do, you can do in spirit. I'm sure you've been told that before (yes)***. Yes, of course you have. You're not silly people, are you?***
Lilian: Can you tell us what you do?
What do I do other than visit people like yourselves? I'm still learning—I'm learning an awful lot; and sometimes I work with the children, sometimes I work with animals, and another time I study architecture (oh!)***. Isn't that interesting?***
George: It's quite a mixture!
It IS a mixture, but whatever you want to do, you can do—and I bet you can't say that here!
Lilian: Not really.
No, I know you can't.
George: So you have an appreciation of architecture—
Well I am (interested) in spirit, because the materials are so different (ah yes)***. Yes, there's no heavy weight like there is on the Earth—no heavy bricks—nothing that's too dark—everything is light and beautiful; and yet, you can create this beautiful building and it's just amazing.***
Lilian: Have you done that yourself?
I'm studying light structure at the moment. Yes, that you visualise light and it can become a structure of anything you wish.
George: Yes—I've been reading about Atlantis recently ***(yes)***, and there are wonderful Edgar Cayce accounts of past lives of people on Atlantis ***(yes)***, and wonderful descriptions of temples—their architecture, built with red, black and white stones.
Yes—we wouldn't have red and black in our structures, because it's of a different ilk—is that the right word—I think?
Paul: Yes.
I have to say this before we continue: will you apologise to this lady, because I can't stop moving her feet —
(Laughs)
You see, that's the problem isn't it? Sorry sir, I interrupted you. Yes, our—shall I call them bricks just for recognition? Yes, these bricks are constructed from light, and as you know, light has beautiful colours—shines through beautiful colours, in the same way that the water does. Have you seen anything like that? Have you been aware of anything like that?
George: I've been aware of Mayan temples that are made of limestone blocks—
Yes, that's closer to it.
George: At night time in certain conditions, you can see a wonderful violet glow from them.
Yes, that's right—you can. Well, you'll have a wonderful surprise when you come to us—all of you will. Yes, and by then I'm hoping that I've built my own structure. But I've got a lot to learn, and of course the problem is keeping two feet to the ground for any length of time!
Paul: Do you have to learn to materialise each brick?
You can think—the thought creates. Yes, and as that thought becomes constructed, there it is.
George: You began by saying you did not come to give us any particular message, but you're giving us a very nice message about your architectural pursuits.
Oh! I am so pleased! Perhaps I'm not such a scatterbrain.
(Laughs)
Oh, if only these feet could stay still—I'm so sorry.
Paul: Oh I don't expect—I'm sure it doesn't bother the lady.

Well I do hope that you give her my apologies—I've already said 'sorry' but she's not responding.
(Chuckles)
George: Did you wish to interject Lilian?
Lilian: No, no—that's okay—
Lilian? That's a pretty name!
Lilian: Thank you. What's your name?
Olive.
(Several repeated 'Olive?')
Yes! You can't eat me though.
(Chuckles)
George: Yes, well 'Olive' conjures up very nice thoughts: the olive branch, peace and love.
Well I strive to be all of those things, but I have to say I'm a bit naughty—I did have a very funny sense of humour and I still struggle with it.
Mark: Well, that's a nice thing—it's a nice thing to have a sense of humour.
Well, I believe some people can find it most irritating. But I do know when to stop.
Mark: Ah, that's good.
George: Well, I think we all appreciate a little humour.
Yes, it glitzes the day, does it not? Yes of course it does. Yes—oh well, I can hear my friends calling to me—saying: get those feet moving in the right direction!
Lilian: We're just pleased you've come to visit.
Yes, it's been a great joy—I've really, really, really enjoyed it.
Lilian: Come again if you can ***(yes)***.
George: Yes Olive, please do come again.
Yes—well, you know there's so much to keep us occupied. I'm always amused when people say: what do they do in spirit?—as if it's all or nothing. You know? We are very busy if we want to be.
Paul: It's so interesting.
George: I think we understand that the main life goes on in spirit and this Earthly existence is just a top-up really—
Yes—don't make me feel sorry for you.
(Laughs)
Now I really do have to go. I give my thanks to all of you for allowing me to use my fidgety feet.
(General thanks)
Lilian, as requested, passed on apologies to Eileen for fidgety feet, and this of course had been no problem to her. Eileen had been aware of the very light and crystal-like colourful stonework. Our dear friend Cho then spoke—audio link: http://www.salumetandfriends.org/resources/2015_11_02+Cho.mp3
He explained that he would like to come and tell us more about himself another time and he had a little joke with us before he left:
So, I have to tell you one thing: I visited a group like this and when it was time to leave—they said: 'Ciao Cho!'
(Laughter)
I wondered what they were saying to me! 'Ciao Cho!'
Paul: Ah yes—you know what it means now though, don't you—
Yes—I thought you would like to know that.
Paul: Yeah, we can use that one sometimes—yes.
Yeah—I have to go.
Paul: Yeah okay—bye for now Cho.
(Eileen said afterwards that the side of the face felt in some way twisted.
'Ciao', pronounced 'chow' is the Italian 'goodbye / hello' but has become more universally used.)

There followed a period of clairvoyance from Eileen. This included reference to 'itchy eyes' that three declared they had. This it seems was just to let us know that there are those in spirit who are aware of our lives. And a fleeting shadow that one had seen was not imagination—and there would be more. And then a rescue:

Audio link: http://www.salumetandfriends.org/resources/2015_11_02+rescue.mp3

Lilian: Hello.

(Pause)

Lilian: Do you wish to talk?

No.

Lilian: Feeling a bit cross?

Yes.

Lilian: Well it might help if you could talk about it—sharing it with someone helps sometimes.

I didn't let you in.

Lilian: Well, I crept in, but I'm quite friendly.

You don't go creeping into people's places!

Lilian: Well, I think I've crept in to help you.

Where's my stick?

Lilian: How many sticks do you have?—one or two?—to help you walk around?

I don't believe this—walking into my house—who do you suppose you are?

Lilian: Well, I'm here to help—that's the thing you need to remember. If you could tell me your—

Are you that new nurse they promised me—they promised me, they did.

Lilian|: I'm just someone to help you.

—Do what?

Lilian: Well, to show you—or at least to tell you what's happened and why I'm here. Did you feel unwell all of a sudden?

I'm always unwell dear.

Lilian: But did you feel even more—a little bit faint perhaps?

Yes.

Lilian: You closed your eyes?

Just for a second—but I'm fine now—you can see I am.

Lilian: Yes, I know you're fine now. But had you ever thought what would happen when you died?

Of course.

Lilian: What did you think?

Well, they'd bury me.

Lilian: —and that would be the end of that!

Yes.

Lilian: Right—well it's not the end, in fact it's a new beginning, and that's the bit that you hadn't thought about. I'm just here to tell you that we live on.

No—that's a lot of tosh!

Lilian: Well, you feel perfectly well?

Yes, I'm fine.

Lilian: Yes, you feel nice and warm, and do you feel a lot of love around you?—think about it. You feel a pull towards love? And that seems to be pulling you forward ***(mm)***. You feel happy.

I feel—yes, I suppose I do—yes, I suppose I do, in a way.

Lilian: And ahead of you, you can see light?

I can't see anything.

Lilian: Well you just wait a little while and you'll see a light—a light that again, will draw you to it. And you'll see someone waiting. And that someone is waiting to take you forward into spirit. Although you hadn't thought about it, it's there and we all have to go the same way—to start a new life.

This is too much to take in.
Lilian: It is—I understand—if you hadn't thought about it, it's just a bit too much, but it will make sense to you as you move forward.
Oh!
Lilian: Who can you see?
Like a little star—pretty little star—mm.
Lilian: Getting bigger?
Mm, yes—I'm really confused now.
Lilian: Try not to be confused, but what can you see in the light?—in the star?
It's like sunshine—big rays of sunshine, and it's almost—
Lilian: Who would you like to see that has passed on before you? Is there anyone you'd especially like to see?
Well, I don't want to see that husband of mine.
Lilian: No well we'll forget him then.
I didn't have any children—
Lilian: No—did you have a pet?—a pet dog or cat?
—I 'ad a cat.
Lilian: Would you like to see the cat again?
Oh—not too bothered.
(Pause)
Oh yes!—it's my good friend (yes?)***—from years and years and years ago!—I should have married him!***
Lilian: Oh! Now you can be friends and have a good old chat about days gone by.
Well, well!—he looks like a young man!
Lilian: And that's what you'll look like quite quickly.
—A young man?
Lilian: No—but you'll feel a lot better; as long as you go forward—that's the main thing—I've done my job then.
I have to move forward—
Lilian: Yeah, towards your friend.
Well, it's like he's coming to get me (good)***. Well—do you know something?***
Lilian: A nice surprise?
No—I LIKE you!
Lilian: *(with a chuckle)* Good.
Oh, this is lovely!
Lilian: Yes, the main thing is you've listened to me and that's all that matters.
I never would have believed it could be so lovely, and I'm not in that old chair any more, am I?
Lilian: No, you won't need it.
I'm free (yes)***. I'm free, yes I'm free!***
Lilian: And you're happy to go—I'm sure you are.
Bye—good bye.
Lilian: Bye.
(It was a wonderful turnaround and Eileen said afterwards that she could feel her smiling.)

~9th November 2015~ SALUMET+Cho

Audio link: http://www.salumetandfriends.org/resources/2015_11_09+salumet.mp3
Lilian: Good evening Salumet and welcome.
Good evening.
All: Good evening.
Once again I am happy to join with you.

Lilian: Yes, we are pleased you've come.
I bring to each of you, upliftment and much love from our world. There is some need of it in different ways with you all, for this to take place. My dear friends, you should by now be aware of the tremendous strides being made in your medical fields. Much is happening in your world at this time; much is being discovered by those who seek relief and help and cure for many of your ailments, and this, my dear friends, I am pleased to tell you is taking place at a great speed. I hope you are aware of some of these happenings.
Jan: Yes we are.
Lilian: Yes, things are certainly changing and they're finding out things very quickly.
Yes, those of us in spirit are working hard to impress those people in knowledge and also to help to bring comfort and upliftment for many who are suffering. It is a great part of our work at the moment—in this moment of your Earthly life. There is no need for me to make details, because I know that it is widely spread throughout your media when these things occur. So I say to you, my dear friends: be thankful that the Creator has allowed these things to happen at this time in your lives. There will be eradication of many diseases—not quite all, but many, and it is not as far away as you may think. So, my dear friends, that is a message I wished to impart to you all. Be hopeful, be kind, be caring to all those in need, and of course be thankful for yourselves that the Creator has given you this opportunity to exist in this lifetime.
George: Yes—this is a wonderful statement; and I imagine when you say: not *all* will be cured—I imagine those conditions to be those that we make ourselves, through smoking, bad diet and asbestos—
As always, I will remind you that a great responsibility lies within yourselves (yes)**. That part does belong to you and as such, as we have spoken previously, those conditions can be helped by yourselves; anything created by you can be gotten rid of by you. You understand?**
(Affirmed)
But that is not to say that life will continue forever, because you are made that the physical body will at some time release the spirit.
George: Possibly one *(condition)* that we do not understand too well is stress, and the stress-related conditions.
Yes, there are always instances that you can recall. But yes, the very lifestyles that most of you lead, creates much stress. Yes, it is a human condition—stress, and as such, can be diminished or made greater by you. It is one of those conditions, where the mind becomes too much involved in its own issues. Whereas with the people who suffer from stress—if only they would open their hearts to a wider audience, then they would find that love flows into themselves—love which would bring you happiness and upliftment. So the answer to stress, my dear friends, is that you dismiss it as a form of fear and let it go. I hope that has answered your question.
George: Yes indeed—a form of fear—and let in love.
Yes, and allow the love you feel to extend its arms to those others—not only within your own circle of friends and family, but to those who are in need. In the same way as within this room, you send healing thoughts to others—others that you do not know personally, but who nevertheless occupy your thoughts. You understand.
(Several acknowledgements)
So my dear friends, that is all this time that I wish to convey. But again—few words trigger many thoughts, and that is what I endeavour to do for you all this time. So as I take my leave, I want you to know and to understand how much love there is that surrounds you in this room. Get to know that feeling of contentment and peace—and LOVE. And safeguard it when you leave this room this evening. Hold onto that feeling of peace and you will, all of you, be uplifted. So I leave you now, again cloaked with love and upliftment.
George: A wonderful message and teaching—thank you Salumet.
(General thanks)

Audio link: *http://www.salumetandfriends.org/resources/2015_11_09+Cho.mp3*
Lilian: Good evening and welcome.
Hello! It's Cho (Oh Cho!)***. Just a quick drop in—say 'hello' to the lady—not here last time—know where I born?***
Jan: Hi Cho.
I have lady here, not wanting to speak, but says that she's making great steps in India and in Africa. She wants you to know. I give you the message because I'm not staying long.
George: I wonder if that is our dear friend Emma?
Yes—she's touching her hat.
George: Oh she loves her large hats!
Yes, but she's not coming to speak this time, but she wants you to know.
George: We wish her well, and it is very good that she continues her work.
Paul: Good work, yes.
Yes, she working all the time, she's saying, but she's been to Africa as well, making great progress.
Jan: Oh that's good.
But her heart is with India still.
George: Yes, I believe she began with India.
Paul: Working with the downtrodden women—yes.
Yes, she's doing a good job.
George: And the way the words are flowing, I think you're making very good progress too.
Yes I am—you noticed—yes; not that I am proud or anything. I found my way to laugh as well—that's probably the way you will recognise me.
(Laughs)
Because I feel I want to smile. But anyway, there are other people waiting, and I wouldn't be doing my job if I stayed here talking.
George: So you're going to let them through—
Yes—perhaps a little push now and again.
Jan: Lovely to hear you.
But I promise I will be coming soon, to tell you a little bit more about me.
Paul: That would be nice, yeah.
George: Well, thank you Cho, and perhaps we should say : 'ciao Cho!'
No! Not that again!
(Laughs)
No, no—you naughty!
(Laughs)
But if you want, I say: ciao! Yeah, goodbye.
(General goodbyes)
(Pause)
I back again!
(Laughs)
You want me to say: I ciao or Cho? What would you prefer?
Jan: Cho.
Cho—shall we have a vote?
(Chuckles)
Mark: Democratic!
Okay, I come back next time—'Cho'.
It very smiley here—I can't leave—I will be in trouble.
Paul: Well, you're the boss of the gate, so you can stay as long as you like!
I may close the gate if I—

(Laughs)
I am going this time.
Paul: Well, come back soon.
George: We look forward to that.
There next followed a period of clairvoyance via Eileen:
There was some discussion as to whether my dear wife Ann was at birth, going to be called 'Marion', and I was unable to confirm that at first—but on reflexion, I think that may well be so—and the child of a close friend was given that name; so I think 'Ann' became the choice of her parents. This is stretching memory back to a conversation in 1955!
Eileen could see Ann wearing a blue dress and I was asked if I preferred the paler or deeper shades. I responded that the paler shades suit very nicely, and:
George: I recall the old Bing Crosby song: "Moonlight becomes you, It goes with your hair; you certainly know the right things to wear..." It seems to fit!
Ann was also talking about her mother and her interest in fancy lacework—which she showed to Eileen. Paul and I agreed that she (Connie) had that appreciation and talent for intricate lacework. Ann's granddaughter Natalie was also present and she had a word for her about looking after her knees (They are apt to get a bit roughed up in her work as a ski and snowboard instructor and Eileen had in fact been giving her healing). Eileen was shown a bottle (could not read the label). I suggested it might be a favourite Cider—which I gather made Ann smile. I volunteered that I had recently attempted a between-worlds conversation in which I inquired what she had been doing ... Enjoying the colourful flowers, especially the blue delphiniums. Ann went on to say:
'George, you should see the colours over here—what we've been told is perfectly true.'
Eileen: *She loves the colours. And when you go over—when it's your time, you can both go to 'the waterfall', which is all beautiful colours. She said she'll be looking forward to that!*
George: Yes, well I'm not looking forward to death exactly—but in a manner of speaking, I will certainly look forward to that!
(Chuckles)
Eileen: *Yes, she says: don't be silly!*
George: There are just one or two things I would like to do first.
Eileen: *She'll be there with you, she says—don't worry.*
George: Wonderful! That is very cheering and reassuring.
Eileen: *I do get the feeling that she is with all of you still quite a lot. It's as if you are all very united and she's in the middle.*
George: Ah—I have that feeling myself.
Eileen: *And she's pleased about the dress. When you talk to her, you can think about her lovely dress. And as she goes, she's just saying a little 'thank you'.*
George: Oh, thank you love, for being with us again and I think, being with us all-the-time.
Eileen: *She's throwing a kiss to all of you.*
George: I send her one every night.
Eileen: She's returning it George.
It was a beautiful warm exchange that kept us chatting for several minutes. How the lacework was so intricate and Connie had been creative in several ways.
There was further clairvoyance via Eileen regarding progress of Jan's grandchildren—and a cautionary message for Dawn about someone running on the stairs.
George's Notes:
Anything created by you can be gotten rid of by you: How very true! So in order to be rid of:
—Lung cancer from smoking – we stop smoking.
—Lung cancer from asbestos – we stop using it.
—Dietary illness – we review and improve diet.

—War zone injuries – we stop warring.
—Warring – we stop making and selling weapons.
—Drug afflictions – we ban production and sales.
—Toxic air afflictions – we must use clean fuels.
—Mental disorders – we must endeavour to keep the mind free of stress and let in the love.
These are our responsibility, and so it is up to each one of us to exercise our free-will wisely—and set the good example to the collective humanity. If we stopped using drugs, manufacturers would soon go out of business, likewise cigarettes and likewise lethal weapons.

~23rd November 2015~ SALUMET+Cho

On this occasion, Jo was able to join with us again; also Sally and Ben were sitting in for their first time experience—audio link: http://www.salumetandfriends.org/resources/2015_11_23+salumet.mp3
Lilian: Good evening Salumet and welcome.
Good evening.
All: Good evening.
As I join with you this time I wish to welcome our dear lady friend on her return to us; we also welcome those here who wish to learn just a little more. There is with them just a little apprehension, especially the dear lady. Do not be concerned because within this room you are surrounded by much love and upliftment. It is always good for us in spirit to see those who wish to gain a little more knowledge. Sometimes we forget that not everyone knows as much as we do here, but it is uplifting to know that still we have seekers of truth who are forever looking, who are forever wondering what spirit holds for them. As usual, when we have guests, I will take any questions that they have. I will allow the dear lady here next to me, to conduct these questions to me.
Lilian: Yes, okay.
Ben: I have a question please—um—I recently lost a relative of mine, who passed away, and they were a 'Jehovah Witness' and quite a devout follower of that religion—I wonder if you would be able to comment on how they are getting on in the spirit world?
Yes—I will say this to you: that there are so many religions within your world, no matter what title you choose to follow, whether it be the Christianity or any other—all peoples are destined for the same place—with that, I mean the world of spirit. Your dear relative, if they were happy to be, as you call them: Jehovah's Witnesses, was happy with that life—was happy that they had a good life, that they harmed no one nor pressed another to take their point of view, then they will of course come directly to spirit, but what happens sometimes, is that when they are so set in their ways or have such strong beliefs, that they are drawn to the same kind of people. You may not realise that this can happen and that everyone intermingles, no matter who or what they are. If their religion was so strong that they would still retain it for a while, then your relative will be with those like-minded people, and what eventually happens is that they begin to recognise that there is no need for religious names—that each one is in the image of the Great Creator, no matter who or what they are. This is what is important. Sometimes it takes a while, but what I would like you to remember, my dear friend, is that each and everyone is entitled to the love of those that they have known. So I can truthfully say to you, my dear friend, that whoever this being is—and you must not use them in the past tense, they are still with you; they will have been loved and guided from the minute they passed to spirit. So I say to you: if you are involved in any way with those who become a little fanatical about their religions, just to gently remind them that we all came from the same place, and we will all return to the same place. Has that helped you just a little?
Ben: Yes it has—thank you.
Yes.
Lilian: So would a like-minded person be waiting to greet them when they pass over?

Those with strong thoughts of what they expect, as you know, my dear friend, will *find* what they expect (yes)**, but if the feelings are still so strong, they will gravitate to those of like mind. You understand?** (Yes) **It may only be for a very short time or it may be longer. It depends on the individual and how deep is their religious belief. But as you know, if they have lived a good life upon this Earthly plane, there will always be someone who lovingly greets them.**

Lilian: Yes, only last week there was a rescue and for the very first time as I remember, I was saying: you'll see someone in the light waiting for you, and it was an angel! But I guess really they were seeing the light of spirit, were they?

Yes, sometimes with traumatic passings that—they become confused (yes—)**, especially if the passing is very quick—they become confused. And do not forget that they are still very close to the Earth plane.**

Lilian: Yes, but he was frightened too—a little bit frightened.

Yes—because he obviously had not thought too much about what happens when the time comes for them to pass. You understand? (Yes)**—yes.**

George: Yes—those who have been severely indoctrinated by the older Roman Catholic teaching of really heavy punishments **(yes)**—they may have an expectation of heavy punishment on passing to spirit. But I think I would be right in saying there are many who are looking out for them and wishing to assist and influence?

As you know, because you have dealt with some rescues, that those of that religion sometimes pass to us confused, because many believe and fear of the place called 'limbo'—which causes confusion, but always there will be someone to greet you, whether it be angelic, whether it be someone who has been close—mothers, fathers, sisters—all are there and ready to help. But sometimes it is those beings who have always been with you throughout time, who will meet you if there is great difficulty. And the question the lady asked: why an angel?—because that would be one association that the gentleman would have recognised. All children are taught about angels and good people, and that would be a thought within their thinking. You understand?

George: Yes—yes, thank you.

Do we have more questions please?

Jo: Salumet—I thank you for coming and talking to us. I would like to ask you about spiritual healing, when we are being used as channels. Do you get the right person for the right person, if you know what I mean? —the right spiritual person for the healer to pass on their healing?

Yes—it depends rather a lot on the spirituality of the person who is being used, i.e. the person who is giving the healing (I see)**. We can only give as much as that person is able to relay** (I see)**. Yes, there will always be those in spirit whose desire is to help with healing, and it is imperative that the right one is blended in order for the best healing to take place. So—yes, there are no mistakes within that healing for someone not to have the right spiritual healer behind them** (thank you)**. Does that help you?**

Jo: Yes it does—it answers my question. Thank you.

You feel you are growing still (yes)**—yes.**

Jo: Very much so.

Yes, you have made quite a lot of strides forward.

Jo: I hope so—I really hope so.

Do not hope—I am telling you that you have.

Jo: Yes **(yes)**. Thank you very much.

Any more questions please?

George: Do you wish to ask a question Sally?

Sally: No—not at the moment thank you.

She is still a little apprehensive, but we are helping her.

Lilian: I think we all are when we first sit in on something like this.

Yes—I would not like to say: they have thrown you in at the deep end.

(Chuckles)

Sally: I don't feel as if I've been thrown in the deep end!
No.
George: We have spoken Salumet, about the 'crystal skulls'. I have recently received information indicating that they originated in Atlantis **(yes)**, and I just wondered if you are able to confirm that—
I have no doubts about confirming that that is so (thank you)**—none whatsoever.**
George: Oh, that's very nice to have that.
Yes, there has been so much spoken about these things, and again I have to tell you that as Earth beings, you do like to complicate matters.
(Chuckles)
But yes, I can assure you, my dear friend, that it is so.
George: That's very nice to know.
I want to just say something to you, my dear friend: I do not want you—and I am going to use one of your Earthly sayings—to burn the candle at both ends. I know you become a little enthusiastic about your writings, and we are indeed grateful for all the good work that you do. But, as I say: just be aware that you do not over-tire yourself. This is not a reprimand—it is encouragement for you.
George: Actually—yes, I do welcome that, and again, it's really another confirmation, because I have indeed felt the need to slow down just a little.
Yes, your energy is a little depleted, and I am not speaking of Earthly energy my friend, as you may well know (yes)**, and it is important for us in the world of spirit to help you maintain tip-top conditions.**
George: I thank you for your concern and advice—yes, thank you.
Lilian: Better remind him Mark (Mm).
(Chuckles)
(Pause)
We are very still and quiet this time.
George: Salumet—we do have a question that has been sent in by one of our audio-link listeners—from the other side of the world, in Tasmania **(yes)**. I know we have spoken on the subject of 'global warming', but he was wondering if you could speak any further on that. Are there any updates, and the thought was sparked by the governor—or he found out that the governor of Florida has banned use of the term 'climate change' throughout his state—this has sparked his thinking in that direction, and I think he's looking for a little *hope* for our world in this respect. Are you able to speak further on 'global warming'?
I believe I have told you that all of these things that happen within your world—all of these concerns and worries are in the whole unfounded. Your world—your planet—has to evolve, and this you know and understand (yes)**. No energy is static. All is movement, and that includes the changes in your weather. I know the words 'climate change' has been thrown around your world for many years now. I would rather that you concentrated, my dear friends, in developing the love of each person rather than what is happening at the moment with the structure of your planet; because, as I have said, you cannot stop the evolution of the planet. That still has to take place. So my words about this subject are these: yes, there are changes to your climate. I think you would be foolish to dismiss them, but I do not wish you to focus upon them so greatly that you become concerned, because that is the fear behind this question.**
George: So we should simply accept and not be disheartened.
Do not be disheartened. You know my dear friends: that is my message at all times. So I would say: stop being *so* concerned. I am not saying do not think about these things, but we in spirit of course are much aware of what is happening on your planet, and are doing all we can to help those in power to understand the need for all of mankind to understand what is happening. Is that helpful to you?
George: I'm sure that will clarify the thinking **(yes)** of the correspondent and it's so nice that someone on the other side of the world is picking up the communications that we have here and is giving some serious thought to this **(yes)**. Thank you, Salumet.

Yes—now—now you are all so quiet, I will take my leave this time and allow whatever else is coming to you. I leave you as always, my dear friends, with my love, my upliftment and know each and every one of you that spirit is here to help you all—but you must ask for that help. You deserve the help that we give you. We thank you and are grateful for all that you do.

George: That's most reassuring. Thank you Salumet, so much.

(General thanks)

Audio link: http://www.salumetandfriends.org/resources/2015_11_23+cho.mp3

Hello!

Lilian: Hello.

I Cho.

George: Oh Cho!—welcome!

I very honoured tonight—I very honoured.

George: You're very honoured ***(yes)***. And why is that?

—Because you've got different people.

(General acknowledgement)

George: Ah yes indeed!—yes.

(Lilian explained to our guests that this is our new gatekeeper who has recently started with us)

Lilian: We get on well don't we?

Yes—I like you—and my friend.

George: Yes, we have two who are sitting in for the first time this evening and—

I can see that! I'm not stupid!

(Chuckles)

George: No, you probably know much more than I.

Oh no—no—Cho know.

Lilian: Did you hear anything of Salumet before you came through?

No, I not allowed—I work to do, looking after you lot.

(Laughter)

George: Oh well, that must be quite a difficult task!

It is! No, I pleased to be here. I'm not speaking about myself tonight though. Are you disappointed?

Mark: Yes—we're looking forward to that!

Good.

George: Yes, we'd always like to hear a bit more.

I'm coming one time, to tell you all.

George: Do you still have memories of Mongolia?

Few, a few—hard enough speaking to you without remembering that as well!

(A chuckle or two)

George: Yes.

You're very subdued—this lot! You need to cheer them up—or else they'll be joining with me!

(Laughs)

George: Well it's so nice for you to come through to us from time to time Cho ***(yes)***—we do appreciate that.

I've got a lady here—keeps standing behind me—she's so anxious to speak to the lady across from me. You—hello! Yes—she 'Cho', somebody tell me!

Lilian: Jo, it's for you.

Jo: Yes I guessed it's for me.

YOU have the same name as I do—Cho! But you're not a man.

Jo: No, I'm not a man.

No, you're a lady—a very nice lady (thank you)***. Yes—this lady saying you're one of God's angels. That's nice isn't it?***

Jo: That's wonderful—yes ***(yes)***. That's wonderful.
I can't see your wings! (Ah) ***I only joke!***
(Laughs)
I only joke.
George: Well it's nice to have a joke.
I need to tell jokes—no one else is! You all very subdued tonight. What's the matter?
Lilian: No I don't think anything is the matter—sometimes this happens, you know.
Are you just quiet?
Lilian: Just quiet.
I'm glad you don't live with me.
Lilian: We're not *always* quiet.
But she is—that Cho *(Jo)* ***is one of God's angels. She does good things.***
Jo: That's wonderful to hear Cho, thank you very much.
Yes, you're a good lady, yes—and you come again. I haven't met you before, have I?
Jo: No, I haven't met you before Cho. No—I would have remembered.
I'm unforgettable, is that what you're saying?
Jo: Yes I am.
That's nice.
George: No, Jo has been with the group before, but a long, long time ago.
Yes, I'm a newcomer—I'm a bit of what you call 'chatterbox'.
Jo: Same as me Cho.
A new language for me—it's been quite hard, hasn't it?
George: But you're coming along extremely well with it.
Yes—yes I am, aren't I? I want you to laugh before I go and get on with my job.
Jo: Tell us a joke then Cho.
Oh no, can't do that—I don't know any.
Lilian: So what's the job you're going back to?
I'm the gatekeeper!
Lilian: Yes, but when you leave here, that's what you're going to do with another group?
Yes—no—I'm doing it with you.
(Laughs)
Lilian: —when you leave us—
When I leave this—
Lilian: —are you going to another group?
No, not at the moment—I will go back and I want to do something else. I want to be a gatekeeper, which I've started as you know (yes)***, even if you don't laugh at my jokes.***
George: Well, when you *do* go Cho, perhaps we can say: 'ciao Cho from—
No—you said 'ciao Cho' last time!
George: But it's 'Ciao Cho from Jo' this time.
Ah—'Ciao Cho from Jo!'
Jo: Absolutely!
That's amusing isn't it Jo? Ciao Cho from Jo—I'll remember that one sir! You could be my partner in crime!
(Laughs)
I'm really happy to talk to you all—now I am being called. 'You've said enough' they've said. I'm supposed to be the gatekeeper!
George: You have a little chat with Paul sometimes, but he is away in Thailand, so—
I know!
George: —so he's half-way across to Mongolia.

I went with him—I travelled with him.
George: You travelled with him! ***(Yes)*** Oh very nice!
—To make sure he got there okay.
George: Was he aware of your company?
I doubt it—no.
George: How lovely that you travelled with him!
Yes, you'd be surprised what we all do with you lot, just to keep you safe. We know all your little habits.
George: And he will receive the transcript of the evening here, and he'll be quite surprised and pleased that he got a mention of your presence.
He'll be surprised at my presence—of course he will! Yes—okay—all right I have to go—I'm being called to go. Cheerio then!
(General fond farewells)
A period of clairvoyant messages via Eileen followed. An intriguing one was for our visitor Sally from her sister 'Marj' in spirit, who began by saying: 'What are you doing here?' It was a lovely message for Sally, and of course, Marj would only be known to Sally and Ben, and no other sitters. And the exchange, we understand, made perfect sense to her. Then there followed a rescue via Eileen.
Audio link: http://www.salumetandfriends.org/resources/2015_11_23+rescue.mp3
Lilian: Hello.
Hello dearie.
Lilian: Good evening.
Have you come to make me a nice cup of tea?
Lilian: That's what you'd like, is it?
Yes, and something round my shoulders; because I'm very cold today.
Lilian: Are you? ***(Yes)***. Can you tell me how old you are?
I'm ninety-six.
Lilian: Well! That's a good age isn't it?
Yes, everybody says it.
Lilian: You should begin to feel nice and warm all round your shoulders.
Mm—that's lovely dearie—lovely. But you just toddle off and get my cup of tea.
Lilian: Well first of all, let's have a chat—did you feel unwell?
Well I feel unwell all the time—
Lilian: Yes—it's a good age isn't it—and I expect you're tired—
Yes, I'm fed up now. I keep asking to go, and nobody comes.
Lilian: Do you? Well I've got a surprise for you—you have passed into spirit.
Oh no dearie, no, I'm still here.
Lilian: You're not. Did you have long hair or short hair?
I had it in a bun—I never wanted to cut my hair. Why are you asking?
Lilian: If you could put your hand up and touch your hair now, you'll find you've got short hair.
(She discovers Eileen's ear decor))
Oh!
Lilian: Don't worry about it.
What's that in my ear?
Lilian: That's an earring ***(oh!)***. Okay, now I'm telling you that because something has caused you to die—old age probably, and you've had a good life. And you are just using this lady so that I can talk to you and tell you what's happened.
Oh, where am I? Where am I?
Lilian: It's okay, you've just come back for a minute or two so that I can tell you what happens. You are all nice and warm.
Yes it's lovely dearie—yes.

Lilian: And you feel really comfortable and surrounded by love. Can you feel that?
I can dearie, I can. I'm just worried about my cup of tea.
Lilian: Never mind about your cup of tea—you'll get one in a minute.
George: Yes, shortly you'll be getting something much nicer than a cup of tea.
Oh no, I don't touch that any more. *(Referring to alcohol?)*
(Chuckles)
Lilian: You're going to get a nice surprise. If you look forward—I want you to just look forward and you'll see a nice bright light, as though it's beckoning you towards it—a really, really bright light.
Oh yes—a beautiful day—it's beautiful!
Lilian: And in that light, you'll see someone waiting for you—somebody that you'll recognise who has gone before you.
Oh my goodness! It's Wilf! It's my Wilf!
Lilian: Well, that's lovely. And you're happy to go off with Wilf.
I'll say so!
Lilian: So you understand when I said something caused you to die? We don't really die—we just go to another life in spirit.
Well if this is dying, it's great!
Lilian: Good! I'm pleased about that. You tell him you want a cup of tea and see what he says.
He'll tell me: go and make my bloody own!
(Laughs)
Oh well, it's lovely dearie—it's really beautiful.
Lilian: And you're happy to go with him? ***(I am)*** Good. Well it's nice to have met you.
What' your name dearie?
Lilian: Lilian. What's was your name? ***Greta.***
Lilian: That's a nice name ***(it's okay)***, and you're happy to go?
I'm gone already.
Lilian: Good—anyway, nice to have met you for a short time.
Thank you—thank you.
Lilian: You're welcome.
George's Notes:
1: Crystal Skulls: Our Salumet meeting of 10th November 1997 refers to the crystal skulls. On that occasion it was made clear that our modern technology would be incapable of making them, and Salumet described them as pre-Mayan.
2: Climate Change: This subject had prior mention at the end of our 14th January 2013 meeting. It was made clear that all planets have their own evolution which must continue.

~30th November 2015~

Our evening began with a few words from Cho—audio link: http://www.salumetandfriends.org/resources/2015_11_30+Cho.mp3
Lilian: Good evening.
Hello, it's me again.
(General greetings)
I need to cheer you all up.
(Giggles)
George: That's good.
Some of you a little down—yes. I'm not here to stay—just cheer you up—then I go.
Graham: That's very kind of you.
Lilian: Okay.
I got to tell you: the one you expect will be here next time (thank you)***. We would like the dear lady to do some work this time if you would.***

Lilian: Do you mean—which lady?
Dear lady next to you.
George: Oh Sara.
We always catch you, don't we?
Sara: Yes!
(Laughs)
Anyway, that be a little later—people here waiting, so I have to go.
Lilian: Thank you for popping in.
Where's my friend ciao now?—where's my friend ciao now?
(Turning to George)
Oh, there you are! You no speak to me?
George: Oh sorry! I'm a little bit deaf and I don't always catch the right word.
That no excuse!
(Laughs)
You always say: see you again ciao now, don't you?
George: I did last time—yes ***(yes)***, it was 'ciao Cho from Jo' last time.
The fact is I (George) usually miss a few words, especially with Cho, and I at times hold back, simply to avoid the risk of making a gaff. But Cho is so perceptive, and his word-power is so improved that at times I wondered if it was still indeed him!
Yes—you my friend.
(Chuckles)
George: Oh and it's very good to hear you again Cho—um—
I'm not staying—just cheer you up, now I go.
Lilian: Thank you for cheering us up.
George: You have a cheery voice, and we're so pleased that you're really getting to grips with the language—the words.
Yes, I getting very good—yes. You're so slow tonight—what's the matter?
Lilian: I think we're half asleep.
Half asleep? What does that mean?—half asleep? One eye closed—one eye open?
(Laughter)
Mark: It's winter now, and we're sort of hibernating a bit, I think.
Lilian: That's what it is Mark.
I'm not going to let you.
(Laughs)
Really, I am going.
There followed a period of clairvoyance via Eileen—firstly concerning a hardback book with blue cover containing two lines that had really impressed the reader. Serena had been reading a White Eagle book recently, which fitted the description and there then followed a very nice message for Serena indicating that she could be used for inspirational speech.
My dear wife Ann was then with Eileen with a bunch of snowdrops—a favourite of Ann and family. Sara, Mark and Graham were present and Eileen described how Ann held them under the nose of each of us:
Sara: Thank you.
George: Ah lovely—we shall certainly appreciate the snowdrops when they flower. But the seasons seem to be changing a bit. So they may well come earlier this year. We shall see.
Apparently, Ann was tapping me on the shoulder when I was deciding which tie to wear recently—but I wasn't aware! Eileen explained that sometimes she gives a little peck on the forehead, but he doesn't even feel that! Sara also has taps and has been aware and it felt wonderful that Ann was very much still around and with the family.

As she feels more at ease coming back to us all, it seems that it may well be that we all sense her a bit more. She added that next time, she'd pick George's tie, which brought laughter.
We spoke of love, and she reminded us that there is a difference between 'sensing it' and 'actually saying the words'. It was a heartfelt exchange, concluding with her lovely smile.
And there followed a family update message for Graham, showing that they were keeping a caring eye on the family and knew what was going on.
Sara was next invited to guide us in a meditation. This was spoken via Sara as a set of quite well-spaced statements, following a pause to see what was to be forthcoming—audio link:
http://www.salumetandfriends.org/resources/2015_11_30_Sara+med.mp3
Just think about the word 'love' and what it means to you. Just spend a few moments thinking about the word, and see what images come to your mind. You may get a picture—you may get some colour—you may have a few words. Just sit for a few moments and see what comes to you.
So later we can talk and we can share what we've found about that. And when you hear the word 'love', how does it make you feel?—just the word—to hear it?
Think about the people in your life who behave in the most loving manner. Think about what's special about them—why you feel that they are so loving. There are many different expressions of love—many ways of showing love to others; because everybody is unique and everyone has their own special gifts and strengths. They express love according to their unique way. So the expression is very different with everyone.
And now think about when you yourself are feeling at your most loving. How does that affect you?—how does that make you express yourself and how do you behave towards others?—and how do you think when you feel that you are at your most loving?
And then have a think about what makes it possible for you to one day feel that way?—what conditions are there that make you feel more inclined to be loving to people around you?
Try if it's possible to think about what causes you to open up and expand and open towards others, and what causes you to close down.
And now if you could imagine a rose in your heart-centre—just imagine it is a rose bud, and watch it in slow motion opening and see if you can feel an expansiveness as the flower opens slowly.
Now just imagine yourself filled with a beautiful love and peace, and just imagine that that is what you will give to all the people who cross your path this week.
Try to just imagine the lightness that you feel when you are consciously filling yourself with love and opening yourself to others—just try to feel that lightness.
Thank you.
Finally there was another through Eileen—audio link: http://www.salumetandfriends.org/resources/2015_11_30_Thomas.mp3
Lilian: Hello.
Hello.
Lilian: You are very welcome.
I am Thomas. I have been listening to you discussing 'love'. I was unfortunate, that whilst I lived, I did not feel any kind of love.
George: Oh that's a shame.
Lilian: —Towards you or towards other people?
—Towards me.
Lilian: Oh that's a shame.
But it doesn't matter.
George: Have you felt more love since?
I have felt such an abundance of love here. But I had to come and say to each one of you, that to understand love fully you must understand it in yourselves. If you do not love yourselves, you will never love at all. So I hope that this evening and the talk about love has touched each and every one of you—that all of you will be able to express love and to be aware that that expression of love is being felt by all (yes)***. It is a sad world where love does not exist. And I know I need not speak of the state of your world,***

where love is sorely lacking. That has not been my purpose this evening; but to speak as you as individuals—to love and to be loved—not only physical love but spiritual love, and there is a great difference. Physical love is fleeting—spiritual love is for all time.
Lilian: Yes, I think some of us have been lucky to feel it sometimes—love, which really we don't understand here.
People's expressions of love vary so much. It is as diverse as people in your world are. People feel that they love when in fact they do not nearly understand what true love is.
George: Yes, I think spiritual love has grown with me since my dear wife has been in spirit, and that love between us seems to—and we know that she is still around—and that love between us seems to just grow and grow.
Yes, but you can only feel it from the physical side. She is helping you to express the spiritual love (ah yes)***. It is so much different from the physical love that is expressed upon the Earth. True love is unselfish. True love is when you wish to give and not to take. There are so many expressions of love. But spiritual love is something you will understand when you come to the spirit world. So if nothing else, I wish that you would take with you this night some thoughts, some expression of the love that surrounds you within this room. That indeed is spiritual love which encompasses you each time you come together. And I know that most of you feel it at some time*** (yes)***.***
George: Yes, I think that feeling has deepened this evening and we so much appreciate the meditation through Sara and your words that follow up. Thank you so much.
You are most welcome, and I Thomas will take myself from your presence, and thank you for listening to those words. And please be full of gratitude to that Great Creator who has allowed each of you to feel the blessing of that deep love.
George: Yes, I was only thinking earlier today about this beautiful world that we have and nature, and all that can only have been created in love.
Yes, and remember: you are all a very small part of that great creation—a very small part.
(General thanks as Thomas withdrew)
George's Notes:
'…Your world where love is sorely lacking': Clearly, in the Middle East there is turmoil. There is love—expressed especially by those bereaved who mourn the loss of their loved ones. But it is so clear from the teaching that comes to us direct from spirit, that to kill another is spiritual crime. Many should reflect on this—those who kill, those who incite the deed, weapons suppliers and all in faraway places who share responsibility. Warfare must eventually go, but first we must recognise and feel the LOVE that will heal all.

~14th December 2015~ SALUMET

Audio link: http://www.salumetandfriends.org/resources/2015_12_14+salumet.mp3
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
I am happy to be with you all this time (thank you)**. As you probably already know, this will be my last visit for this, your year ending** (yes)**. It is time for me to withdraw, my dear friends, to the part of spirit where I am most comfortable. I of course will be with each and every one of you over your holiday time** (wonderful!)**. I wish for you all much love much upliftment and much joy in your lives.**
(Thanks)
Know that I am only just a few words away, and I know that you fully understand.
George: Most reassuring—thank you Salumet.
You must know that the Great Creator's love is *always* with you, but sometimes you forget to ask for that happiness. All of you, my dear friends, deserve happiness, if only for your dedication and your deep love for all those in need; and this I know is a *continuing* thing. It is not a fleecing, fleeing and objecting to what is happening, but an acceptance of what your lives are all about. Therefore for this time, for a

short while, I will take any questions that you may have, and hopefully we can conclude this, the end of your year, with much satisfaction, much hope and much love, because my dear friends, I want you in this coming year to feel more positive about your lives in general—not only you, but for all the population of this planet. You do so much for others, let this holiday time be time for yourselves; to gather with families, with friends, with children. And you know that next time, there will be children to visit as usual, because their love is love of *purity*—so remember this, my dear friends. And now, I will try to help you with any questions.

George: Could I ask one Salumet which is in a way topical, concerning 'charities'? I have the feeling that these have got somewhat out of hand, in that there are many people making huge sums of money from advertising their charities. The top executive, who receives the highest salary, receives £850,000 per year, and of the top 100 executive salaries, the average figure is £208,000 per year. So many, many people are paying into institutionalised charity organisations and I believe are unaware that much of the money donated is going into the charity organiser's bank balances. And in addition to top executives, there are managers, sub-managers and trainee managers and they *all* get very good salaries **(yes)**. So my question is: is it better that we give on a personal one-to-one level instead of involving these institutionalised charities?

I understand your question, my dear friend. Of course, these people who are not genuine needed to be exposed; and of course, they have been exposed, otherwise you would not be aware of this problem. I can only tell you, my dear friends, that your own conscience will tell you what is best for *you*. As much as there is hidden agenda with these people, there is still a great deal that is done to help others and this we cannot doubt, but of course, if one-to-one giving is there and acceptable, then for most people I would say: that is the way to go. But when you are dealing with so much money, it is necessary sometimes to have some kind of organisation. I can only say to you, and I hope it brings comfort, that these people must face what they have been doing when the time comes. They have to face themselves—they have to know that what they are taking from other people is very negative for their own souls. And I know that at the present time that may seem like no kind of consolation, but let me assure you that no one on this planet can do any misdeed without having to face themselves. It is a difficult problem for you I know, but I would suggest that you go inwards and find the right solution for yourselves.

Sarah: But of course it does actually, even though those people are taking, in our eyes, far too much money, it doesn't take away from the fact that people are giving—and that is in essence the good part about it.

Yes—again, we have positive and negative; all throughout life we have this, but the awareness and the knowledge of what is happening is the greatest weapon to have, because then these people can be dealt with by those in authority. You understand? (Yes) **I hope that is helpful to you.**

George: Yes, that's a wonderful answer, and it will help to give this exposure **(yes)** which I feel the problem is; and it also has its nuisance value, in that through mailing shots and TV advertising **(yes)**, it's been calculated that every one of our population here in the UK, receives 200 asks for money through the year.

Yes, again it comes down to a personal level with each one of you. You can only give so much. You cannot change your world in a heartbeat, but if it is right for you, then it is right for many. I say: think upon it and do what you feel is right, because my dear friends, you have that innate knowledge of what is right for you.

George: That's a lovely answer—thank you very much Salumet.

Sara: It's not a problem to screen out a lot of this—a lot of people who are asking, and just select just a few ways of giving—if they're enjoyable then—

Yes—underhanded deeds will always be ousted, in many different ways. As I say, once the knowledge is in the open, then people can then deal with these individuals. And of course, that is not the end—they do have to stand and see themselves as they have been. That is a little cautionary note for all of you, my dear friends.

(Chuckles)

Because we know, being human, there are good thoughts and not-so-good thoughts, and it is as I have said, individual responsibility that must take charge. I hope it is helpful.
George: Yes indeed.
(Pause)
George: Does anyone else have a question?
Ben: I have a question please? **(Yes)** It occurred to me that a great number of people complete their human experience and return to spirit without becoming enlightened or even curious during their time here on Earth. As we are sent to this planet to evolve, isn't it a shame that some people spend their time chasing wealth at the expense of others?—or spend their time going to wars to kill others? Why are there so many wasted opportunities?
Each and every individual upon this planet—and I have already told the others in this group this on other occasions—that you cannot *make* people understand and know what truth is. You cannot make them be the same as you are—in the way that you think or hope or help. Because you are individuals with free-will, it is not always easy to follow the road of goodness. After all, this is a planet where there is good and there is not-so-good; I use those words again, rather than 'bad'. A lot of individuals are just misinformed sometimes or naive about existence, or who neglect to even sit and think about their lives. So I say to you, my dear friend: if the opportunity arises, then of course you can offer words of hope or knowledge to another, but you cannot make them listen. That is why they have come—and there are many individuals who change throughout their lives.
(Eileen coughed and there was a pause here)
When the soul decides to come to this planet for another lifetime it is well aware of the opportunities that will be open to them. For most people there is a graduation at the end of their lifetime, where they have grown in knowledge, grown in love, grown in understanding. But for many, this life is exciting, for many, they can only focus on one part at a time, and for these individuals, they are the ones who regret the lifetime that has been wasted. But it is *their* waste, not yours, not anyone else's. And they have to again, face up to the fact that any opportunities they have had has been wasted. Do you understand so far? *(Affirmations)*
Yes. When this knowledge and truth comes to many, their desire is great to inform other people. We understand this, because when the spirit is touched, all of the body is touched—and then we have happier lives, healthier people, more knowledgeable people about where they have come from in spirit. So you must allow people to evolve in their own way, in their own time. And do not concern yourself too much about others in that way, because whilst you are focussed upon another, you are missing the moment in your life. And my dear friend, to live in the moment, as the others now know, is the most important thing that you can do for yourselves. Do you understand?
Ben: Yes—thank you.
Sarah: That reminds me of you saying you shouldn't judge. I was thinking of a Japanese man and an Englishman —a Japanese man during the war had treated this Englishman appallingly—it was really not very good at all. And after the war, the Japanese man was full of remorse and he got in touch with the Englishman, and it gave the Englishman the opportunity to forgive—and the other man also to be sorry for what he'd done. So it actually gave them both an opportunity.
A very good indication of what I was saying that people graduate to better things throughout a whole lifetime. They may start off as being selfish, non-caring, and just some little incident like you have expressed is enough to change them—yes.
George: Could I refer to the Vietnam War? There was a very highly toxic chemical use, called 'Agent Orange'. And it has horrific effects, causing deformities in birth, and these deformities pass across generations, and there are still people being born in the world with terrible deformities as a result of their ancestors being contaminated with Agent Orange. Those in spirit who decide to take an Earth life—it is difficult to fathom the reasoning regarding what good they can do by taking such a deformed and often very short life. I wonder if you have any comment on that—

You mean the individuals who have been damaged, yes?
Mark: The descendants I think, of those who come in from spirit in a deformed body.
—Why they have chosen those—yes.
Mark: Yes.
Well, that is a difficult question, because who are you to know how much that soul has grown? When you come to spirit—you have returned to spirit without any bodily disease or harm. We are speaking on a different level. When the soul decides to reincarnate, it decides for the benefit of the soul, not what the physical body will be like, and it is easy to judge others—*too easy* to judge others, and although your understanding is not quite as secure as it might be, I can only tell you, my dear friends, that understanding of spirit takes many eons of time. You will never understand fully whilst you live one Earthly life. It is an increase in spiritual knowledge, lifetime after lifetime; and even then my dear friends, I would say to you: the answers will never be what you suppose them to be.
George: It is wonderful Salumet that the Vietnamese people of today do not seem to have recrimination in their temperament.
Yes, and that is one of the good aspects that has come from disasters such as this. There is always a plus and a negative to all of life. If only you could look upon life as being that way, it would help to ease the grief that exists in these human actions. And as I have said: not all actions are fated; there are many people in your world who indeed have lost their way—and that is when you have events that happen that distress the majority of people. But on the other hand, you are not the Creator—you are not to know why, and I can tell you my dear friends, that in all of these cases—all of these human beings—their spirit has lifted them higher than you could ever imagine. Does that help?
George: Yes—thank you.
Graham: I was watching a television program yesterday about Germany—has accepted 800,000 refugees from Syria and other countries, and it was just following the story of a couple of families, what they've come from and where they are now, and it was incredibly heart-warming ***(yes)***—the reaction of the people in that area and how the Syrians were helping the Germans a little bit on sport and how to dance, and the Germans were showing the Syrians a German Christmas market, and to see the women smiling and the children not afraid any more **(yes)**—it was very, very heart-warming.
Both peoples have gifts of knowledge to each other (yes)**, that is how it should be in life. I do not tell you, my dear friends, that your lives are easy. We all know do we not, that life sometimes is very, very difficult for those of you who live upon the Earth plane. It is difficult to see one day follow another, especially when your media is so quick to report what is happening in different places of your world. I would suggest to all of you that you take a step backward before making any criticisms about either sides for whatever reason. Stay partial, impartial, whatever is best for you and focus on yourselves. In that way you are doing the best for your own spirit, and after all, your spirit has to be wise before it can progress. I hope that has helped you** (yes)**.**
Now, my dear friends, I feel that we have spoken enough for this time. I know you will join me in saying that I hope all of you on your Earth planet will find that this new coming year will be greater in happiness, in love, in upliftment and with newfound joy for all people.
(Agreement)
So as I take my leave of you, know that I leave you, my dear friends and all of those absent ones, and know that I will rejoin with you in your New Year.
George: That we look forward to.
(Agreement and thanks)
Our friendly Gatekeeper Cho then followed—audio link: http://www.salumetandfriends.org/resources/2015_12_14+cho.mp3
Hello.
(General welcomes to Cho)
Cho! I am not staying—I'll be next week with the children.
Lilian: Oh lovely!

Yes—it feels very nice in here (thank you)***.***
Lilian: Yes, we've just had our teacher come through, and maybe what he leaves behind is really good—he leaves a good feeling.
(Cho then asked after another sitter who wasn't present this evening)
George: How do you find us this evening? Do we need cheering up? ***(No)*** No, I think we're nice and relaxed following Salumet's teaching.
(Cho, as if searching for a motive)
You just want me to stay, don't you?
George: Well, that's always very nice when you can stay for a chat.
Well I can't!
(Laughter)
I chat to you next week, okay?
George: Yes, that'll be good.
It will be VERY good.
George: You know in advance—or is that conjecture?
(Ominous pause with a few chuckles)
George: —Or is that rather a big word?
What does that mean? Will you try to trick me?
(Chuckles)
George: Is that how you *imagine* it will be, or do you just *know* it will be good?
I KNOW it be good!
George: You know—yes.
I know! Just know! Cho Knows!
(Laughter)
George: It isn't just a guess? That's what I meant.
(More laughs)
Guess?—I sort this one out next time.
Lilian: That's a good idea.
George: You'll sort it out—right.
No—sort you!
(Laughter)
Lilian: So you'll be bringing the children along?
I'll be letting them through (I see)***. I'll be your keeper next time*** (yes)***. I didn't have to let that other one through—I was kept out.***
Mark: He's got his own key, has he?
—Pardon?
(Chuckles)
Mark: He's got his own key—he can open the door himself.
Ha! Ha! Very funny, isn't he?
(Laughs)
George: Well, he has a wit on occasions—yes.
He's trying to steal my—thunder! Is that what they say?
(Laughter)
George: Thunder!—a good expression!
Stealing my thunder!
George: : That's a good expression. When you let the children through, will you be letting them through in a batch or one at a time?
You're very nosey, aren't you?
(Laughter)

I'll be letting them through if they behave—and they won't be behaved, so it will be a struggle
Lilian: They get too excited.
They get very excited. I let some through a few days ago, and do you know what happened?
Lilian: No, you tell us.
The tree in the room toppled over!
(Laughs)
I don't think they were amused. The CHILDREN were, but the lad wasn't.
George: I don't think the tree toppling over was down to the children, was it?
(Whispered)
Yes it was. They pushed it.
George: Really?
Yeah—we can do all kind of things you know (yes)***, we're not silly! You seem surprised. We can even push people.***
George: Well yes. When my wife taps me on the head, I don't feel it—but children pushing a tree—it falls over.
I'll tell her to do it harder (yes)***.***
Sara: I often feel taps on my shoulder—probably more than anything—seeing—
Yeah—we can do all kind of things, but only with love—not naughty. The children didn't get scolded—I did. No—I only joking—we don't get scolded—anyway I'm not staying.
George: When you come through Cho, Paul should be with us then.
(Cho of course was aware of this)
Okay, nobody wants to say anything when I'm here.
Mark: I was going to say: maybe you could get the children to shake the tree a little bit, so that we can see it move a little bit?
Shake the tree?
Mark: Just so we can see it move a little bit.
Are you sure?
Mark: Yes, as long as they don't knock it right over.
Oh right, well something probably will move—it's up to you to look, okay?
Mark: And play with the light?
Play with the lights?
Sarah: That's not a good idea.
You all complained the other week when the lights went funny.
Lilian: Yes, they did go up and down. Wow! That wasn't the tree—
That wasn't the tree, no. But I'm going now.
Lilian: See you next week—well, *hear* you next week.
Well you won't SEE me will you? I can see you, but you can't see me.
George: Well thank you for coming through and talking with us.
I like coming here.
Lilian: That's good ***(Yeah)***. We all like coming here.
Yeah—will you tell that lady who hurt her leg that I've been around—'cos she was my friend as well.
George: Yes, that's Jan.
Yes—just to watch out, because I might be a bit naughty there as well—okay?
(Laughs)
Lilian: Yes I will, I'll pass that message on.
George: Yes, Jan will be pleased to hear your message ***(yes)***.
(Jan slipped on mud and broke a leg)
Lilian: Yes—unfortunate, but there we are.
There is someone else waiting, so I have to go.

Lilian: See you next week, or *hear* you next week. ***Yes***.
A period of clairvoyance followed via Eileen, with messages for Serena and for Sarah, that all made good sense. And Eileen could see one standing behind Sarah, suggesting that she might be used later. And the one via Sarah followed—audio link: http://www.salumetandfriends.org/resources/2015_12_14+thru+Sarah.mp3
Lilian: Good evening.
Good evening to you all.
All: Good evening.
It has been a great pleasure to be here with you, listening to your words. I do quite often listen in, but this time I have been much closer to you.
George: Ah, that's interesting.
I always try to bring something to a meeting, whether or not you are aware of what I am trying to do. So this time I thought I would come to you, just to let you know that I do come and bring upliftment and HOPE to you all at each of your meetings.
(General thanks)
George: Upliftment and hope—how wonderful! Thank you very much for that.
I am always happy to try and help those who are trying to learn more about spirit. I can tell you that when I walked this Earthly plane, I too was helped by spirit, and at the time I was here, I was in much need of upliftment and hope, and it is for this reason that I wish to bring the same to you all.
Graham: That's very kind of you.
There are I know, many who are in need of these thoughts from me, but I do find that it is so much easier when I focus on a smaller group and those who have understanding of spirit, so that I can come that much closer.
(We numbered 10 on this occasion)
Graham: I can imagine that would be true—yes.
At this time of year it is my gift to you and I hope that you will all have much love and joy in the next coming weeks.
Graham: That's very kind—thank you.
George: Yes, thank you—can you say when you were walking this planet? Was that some time in the past when times were difficult?
I can tell you it was during the reign of Queen Victoria (thank you)***. I remember this very well.***
Graham: Lives were very hard in those days. You hear the history of how people struggled in those times. I think we are much more comfortable in many ways than we were then.
Yes, you do not or cannot imagine what it was like to have nothing.
Graham: Gosh!
Lilian: Were you aware of spirit? Did you sit in a group like we do?
No, I did not—I used to sit by the roadside and hope that someone will give me something, and it was at this time, when I was feeling so low and so wretched, that I became aware of the help that was being given me (that's lovely)***. It was also a time when I began to become grateful to spirit for the help and love they were giving me; and also at that time, someone would put something by my feet. So I was being helped both spiritually and physically. And it is something that I am eternally grateful for.***
Sara: Would you say that you made the link between the gratitude and the offerings that were given to you?
I think there was a link there. It was a way of them helping me in such poverty that you cannot imagine that the smallest offering was of help. So yes, I was grateful on two counts—for the love and the comfort that I received and for a little physical help—yes.
Sara: So was it a short life that you lived?
No, it was not particularly short, and it was in the beginning, extremely hard. But as life progressed, I cannot say it was easy, but it was much easier—yes.
Sara: Did you always live like that?

How do you mean—'always'?
Sara: Did you live a long time on the streets?
I was not exactly living on the streets, because I did have parents and brothers and sisters—but we had nothing. And as time went on I was a little more comfortable, and I did manage to get some money by working. So I did move on a little, but it was still hard work (yes)***, and it was still only just enough to prevent me from dying.***
George: —And your becoming aware of spirit was really a turning point for you. Do you see it like that?
I would say it was such a comfort to me that it was something you could not forget. It was always there if I looked for it—it was always there, and this was the comfort—and I believe it was the comfort that helped me to keep going. Yes, so now in spirit there is no problem, but I sometimes come back to give some love to you who, I have to say, do not struggle in the same way that I did (no)***. But it is nice to come back and feel the comfort of humans who have understanding of spirit, and that is what I am attracted to.***
Graham: Sadly, there are still people around who are very, very poor, on this planet—
—And there are many who are around them helping them, and if they could look to them, they would get the same comfort as I had when I was here. You are never alone, even though you think you are—yes. And we all have jobs or wishes that we like to do, and I feel this is something I like to do at this time. Maybe later, I will branch out and do other things, but at this time, I feel this is how I like to come back and try to bring a little more upliftment, especially in times when you think you are struggling, but in fact you are not really.
Lilian: —Not to extremes.
Graham: It must be awful if there's not enough warmth and food and shelter. There must be—we've never known that. I can't imagine how it must feel—
—Or not enough clothing or shoes when it's cold—yes.
Graham: Gosh—yes.
Sara: The comfort that you were talking about was the sort of invisible cloak of love, that you felt. Is that right?
I'm sure it was the love—yes. That is what it was.
Sara: I know someone who compared to all of us is really poor and very lonely, and she has told me that she has felt enfolded by Angels and uplifted. At times she can sense and feel them around her. She prays a lot and I think she has that comfort.
Yes—yes, there are always people around you—you just have to open yourself up to them. And now I will return, but I have enjoyed being with you and making myself, or making YOU should I say, aware of my presence.
(General thanks)
George: Well, thank you so much for coming through to us and explaining so much—thank you.
Thank you.
And then another via Eileen—audio link: http://www.salumetandfriends.org/resources/2015_12_14+via+Eileen.mp3
Lilian: Welcome.
I felt I had to come—I had to speak to you, because you will be the one to remember me. Do you remember Sister Agnes?
(Lilian and George quickly acknowledged)
Well, it is I. But I only come to tell you that I have now moved on, and I have been able to rid myself of the religious garb! And I am so pleased and I just needed to tell you.
(Expressions of congratulations)
George: Oh well that's wonderful news! And we older ones do recall Sister Agnes.
And Sister Anna, you remember Sister Anna?
George: Sister Anna—yes.
The lady will remember Sister Anna.

Lilian: Anna—ah yes.
You remember. Yes, but I had to come and tell you.
Sara: How did it happen? Was it just a gradual process?
It was a gradual process. But in the understanding and the relief of releasing religious garb was quite strange, because although I've been in spirit, I still kept to those religious aspects of my life, and although I was quite happy, it was not the thing to do.
George: Yes, I was thinking about that recently: the religions of our world—they are all man-made with some spirit connection and affiliation to the state; but what comes to us *direct* from spirit—well that must be the more pertinent truth.
Yes, but you see, as nuns, we were in constant touch with spirit, but didn't realise the significance. We always spoke just to God.
Sarah: You were a silent order, weren't you?—you didn't speak with each other?
No, not a silent order—I long ago gave up the silence, but I could not let go of the garb (yes)***. And now, it's beautiful and I feel free—and I wanted you to know.***
Sarah: Well that's very good news.
And I really must go, because I am stopping the closing of your meeting.
(Appreciation + congratulations expressed)
George: Well we are very pleased to have your words. Thank you so much!
But nevertheless, I'm going to say: God bless you!
(Laughs)
Sarah: God bless you too!
George: Do you still have the name 'Sister Agnes'?
No, I've dropped 'Sister' now. That was only my religious name: 'Sister Agnes' (yes)***. I've actually chosen the name of 'Miriam'.***
George: Ah—Miriam!
Sarah: That's pretty—that's very nice. So next time you come to see us Miriam, we'll have to remember your name.
I came partly because I will be moving forward now.
Sarah: Ah yes, so you won't be coming to see us anymore.
No, I won't—I spent so many times coming to see you, didn't I? (Yes) ***Well, we all did—but I am thrilled.***
Sarah: Good—that's *very* good.
Yes—I am thrilled—I shouldn't really say that—that's very immodest.
(Laughs)
Sara: You're allowed to be!
George: You're a lovely lady—thank you.
Yes, God bless you all.
(General thanks)
Sarah: Thanks for coming and telling us.
Eileen commented afterwards that she felt she had been around most of the evening and she had difficulty in keeping her hands still.
George's Notes:
1: Charities: Internet figures indicate that there are 189,000-195,000 registered here in the UK that receive a total of £80 Billions per annum. Through the year, this means on average, 200 asks for money from each of us. It is understood that the highest paid top executives receive 850,000 (London Clinic) and £770,000 (Nuffield Health). Some charities employ quite large numbers of staff, each receiving a salary of £60,000 or more; examples being 'Cancer Research UK' - 189, 'Save the Children International' - 184 and 'Marie Stopes International' - 59.
When one views the system as a whole, there are some further effects that should perhaps be noted. Unfortunately, any rogue charities cast doubt on others who do a good honest job; and their allowed

recovery of funds from tax revenues, of course, has to be balanced by higher taxation levied upon the rest of the community, so perhaps this should be questioned as a possible flaw in the system.
2: Agent Orange: Agent Orange is a mixture of chemicals with very long names shortened to: 2,4-D, 2,4,5-T and 2,3,7,8-TCDD. Sadly, it was quite extensively used in South Vietnam as a warfare defoliant. Soils and crops were contaminated and many people developed deformities and there have been dreadful ongoing birth defects, including additional fingers and toes, cleft palate and absence of brain.
3: Sisters Agnes and Anna: Sister Agnes was with us prior to Salumet, and in the early days of Salumet, Leslie often mentioned her. She helped prepare the group for what was to follow. We have dates for Sister Anna, who visited us during the evening of 24th July 1995 and again on 27th September 1999. There was mention of 'others'. These would be Sisters Marian, Marietta, Rosetta and Veronica, for whom we have recorded visits—all truly dedicated and loving ladies.

~21st December 2015~

Children from spirit visited us as usual at this seasonal time. Some of us had vague impressions but Eileen could see them quite clearly and kept us well informed. One commented that the tree was pretty but not very big and declared he likes big trees.. Cho came through to say that we are not trying hard enough with our sensing—and there are six children in the room. He declared: I don't know why you don't see them (clearly). Sara was able to give some description and Paul pointed out that they seemed well behaved. Cho replied that he prefers it when they are noisy and full of mischief. We would like to have seen the children shake the tree a bit, but this group seemed far too well behaved for that.
Sara then took us on an inspirational journey—audio link: http://www.salumetandfriends.org/resources/2015_12_21+sara+journey.mp3
We're just going to go on a short inner journey. Think about what you have achieved this year—think about the year; and try to think of the things that you feel pleased about—some progress you have made within your own self. Perhaps with people that you know well—perhaps you've helped in some way—what do you feel has grown positively this year. Just think about the areas you feel proud of, and you feel have been beneficial and good for you. Think about what you may have done to bring those things about; and perhaps give thanks for all of them—for all those things you feel grateful for and for the people that you have been a help to. And as we come to the end of this year, perhaps it's a good thing to think about the following year to come—that you are hoping to improve in that year. Think about the Christmas tree and the branches coming out, and imagine yourself standing and imagine your lights and your energy coming out like the tree. Think about that energy that you give out to others and feel that openness that you feel when you give of yourself. When you look at the tree with the lights and beauty, imagine yourself in that act of giving with your arms out. And your energy is going out to those around you. And think of the coloured lights—think of the beauty and the light, twinkling brightly—shining. Think of your own self in that way too this Christmas. Think of yourself as a light which shines and gives light and twinkles—that is bright, is warm, like the rays of the sun—and just reflect on these words: 'beauty', 'light', 'love', 'peace', 'happiness', 'Joy', 'laughter', 'smiles' and be joyous.
The children were still with us and some were around the tree. It was felt that there was very slight movement of the tree, but nothing very positive.
In conclusion, an old and dear friend spoke via Eileen:
Audio link: http://www.salumetandfriends.org/resources/2015_12_21+emma.mp3
Good evening.
All: Good evening.
I wish to take this opportunity to thank you all for allowing the dear children to join with you this time.
George: That's very nice—they seem to have been a very good party of children.
They would have to be whilst I am present!
(Understanding chuckles)
But I wanted to take the opportunity to join with you this time, because I have not joined you for quite a while. It is I—Emma.

(All responded with delighted recognition)
George: Welcome to you Emma!
Yes, it is a very short visit this time, just to thank you and to wish you all a very happy festive season. I also wanted to update you all on my progress, and I have to say: it is wonderful and progress is steadily being made, not only in India, but in Africa too. And I just wished you all to know, because you have always been so kind to me.
George: Well, it's very nice to have that news, and I think in the Gulf States also, women folk are coming more to the fore ***(yes)*** and better recognised.
Yes, it is worldwide. But of course, you know my passion was for the women of India.
George: Yes, that's where you began.
Yes—so, I'm SO happy to join with you. And please take my love and good wishes for ALL of you, and thank you once more for allowing the children to join you.
George: Well, thank you for coming through, and we'll certainly pass your message on to others who unfortunately are unable to be with us this evening.
Yes, I know that you will—yes. Thank you and goodbye.
(General farewells + good wishes—to our dear friend and champion of women's equality.)

AND BEST WISHES FOR 2016 TO ALL OUR READERS !