~12TH January 2004~

Good evening. *(greetings)*
How good it is to join with you once again my dear friends. Although we have not joined together, always I have been with you. I would like to say to you this at the beginning of another of your earthly years that we have much to discuss, but also there is much time to be given to each one of you, in order that you may expand your awareness of all things spiritual. But for this time I would say, let us have just a small time in discussion and next time we come together I hope to bring you some words of upliftment and comfort. *(general thanks)* **So, you people of true trust and faith in all that is good, shall we begin? Are there any questions this time?**
Lilian: Before we've questions, the lady, Sue who sits next to you sometimes, would like to say 'thank you'. She was telling me that she's called on you quite a lot and she would like to say 'thank you' for any help you've given her.
My love always surrounds all of you. Therefore my dear friends I do not need thanks. It gives me great joy when I see an individual who is struggling, when they know that I have been around and have tried to uplift and uphold them. That is all of the thanks that is needed.
Lilian: She does hope to come next time, maybe.
Bonds may not be broken once the connection is made. Although you may not physically be in this room, there is still the bond of love. As with some of you, that dear one has trials and problems—as you all have at times, but she will survive them. As each one of you knows, you have gained an inner strength which will support you in your times of need.
George: Yes, I think we feel that.
Yes, and it is becoming stronger within each one of you.
Lilian: And certainly the words that you've said to me from time to time have helped me, and thank you.
Yes, you are a kindly soul, who has harboured much hurt at times, but yes, you are growing stronger.
George: Could I refer back to a welcomed communicator who came through to us last month and she gave her name as Emma. She also reminded us that names are not important. Sometimes when they connect with our recorded history I feel it helps with those who might read these transcripts—help to focus their belief perhaps sometimes. From several things that were said, I rather felt that she might be the one who had a life as Emma Hardinge Britten, who promoted the world of Spirit in the early part of the last century. I was wondering if you'd be able to confirm that it was indeed she, or perhaps I ask an inappropriate question?
My dear friend, I am always happy to help you when I can, and yes, you know I do not come to you to give trivial words, but inspiration, philosophy I hope and many other things. But on this occasion I will tell you that indeed you are correct. That dear lady works tirelessly still for what you call Spirit.
George: That's nice to know. I'm sure that will be noted by a number of people.
Yes, she is always attracted by dedication to the work and that is possibly why she was attracted to speak with you here.
George: Yes, thank you for confirming that.
She speaks many eloquent words, does she not?
George: She spoke extremely well, we felt.
She captures her audience.
George: Yes, she gave the impression of being a public speaker.
As she still is. I hope that satisfies you my dear friends.
George: It does indeed. Thank you very much. I'd like to ask—it really stems from the commandments or *commitments* given to Moses and the one in particular: 'Thou shalt not kill.' The various countries of the world have had their forms of capital punishment which is obviously quite wrong. A number of countries have dispensed with that, some still have it because they feel it is protecting others on the planet and it's acting as a deterrent, but clearly one can see it, with the teaching that we now have, as transposing the problem from the physical world to the world of Spirit. I just wondered if you have any words for us about capital punishment?
Yes, I understand your question. Of course when that commitment was given, it was given on the understanding that mankind should always love his fellow man but of course, as you know full well, throughout your history on this planet, there has been much killing; killing in the name of religion, of war, of, as you say, justice—how then can we deal with such an issue? I would say this to you my dear friend:

killing another human being cannot be justified. But we have to then think that for some upon this planet, they feel that what they are doing is for the betterment and the safety of others, so again we have to look at the *motive* for such killings. I would say to you, for everyone who has raised their hand against their brother, their fellow man, that it will be a source of regret when they come to our world. And of course, you are quite correct in your assumption that these problems do not end on your planets, but indeed come into our world, where many have these problems. Let us give you an example of one who is legally killed—and I use 'legally' lightly—by your institutions, by your governments, because they feel that they are protecting the majority of the people. Imagine the anger and the hatred of the one who is being killed and then think of the one who uses his hand to do such an act. That soul will come to our world still engaged with anger and hatred, which then has to be *seen* and recognized within our world. That soul will be lost in anger and hatred for some time. You full well know, you have had many rescues in this group, you understand the problems that people bring with them to our world. So, yes you are correct, killing can never be right, but we do take account of the motive behind these things.

George: From what you are saying, I think I understand that capital punishment can increase the problem **(Yes.)** through generating more anger.

Yes, there is no question about that.

Sarah: And for those people who are forced to kill—regimes who make boy soldiers and people who don't really want to fight but are made to fight—account will be given to them too, because they have done the killing unwillingly or been forced into it, brainwashed into it.

That is why, my dear friend, there is never a clear answer to these questions. You cannot judge one human being against another, because you know not what is in that thinking—that being you do not know what they carry within. And yes, there is much injustice in your world, but all must be accountable for whatever deed is been done by their own hand—yes.

Lilian: Can I just mention the animals we have as pets—dogs, cats and so on. When they become ill, we can ask the vet to end the life of that animal when they are in pain and so on. Is that the right thing to do?

Every soul, every being upon this planet is here for a purpose. I would say to you only this, that the animals in your world who come within the scope of your love—and there are many, you would agree—are dependent upon you human beings for their lives here. They are apart from the animals of the wild, who look after themselves. They need the love-bond from the human being. I know what you speak of when human emotions come into play and they do not want their beloved animal to suffer. And for them they are doing it for love, but I would say to you, all energy has its time and its place upon this planet and no man should take any decision which curtails the lifetime of that energy.

Lilian: Even though the animal may be in pain?

There are many who are in pain, but again it is *motive.* You understand? (Yes.) **Because it is done from love, then the human being sees it as being right, but when you come to our world, you will see the fuller picture.**

Sarah: Salumet, on the subject of death, a friend of mine, her son married an Iranian and all her family was lost in the earthquake and they were only together as a whole family, because they were mourning the death of another member of the family who had died in a car accident the month before. I *feel* that maybe all these souls are meant to be together. The earthquake I know was an act—you've talked to us about these things that happen, volcanoes and earthquakes, but am I right in thinking that they were a group of spirits that needed to be together.

When these problems within your world create what you would call 'disaster', then the majority of the thinking would say it was not meant to be. Again I would say to you my dear friends that you do not see the full picture of life. And yes, I would say to you that as a group of people, their time was right. Therefore, conditions exist which will help this to happen. Do you understand?

Sarah: I do. I felt that that they were all meant to be together.

Yes. They agreed as a group that their life upon this planet would end at a particular time; so conditions existed in order that this may happen. You understand?

Sarah: I do understand, thank you. The other question I had was, when souls come onto this planet as brothers and sisters, do all spirits know each other before they come or do they sometimes meet on this planet?

Lilian: For the first time?

Sarah: For the first time.

Let me say this to you that I have told you that you choose your parents—you make, shall we say, contracts for the lifetimes with others. But occasionally there are those souls who slip into life for whatever reason before their time, which therefore sets up a situation where those two souls have not made an agreement—it is possible but rare. Most of you upon this planet have chosen your time and your place and those with whom you will be in contact.

Sarah: I just wondered because sometimes there is such unease within some families.

But that is meant to be. They have chosen that situation.

Sarah: Yes, so you choose your parents for the opportunities that they give.

Yes, not because of the people so much as the situations which can help you along.

Sarah: Yes. And the parents, they are also aware that these spirits are going to join with them?

Yes. As I say, you must remember although years of earthly time seem such a long time, they are not, and souls have ways of coming together in a world to decide who and when and where. (Thank you.)

George: There is one topical question which might be good to ask. There is at the present time a mechanical probe on the surface of Mars and scientists are endeavouring to discover if there's evidence of any past life there. I think you've already told us on one occasion that there is no life on that planet, but now that we've the benefit of your further teaching, we are realizing that there are all kinds of life **(Yes.)** in the cosmos and you probably meant at that time that there was no *physical* life.

No *human* life, yes.

George: I imagine that there would be the angels and the planetary guiding beings **(Yes.)** associated with Mars and there may be other spirit life on Mars. Would you care to say anything on that?

Let me just simplify it a little for you. No matter what planet, no matter from which universe, no matter: all energy exists; there is not one *space* that is without energy. I think you will understand my meaning my dear friend. We have not gone this far before, but I would say to you that energy exists in *all* places and I think that would suffice for the moment. Would you agree?

George: Yes, energy equates to spirit, **(Yes.)** spirit equates in turn to spirit form.

Yes, you understand. Is that helpful for you? (Yes thank you.) **We have many areas to tread that is outside of your own planet, but again I say to you, we must tread slowly.**

George: And the development of physical life from spirit would be a much more particular happening.

And remember I have told you that there is life outside of this planet, maybe not in the same form as you are, but nevertheless life of a certain type—life which you are mostly unaware of at this particular time in your evolution.

Sarah: When the astronauts went onto the moon, we were made aware that they knew something that wasn't released to the general public and I can only think that they were made aware of spirit whilst they were on that trip.

Yes, there is much more known on your planet than the ordinary man and woman is allowed to know, but the time is fast approaching when mankind's thinking will not be stifled.

Lilian: Yes, I did actually see a programme on our televisions about the knowledge of UFOs coming out. The governments are going to allow the people to know.

In no matter what form, you cannot keep truth in, it will always 'out', yes, but as in all things, it takes time.

Graham: Could I ask a question about the Bible and we were talking before about capital punishment and one of the most famous executions was that of Jesus. Are the facts in the Bible concerning the death of Jesus correct? I was reading some work by another spiritual teacher called Seth. **(Yes.)** If I understood that right, in fact the circumstances behind Jesus' death were quite different than that said in the Bible. Is there anything you can say about that?

We have discussed the Bible on many occasions and I have told you that many of the words written there are not factual. Therefore I would say to you, do not believe every word, but that the commitments given, which we have discussed, they were the words truly given. I would say to you, the rest of the Bible has been—I nearly said 'fabricated' but that is not true—*much* has been changed, *much* has been omitted and *much* has been added. I would say to you, listen to what comes from our world to have the truer picture. Do you understand?

Graham: Yes, you've said this before that we are not very good at recording information and certainly in times gone by there must have been an awful lot of information was given by word of mouth—things weren't written and recorded in the way they are now and I find it staggering that the Bible was put together at all.

I think that mankind of today has many doubts about the written word, and as you said, there were very few scholars in those days and we have spoken briefly about *why* these things were written. If you would like to recapture my words, then please do as we have already spoken much about the Bible. (Thank you.) **Not only your Bible but many holy books throughout your world have many errors within them, but of course each religion feels that it is the true one and of course my dear friends you know this not to be true.**
Graham: I think people are beginning to have more tolerance towards other religions these days. **(Yes.)** People in this country are becoming Buddhists and other things and these days eyebrows aren't raised in the same way as times gone by. The people are seeking truth now more from an open mind than they have in the past. *(Eileen began coughing at this point and Salumet decided for the sake of the instrument, to withdraw)*
Yes, I will say I will close for the sake of this instrument. *(general thanks and farewells)*
One followed through Sarah explaining for those people who arrived in Spirit realm with no beliefs about the afterlife, our meetings were sometimes shown to help them cope with the transition from physical Earth to Spirit. They thanked us for this, and we were only too pleased that our meetings were of help in this way.

2ND February 2004

Good evening. *(greetings)*
I am happy to join with you once more my dear friends. There is much that we must discuss in the coming time, but also I would like you to understand that your individual awareness and development are of the utmost in this your coming year. No matter what your earthly condition, each one of you will find that you grow not only in awareness of our world, but of awareness of those people who are around you in your daily lives. This awareness does not belong solely to yourselves; the awareness of our world is taking place amongst you human beings at long last and I wish to say to you my dear friends that this awareness will be enriched not only by self-knowledge, but by the evidence given from our world. By the end of this your earthly year, each one of you will be aware of your own inner strengths, and as individuals you will know in which way that strength has helped you. There is much upliftment for your in this earthly year, but remember that self-will will no doubt be in evidence on many occasions, but the opportunity lies before each one of you that you may become more enlightened as human beings—as Spirit beings. You will find that the Spirit being within will surface and help to create within each one of you a strength, which you have not encountered before. Your planet as a whole in this coming year is reaching out for more knowledge and it is being give—make no mistake about that. There are many who are with you now who are willing to give of themselves in order that mankind at last can begin on the spiritual journey of knowledge. I can hear you say, 'but how can this be so when there are so many problems in our world?' But if you look at your world honestly you will see that individual knowledge has grown so much in the past twenty of your years. I am sure you are aware of this. *(affirmations)*
George: Yes, we've always been very much a mixture but within that mixture I think we see some very good people.
Yes, and do not dismiss my dear friend the part that each one of you plays in giving of the truth. It is most important for *you* as individuals to carry on the search for knowledge and truth, but the connection to you is strong. But you must be there for those individuals who fall by the wayside, who deny the knowledge they have gained and are spiritually lost. That is part of your purpose for this coming year. And my words to you my dear friends are that you have that inner strength, you now have more knowledge and you *are* much stronger individuals than you will ever understand. I say to you again, as I have done on several occasions that you cannot see your own light, but let me assure you that it shines brightly.
George: It's nice to know. We are certainly well aware that the steadily increasing knowledge, that it has been increasing steadily over the past ten years, and I'm sure we are very much aware of that.
Yes, you *are* aware, but this year of your time will bring even greater awareness to you. Each one of you has your own mountain to climb and I do not say to you that you are near to the top of the mountain, but what I do say to you my dear friends is that the effort that you make, that the knowledge you have attained, already sees you standing on the top of that mountain. Do you understand what I am saying to you?
Lilian: Yes, thank you for those words.
You have a long way to go, but as far as your awareness and effort go, you have climbed mountains. Are there any questions this time?

George: Yes, I'm sure there are! Perhaps this one connects. It has been said from time to time that an induced fever can heal disease. I've been thinking about that and it's possibly similar to what happens in a sweat lodge, in that a high temperature works against the physical nature of the body, so that the Spirit can come more to the fore and I imagine healing can then take place more easily when the Spirit is to the fore. Would you agree with that?

I understand your question, and yes, I would say this to you: in the state of fever, as in *all* cases of shock to the physical body, the Spirit indeed does come to the fore, but rather I would say that the Spirit stands to one side. Therefore the Spirit is aware of the physical problems more readily and in such circumstances healing can therefore take place much *more* than if the Spirit was encompassed within the body. Do you understand?

George: Yes, I thought it must the something like that. It's nice to know.

You could relate *fear* with fever, or you may relate it to some kind of shock or accident, which sends the Spirit from the body. Do you understand what I am saying?

George: Yes, I think this connects again to the Shamanic principle **(Yes.)** when accidents and fevers occur.

Yes, if only I could take you with me I could show you in front of your spiritual eyes just how simple it is when the Spirit stands aside from the body, how things become much clearer. Do you understand? (Yes.) **The spiritual eyes are then much more in command of any situation.**

George: Yes, thank you that's very nice to know. I've one more, much more specific question where illness is concerned. There's a condition known as polycystic ovary syndrome, when girls sometimes fail to release the eggs and this has the effect of upsetting hormones, they generally grow very fat and develop male hair and it's a very unpleasant condition for a young girl to have. I just felt non-release of eggs, would there be a spiritual factor that connects there? Are you able to help with that one?

I thank you for your question. I will answer it for you with one word: 'fear'. The Spirit is in fear, therefore the body takes on conditions to—remember what I have told you that the thought becomes reality, and this is what happens when there is fear that the body must react in some way. And I would say to you simply my dear friend that that particular condition is a fear of *children*.

George: A fear of having children?

Yes, but the fear comes from the spiritual side. It of course can be helped, as you may well know, but it is a mission for the Spirit to undertake for itself.

George: Yes, I think the only help that the doctors are able to give at the present time is to suggest taking a contraceptive pill, which seems to have the effect of regulating egg release, which takes about a year to really work I think, but perhaps this in turn connects with the alleviation of fear?

Yes, it will only help when the Spirit recognizes that there is no need for fear. So many conditions within your world are based on fear. We have spoken much about fear and I have told you that there are only two relevant words: love or fear, and fear is a creator of many, many dark things in your world. If only mankind could look inwards and truly see himself and be honest with that spiritual part of his being, then there would be so much less fear in your world.

Sarah: When you talk about fear, you are talking about spiritual fear, but can physical fear have the same effect as spiritual fear?

It is not quite the same. Physical fear comes from the emotional body; that is the difference.

Sarah: Yes. I was just thinking about Alzheimer's disease in old people and I was wondering if that partly isn't brought on by fear.

Yes, it is a *fear* of what lies ahead.

Sarah: Yes, that is what I thought. I was actually just thinking about my mother who really wants to pass into Spirit but maybe she is afraid of that as well. I don't think the spiritual side would be afraid of passing back to Spirit, would it?

No, Spirit recognizes its home and would rejoice to join once more with all of those loved ones, but the physical part is afraid—that is the fear, the fear of what they call the unknown. That is why my dear friends your work is so important. Again I say, and I do not apologize for my words, but if you can help but one person, indeed you have done your work.

Lilian: Would my mother be a prime example of this fear and it causing her so much discomfort and pain?

If only they could recognize that they are creating their own discomfort and pain—they could release themselves to Spirit a little sooner if only they would look inwards and to let go of all fear. I feel that if you were to discuss or look into many of your earthly diseases, you would find the fear factor behind so much of

it, *(affirmations)* **but I am sure that if you were to approach another human being and tell them that fear was the basis of their illness, they would be amazed and probably not believe you, because their understanding is like that of a child.**
George: I think fear can be pretty closely allied to stress?
And what causes stress?
George: The fear causes stress.
A form of fear.
George: At least stress is mentioned in the medical world, **(Yes.)** if not fear.
Yes. The medical world are now beginning to listen to what we bring to them. It is slow, but I can tell you my dear friends that great progress is being made in that direction. There are many of your doctors upon this Earth now who could verify for you that their spiritual knowledge is much greater than they would care to admit.
Sarah: And of course going with this disease again, positive and negative thinking have a lot to play in this, doesn't it?
It has everything to do—your thoughts become reality if they are strong enough. That is why my dear friends I have always cautioned you about your thinking. You can create for yourself dark fears which then manifest into illness.
George: Could I ask a question about developing knowledge. It concerns three scientists and some curious relationships. All three have worked towards the same seeking—seeking the workings of the universe. Galileo who died in the year 1642, Isaac Newton was born later that same year and he became Professor of Mathematics at Cambridge University, and in our present time there is Stephen Hawking who was born on the anniversary of Galileo's death and has also become Professor of Mathematics at Cambridge. So they all seem curiously linked **(Yes.)** across the span of time.
Indeed they are.
George: I was wondering if there was a spiritual connection.
Yes, I was about to say to you that they are part of the same energy. Do you understand what I say to you? They are aspects of the same energy.
George: Yes, of the same soul or similar souls?
Of the same soul.
George: That then explains the curious connections.
Yes. Although they have existed at different times, they are aspects of the same soul who wish to continue with what they have started, and that has been their choice.
George: And Stephen Hawking, he seems to have achieved much despite being very much handicapped by Motor Neuron Disease.
But that has been his choice, because as each aspect has been reincarnated they have gained more knowledge and more understanding and when someone returns to this world as handicapped at that person, it is from their choice, because they are part of an old soul.
George: So they feel that the physical side of life is not so important.
It is not important, it is the spiritual aspect which they wish to express through their work and through their own demeanour.
George: Yes, it is a spiritual direction that is very much allied to new knowledge or rediscovering knowledge.
Yes and after all, has this handicapped, has it held him back in his quest for knowledge? It has not, it has—I almost said 'helped' him.
George: Yes, through lack of diversion perhaps.
Yes, yes, of course. That would be one consideration, I might say to you that would have been considered before he reincarnated into this life.
George: He does seem to be much admired for having achieved so much despite that handicap.
To overcome such difficulties with dignity and pride in their achievements can only come from a Spirit who has grown much. I hope that is helpful to you? *(affirmations)* **I hope my words to you this time have brought you some cheer and some upliftment into your lives.** *(affirmations)* **May I suggest perhaps this time that our dear lady** *(Sara)* **take you through a journey of peace and tranquillity to end this session. As always, I will leave you knowing that always you are within my love and my light.** *(thanks and farewells)*
Sara then took us on a meditative journey as suggested.

~9TH February 2004~

Good evening. *(greetings)*
As we join together once more I feel the love from you. I hope my words last time gave you some upliftment.
Lilian: Yes, thank you.
Sarah: We always feel good when we've heard from you anyway, Salumet. **(Thank you.)**
George: I think we should apologize for our small numbers this time; some have not been able to get here unfortunately.
It matters not but they are with us in Spirit—that is what is important. My words to you this time my dear friends are these: that as time continues, not only have you grown, but your spiritual awareness is becoming greater than it has ever been. Some of you will experience much more than ever you have before. This is because as your awareness grows, so too the inner Spirit comes forward to meet that awareness. Therefore my dear friends do not be surprised that if in this coming year of your earthly life, you have some type of spiritual experience. My heart feels full as I speak these words to you, because my dear friends you deserve to *have* knowledge, you deserve wisdom and most of all you deserve our love. *(thanks expressed)* **Because our numbers are few, I do not feel it would be appropriate to speak on matters new, therefore we shall continue this evening and we will have what you on this planet call 'a quiet communication', quiet talk amongst ourselves. Would this be agreeable to you?** *(affirmations)*
Lilian: You mean you will take questions at all? **(Yes.)** I think George has some questions.
George: Yes, indeed. Something has been recently published and has been reported in our press today about analysis of vegetables and those vegetables grown on farms in 1940 were very much more nutritious than those grown today and on their element contents they are on average 40% down. I think this is a firm illustration of issues of non-respect of soil and nature and bad farming method. I think this should jolt people into being more aware of the value of soil and agriculture and how we should do better. I was just wondering if you would have any comment on this?
Yes, I understand. As time has continued on this planet, mankind has abused the Earth, the creatures upon this Earth and so forth. Sometimes it takes what you would call a catalyst before understanding takes place. I would say this to you my dear friend, that for many, many, many of your earthly years, mankind in his ignorance has been abusing the soil and your planet; but I hasten to add, not in any negative form, because the knowledge was not there. Therefore I would say to you that it has taken this long in your earthly time, before people have reached the understanding of what they have been doing. But let me assure you that the tide *is* turning. I am sure that you are aware of the many who are trying to change what you call 'farming methods'.
George: Yes, we have a few farms that have become *organic* **(Yes.)** and I felt for many years now that the methods used 60 or 70 years ago, were very close to what we recognize today as an organic system.
Yes, it will return to more natural growing of your food stock. It is happening and many are being inspired from our world to take care of your planet. Our elementals and Earth Spirits have had much to contend with for many, many years, but they will never stop trying to influence what is happening in your Earth. So I hope my dear friend that this brings a degree of hopefulness about your question. (Yes.) **It is slowly, slowly improving.**
Sarah: And GM products, I'm fearful that some of them have crept into our food chain without us knowing.
Yes, I understand your fears, but let me reassure you that the knowledge of natural growing of foodstuff is being impressed upon many, many people, not only ordinary folk, but governments. It will almost be a revolution in time when people will understand what they must do.
George: Yes, we need to revolutionize our farming methods, I'm sure.
But of course in your timescale it does not seem quickly or fast enough for you, but let me say again that things are progressing in the correct way.
Sarah: They're really returning to how they should be more than revolution. We say revolutionize our methods, but it will just be returning back to how it used to be.
Yes and to bring this about as in many instances of your history, where there will be *people power,* in order that governments listen to what the people need. People of your world today have great understanding: they will not be told what to do or how to live their lives as in past times. Therefore the all-powerful collective voice will be heard. You understand?

Lilian: Yes, we can already see this happening with the groups that have formed and protests and so on.
Yes. I hope that is helpful to you.
George: Yes, yes indeed. I wonder if I could recap and extend on the teaching you have given before. Where humans are concerned, we're happy with knowledge of the soul structure that we return to. Where animals are concerned, you told us about the 'spirit pool' that they return to. I couldn't help but wonder about lower forms of life—perhaps that isn't a very good description—but I was thinking of such classes as insects and then bacteria. Do they fit into this pool system?
Yes, I understand your question. Let me just begin by saying one word, and that is the *evolution*, not only of your planet, but of yourselves, and this goes down through the chain, as you say, to insects and bacteria, because as you may well know, there is existence of energy everywhere. There are planets within your system which house only bacteria. Now, let me continue to your question. The human species upon this planet, has evolved in order that they may understand Spirit that has always been. You understand this and you accept this, you also accept the condition of the animal kingdom, which is close to mankind. (Yes.) **Because the insect and bacteria kingdoms are not so, shall we say, 'advanced' as humankind, but evolved just as much, their return to energy is slightly different than humankind. Perhaps to simplify this matter I will explain it thus.**
George: Yes, so it is more of a return to spirit energy than a spirit pool?
Yes. If you think of energy then perhaps it will make more sense to you. the insects in your world have a much shorter lifespan to begin with. Therefore what happens when they are extinguished from this planet life is that they return to the energy and therefore return to the Earth again more quickly.
George: I see, yes. And we can think of basic energy as becoming more complicated as a spirit pool for some life and as soul system for human life.
I would rather say, 'more simplified' than 'complicated' for the insects of the world. They have no knowledge, but it is a natural progression that they exist and return to the Earth. Do you understand? I the same way as bacteria exists, it will return to the same form very quickly, but it is more of an energy pool.
Sarah: I am a little confused. When you say 'return to the Earth', the energy goes back into the Earth?
Let us for an example take an insect. When the insect dies, it will almost immediately return to the Earth energy, whereas humankind is aware of passing to Spirit and awareness is much greater.
George: There would be a molecular energy as well as a more general and unmodified energy.
Yes, you have to understand the difference, because of evolution. Remember evolution goes hand in hand as your planet progresses. Is that clear to you?
George: Could I just add onto that the plant kingdom. That would be an entirely planetary system and supported by the elementals?
Yes. All energy has its function upon this planet, but I would say to try to keep matters simple that you must first and foremost think of energy.
George: Yes. There is just one further question that adds onto that and we appreciate the dinosaurs have gone from physical existence and will not return, but would they or their Spirit energy still continue in Spirit?
Energy never dies my dear friend. This I know you understand.
George: Yes, but it can transmute.
Yes, you have taken my words! As you progress in our world, you understand that our world is one of thought and all energy can be transmuted into any thought pattern that you wish, but that would take some time within our world for this to be achieved, but you know that when mankind returns home to our world that any thought becomes reality. Therefore if one should wish to see a dinosaur then that is entirely possible, because the energy still exists. Do you understand?
George: Yes, so the energy of the dinosaurs does indeed still exist in Spirit.
All energy exists, yes.
George: And it has not been transmuted.
Not in the sense that you mean. Is that helpful to you?
George: Yes it is. It was just a little point that arose in my mind and it's nice to have the answer, **(Yes.)** thank you. Another question that is entirely different, concerns people on different pathways. You've talked to us several times about different pathways. My wife Ann, and myself are in fact on different pathways. We don't find this a disadvantage, we can compare notes and we are fortunate in that both our respective pathways recommend meditations, as the developed ways of Spirit do. I was just wondering if there's anything you would like to say about the interaction of different pathways?

Yes. You are a little puzzled by this I know, but let me say that both you and your dear lady wife are conjoined in effort to reach the same goal.
George: Yes, I felt that.
Yes. It matters not which pathway you take when the end of the pathway is reached you will be joined in one footstep together, and the separateness of knowledge will be of no avail. (Thank you.) **It matters not which route you take, because all will return home in their own time. I would say to you that it is better for you both that there is this slight difference, because is it not of interest to you both?**
George: Yes indeed, **(Yes.)** we can learn from each other.
You *bounce* from one another with your knowledge. (Yes!) **Yes, provided each has an open mind and an open *heart*—that is what is important. Never say to another, 'I am right, you are wrong', because provided you are reaching for the same ultimate goal, then it matters not. After all are not the atheists and the disbelievers in your world, are they not also heading home?**
George: Yes, it's a very different journey they take.
Yes, but it is a journey and it may well be that it is a journey that they have decided to take for whatever reason the Spirit knows why. So therefore, always accept the pathways of others, even if it seems to you that they are falling down. Let them, that is their way.
George: I can see that an atheist journey could lead to debate and analysis, which might be useful.
Yes and for another, that may be the point where they gain their own knowledge. Can you see? (Yes.) **So, always my dear friends, always look at the wider picture, always look within your *hearts,* before you come to any conclusions.**
George: And on my wife's pathway I was going to mention Joel Goldsmith, who seems to have had a great inspiration and although much of his teaching springs from the Christian Bible, I feel he has picked out the more mystical and appropriate parts of it.
Yes, you see my dear friend that some people in your world are afraid to let go of traditional teachings. In a way it is holding on and almost—what is the expression, yes people do 'hedge their bets'—is that the correct saying? *(affirmations and chuckles)***—when the inner voice is a little afraid, can you understand?** (Yes.) **They are afraid to free themselves completely. But no matter who leads the way for many, providing that individual *feels* that that is their pathway, then let it be.**
George: Yes, I think that expression comes from the racecourse when people back more than one horse.
Yes, I understand but—
George: It seems very appropriate!
—but I do not know that the animals would agree, *(chuckles)* **but I will leave that one with you! I sometimes listen to these earthly expressions and ponder upon them, and I have to say this in our world, causes much amusement!**
George: That's rather nice perhaps.
Yes, we are not *devoid* of amusement. Do not feel that all is serious, because laughter and love are very much entwined. I hope that this is helpful to you.
George: Yes indeed. There was a question I've had on my mind—it isn't about Egyptian pyramids but it is about people in ancient Egypt. If you would rather delay that question until a more appropriate time, then I quite understand.
We have to return to that question I know, and I know that you are anxious that I do so, but I will pick an appropriate time when I feel my answers will be absorbed and understood.
George: Yes. If I wanted to ask a question about Osiris, you'd rather me hold it for that time?
Yes, I know your anxiety, I feel it often.
George: I quite understand.
Again I will repeat one of my words that I have used to you often
George: Patience!
Yes! Now you read my words—yes. *(chuckles)*
George: Yes, I still have a little of that to learn.
Sarah: I often try and tell my mother little bits from your teachings and she says to me that she doesn't want to meet her mother again when she goes over and I tell her that she doesn't have to if she doesn't want to. But it lead me to think that if you don't get on with somebody in this world—you have told us that we are probably not on the same spiritual level—but can it be that because you don't get on with someone in a physical life it is perhaps a teaching and that when you get over into Spirit, you *can* in fact get on; I mean in

Spirit I'm sure you can get on with anyone you want to get on with, but does it necessarily mean that you are not on the same spiritual level if you don't get on with someone in the physical world?
The difficulty lies when we use the world 'level'. It suggests that people are up or down and that is not quite true.
Sarah: It's vibration.
Yes. Let me say this: when two people do not, as you say, 'get on' in this lifetime, that may have been their choice or it may not—that is not important and that is not your question. As you pass to our world, your emotions do not immediately change; your thoughts, your actions and your deeds remain with you, as you full well know by your *rescue* work. But there comes a time when in Spirit, when all of these *disagreements*, shall we call them, fall away, because the realization comes that they are futile and oftentimes people will come together who at one time refused to see or acknowledge each other. But it is entirely dependent on the emotional state of the Spirit at that time. You do not suddenly become an angel as you might say; you *are* the same as you are upon this Earth. Therefore if there is fear, if there is hatred, if there is great love, then all of these emotions you will take with you, until such time as the recognition comes that these feelings and emotions are not necessary.
Sarah: Does that mean that the vibrations are becoming more...
..refined.
Sarah: Yes, and more equal I am trying to say as well. They are becoming more refined, but...
It takes a long time for vibrations to vibrate as one. It does not happen immediately and knowledge and awareness takes time and it may be that they will never meet as the two people that they recognize each to be.
Sarah: They could meet?
They could if the awareness comes.
Sarah: But they could meet once they've dropped the physical aspect.
If they so desire, but you may find that one will reincarnate and that aspect of the soul will never meet the other as it once existed. Do you understand?
Sarah: Yes I do, thank you.
Yes, but let me say that most people when they have been in our world for some time, recognize within themselves all that is negative. But do not be under the illusion that when you go to our world that all is well, otherwise why would there be so many people who need your help in this world? Do not feel it is something so terrible. After all, you know full well that the individuals that you are now, is only but one aspect of the soul. It is but a little blink of your eye—there is so much more to you.
Lilian: It's sort of a continuous learning.
Yes, so if two people do not join *well* in this lifetime, it may be that they agree to return to change those aspects of themselves; that is another way of changing how they feel.
Sarah: But that could take a long time before they decide to do that.
It could do or it may be quite quick, but it would depend upon the choice and the knowledge and the understanding of Spirit. Is that helpful? (Yes, thank you.)
George: Yes, in connection with that, could I recap on something about soul? Soul contains the knowledge of all those past lives, **(Yes.)** and it would be primarily this which filters through to the current Earth life as conscience and inspiration, **(Yes.)** and guiding influence?
That is always available to anyone who reincarnates here. That knowledge is always available to you.
George: Yes, so we can think of it as the knowledge within soul, **(Yes.)** which is the driving force behind what filters through in the way of our feelings.
What filters through, and of your very existence here.
George: And when we return to Soul, when we return to Spirit, all that is felt more strongly.
Much more strongly.
George: And seen with greater clarity.
Yes, because you have left behind the overcoat, the heaviness of humanity of the human being and in Spirit all becomes much clearer, although, as I have said to our dear lady friend, it is not an instantaneous happening, but it is there for all to use. The Soul knowledge is available to all who come to this planet.
George: Yes, I think we are beginning to get a grasp and feel a picture of an individual soul, but then that soul is interconnected to many other souls.
Yes, you must not think of the soul as individualized, it is part of a much greater soul structure, but that is

something that you are not ready for yet.
George: Yes. There is something I found rather puzzling. **(Yes.)** Eventually, can I use the term that the returning Spirit eventually gets, shall we say, 'bonded into' that soul system. Is there a period before that happens when that Spirit is moving around quite freely and is still working? I was thinking about the Victorian lady who came through to us quite recently. She seems to be still working and visiting groups. Would she eventually become a more permanent part within soul structure and would that then phase out?
Yes. Her aspect of Spirit decided to return to this Earth, in order that she could continue the work that she started. That has been the Spirit's choice. That has been influenced by the aspect of the soul to which she belongs. Many, many lifetimes can be *given* to the Spirit, before that aspect of the soul eventually joins the soul energy. Do you understand?
George: Yes, I see, yes. I felt there must be a period of greater freedom, which then blends into a period of less freedom, shall we say?
Yes, there comes a time when Spirit feels it unnecessary to return to this planet to help or to learn or to expand. And therefore when such time happens, then that aspect of Spirit will depart and join the energy of the Soul. But what you must remember and be clear about, is that aspect of the Soul can exist for much, much of your earthly time, because, as you know, *time* has not the same meaning in our world. So always remember—I feel again that you are limited by the understanding of yourselves as a human being, as Spirit and not as the wider picture. I know it is always difficult, but that is what you must always try to achieve.
(The tape ran out here and was quickly turned over. Sarah asked what the purpose was of being shown a 'recording' of your life's events when you return to Spirit realm.)
If that happening was not to take place, how would they have the knowledge of what they have achieved or what they have left undone? That is the purpose—people see themselves as they truly are. You can when you are clothed in this human garb, deceive yourselves as to your true purpose, but in Spirit *all* is exposed, not only for you to see, but *everyone* is aware of the true nature of your Spirit. Is that helpful?
Sarah: Yes, thank you very much.
I have been happy to answer your questions this time. It is always pleasing that I am able to at least help to clarify for you any little detail.
George: As ever you've been most patient with our questioning and we do appreciate that.
I thank you my dear friend for your kind words again, but of course there is no need. I will take with me this time each one of you with my love, and I will try to impress upon each one of you, more understanding, more love and above all, I try to give to you each time a little more understanding. I will withdraw from you now in the anticipation of our next meeting.
Lilian: Yes, we look forward to that and perhaps more people with us. I'd just like to say thank you for sometimes listening to me—calling out to you just lately—thank you.

~22ND February 2004~

Lilian: Good evening Salumet. We are very short in numbers, but this is the way it seems to be going at the moment.
Good evening. I am always happy to be with you.
Lilian: And we are very happy to have you with us—more than we can say.
Although numbers help with this energy, it matters not, because we make adjustments for it, but of course it is useful that more should hear these words.
Lilian: Yes; although they will eventually.
Yes. What we will do, I will answer any questions that you wish to ask me and then I will work quietly with this one. There are many journeys that I have to take with her.
Lilian: That's interesting. Could you explain a little more?
It is partly development for her, but to enable us to bring much more to you all. It is early days, but when first I came to you, I believe I told you that there is much that we can achieve, but all of these things take time and cannot be rushed.
Lilian: We do admire her, because she does have some family difficulties at the moment.
We help where we can with all of you, but as you know we are limited in what we can do, not because we cannot do it, but because it would be interfering in a life. I know you understand this fully, but yes, we are

aware of this instrument's earthly duties as we do each one of you. Remember my words that when the soul is tested, that is when growth takes place.
Lilian: Yes, I remember it, but it's hard sometimes to see the reason.
Yes, it is because you do not have that wider vision, but let me say this to you my dear friend, each day that you give of yourself for the good of another is never forgotten; it is part of your life's work—this you know. So, look upon it as a gift, a gift of opportunity, a gift that you should cherish, because as you help those other people, you are also growing much. Now, are there any questions this time?
Sarah: It's about the cloning, the cloning that they are doing for use on humans. The Korean person, he is very anti his work producing a human being, but what he's doing at the moment, is there a Spirit involved in any of the cloning that he's doing?
As in all scientific work, you can never be sure that what they are attempting to do is for the right reasons. Always there is the possibility of abuse. The knowledge which these people have is part of the evolution of your planet and although they will attempt to clone other human beings, there will be many problems ahead for them, not only physically, but spiritually.
Sarah: What I was wondering is what this Korean man is doing, he is only cloning parts for health reasons to help heal. **(Yes.)** In that case, is there any Spirit involved?
Yes, I understand your question. At this stage, of course there is no Spirit involved. That knowledge has been given to them to use for good of mankind, but what you must be aware of, that there are unscrupulous people in your world who will wish to take it further. You understand?
Sarah: Yes, I understand that, but I was thinking that what this Korean man was doing was probably for good, **(Yes.)** but I wanted to be clear in my mind.
Remember that whatever questions you may have, you must always put forward the *motive behind* the deed and I know of that which you speak and it is to help their fellow human man that this is being developed, but once they begin to interfere with the very essence of union where Spirit becomes involved, that cannot be right. I know that you are agreeing with my words.
Sarah: I do indeed yes.
I feel it from you all and this is good my dear friends, because it shows—and I hope that you can see it for yourselves, that your understanding is such that you can now make wise judgement about these matters—although it is not a judgement in the sense that I am always telling you of, it is just the feeling from the heart. You understand?
Sarah: Yes I do indeed. But I think there are many, many people who feel that it's going too far—cloning a complete human is not right—many people feel that.
There will always be two sides and there will always be a section who do not wish to take either side. That is the nature of humankind, but I would say no matter how uncomfortable it feels, when you sense when something is not quite as it should be, then your words should be voiced. Is that helpful to you?
Sarah: Yes it is, thank you. And the other thing I was thinking about and I haven't really thought this through, but I will just mention it. You were saying that small animals—small insects go back into the Earth energy and that bigger animals go into a 'pool' and that humans are on a different level. I was just thinking, why is this so? Can you just explain a little bit why we should have these different levels, as it were, these different energies?
For such a little word, it has a huge meaning this word 'why'. I am not the creator of all things, I do not always understand 'why' myself, although 'why' mainly belongs to humankind. In our world we see the creative laws as perfect, that there can be no mistakes. Therefore all of these energies create a balance, which perhaps to you my dear friend does not make full understanding, but all I can say to you is that it is the natural law.
Sarah: Right, yes, I think we don't see the full picture we don't understand things.
Yes, you are looking at it with physical eyes, with physical understanding, when in fact to us in our world it is the most perfect, natural happening.
Sarah: That's nice to hear, because I was sort of in my mind thinking that humans were perhaps being slightly favoured **(Yes.)** and I didn't really think that could be true.
You were thinking, 'how unfair'.
Sarah: Yes, in a way.
But you were giving to the insect world intelligence that humankind on your planet does not have, so as you go through the whole of Creation you would be finding that many things would be unfair, but I assure

you my dear friend that the natural law is perfect. Your understanding will come about these matters, but now is not quite the time for you to take them 'on board', I think you would say.
Sarah: Yes, I ought to know that whatever happens would be the right thing, but I was just curious in my mind as to why.
It is just a slight division of the same energy, but there is no unfairness, of *that* I can assure you. But yes, mankind does not sit upon a higher plane than any other creature on this planet. All has its purpose…
Sarah: …and its place
…it's place and together in unison this is what you have created, to make a world that survives without too many problems, until mankind begins to interfere.
Lilian: Yes, we can see that.
Only then are there *problems*, as you might say.
Sarah: Now we as humans go on to one vibration, what about these other beings on other planets? Do they go on to the same sort of vibration as us, or again another vibration?
You are speaking of deep matters, but of course all of Spirit belongs to one vibration, but it takes many eons of your time for this integration to take place. We have not touched upon this I feel, but there are many spiritual worlds. Now this will give you something to think about. Each planet has its own spiritual counterpart. You understand?
Sarah: Yes, I understand that, yes.
Although we all belong to the great universal energy, it is a subject which is for now much too complex for you to understand, but any being on any planet will eventually *cease* in the state that is known to them and all energy merges together to create a total energy.
Sarah: It must be a very long time ahead?
Yes, that is why it is not possible for me to explain it to you in simple terms. But yes, I appreciate your question, because it shows that you are thinking outside of yourself.
Sarah: So when we get this *total energy*, it will still keep developing because energy never ceases?
Yes, at that point you would not even be aware of any differentiation, but as I say that is something that you could not possibly imagine at this stage of your development.
Sarah: No, but it does make sense to me, because there has to be a working towards...
A point of unison.
Sarah: Yes, and we are all working towards something.
That is correct, yes. But each energy must take one step forward, one step forward, one step forward—as if you take parallel lines that are going towards one point, eventually the two will merge. Perhaps that comparison will help you to realize that all energy lines focus towards the one point. You understand? (Yes.)
Lilian: It gives us a lot to think about.
Sarah: It makes even more sense you saying that, because there's a lot of racial prejudice on this planet and it just goes to prove that everybody *is* of one energy, is the same and this physical overcoat means nothing.
Look behind the *physicality*, look at the Spirit: Spirit has no colour, energy has no colour, love has no colour. Colour within your world is but a situation. You understand? *(affirmations)* **It is a situation mankind has been given—another gift, if you will, to overcome all of the problems on your Earth.**
Lilian: I was just thinking in our hospitals, there are so many different nationalities all working together, the doctors, the nurses, black and white—all together to help people.
Yes, and does not the sick man appreciate the love and helping hand of his fellow man, not matter who or where they come from? *(affirmations)*
Sarah: Although I did hear on the television a little while ago, there were some white people saying they definitely wouldn't have a black person helping them. So I think they've got a long way to go yet. *(chuckles)*
They are poor souls. You must not judge too harshly, they are misguided. Give them your love of understanding—that is what they lack. It is easy to condemn my friends, but to you it should be easy to express your love to all of your fellow man. I hope that has helped you. *(affirmations)* **Are there any more questions?** *(pause)* **I think possibly what I have said to you this time will give you another avenue of thought. And do you find that each avenue leads to a larger one, as it should be?** *(affirmations)*
Sarah: Each little bit of information you give us gives us a much wider vision. *(affirmations)*
You realize that these human eyes are so limited—limited as to their understand of what they see, but the eyes of the Spirit sees much, much more. Now I feel this is the time for me to work closely with this instrument and to allow the others who would wish to come to you, allow them to come close. I ask only

my dear friend that any talking be done quietly, but please do speak out about what you *feel* or what you *see.* It is helpful for those who come close to know of what you feel. As always, my love is with you. *(thanks and farewells)*

After some time one through Sarah came through, giving a message many have gathered to be here, working together with our group for the purpose of individual growth. Another followed also through Sarah, describing life of a group like ours operating in times past, when meetings such as this were risky, during the time of the inquisition:

—My purpose in coming tonight is to let you know that your work is being monitored by many in our side and that group that I came to previously are most interested to listen to what goes on in this group. when you have been told that there are many around you, many who are there to help you, some of this group are those who are there, together with others. They have gained knowledge on this Earth and are eager to help with the knowledge that they have had and of course, with the knowledge from Spirit, which they wish to impart to you**. *(thanks expressed)* **All those who are helping you on this planet, will be available if you so wish, when you come also back to Spirit, but the desire must be there first.

(George then asked a question about the group operated on Earth, but precise dates/times were not easy to establish. Nevertheless, our discussion continued:)

There were many who gave up their lives on this planet, because of their belief and because of those who did not wish a particular person to be there. There were many who knew what they should have been doing and they were prepared to give up their lives on this Earth for that belief. And yes, many came solely for this purpose, but there were those who also gave up their lives at an earlier time than originally had been planned for them on this planet.

George: We are so grateful that they have all helped to pave the way forward for those who are hear today.

Paul: They kept the spark alive in dark times.

Yes, but could I just remind you that the Truth will never die. And with that I will take my leave and thank you for your time that you have given me and those with me for this talk with you. *(thanks expressed)*

George: Yes, we very much appreciate you telling us all this and we appreciate all the work that has gone before. Wonderful!

Paul: Nice to know a little of the background of some of the helpers who are working with us, who we can't see. *(affirmations)* We are all on the same crusade.

Yes. Thank you for that.

Lilian: Yes, we tend to forget that we're doing the same sort of thing.

Paul: Yes, we have the freedom to speak the Truth now, which they didn't have. There is still the old establishment, but—

George: There are those who listen, there are those who turn away, but at least one is free now to attempt to make known the Truth.

Lilian: Churches might still frown on it, but that doesn't matter does it.

Paul: No, you can live with a frown, it's when they...

Lilian: We can put up with a frown. *(chuckles)*

Sarah: There are some countries still that are too strict.

Paul: Yeah, we forget about that, don't we.

Sarah: But I got the feeling it was this country he was talking about.

Paul: There were a lot of movements like the Knights Templers, who were underground.

Lilian: It shows how things have improved.

Paul: Yes, it really dawns on you, back in those days you'd have been burned for what we're doing...Now they just think of you as a crackpot or something. *(chuckles)*

Lilian: It also was nice to be reminded that that's what they had come for. That's what they had chosen to do...

Paul: In a sense these are true heroes of mankind. One day in historical terms these people may possibly be viewed as true heroes of history.

Our discussion had become rather heavy and as sometimes happens, one came through to lighten the atmosphere before we closed. This was another through Sarah, who talked about her life in the countryside in times past. She had a dog who was very good at catching rabbits, which she was able to cook. She talked very fondly of this dog, and after a light, cheerful discussion, we closed as usual.

~8TH March 2004~

Good evening. *(greetings)*
As I draw close to you this time, let me say a fond welcome to our dear lady friend. *(Sue)*
Lilian: Yes it's nice to have her back again.
As I join with you this time, I can see that within you all, in all of the growth that you have made, that there lies within each one of you some doubt.
Lilian: As to how we've grown, you mean?
Not about the work, because my words are accepted with much love, but my dear friends there is personal doubt with each one of you at times, doubt about your own abilities.
Sara: Yes, I think that is true. I'd agree with that.
Yes, I see it with you all. Therefore, this time I want to say to you this: with human beings doubt seems to be part of the makeup with which you come to this life, and although in your spiritual unfoldment and growth, many of these doubts and fears disappear, still there remains within you self-doubt, which creates within you fear. I want to say to you my dear friends, you have no need of such fear. Each one of you has blossomed and is shining and is a shining example to many others. Therefore any *fear* and doubt that you hold close to your heart, they are unfounded. I hear you say, *'How can we dispel these doubts?'* My words to you would be: *time* and *experience* of all matters *spiritual*. The doubts will fall away from you all in time. Sometimes when I am close to you I *see* you falter with your words. Should I, should I not?
Lilian: Or should I have said that?
Yes, but again it is because you are clothed in human *clothing*, but I would like to say to you there will be such time to come when many of your doubts will disappear, because you will not be able to defy what you experience and therefore will come to you great joy of understanding. I know that when you are faced with these doubts, you feel sometimes that you may not be worthy, and this my dear friends I would say indeed you *are most worthy*. (Thank you.)
Sara: Do you mean when I thoughts become negative and we don't express ourselves in the best way, we feel unworthy because of these moments. **(Yes.)** Yes, I understand.
Yes, but you should not.
Sara: We should take a broader view, **(Yes.)** and realize that these are just moments.
Yes, they are but moments in time, and time will replace those moments with the joy of understanding.
Sara: Thank you, that's very helpful.
Yes, I want you all to know that at these moments in time, there stands with you many who are willing to guide you and uplift you and to inspire within you the words that you need to use.
Sara: So we must remember to ask for the help.
Always ask and you will receive. I know that this has been a long lesson for you all over many years, but it is a lesson that is well worth sticking to, because as you take each step, then you feel more worthy, because you see, that feeling of unworthiness is not humility but fear, and always you must try to dispel these fears. My dear friends you *are* shining lights for this work and if you were never to utter another single word, each of you has achieved much and for this we *will* always be grateful to you. Do you have any questions for me this time?
Lilian: Could I ask about hurt within? You said to me a few weeks back that I harboured hurt. **(Yes.)** Does that mean I don't let go of the hurt, or is it because the thought is within me? Could you explain a little more please?
Yes. When I speak of *hurt within*, it is entirely for you who retains these hurts, it is for you to find the understanding to let go, and to forgive yourself. That is what many of you do not quite understand: you create your own hurt, you create your own fears, you create your own misunderstanding.
Lilian: It is also maybe a lack of seeing the other person's point of view.
It is a lack of understanding yourself—that is always the problem. We have spoken on previous occasions when I have said to you that you must be true and honest with yourselves. If a human being harbours any form of hurt, it is because they have allowed it to be. Do you understand? (Yes.) **You, my dear friend, have harboured hurt, because of your sweet nature, your kindness in not wanting to hurt others. Therefore in that respect you have been kind, but unkind to yourself. Do you understand?**
Lilian: I see, yes.

There is so much hurt and fear and resentment within so many people. I would suggest to you all, not only you my dear friend, *(Lilian)* **that you must allow full expression for your emotions, not in any negative sense, but to be honest with yourselves you must look at yourself first and foremost. You understand?**
Sara: And sometimes when you need to communicate your feelings with others maybe sometimes too, rather than keeping it inside. **(Yes.)** Sometimes it's better to air something with others.
Yes but always to air these feelings with love. With anger…
Sara: That will never work.
No. that is the way it must be done, always with love. It is possible, but I know within humankind it is so easy for the fire of anger to take over but again that is something to be looked upon and worked upon with love.
Lilian: Did you've another question, Sara?
Sara: I think when we feel disappointment at the way others treat us, for myself it is to do with having expectations that are too high. I think that is one of my problems; I sometimes have too high an expectation of other people and so I sometimes feel disappointed and rather than speak about it, I'd prefer often to withdraw, because I find it difficult to speak about it.
Yes, if only you could use your language to express the words of how you feel in a gentle way, then by uttering those words aloud, you would begin to sense within yourself an understanding of the other person. Life my dear friends was never set to be easy, but in all of these difficulties with which you find yourselves, you will find that is time of your spiritual growth. So, do not despair, and that is not the purpose of my words to make you feel disheartened, but rather to give you an insight into your own beings, an understanding which is there if you would but look.
Sara: Sometimes I wonder whether because I find it quite easy and natural to give to others, simply because I know this and understand this, perhaps it is my wrong to give to certain people in this life and not expect necessarily to receive from them. I don't know if it is wrong thinking. Sometimes I doubt whether I'm seeing it clearly or not but because I've done it for such a long time, I feel reluctant to change my ways with people even if they don't return. I'm not sure if I'm doing the right thing.
You, my dear friend are one of life's givers, as you say, but remember that you are entitled to good things in return. There is no need to feel some guilt about that being so, in fact it is all of your rights to receive the best that the universe can bring to you, but if these things are done because of the knowledge you have, then that is not the purpose of giving, but you know and understand this well.
Sara: Sometimes I feel that I give—originally it has been a joy and a pleasure, but sometimes I feel that it might be a good idea to withdraw because it is not being returned and I'm not sure if it is being appreciated, and it is a habit.
But you do not give to receive.
Sara: No exactly, so it is probably better to bring something to an end if it doesn't bring pleasure anymore.
If it brings to you feelings of discontent, then I would agree with you that it would be better not to do so.
Sara: Thank you, that's very helpful as I'm a creature of habit sometimes and I find it difficult to stop something that I've done for a long time, but lately I feel I should with some.
But how interesting that you have come upon this thinking all by yourself.
Sara: Yes, I think it is probably…
With a little help! *(laughter)*
Sara: With some help! But also because my energies are going in other directions, possibly it's helped to bring this to a head, it's helped me to see it clearly. **(Yes.)** I have to prioritize more.
And remember also my dear friend that you can give from your *thought.* You do not always have to give openly, you can give much with your thinking.
Sara: And Paul is very good at that. **(Yes.)** He has worked that one out, I think.
He is a quiet jewel when it comes to spiritual matters—yes, I would agree with you.
Now I feel for this time I will take my leave and see who wish to come to you, to sit closely with you and allow our dear lady here *(Lilian)* **to take charge of this evening. I know that upliftment has been felt by you in the past days, it will continue.** *(thanks and farewells)*

~22ND March 2004~

The previous meeting had been taken up with rescue work mainly which was not recorded, which Salumet refers to at the beginning of this meeting:

Good evening. *(greetings)*

Before we begin this time I would like to say to you my dear friends that many wish to give their thanks to you for the help given last time. We know that it has been some time since you have been occupied with such work, but I can reassure you that it was not taken lightly that we offered you the work last time.

Lilian: And we were able to help, were we?

Help was given. (Good.) **I would wish you to remember that not only are you here to listen to my words, but also for your own self-developments, and this was but an opportunity and a thank you to each one, in order that you may come together and work thus. Now, as we continue on this another of your earthly years, I have told you my dear friends that it would be a time of self-development for you. There is much that will be given this one of your earthly years. I hope that already you have become aware of the discovery in your world of another planet.** *(affirmations)*

Lilian: I remember you said this would happen.

This is but one example of what you have been told, but the importance of this coming year my dear friends, is that each one of you undergo some form of metamorphosis within yourselves. You, my dear gentle lady *(Lilian)***, that journey for you has already begun, but I would wish that each one of you become aware of the changes within and around you. You *will* become aware as time progresses. Has anyone anything to ask about what I have spoken of?**

George: I did have the feeling at the time that the rescues last time were as much for our own development as for the progression of others.

Yes, that was partly our purpose that you should be aware, not only of those souls in need, but of your own capabilities in dealing within them as one group, and remember, all of you take part in these rescues. It is a joint effort for which you all need to be thanked.

George: I think we feel rewarded at the time that we were able to help.

But now you must become aware of your *own* unfoldment. It is important for each one of you that you become aware of the Spirit coming forth into your daily lives. I am sure if you were to think for just one moment, you would discover how much you have changed even within this last year of your time.

Lilian: I think we are all much more aware of the spiritual side of ourselves.

That is the purpose of growth and unfoldment that you recognize for yourselves what is happening. Have you any questions this time?

Lilian: Can I just say the few words that maybe I said to my mother has helped her now she has passed into Spirit?

My dear, all words used in the name of Spirit are helpful. Even if the receiver declines the offer of those words, it does eventually *sink in* with them and they do take on board much of what is said to them. I can assure you that that person, your mother, may have seemed as if there was some barrier, but now she is prepared to listen to much. (Good.) **So, yes of course your help was needed and it has been gratefully and truthfully accepted by her.**

George: It might be an apt time to put a planetary question: I think you said recently that one of the planets in the solar system had bacteria life and a few years back one of our scientists, Fred Hoyle, had put forward the theory that to explain how epidemics of illness occur in different parts of the world simultaneously, the theory that bacteria sometimes come from space, and if there are planets in the solar system that have bacteria, I was wondering if his theory might be a true one?

Yes. I know of this question, yes. Firstly my dear friend let me say that there is much of course that mankind knows nothing about as yet. There are those of vision who would in their time adhere to those notions which they gain from their own experiences of life. Of those people I will say only this: that oft times those individuals are the ones who are indeed influenced from our world. This planet is not one unit as we have discussed before, but is part of a much larger whole. *(pause—breathing changed/deeper)* **Forgive us my dear friend for that input of extra energy as there are those who would be eager to speak with you, but now is not the time. Therefore let me continue on the vein that I was using. This planet is one small part of a greater vision. Bacteria as you know it belongs only to this earthly planet. Your scientists are limited in their visions. Let me say that there are many life forms of bacteria, forms which to the human is as yet unknown. I will say of the gentleman of whom you have spoken that *his* 'quest', shall I say, should not go unheeded, because there is much that should be taken from it. This is a subject which is young in years for your planet.**

George: Yes, I felt inclined to view it as a possibility.
Yes, but it will not be readily accepted at this moment in time. As with all things that appear to be different from the mass thinking, then it is rejected.
George: Yes, I think we know from our history that to be true.
Yes, but I would say this to you that he is being guided in his thinking and the day will come when it will be recognized that this earthly planet is not a closed door. Do you understand?
George: Yes, I follow. Thank you very much for that information.
It is too young in its history to make any impact on the scientific community, but as with all things, you need *time* and *patience.*
George: Yes. Could I go back to last time to recap on a question that Sarah put? I think I understand that it is satisfactory that we utilize human eggs as a means of cultivating what we call 'stem cells' such that these can be used for therapeutic healing purposes. There is no Spirit involvement in this procedure and I think I understand that that is therefore satisfactory.
We have difficulty when we use your earthly words, but I would say, yes, 'satisfactory' is the word that we may use. Of course, once Spirit is involved we are speaking of an entirely different matter.
George: Yes, so if this technology was to develop…
…is being inspired for good use.
George: Yes—inspired again.
Yes, all things that are for good cannot be wrong. If you take any matter which involves the good of another human being without interference or hurt to another, then this is good for mankind and you may rest assured that our world is closely standing by, because as you know, so many times has mankind misused the information that has been passed to him.
George: Indeed, yes. It certainly seems an efficient way of re-growing areas of cells on the body.
Yes. It is a way to utilize and to help, but once Spirit is involved, or Spirit is used in any way, then it is, how shall we say, it is upsetting the balance of life and it is interference.
George: This would be interfering with creation.
Yes, and this can never be.
George: If this were to happen, then I could see that the possibility would be to have several biologically identical humans, but the Spirits within would not be identical, so we would not really have identical beings anyway.
No, there would always be differences and it is not a good pathway to follow and everything will be done from our world to help those who have this knowledge to use it only for good.
George: That's very good to know, thank you.
Mankind has misused so many, many things that have been given to him so many times—because of his evolution and knowledge he feels that he can interfere with all that is perfect; and this he cannot do.
George: Yes, that's reassuring to know that this area is being watched—this area of our development.
I hope that has helped you just a little. (Thank you, yes.) **It is a concern to many people we know. Do you have more questions?**
Graham: Yes, I was going to ask—through our days I understand the importance of positive thinking and I'm aware of the fact that quite often when we feel tired, particularly when we get fatigued, I think we often or can become more prone to becoming negative and I was wondering if this was just really part of the human condition that we need to go through as part of our development. Is this just something we need to learn to cope with or is it something that we create ourselves and it isn't really necessary.
You can stop that way of thinking, but of course it is practise, as in all things, but you, my dear friend, are a prime example of good, positive thinking for yourself, are you not?
Graham: I try to!
Yes, we note your every effort in this way and there are many who stand close by you to help and to uplift you in those moments of negativity. But it is part of the human (Yes.) **and I believe I would not be wrong in saying that the majority of human beings do feel at times, some degree of negativity—but it is not necessary.**
Graham: I often wake up the next day feeling very different.
Yes. Do you know why?
Graham: Because in our sleep state we are in closer contact to Spirit world.

Yes, therefore does it not show you how, when you are in tune with that spiritual self, all things work for the better? (Yes.) **Yes. But you my dear friend are taking great strides now and I urge you to continue along that pathway.**
Graham: Yes, thank you. It's something to think there's all this help surrounds us; it's something that most people are not aware of and it's very sad. I find myself now trying to talk to people about these matters—I don't think they believe me, but as you said, it's sowing seed in people's lives.
And it is a matter of asking for help for yourself. For some reason lots of people feel that they do not have the right to ask for help for themselves. If only they could but realize that each one of you is guarded and uplifted as soon as you ask—but you must ask for the help. We cannot step forward and interfere in your lives—you must come closer to us and then we can take every opportunity that is available to us.
Graham: Yes, thank you, I shall remember those words.
George: Could I mention the subject of Earth-bound Spirits? I think I understand that the Spirit can develop a firm attachment to places and to things, like to alcohol or to houses. It is said by some that there are several American presidents inhabiting the White House. Perhaps that's slightly humorous, but this is perhaps something which we should understand better that perhaps we should not form overly strong attachments during our Earth lives.
Yes, we have spoken about this before, but I am happy to remind you, my dear friend, of my words. You know that as you leave this earthly life behind, you do not suddenly change—you are the same when you come to Spirit as you are at this moment. All that is changed is the clothing that you wear, the body. But the mind belongs to the Spirit and if there are addictions, some of which you have mentioned, those addictions will still be strong within you and those addictions will draw you closer back to this Earth than any other thing.
George: Yes, and I think you mentioned around Christmas time this can happen.
Yes, therefore I would suggest to each one of you my dear friends that whatever your strongest need might be, that you relinquish it whilst you are here. You are correct, many of your houses of drink are inhabited by those who cannot leave it and cannot pull themselves from this life and become 'earthbound' as you call it—not only drink, but people, many forms of what you would call depravity in the way of killing and such like. You understand. (Yes.) **But not all earthbound Spirits are drawn back because of addictions, but because of the lack of spiritual knowledge—they will not let go of earthly life.**
George: Ah, so there's a kind of balance between feeling of Spirit/element of Spirit and the likings developed on Earth?
Yes, yes. If your knowledge of Spirit was greater, there would be no attachment needed. You understand? (Yes I see.) **Yes, but of course that is what your rescue work is about—those people who do not believe they have passed, but are not bound here by any strong addiction, only that they are afraid or do not wish to listen to another.**
George: Yes, I think our experience is that theirs is more a lack of spiritual knowledge/spiritual development, **(Yes.)** than earthly attachment.
So do you now see how important that it is, that those seeds of knowledge be sown?
George: Yes, that really puts it into perspective.
Yes. It is important work my dear friends. Do not underestimate what you do in your daily lives by writing words or speaking words or giving comfort to another. These are acts of Spirit, which will take hold eventually and may very well help one individual to go forward when their time is here. Is that helpful to you? *(affirmations)*
George: It is indeed, yes. That expands what was in memory quite considerably.
It is fruitful sometimes to go over old ground, because sometimes the same words can give you a new perspective on it. I am sure you would agree? *(affirmations)* **That is why my dear friends I will never apologize for repetition of words, because in doing so your understanding becomes greater. And remember that each one of you is developing at a different rate, therefore what one may take the first time, it may take another just a little longer.**
Lilian: Yes, I think we appreciate that. **(Yes.)**
George: Would anyone else like to ask a question? I do have another one. *(pause)*
Lilian: Yes, carry on George.
George: You've talked to us about psychic surgery I know, but there is a point that would be nice to expand on there. Perhaps I could mention Stephen Turoff—a Dr Kahn who died in 1912 works through Stephen Turoff.

But Dr Kahn has a team of helpers in Spirit: there's a Nurse Grace and there's an Italian Dr Gino and there's a Dr. Kahn junior, his son. The number 17 has been mentioned of the numbers in the team and it follows I think that Dr Kahn is able to do a number of medical manipulations and surgery. I'm not quite sure how the rest of the team fit into the picture. I can understand Dr Kahn working through Stephen Turoff, but others seem to be able to come through and assist him at times. Could you explain that a little?

Yes. I understand your question. May I try to simplify it for you? At the moment *I* am using the voice of one person, but in this room there are many others who are not speaking from Spirit. But with each one of you there is a spiritual counterpart who brings to this meeting energy. Are you beginning to form a picture? *(pause)* **No—Let us take the gentleman who is being used for psychic surgery, as you call it. The surgery is being performed by one of us in Spirit. Yes?** (Yes.) **He is using the body of a human being here upon the Earth. When those good people come to our side of life, who *have* been doctors, who have *been* nurses, who have dedicated their lives to other people, they often times wish to continue to help. Therefore you know like is attracted to like in our world. Those of medical nature would congregate together to work as best they could. They would join together at the time when surgery is needed and it is not surgery as you understand it, but is surgery of the Spirit. But as in this room, the energy comes from a group of people—so spiritual energy comes from a group from our side of life. Do you understand?** (Yes.) **They are there, but they may not necessarily be seen by the Spirit.**

George: Yes, they can assist in manipulation work?

They can, but most times it is to help with the energy. There is more energy needed for trance work and for work of that nature, and of course they would be much interested in how he would be using a physical body. They may well be there to learn how to do it. There are many reasons why there may be a group of them.

George: So it only necessary for the one to use a physical body **(Yes.)** and the others can be present also and be an influence.

Yes, we need the physical presence to show what is happening, but the work is of a spiritual nature and those around are Spirit and can be of use only in a spiritual manner. Do you understand or do you need more help?

George: No, I think that clarifies. There is one point that I don't understand too well. Working on Spirit, I think there's the Spirit and there's the energy body **(Yes.)** and I think I understand that either can be worked on, but they are intermingled anyway.

Yes, all parts are part of the same energy structure, but the physical being cannot be repaired until that—call it energy body, call it Spirit, call it what you will—until that is touched, there will be no healing. You understand?

George: Yes, because I cannot separate the two in my own mind, **(Yes.)** I tend to talk of Spirit/energy body as if they are lumped together.

Yes, this is always the problem too, when we speak of physical being and spiritual being. People separate the two when in fact we are *one*. You cannot be Spirit separately from the body whilst on this Earth. You can be Spirit entirely in our world, but not in yours. You understand?

George: Yes, we can see the aura under particular conditions, which perhaps tempts us to think of the energy body as separate, because part of it is separate.

Yes, it is confusing I know, but you think of energy as a whole, as a unit that blends together. Can you think perhaps of coffee in a cup and cream in a cup—two separate items, but when blended together they become as one, although they are still two units, two separate units of food. Think of that when you think of Spirit—and it is a *blending*. I hope that is helpful to you.

George: Yes, thank you for that.

Graham: You said spiritual surgery earlier in your explanation. I'm not quite sure what that means. Is this where upliftment, help and guidance or getting rid of hurts? What form does that take spiritually?

It is working on the hurt of the Spirit. Until the Spirit is *'touched'*, the physical being cannot be healed. As in all, not only in surgery, but any form of healing.

Graham: Spiritual hurt—that's tha bit that has to be touched. **(Yes.)** That is fascinating.

Yes, always the Spirit—that is the purpose of all healing that the Spirit be 'touched' and the physical healing will then follow.

Graham: And of course the person by being there is asking for help by turning up to Stephen Turoff or whoever, they are asking and this where that can be given.

Yes, of course. (Thank you.) **Well, I hope I have helped with your questions this time and I will leave you quietly in order for you to think about those words we have used this evening and to allow yourselves time to see that those who stand close by you, if they are ready to impress upon you anything of importance.** *(thanks and farewells) Then was then a difficult rescue through Eileen, before we closed.*

~29TH March 2004~

Eileen was away this week, which meant no Salumet this time. The first communication came through Sarah, who communicated that there were 3 nuns from a silent order, who wished to come and speak and experience the human voice for a short time, which of course had been 'silenced' during that lifetime. (audio link: http://www.salumetandfriends.org/resources/2004_03_29+rescuesnr21.mp3

First nun: ***Hello!***

Lilian: Hello, nice to have you visit us.

Thank you for letting me come. I have been waiting for some time for this opportunity to speak again and now that I know that it is quite in order to speak, I wish to say a few words and I was told this group would be ideal for the opportunity.

Lilian: It must have been quite difficult. *(in the silent order)*

It was extremely difficult and even at the end I often had wishes I could just say one or two words.

George: But of course you *thought* a lot.

I thought very much about all sorts and I did wish that we could just say a few words. But now I am happy that I have again opened my mouth! *(laughter)* ***And I thank you for your time.***

Margaret: You're very welcome.

Second nun: My time has at last come. *(greetings)* ***I have so wished to speak and I am so grateful to you all for this opportunity.***

George: We feel very honoured that you've come to this group.

I have watched you in session on many, many occasions and I have longed to come and be part of you and to speak with you. *(thanks expressed)* ***This time is so joyful for me and I give you my greatest love for this wonderful opportunity.***

Lilian: Will it help you to move forward?

I am ready to move forward, but I had this overwhelming desire to speak one more time, before I moved away from the time when I could come back. Once I move forward, I will not have this same opportunity.

George: I can see that after being silent for a long period, it must be a great joy to just find expression in voice.

I has I have to say, been most painful not to speak and although I have communicated in Spirit and know that I AM in Spirit, I still had this overwhelming desire to speak.

George: We can understand that. *(affirmations)*

So for this I am most grateful and thankful to you.

Margaret: We're very pleased to be able to do it.

(We then chatted quietly amongst ourselves, before the 3rd guest arrived.)

Third nun: ***My choice was not to speak, and when I hear you speak, especially of things that I would have liked to have said myself, I realise now that not speaking was quite unnecessary. These trials that I put myself through, did indeed help me to focus on many things that I most probably would not have focussed on. But I have to say, had I spoken, there would have been many things I could have passed on to others that I was of course unable to do. My thoughts were strong and many things I know I passed on through Thought, but there were indeed many things that I was unable to pass on and this I found most difficult. One thing I was unable to say and which I had a longing to say, was: why did I choose that particular profession? Why did I choose to go into an order that was so strict that there was no joy in living? The joy that I got was minimal.***

Lilian: Have you not questioned the reasons, since you've been in Spirit?

The learning I received was great and I know this was my reason for choosing, but whilst I was in that order, I wanted to ask the others, 'why did YOU choose this? Why did we all choose this?' But we could not discuss, we could not answer each other's questions, we could not ask ANY questions.

Lilian: Were you allowed pen and paper?

This was so difficult. We did not communicate at all.

Margaret: It's very sad.

Sara: Amazing.
This was a most severe order.
Lilian: Do they still exist today, in our time?
I am not totally aware of ALL that goes on, but I do know that there are areas where the regime is most strict.
George: It's a joy for us to realise that your thinking is preserved and you've obviously had much thought development at that time.
When you cannot speak, you can only think. This has to be in some ways good, but in others, there is no one to guide you, if your thinking is not quite correct. *(affirmations/understanding)* ***You can of course get much from Spirit, but when you are in human clothes, you tend to go astray and without communication, it is very difficult to stay on the right path.***
George: Yes indeed. Might I ask if you meditated in your order?
We spend long, long hours praying and this was our form of meditation. Of course there were times of great enlightenment, but there were many times of darkness and to have been able to speak in these times, would have been an advantage.
George: Yes, and a shared enlightenment, would have been very nice.
That also would have been a good time to speak, but of course if you are happy you can cope with things, but when you are not, it is very difficult to not say anything. This was my reason for wishing to come back, so that I could just express a few words.
George: Yes, it must have been a burning desire to do that.
Oh! I have longed to be able to open my mouth to speak and sometimes I tried to catch the eye of another, but at a glimpse, the eyes were lowered—we did not make contact. This was a very long period and if I were to choose to come back, I most certainly would not go into this order again.
Sara: How many years were you in the order?
I was taken in when I was 23 and I passed away when I was 84. *(expressing of awe)* ***This was a very long and I have to say at times, painful time in my earthly existence.***
Lilian: Very interesting to hear. (affirmations)
And for your kindness, we—us who have come to you this evening, will stay by you for some short time, to give what we can to you, as our thanks for your patience with us all. *(general thanks and farewells)*
Another then came through Sarah to give thanks and request that Sara take us on a short meditative journey, which would help us receive our gifts.

Eileen was away again, so no speech from Salumet. The first communication came through Sarah to explain the plans for the evening. Jette, a friend from Denmark was to be used. She was relatively inexperienced as a medium for speech, but had many years experience as a healer, which of course can involve a different kind of channelling. Towards the end of the meeting another came through Sarah, speaking a language which we could not recognise and George queries this with Salumet during the following meeting. There were no new teachings/information as such and was not transcribed, but the audio recording can be listened to here:
http://www.salumetandfriends.org/resources/2004_04_05+jette+eveningnr21.output.mp3

~19TH April 2004~

Good evening. *(greetings)*
I thank you for your welcome this time. Of course it brings gladness when we join as one on these evenings.
Lilian: Yes. I know you're with us at other times, but at times like this we can actually talk to one another.
I would like to welcome back into our little fold our dear gentleman friend.
Paul: Thank you very much. It's lovely to be back.
This evening there are so many who wish to stand by you all. I would say to you that as time continues, they come even closer to you.
George: That's nice to know.
Your awareness of those who come may not be strong, but I can tell you that each one of you this evening has by them a soul of much strength and upliftment. *(thanks expressed)* **As always it will help you with your daily lives. We have spoken recently about many things, but in particular about the state of your food**

crops. You remember? (Yes.) **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 friends 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 going back to growing more natural food stuffs, should I say that perhaps man might take a leaf from the book of the ancients.** (Yes.) **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.

Yes, 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 probably '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 own little experiments and use your thoughts to those in the angelic realms. Yes? *(affirmations)*

Sarah: It's come at just the right time for me too, because I've just made a vegetable garden, so 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'd imagine you could also use them to control what we term 'pests'—I know that's 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: Yes, I think there is a certain amount of relearning from ourselves, **(Yes.)** 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 all of your plants will be most healthy.

George: Yes, that's very profound and interesting thought. *(affirmations)*

Help my dear friends is always available if you would but ask.

Sara: Presumably any type of work, whether we work with nature or whether we work in other fields, communication or anything—it's a silly question, but we can all ask for angelic help with whatever we are doing?

Yes. It will not come to you, they will not help unless you ask. They will not encroach upon your lives, but always they stand close waiting for that thought and the more those thoughts are used, the stronger the connection with that realm; then it becomes more natural for you.

Sara: Whatever it is you are doing? **(Yes.)** It gives extra inspiration to whatever's being done.

Remember that the angels are many—and many who work with them. We have spoken of this before, but I would like you now my dear friends to use your own thinking to make the connections with them. It is their desire always to help those of you on the earthly planet. Have you any questions?

Sarah: If ever I've asked for help, I either have asked you or the Great Creator. So when do we ask the angels and when do we ask the Creator and when do we ask you?

If you go to the Source of all life, there can be nothing more. People go straight to the Creative Force when they *feel* and *know* and *understand* a little more about their own souls. The angels have been accepted in your world through many types of what you call religion. They are more acceptable to people, even through drawings within your literature. They have become known, therefore they are more acceptable to people. The Creative Force as you speak of it, is not available to that many people, because they do not have that awareness or understanding.

George: Yes, perhaps imagination or visualization comes into it, because, as you say, there is mention and there are illustrations in the literature and it is easier for many to visualize an angel than it is the Creative Force.

Yes. If you were to ask someone who was spiritually deficient, shall we say, they would not understand 'Creative Force'—it would be too much for their thinking. But of course, to ask for help—but may I remind you my dear friends, you do not ask for help, you place yourself to that Creative Force—you *know* that the help is there, you do not need to ask. That is when your understanding has grown to the point of knowing.

Do you understand? *(affirmations)* **But until that time, I would suggest that you use all other forms of energy and power that are available to you each day of your existence.**
George: The times when people sometimes do appeal to the Creative Force are in times of great distress.
Yes, almost when they feel that all is lost. (Yes.) **Yes.**
George: Does that belittle or change in any way their request for help?
A cry for help is always listened to.
George: Whatever the situation? **(Yes.)**
Sarah: Would it not be that they've got into that situation in order that they *can* ask for help, that they are beginning to turn their thoughts in the right direction?
There can never be one answer to that. Of course it depends upon each individual and their life's situation—but yes, I see what you say. The Great Creative Force is what we all belong to; we can never be separated from it in the sense that we all belong. There may be differences for a short time, especially when you come to the earthly planet for a small period of time; then you are burdened by the physical overcoats, the physical body which demands much from you—food, understanding, clothes, every day living. But when the soul is stripped of these things, then it is exposed to its natural force and a cry for help from those exposed, will always be listened to. *(thanks expressed)*
Sara: Salumet, if I become aware that, for example when I'm working, I feel that I'm in the presence of angels or light beings, because there's much joy and laughter—for example today when I was teaching I felt there was much laughter in the class, it was very happy and lots of fun and it was very lively. I felt there was something—is it appropriate then if you feel the presence just to say 'thank you' for being with us and please join with us again?
Always I would say give thanks for those who help. In that way a connection is made and they are always available to your next word. The more you connect, the stronger the connection becomes.
Sara: Yes, I often give thanks for my students and my job and I'm sure it must help, but yes, today I felt very much that there was an extra ingredient and there was more light.
If only more people could understand by giving thanks for all situations, bad as well as good, then you become empowered within your own lives, and in giving thanks you are then open to receive more. You understand? (Yes.) **But yes, you my dear lady friend, have always had connection with the angelic realms, although I have to say, you have not always been *aware* of those around you.**
Sara: Yes, that's true, not until I listened to you and your words. I enjoyed it, but I wasn't aware of it.
Yes, but the more the connection is made, the more your awareness will grow. I might say, of all within our room here this night, you are the one who could make the strongest connection to the angelic realms, but it is up to each individual as to which pathway of thought they take.
Sara: Actually I had an interesting experience today, because something happened which in the past I'd have possibly hung onto negatively for longer. I felt a little bit short-changed by something that happened, but I thought about what you'd said a few weeks ago, trying to see it from the other person's point of view and also expressing—I didn't say it to the lady, I wrote it in a letter on the computer my feelings, and then I became aware that I didn't want the connection anyway and I was actually very happy and just now I've said thank you for that—in my mind I said thank you for that experience, because in fact I didn't want the connection to continue really and I don't think she did. **(Yes.)** In the past I'd have been cross about it for longer, **(Yes.)** but it was a very short-lived experience.
That shows to you your own spiritual development, when you can allow these life situations which do not sit comfortably with you, when you can allow them to pass over you. (Yes.)
George: Might I ask if it's appropriate for me to ask a question about what happened in our last meeting when your instrument was not with us? Is that a silly question?
My dear friend, I always await your question! *(laughter)*
George: The point about the last meeting, a Danish lady whom we know as Jette, who normally lives in Denmark, but she was in this country and she had been with us before about 10 years ago, but she sat with us and she channelled and it was a lovely channelling, but at the end of the session one came through Sarah and spoke to us very clearly in a foreign language, possibly a foreign *ancient* language, and we've no idea what that language was. It might have been a prayer or a blessing and I was just wondering if it's possible that you could help us in reflect of what the language is so that we can get a translation.
Yes, I feel that you should look towards the Inca language.
George: Yes, well,we ruled out quite a number of languages but yes, Inca feels right.

You may find that some of what was said is of the ancient language and may not be as easily available to you as you might hope. But let me say this to you my dear friend: when those who channel come to you with strange tongues for you, where your understanding is not great of what they say, might I say to you, accept, accept what they bring to you, because the energy has been provided for them to come to you and it gives you the opportunity to think about something that does not make sense to you; it encourages you to look further afield.

George: Yes, it seemed a significant meeting and we would dearly like to find out more about what was said. Thank you for putting us in that direction. I'll see what I can find out about Inca words.

I have no doubt that you will find out what was meant to be. It puzzles so many on your planet when those in Spirit use another of a different language. Let me say this to you, they only use Spirit who are in some way connected in past times with that same language.

Sarah: So are you trying to say that I was connected with the Incas?

That is what I am saying, that in some way there had to be a time when that language would have been available to you.

Sarah: Well, actually, Salumet you say it puzzles us, I'm actually surprised that we don't get more foreign languages through, because I know English is our language, but there must be many, many people who want to come through who aren't English speakers and haven't got the translation that you have. So it actually does surprise me that we don't have more.

But my dear friend there are many who have many languages through them, but it is usually those who are giving evidence to others who understand the language. Those Spirit people who work for us to give evidence to those of you on this planet, there are many tongues used through mediums who do not understand what they are saying. It does not occur here, because that is not our purpose with you. You understand?

Sarah: Yes I do. On this occasion when this Spirit came through me, I have to say I did think it would be nice—it was not exactly a test, but I had in my mind, because we had this Danish woman—I do believe that the Spirits that come through me, *are* coming through me—I thought it would be a nice proof if a Spirit came through me and I didn't understand the language, then it would be real proof that it is coming from Spirit. So I was sort of expecting to have somebody come through me, but I certainly wasn't expecting to have an Inca language through me!

George: You were talking of proof as a scientist would see proof?

Sarah: It was just for my own…

Might I say to you, this word I repeat to you so often 'the power of your THOUGHT'. Do you not see the interaction between your thought and what was said through you?

Sarah: I do now, yes—it hadn't occurred to me at the time.

No. Again, it is always a problem with you that your memories seem to be so, how do you say, 'short'. *(chuckles)*

Sarah: Yes! I'm very aware of the power of thought **(Yes.)** and I often tell other people that, but that particular moment I hadn't—well I didn't know what the language was and I certainly didn't know it was one that I had perhaps used in the past, but I was very grateful for that experience and very interested too, so thank you very much.

Do not thank me. Give thanks to those who used you. Give thanks to these people who listened to you and give thanks to yourself for allowing it to happen. Yes?

Sarah: Yes. And I now thank you for those words! *(chuckles)*

Paul: When I was on my travels I met a German lady who does rescue work quite similar to the rescue work we do or have done, but she does it on her own often, using a pendulum or just her own intuition and I did a couple with her whilst I was in Pai. *(Pai is a small town in Northern Thailand)* I just wondered if you are working on your own, sometimes rescues can be very difficult **(Yes.)** and I wondered if it could be dangerous for her doing it alone, or if that is all taken care of?

It would depend upon the degree of spiritual development, but on the whole I would say to you that it is not wise to rescue an individual by yourself. When you complete a rescue, there is usually more than one medium, because of the impact of their energy as opposed to the one who is being rescued. (Yes.) **You understand? Because I know that you would agree that many who need to be rescued are not always quiet, gentle people. And yes, of course there are those beings who would wish to be troublesome and it**

can be that unless the medium is spiritually developed to a high degree, that those entities could cause many problems. Therefore, I would say there should always be more than one.
Paul: Would you recommend that she had others with her?
I would say that would be the ideal, but she must at best always ask for protection from those in Spirit, who work with her; but sometimes you see, if the Spirit being is to overshadow, you need another to help—that is the problem. I am sure she must be aware of this, but I would say it is much better to have another with you.
Paul: Can I ask another one? **(Yes.)** A couple of my friends have moved to France and from what they say it sounds like maybe their house could do with a rescue, but I've never visited it. The man looked into the history of the place and he found reference to a 'hobgoblin' in one of the rooms. I wondered if you could say whether there is anything that needs to be done there?
There was quite a long pause.
I will look to this one for you to see what the problem is there. I will ask those who work in that way to take it upon themselves to see if there is any problem which we can help with. I would suggest to you in the meantime that you instruct your friends to always remain positive whilst around that property.
Paul: Yes, I understand, yes, thank you.
Water! Is there water by this property?
Paul**:** I don't know. I will have to ask.
But they must remain positive and I will ensure that we will help, if it is necessary.
Paul: Thank you very much. I've got just one more question if there's time.
Yes, I will take one more.
Paul: When I was travelling we started playing this game whereby you try and guess the colour someone else is thinking and I thought that seemed a very good way to develop psychic power or something, by guessing colours or what is in someone else's head. I wondered if this sort of game was used in places like Atlantis by children and whether you've any knowledge of games like that that can also develop gifts—whether it's a useful tool.
I would say anything which helps with your own individual development and which feels comfortable to you must be good. Let me say, it may be that you could try when I withdraw from you this time, amongst yourselves within this powerful energy here, to see what is in each other's minds, and colour is a very good basis for doing such a thing as trying to *sense*, because that is what you are picking up on. Why not try it my dear friends as I withdraw from you? It will give you a little light relief. And after all, I have told you that this year of your time, much time *will* be given to your individual developments. So my dear lady friend, *(Lilian)* **,ay I say to you that you take charge of this *little game*,** *(chuckles)* **as my dear friend has called it and see what you can achieve.**
Lilian: Yes that'll be interesting. *(thanks and farewells)*
We then played the game, beaming colours to each other to guess at. We didn't do very well, but it did provide much laughter.

~3RD May 2004~

Good evening. *(greetings)*
How strong is your connection this time to us. I am sure that you must feel the power of connection this time. *(some affirmations)*
Lilian: It happens more when we are all together.
Yes, more energy is available, but not always. Tonight you almost can feel the strong connection between you. As you progress along your own pathways of evolution you, my dear friends, are becoming much more aware of your own individual connections, not only to us in this world, but to those who are part of your everyday living. There is within you all a strong light which is now visible to many upon this Earth; they are drawn to that strong connection which each one of you has with our world. Whether they know or you know of that connection, no matter, it exists, but I know that each one of you is now aware of what you give to others and that also is part of your life plan. Not one of you can avoid this pathway, because it is there is for all to see. Would you agree?
George: Yes, that feels right.
Lilian**:** This would be one of our chosen things to do in this lifetime?

At this stage of your development that this part of your life's plan yes. I have told you that you have come together this time for a purpose and that is part of your purpose; that your knowledge not be retained only by yourselves, but that knowledge be given to many others with whom you come into contact. This my dear friends I know you have achieved for many of your years. Since first I came to you, you have willingly and lovingly given of yourselves, not only your words, but your time to many, many others, in order that the truth may become more widely known.

Lilian: Of course we gain a lot from that as well.

You are evolving each step of the way. You must, because when the Spirit is to the fore then there can be no other way. When you recognize the true self, the Spirit within, then all becomes freedom; freedom from fear and anxieties of this Earth—you become free to be the Spirit with. You understand? *(affirmations)* **Do you have any questions about this? Have you any doubts about your own developments?**

George: I think we are beginning to understand simply following our pathway forward is connected so strongly with our own spiritual evolution. I think we are beginning to see that as a powerful connection now.

Yes. You see with the spiritual eyes. It has taken you much time my dear friends to realize that when you see with spiritual eyes, all of life changes, and some of you have experienced these changes we know. All powerful is your thinking, all powerful are your words, all powerful is your connection to our world.

George: I think it was Aristotle who said of our psychic connection: 'It is not so much to learn something as to experience.'

Yes, we have discussed this my dear friend, it is the experience which is uppermost for you. Yes, how else do you learn without the experience?

George: Yes and I've a question in mind that is about intellectual thinking as opposed to spiritual thinking **(Yes.)** and while the spiritual thinking or experience seems so simple in its way forward, by comparison the intellectual thinking is so much more complicated and cluttered, especially when it connects to science and politics. Perhaps this is why you've said on occasions that one can become too intellectual, which is a danger, or something to that effect, **(Yes.)** and I was wondering if it is simply that the intellectual complexity crowds out the possibility of spiritual enhancement?

Yes, of course. Let me—have I not always said to you my dear friend, when first I came to you to speak, did I not tell you that always my words would be simple because you see my dear friends the truth is simple. But, yes, I agree with you, mankind has initiated a pattern of intellectual thinking, which has grounded his mind into confusion. So I say to you, always to think simply and the answer to any question you may have will also be simple.

George: This does suggest that some of our scientific methods, which involve incredible complexity in order to seek proof of some small point, I feel perhaps this is overdone and it's not quite the right pathway. I'm not sure where I'm going here, but perhaps one should either not seek ultimate proof of things spiritual, but more head towards the inner feeling of what is correct.

Yes. It is the feeling which is the most important. It matters not about proof, but mankind today relies heavily on what you term 'proof'. The only proof that you need, lies within, lies within without words, but with feeling, with that inner knowledge of what and who you *are*; that is all the proof that any individual needs. But your scientists do have complex thoughts, not always wrongly, because they have achieved much.

Sara: One thing I've learned is that when we are open to Spirit and we recognize the power, what we actually do becomes easier. **(Yes.)** That is one thing I've noticed. Life doesn't need to be particularly hard work; we need dedication, but with dedication to Spirit as well as the task, the actual task itself is not so difficult.

It is the inner feeling of the problem which will help you in all of life's everyday happenings. I am afraid my dear friends that many times you are the creator of your own problems, when all so often there is no need for fear or worry. Remember what we have spoken about, about love and fear, and your everyday problems stem mainly from fear of some kind.

George: I'm happy that scientific reason has produced wonders of understanding of the physical laws of the universe, but it's when that reason tries to probe the details of spiritual connection that it doesn't seem to work.

It does not and will not work whilst they use physical thinking; that is the problem.

George: Yes, physical thinking is for physical matters.

Yes, we have agreed about this before. Until such times as your scientific minds are able to put to one side all that intellectual thinking of a physical sense, they will never fully find their answers.
George: And past civilizations that have worked wonders from what you've termed 'spiritual attribute', that arises more from spiritual thinking or spiritual awareness and not from physical thinking progression. Would I be correct?
Yes. In returning to your ancient peoples, the people of power within those communities, was always the individuals who had the strongest spiritual connections with our world. They guided the others along the pathway of spiritual knowledge, but unfortunately mankind—how shall we say, became greedy for the fruits of the Earth, and that spiritual knowledge soon became obsolete in many civilizations. You understand my words?
George: Yes, because that spiritual attribute could not be maintained as a result.
Yes, but we have approached a time as I have already told you, when mankind this time cannot, *cannot* deny his true spiritual self, and I am sure each one of you is aware of how much more open it is for people to speak about spiritual matters. *(affirmations)* **There has become more freedom of speech, freedom of thinking and of course much influence from our world. I know you are all aware of this. Have you any more questions?**
George: Could we say more about the period of terrorism, which the world is with at the present time? I believe the seer Nostradamus mentioned the date of July 1999 when the 'great king of terror' as he put it, would come from the skies'. I feel he is connecting with Osama Bin Laden and probably his flying to some location, where an important meeting took place to set up the cell network of terrorists we know exists, and this has led to September 11th and many other atrocities. Nostradamus also indicated that the period of terrorism or terrorist war, would continue both before and after the date given and I think he has rather cleverly put it thus. I'm thinking that the period is a very important period in which we are further developing spiritually and it's probably helping a number of people to live with fear and cope with that emotion. I'd be glad of any commentary you've on any of those points.
I understand what you are saying my dear friend. Always upon this earthly planet there has existed *fear*, whether it be on a small scale or a larger scale as you call 'terrorists' now, but fear has always existed. It is part of mankind's evolution that fear should be faced, no matter which way it is confronted. Much has been written about what you call terrorism today. May I just my dear friend again simplify this for you? What is the basis of what you call terrorism?
Lilian: Obviously fear.
Yes. Let us simplify it: Those who commit what you call 'atrocities' are doing what they feel right. Whether it be right or wrong, black or white, remember what I told you my dear friend, there always is balance, there needs to be balance in your world for all to exist. Nostradamus indeed had foresight of many things as have many other people who have come to this world. But remember what I have told you, that freewill has the ability to change what can happen tomorrow. Do you remember my words about this?
George: Yes, we accept that entirely.
Yes. Let me speak a little about what you call terrorism in your world today. Throughout your earthly history there have been many injustices by all of your nations in one way or another. There is no *nation* upon this planet who is free from that accusation, and we know that what seeds are sown then you must take the consequences.
George: So there is the karmic balance.
You must always look to that balance yes, before making any judgement.
George: So that might be said to be another—should I say 'useful' point about this period of terror, in being a period for balancing karma?
Yes, partly, but as you have said it is a time in your history for mankind to wake up, to what is important for him to know. Although there are many distressing things in your world—what is distressing that *you* may feel, but in our world we see the fuller picture. Mankind is now awakening to the realization that fear creates many things and to balance fear there has to be LOVE! Are you beginning to see where I am leading you? *(affirmations)*
George: Yes, and you mentioned the principle of being able to see the fuller picture and this period is perhaps just doing that, helping us to see that fuller picture.
Yes, it is a time of adjustment for all of mankind. It is an important time in your earthly evolution for *all* of mankind, not only those nations who are in disharmony with each other. I say to you my dear friends,

counteract all of this negativity by sending out your love, by helping others to understand what it is they need, in order to live peaceful lives—lives without fear, lives without harm. It is achievable, but it will not come tomorrow.
George: Yes, another point occurred to me that St John through his vision in Revelation, he indicated the important periods of history that humanity must go through, **(Yes.)** period of conquest, period of war and so on, and this period of terrorism seems to be another important period.
It is the catalyst before the understanding of *Peace*.
George: Yes, wonderful—it's good to feel that it has an important point.
Yes, remember always there is never one level of fear or love. There is always many aspects to it and again we return to the way mankind thinks—that his intellectual thinking interferes with that spiritual thinking, and again I say to you my dear friends: *that* is the thinking which you must use if you are to be truly *just.* I hope those words have helped you a little in your understanding.
George: Yes, I'm sure those words will go out and help very large numbers of people, because this is a period of our history which needs to be understood.
Let me repeat some words to you that are well known within your world, 'love thy enemy'. And with those words I will withdraw this time, but...
George: **'**Love thy enemy and do good to them that hate you.'
But what is hate but fear?
George: Yes, that's a nice connection. Wonderful!
As I leave you with our dear lady friend, perhaps you will sit and feel that close connection to those who stand by you once more. As always my dear friends I leave you cloaked in love, in understanding and with those who love you most. *(thanks and farewells)*

~10TH May 2004~

Lilian mentioned to Salumet at the start of the meeting that it was thundering outside and wondered if it would affect the session as Eileen had a fear of thunderstorms:
Good evening. *(greetings)*
I thank you for your concern, but let me reassure you that all is well.
Lilian: Good. Hopefully by the time she's back with us it will have blown over.
As always my dear friends it brings me much joy to join with you once more.
George: The joy is mutual.
I would like to speak with you this time a little about your thinking. As always I am sure you know by now that this topic is most important to you. You know and understand how important your thinking is and that your thoughts become reality, but I have to say this to you that perhaps you have not considered asking to be taken to the library of the mind. You are aware of the libraries in our world full of knowledge.
George: Yes, we are aware. Yes, it has not occurred to me, I must admit, to ask to be taken there.
Yes, it is possible and you my dear friends have reached a point in your own developments, where this may be possible for you, but firstly you must understand what you are asking. All knowledge is open to you, but let me say this to you that the knowledge that you gain will be on a spiritual level and may well be forgotten as you return to this earthly plain. This you understand, but it remains that it is possible for you to enter our libraries of the mind if that is what you so desire.
George: But this would be during meditation, would it?
During meditation, in your sleep state—no matter, provided that you have asked.
Sara: Would it possibly provide more insight at certain times, for instance when we are meditating in future, if we've asked to be taken? Although we may forget it physically when we return, is it possible that we might access some inspiration whilst meditating?
Yes. That would be the purpose for doing so. How many times have you pondered upon some question and you have not been given an answer or you feel you have not been given an answer—the answer is available to you all.
George: And if forgotten, I imagine there might nevertheless be an influential feeling lurking there.
Yes, of course, although it may not at once spring to your mind, there of course would be that spiritual influence upon you.

Sara: So in meditation or in sleep, we could ask for a particular matter to be revealed in the library. **(Yes.)** That's wonderful!

Remember the library of the mind does not have any books, but all is available to you. I would like you to remember that all of this information can be sourced, and again my dear friends all you need to do is to ask, to be genuine and to ask in love. After all, our purpose in our world is to come and to help you in your progression. It may be that you feel your questions are irrelevant, but how can they be if they are already in your mind? You understand? *(affirmations)*

George: That's a most interesting thought, thank you.

Always my dear friend that is the purpose of my visits to you that we expand your thinking, which in turn expands that spiritual progression, and although as I have said previously, you are not always aware of your own progression, let me reassure you that indeed each one of you is moving forward. Have you any questions?

George: Yes, curiously enough I've a question because there has recently been a programme on TV entitled 'What makes a genius?' During the programme several ideas were put forward regarding what does *not* make a genius—it does not seem to help to give extra tuition, a genius does *not* seem to be part of the main stream in school, he tends to be one who steers his own course/has his own thoughts, but I think from what you've previously told us that a genius results from *spiritual connection*. Would you care to add to that?

Yes. I think my dear friends that you would agree that many people have equal opportunities in life, (Yes.) **but there comes before you all throughout your history people that you on Earth would call geniuses.**

George: Yes. An example would be Albert Einstein, who was actually expelled from school, **(Yes.)** but he became a genius.

I believe I said to you that these people are influenced greatly from our world, (Yes.) **but more than that, they have experienced and felt much in previous lifetimes, which they have accumulated and have chosen lifetimes where that accumulation of knowledge is to be used.**

George: Yes, and so their own soul connection would be most important?

Yes of course—without it they could not be as they are.

Sara: And does that also explain why certain gifts or talents suddenly blossom when triggered quite quickly at specific times? They may not show in the early life especially, but perhaps when the time is right something triggers **(Yes.)** a past memory. Can that explain why?

When the Spirit is touched, then all of these gifts will come to the fore.

Sara: Yes, because I've notice some people are very able from a young age, but for others it can be a bit later—their gifts seem to flourish at different times.

All of you my dear friends have your own particular gifts. What is relevant is whether those gifts are necessary for this lifetime. Do you see, that all of you at some point in your evolution have been gifted? It is a word that I find a little odd, because 'gifts', as you mean, is something is given to you, when in fact all of these 'gifts' are innate within you. You understand?

Sara: Yes, I understand, but I see that everyone has many different gifts **(Yes.)** or different—I don't know what to use—innate abilities.

Yes, but the important issue is whether those gifts are to be used within any one lifetime.

Sara: Yes, there needs to be a greater purpose attached to the bringing forth of them.

Yes, like the ones you call genius. They have agreed to reincarnate into this world in order that those 'gifts' make an impact. Does that make sense to you? (Yes.)

George: Yes, so it would be largely their own soul connection. Might there also be influences from another Spirit, angelic for example?

Yes, Spirit is never alone whilst you inhabit these earthly garbs. Always there will be influence from our world as well as from the soul. You understand? (Yes.) **And that being also, can call upon us in our world for that help which they feel they need.**

Sarah: A Spirit came through me in the Inca language the other week—you said it was Inca. My husband was taping this language to put on a disc and I was in another room and I thought to myself, I wonder if I can speak this language now being awake and to my surprise I could do it, I was speaking quite fluently. Now is this because I have an Incan Spirit with me closely, or was it my thought, or what was it?

Yes, it is exactly what we have been discussing, where your thought becomes the reality. It is that simple, and because you had the trigger of the words that thought was more easily used for the reality. Do you understand?

Sarah: Yes I do understand but...
But you are also confused.
Sarah: Slightly. So at any time if I wanted to I could come out with this language?
If you so desired, if the thought is powerful enough, but there would, I would say to you, need to be some trigger such as in meditation, or as in the instance you have recalled, where you were hearing the words. You understand?
Sarah: Yes, thank you.
You are not yet at that station, where you can immediately create reality with a thought, unless you are in a state of meditation, which you were before. Again, it relates to what I have told you this time, that your thought is all-powerful, but you must have the willingness and the love behind the thought to make it reality.
Sara: Salumet, **(Yes.)** if you're painting you are often channelling some inspiration from Spirit to help with a painting and with music I can channel when I play the piano sometimes. Is it similar with languages, you are channelling the language?
Yes, but what the difference is, is with painting and music you are providing the instrument by the *hand*, to be used or the *voice* to be used, but first you must have the thought pattern. You understand?
Sara: Yes, you have to have some understanding. **(Yes.)** You have to have some connection with what it is you are doing.
It is slightly different from our dear lady friend, who has a connection from past times with this particular language. With music and painting it is available to *all*, but if it is chosen to be in this lifetime, then you will be influenced until such time as those gifts are used. Can you see the difference?
Sara: Yes, there is an influence until the time is right. **(Yes.)** I wondered, because recently I was singing with somebody and he was playing music which I didn't know very well—jazzy music, and I was improvising, but I was very surprised by what I could do, not really knowing that type of music. That made me wonder—I *know* that someone was helping me, that someone must have been with me.
Yes, what you have done is provided the situation, so therefore the influence was able to come and to influence you, although you were not aware mainly of that kind of music.
Sara: Yes—it makes me feel that many things are possible.
Not many, *all!*
Sara: All things are possible—yes! It's very exciting! *(affirmations/chuckles)*
It is a small word within your language, but it has a powerful meaning. Perhaps it is a word that you could all dwell upon.
Lilian: Any questions Paul?
Paul: Yes I did have a question. I was thinking that *legends* can be quite useful: They are something for lots of people to put their thoughts onto in a way and capture the imagination, in positive ways sometimes. One that captured my heart for many years was the King Arthur story. It's been embellished a lot over the centuries and in some ways that's helped in a way I guess—it's made it more colourful. I see it as one of those legends that's given people a lot of hope through a lot of dark centuries—they've had something to inspire them. **(Yes.)** But I wondered if you could chisel out a little of the fact from the fiction.
Let me say this to you my dear friend. You are one who also thinks deeply on many things. Within your world from the time of its very existence to the present time, there have been many stories that mankind has taken to his heart. I am happy for your question and I do understand where you are leading to, but my purpose in coming to you my dear friends is not to take all of these things and give you more detail—this is a question you could find from the *library of the mind* if you so desired. But my purpose is to bring to you all that is true, not upon this planet, but in all matters spiritual. But what I will say to you is this: that any legends or stories, no matter how you name them, if it brings a purpose to the living of mankind, then so be it. Mankind has always *strived* to find fact from fiction—that is part of the human nature, and you, my dear friend, are no exception on that. I am sure if everyone within this room were to speak, they could find a tale or a legend or a story or some part of history, which brings them hope, which to them is an idealism for living. *(affirmations)* **So you see I could spend many eons of time in trying to separate fact from fiction. I gently say to you my dear friend, we will leave that to *you* to allow your brain to function and remain healthy. It is not something I wish to embark upon, you understand?** (Yes.) **I know I have in times past clarified situations for you, but that is not my purpose.**

George: Could I just add that part of the King Arthur legend is searching for the Holy Grail and I think that symbolises *'seeking'* **(Yes.)** and part of your coming to us is to stimulate perhaps our seeking. **(Yes.)** So there might be a symbolic connection there.

Yes, it does not harm mankind to seek the truth. Yes, all of these things—when the time is right, mankind will discover what is true and what is false. After all, can you all remember how long it took *man* to understand that he would not fall from this earthly planet when he sailed upon your seas? The information was not given straight away—mankind had to decide and seek for himself. *(affirmations)*

George: And get himself into all sorts of pickles on the way! *(chuckles)* I was going to ask a medical question about asthma, which is one of the problems that we seem to be getting ourselves steadily deeper into, and especially young children seem to be more afflicted with that breathing problem in the world today. I feel there's possibly a multiplicity of reasons for that, which would include perhaps the use of vacuum cleaners putting fine particles of dust into the air, becoming allergic to various pollens, stress. But there may be spiritual implications as well. Could you help us to understand this increasing medical problem, which we seem to be developing?

Yes, I understand your question. Of course there is always a spiritual aspect to all that happens in your world—this you know by now. As this planet has progressed and mankind has created many abuses of this planet—this you all agree with I know. (Yes.) **There is a time when mankind has ignored many warning signs and you now have people come to this world, and because of the conditions of this world, there are many problems, one being asthma that you have named. I am going to, my dear friends, put back this question to each one of you before I give my answer. What do you suppose the spiritual nature is of this condition?**

George: It might be losing our way spiritually?

Losing our way.

Sara: Not feeling relaxed—the breath is central to taking in life.

Yes, I will stop there, because our dear friend has hit upon the true problem. When one cannot breathe—*breath* is the very being of life. When one cannot breathe properly, it is a cry for help that life is not being sustained in the way that it should. Many who come to your world today know and recognize that they are coming to a lifetime where they cannot speak as they find *freely*, that the intake of the breath is not as pure as it should be. Those who come in this world at this time and suffer with this condition, have agreed to do so in order that mankind may see the error of his ways. Therefore, if there are so many, mankind has to stop and think, *'what are we doing wrong?'* Therefore this almost epidemic proportion of what you call asthma and breathing conditions is a sign from our world that all is not well, and mankind *has to* address the problems of your world. And my dear friend has already quoted atmospheric conditions, pollution, all of these things.

George: Yes, and I note you said, 'problems' in the plural, **(Yes.)** so there will be many factors that are wrong.

Yes, yes, yes.

Sarah: In Mexico City where pollution is very high, there is very little asthma. Would this perhaps be because the people have decided not to come back with the condition, because there wouldn't be a chance of helping them there, because they are so poor?

There is always a reason for returning to a lifetime with any condition—that is between our world and the Spirit who wishes to reincarnate. Of course there is always reasoning behind all action and it is too diverse to go into in one meeting, but we can return another time and discuss it more fully. (Thank you.)

Sara: Do most souls have physical infirmity or imperfections?

Not at all, no; it depends on the reason for returning to another lifetime. You cannot generalize, unless, as we say, with those returning now who have *agreed* to return with this *asthma* problem—they have agreed as many to return at the same time—within 1,000 years of your time, of course—I do not mean they reincarnate together, and again, as we approach the time issue, we are getting into more complicated matters.

George: And the fact that more and more children are being affected by asthma, **(Yes.)** would seem to connect with more people returning for this purpose at this time.

Yes, of course—that is why you are now finding that it is the young people who are displaying all of these conditions. I hope that has been a little helpful for you. *(affirmations)*

George: That does explain the child aspect in this, which is very interesting.

Lilian: And also when it's children, we don't like to see them suffering so it's looked into even more I'd imagine. **(Yes.)**

Sarah: That would perhaps be the same thing with depression. A lot of young people seem to be getting depression these days and that could be for the same reason.
It is an indication that life is not as it should be. *(affirmations)* **All too often we listen to you in your world speak about *progress,* but it is not progress what you are doing to your world. For this time I will leave you to work a little with this instrument and allow you to continue with this evening and you should find that each one of you is given a little clairvoyance. So may I leave you as always with my love.**
George: Thank you, and again you've given us much to think about. *(affirmations)*
I am always happy to hear those words and I thank you all my dear friends for that. *(thanks and farewells)*
There then followed a message through Sarah, that George would be making an important discovery benefiting all those interested in Spirit realm. So the time was now right for him to be receiving this particular important inspiration from Spirit.

~17TH May 2004~

This was a development evening, where we all dedicated quiet time to going within, receiving individual clairvoyance and guidance and has not been transcribed.

~24TH May 2004~

Good evening. *(greetings)*
I would like to thank you all for allowing me last time to work with this instrument. I hope that what you were given has been of some help to you. *(affirmations)* **This time I will answer any questions, but I would say to you my dear friends that there is an exercise for each one of you after I have spoken. I will explain it for you now, before we continue with any questions. It would be appropriate for you all to go back in time to some point in your childhood. There of course will be many points where you could reach back to, but we ask that each one of you use your freewill to chose which time, and to find within that time a point where some kind of realization came to you that has stayed with you throughout your life into adulthood. Do you understand?** *(affirmations)* **I would say that you will know at which point you must begin. All of these exercises are not frivolous, but are happenings for your own development, as I promised you that this year of your time would be spent in your own self-developments. It is most important that as we continue, not only are my words important, but that each one of you *feels* that they are making progress as far as allowing the Spirit to come to the fore. I hope that you will agree with me.** *(affirmations)* **Now if we have any questions this time, I will be happy to try to help you in your understanding.**
Lilian: Yes, thank you. Could I ask one about when you work with your instrument and it's quiet, could you explain a little about what happens when you are working with your instrument, or is it too complicated for us to understand?
As last time you mean? (Yes.) **Yes, when I work with this instrument she is of course placed to one side, as I believe you well understand. But when I ask to work with the instrument quietly, then the opportunity is given to us to make adjustments and for the instrument to be taken much more deeply on a higher vibration.**
Lilian: That would account for the fact that it's always very difficult for her to come back—it takes quite a while.
Yes, because I am working with her on different levels.
Lilian: She remembers nothing when she comes back.
Yes, that as may be—the time will come I can tell you, when she may recall at times what has been happening.
Lilian: That will be interesting for the rest of us and for herself of course.
But I have to say that will be quite some time yet. All things take time, all actions need patience.
George: I'm pleased to hear that in a way, because that also means that you'll be with us for quite some time! *(affirmations/cheerful chuckles)*

Always, my dear friends, your words always seem to be that of the wise one, but I hope that I can help each one of you to grow much whilst we continue with our acquaintance, and yes, I can tell you that the time is not ready for this instrument to leave.
George: Yes, that is nice to know.
Sarah: You have helped us all a tremendous amount and we would miss you greatly if you were to go too soon.
Lilian: Yes. Every problem that comes along we try to think of the spiritual side and the whys and the wherefores.
Yes, that is as it should be. Ask and you will be given—not only by me my dear friends—do not forget those who stand close by you at all times. Remember those dedicated souls who you may never know by name in your lifetime, but they are always with you. To them I say, give your daily thanks, because no matter what problems you encounter, they will help and uplift you.
George: We do appreciate their presence very much.
I of course am always with you, but as you know all of us cannot interfere in your lives, but we can help and we can uplift and we can guide you; but ultimately all choices are yours.
Margaret: Thank you for the help I get.
George: It's wonderful to feel that we are not alone in any way.
No-one is ever left alone, even those souls who *feel* that they are all alone, are never by themselves. It may be more difficult at times to uplift those who have gone deeply within themselves, who have no knowledge of Spirit; but they always have someone with them.
George: Certainly people sometimes are driven by various means to deep depression, **(Yes.)** sometimes with very sad results, **(Yes.)** but I cannot begin to imagine how those who stand close feel about that in those very depressed times.
Yes, of course they can become engulfed within the sadness that radiates from the human being, but they have the ability to withdraw and to *find* that peace to which they belong, in order to return to help those most in need. And remember, there are many, many, many who are willing to come to your earthly plane, to help those in despair and great need.
George: And those in despair really only have to *ask*…
Yes, if only they would use that one word, and to know that the help will always be there.
George: Could I ask a question about synchronicity, that we've talked about I know, but some further clarification might be possible at this stage. We talk of chance—that really links to mathematics and probability, as for example, throwing dice and there is a particular calculatable chance of a particular number coming up on the die. Now I think I'd be right in assuming that what we call synchronicity always has its Spirit connection and even the numbers on dice could be influenced from Spirit, but not usually.
Yes, I understand your question, but let me put this simply for you: remember the power of thought? Do you not know those individuals whom some would term 'lucky'. Can you not see…
George: Yes, so good gambler can work the odds through his power of thought?
Yes. He may not be aware that that is what he is doing, but the mind can make many things happen, but it is the power, the force behind the thought that creates the reality. Always my dear friends we return to these same issues. All of life seems so simple to us in our world, but I have to say that you human beings complicate what is so simple. You use so many words when one would suffice.
George: Yes. The extraordinary synchronicities that come to us from Spirit, they would also connect with power of thought, I'd imagine?
I feel that we should differentiate just a little my dear friend. When you speak of dice and men who use these things to gamble, they of course have the freewill to use the power of their thought. When you speak of the mind and synchronicity connected to Spirit, we are speaking on a different level.
George: Yes. Could I give an example? We had the channelling in Inca language, which I understand is 'Quechua'. We are in touch with an Inca language expert and we are waiting to hear back from him. But in the meantime I received a postcard of Machu Picchu in Peru from an acquaintance—not a close friend, more an acquaintance, who was declaring that he had just completed the Inca trail. Now, it seems to me an example of an extraordinary synchronicity.
Yes. It is our way of saying to you that this—and I use your word *'trail'* that you must follow up on, and we will help to supply all of these things to keep your interest.

George: Yes, I'll accept that entirely. I've had a number of such synchronicities and I've always had the feeling that they mean that we are on the right course. **(Yes.)**
Sara: It's a sort of encouragement.
Yes. You might say as the human might be interfering in some way—that is our way from Spirit, to keep your interest going, to have all of these what you call 'co-incidences' when in fact they are placed before you, to keep the memory going, because we know how forgetful you can be. *(chuckles)*
George: So that form of synchronicity would always come from those in Spirit?
Yes, that's why I said we must make some differentiation between actions. The one who wishes to gamble is using freewill to use the power of his thought.
George: But if we are throwing dice and not particularly thinking about it or wishing for a particular number, then the laws of mathematics will apply? **(Yes.)** That's clarified things beautifully for me, thank you!
Yes, you must accept all of these things—you inhabit a human earthly plane, where all of earthly things apply, and of course we would not encourage any human being to gamble, when it can affect so many others in their lives. You understand?
George: Yes, what is a win for one, is a loss for someone else.
Yes, you must again always look for the fuller picture. You understand? (Yes.)
Sarah: That's also the balance, isn't it?
Yes, yes, but some human beings become so self-centred that they cannot see further than their ego.
George: That is a wonderful clarification. Thank you for that.
Sarah: Somebody who's very interested in this work and who I give all the transcripts to, he was telling me the other day that as a young man he had a personality and then he had a very bad accident and had a major operation. After the operation he became a different man—he was more aggressive and not willing to toe the line. Is this part of his freewill, or is this—I know you can't generalize with all things, but can you in your life suddenly decide that maybe you're not on the right course and you need to change, or is it just an accident—although you're going to tell me that accidents don't happen!
Yes, we will not talk of accidents. The laws are perfect and no matter how you *define* spiritual law, I can tell you dear friends that all are perfect. Do not forget what you decide before you come into these bodies. It may be that this gentleman decided that this would be the *life—change* of life that would suit him best for his own progress. So the opportunity came when he had to have the medical operation that would create the change within the physical body. You understand?
Sarah: Yes I do, thank you.
But of course, as you full well know my dear friends, the power of your thoughts can create much within your lives and you have to accept responsibility for all thoughts that you create, and I am sure by now you fully understand that some thoughts are more powerful than others. *(affirmations)* **You have to have the recognition of the power of your thinking. Each one of you my dear friends—and I have said this many times to you before, you create your own reality. No one else is responsible for your thinking. Never blame another for the thoughts that you have as an individual. So again I bring you to thinking about your thoughts.**
Lilian: Any more questions?
Sarah: I just wanted to say I know Salumet that you never want any thanks, but this particular person, he keeps thanking me for all the help your words have given him, so I'm just passing that on to you. He is very grateful and it's changed his life and it's changed his daughter's life immensely. So he's very grateful.
That is why my dear friends I draw each one of you close each time we meet, because *this* group has done much to make the truth known—you cannot in your lifetime do more. You can improve your own lifestyles and your own thinking, but to spread the words of truth is what we are about. I have said to you previously, if you touch one human being in a lifetime, then you can feel that your work has been done. So *I*, my dear friend, return the thanks to you. *(thanks expressed)*
Sara: I just wanted to ask on behalf of my neighbour. Two evenings ago he felt that he had a visit from a Spirit from the darker realms and he felt that he had been manhandled physically, because under his arms felt a bit sore the next morning. The incident frightened him and there were a number of not very pleasant messages. He was told that he *(the Spirit)* had been sent to show him that there are darker realms also. Anyway, because he was frightened, we suggested that he ask for protection in his dream state. I wonder if you could comment on the possibility of this happening to the physical and he was accurate in what he was feeling?

Yes. Do you remember what I have told you my dear friend: all experience is based on either love or fear? (Yes.) **This gentleman—I will speak briefly, because I do not like to personalize what I say too often, but I would suggest to you that this one has opened up too quickly to psychical things. He must learn to close down and, yes, we will help him if he should voice that concern.**

Sara: Thank you. Yes, I felt that he has been through many changes recently.

Yes, too quickly, without proper guidance and help. He has opened himself not only to the love forces, but to the forces of fear. Do you understand? (Yes, I do.) **You and your loved one can help him, if you so desire, but he must learn to close himself and bath himself in a cloak of love and protection. You are quite correct in that assumption.**

Sara: Yes, thank you. I told him I thought that is what had happened, because I didn't want him to abandon the spiritual path which he has started to develop, because of fear.

There are so many people in your world who suffer, because they have not had guidance to open themselves more slowly in the act of love, (Yes…) **but what you must not do my dear friends, is make him feel afraid. Love is there, but he needs to ask for it, with your help.**

Sarah: When you say he has to close himself down Salumet, how would you begin to tell somebody who doesn't quite understand *how* to close himself down?

They must keep their feet upon the ground; they must visualize the cloak of light and love from our world, to encase them, to feel that powerful love. But he must visualize it first and call upon those who are close to help him. There are many ways that this can be done. Some people will use the visualization of a blind being pulled, a room divider, a cloak of love, pure light—there are many ways and it would be better for this one if he can find what suits himself.

Sara: When do you suggest he does this?

He must before he goes to sleep state ask for that protection—protection throughout his sleep state and upon waking he must give thanks for all the help that is given. *(thanks expressed)* **You may find that it does not come in an instant—because he has allowed that cloak of fear to enter, it may take your help for him to be free. Explain to him, all things are based on love or fear, and he has to negate the fear.**

Sara: He is very intelligent, so I think he will be able to grasp.

Yes, I might even suggest that as he goes to sleep state that he clears his room with beautiful music with good vibrations that will cleanse the area where he is to sleep.

Sara: Yes, because he has received many good and beneficial messages in his sleep state of late, it was a big surprise to him to have something negative.

Yes, whether he recognizes it or not, it is only that he is too open. In all the cases of opening yourself psychically, there must be *control*, there must be *discipline* and there must always be love. No one should ever sit in anticipation of anything other than love.

Sara: Yes that's right, I understand that and spiritual development and service I'd imagine over time brings protection?

I would suggest to anyone opening themselves up, to sit with someone who has some experience, because this is what happens and there are many people within your world who are called insane, because they cannot deal with all of these psychic events.

Sara: Yes, I've come across this before.

Yes, but you can help.

Sara: Thank you, yes. And because I've started to sit myself for mediumship, the only protection that I'm doing is a prayer before and after, but the same would apply to me, would it?

You are already protected my dear friend—because you come here, you understand what is happening, you are automatically protected. But it does not—it does not matter if you don't, but it is always accepted gratefully to those who protect you, to hear your words, to ask for help and to thank them.

Sara: I'll do that yes, thank you.

You must always sit always in love and never in any place where there have been vibrations of anger or negative vibrations, you understand?

Sara: Yes I do see that, yes.

You should always choose one spot that is filled with love and as time continues then you build a barrier to all of these negative thoughts. I hope that has helped you. *(thanks expressed)* **Now my dear friends, I will leave you this time; I am sure you have much again to think about,** *(affirmations)* **and I will leave you with our dear lady to sit quietly and to discuss afterwards what points you find have been relevant from a young**

age. Each one of you will be helped with this, so I leave you all with my love and my protection. *(thanks and farewells)*

Unfortunately, there were no further meetings for a number of weeks, but there is always good reason for these breaks and we certainly had much to think about and practice during the break.

~26TH July 2004~

Good evening.
Lilian: Lovely to be together again this evening.
Your welcome as always fills me with great joy and love. Always when we come together on these evenings, it is a great joy for me to see the love which shines forth from each one of you.
Lilian: It really is lovely to have you back—to be able to speak to you.
Yes, I was about to say, *always* I am with you, although I would say, *mostly* you seem to be unaware of my presence in your daily lives, but matter not, I always will be there for each one of you.
George: That's very nice to know. Perhaps we should work on this, becoming more *aware*? **(Yes.)**
Sarah: I think we also know that you will always be there for us Salumet, so even if we've not recognized it, we *know* that you are around.
Yes. Remember my dear friends what I have told you in the past: I am the whisper in your ear, I am the smile upon your lips, I am the inspiration that you *seek* in those times of troubles in particular, when you feel that some upliftment is needed. Always I am there in some form.
Lilian: I'd like to say 'thank you' for listening to me in the last few weeks.
Yes, your words are never lost my dear child.
Lilian: It's just sometimes things don't happen as quickly as we hope or would wish.
Yes, again this is an earthly problem of patience of time, but our side of life does not see time in quite the same way as all of you. Again I will repeat to you: see the fuller and the wider picture, the fuller scheme of your lives. Each incident, each time of happiness of sadness, of worry of *escapism,* which some of you can relate to at some point—they are *all* the building blocks of your spiritual nature.
Sarah: I think sometimes though we feel that time is running out on us a bit, so that's why we get impatient.
But your time of physical life, is as you say, 'running out', but it is *running out* to a better time, to a time of returning *home*, where all who know and love you throughout many lifetimes will be there to greet you. So, try not to feel that physical time is all important, it is but a blink of your eye. One lifetime is but nothing in time in memoriam.
Lilian: Yes, I try to think of that as well.
George: Yes, that seems a very wide picture indeed.
Yes, it will be a difficult picture for you all to imagine, and truly whilst in these physical bodies you can never fulfil that vision. Only when you discard these physical clothes will all that is available to you make sense. I have told you that all knowledge is available to you now, but, my dear friends, each one of you still finds difficulty in erasing the physical blocks of your living; but that is the normal for most of mankind, so do not despair, but continue to work and to grow and to give love to your fellow man. Always that is my message to you, not only to give love but to *feel* it, to *be* Love. You understand? (Yes.) **Love is a state of being and I know so often when you enter this room, that state of being is much easier to achieve.**
Lilian: Yes! That's so truth.
George: Perhaps the first step in what we call spiritual realization is the recognition of that higher authority, but beyond earthly authority. And this is an area that we could hopefully one day go into a little more, because our picture of Soul structure and Spirit is rather vague at the moment. Would it at some stage help us to go into further details of Soul structure?
I would be willing to discuss that with you if it should *help*, but when we speak of Soul structure, we speak of the very essence of being. The heart of Soul structure is not something that you can clasp to your bosom so easily. It is an ever-learning process. It is, as you continue throughout the spiritual realms, something that changes with your spiritual *being*.
George: Yes, perhaps more to do with developing *feelings* than...
Yes, you are *being*, you are *experiencing* all of these *feelings*. It is not even what you call *feeling*, it is *being*. Do you understand the difference in what I am saying?

George: Yes, I think I'm grasping that it is not a geographical thing that we could set down on a page; it's more a development of feeling.
Yes, it is a state of *being* and to reach that state of *being*, you have to have experienced all manner of *feelings.* This is difficult for me to place into physical words, but when the point of *feeling* becomes *being* then you would know the difference—you just *are*. When you speak of *feeling*, it means that it is almost something tangible that you can *reach* to and *touch,* but a state of *being* is just that—it cannot be changed or altered, it just *is.* Do you understand my words?
George: I *think* so.
It is a complicated issue, but I am happy to discuss it with one who needs to understand.
George: What you've said does help, yes. Thank you.
Yes. We will develop it along those lines of course as we continue, but for the time being it is more relevant that you become aware of the spiritual being and all that is attached to it and to leave for another time the complete Soul structure to which the Spirit being belongs. Firstly we must move through the physical being and the understanding which physical being holds. Am I making sense to you my dear friends? If you are worried or do not understand then please allow yourselves to *speak.*
Lilian: I think it helps for myself when we read you words and we can read them slowly and maybe go back...
Sometimes my dear friends it takes some of your earthly years before understanding of words can be reached. That is what you *find* that sometimes words are spoken to you that you *feel* at the time make sense, but it is only in returning to those words does *full* and *true* meaning and understanding come to you after a period of time. It is because the Spirit within *recognizes* and becomes *aware* of what is being said and in unison with the *physical* brain, understanding becomes greater. You understand? (Yes.)
George: Yes, in the past you've talked to us about soul aspects **(Yes.)** and how the soul aspect continues to have identity for a time after returning to Soul, **(Yes.)** after returning to Spirit. Eventually I think that aspect and many aspects merge and in one sense lose identity and yet you've wonderfully demonstrated to us that an aspect of Soul may be retrieved **(Yes.)** and presented yet the Soul is not really segregated into parts like that in its non existence by the….
Can I perhaps simplify this for you? (Thank you.) **Let us take something as simple as an egg. Within the egg you have the nucleus, which is the yolk, you have the white of your egg, but both parts belong to the whole. At some stage both the nucleus and the outer part, if blended together become as one.** (Yes.) **Yes, so there is some non-identity of both and yet both still contain the same identity. If you were to remove part of that blended egg, does the remainder look any different?** (No.) **And if that separated portion be returned, does it change the whole?** (No.) **Does that help you to understand a little more clearly?**
George: Yes, thank you.
Lilian: It blends back together.
Yes. So if you try to think about these simple matters in explanation of something so complex, it gives you a better understanding I feel. Too many words are used in your world, too many complicated issues are uttered, too much is said which remains unconvincing to many, many people. I say to you this, my dear friends, as my words to you come as simply simple words, look always to a simple analogy to all questions and the answers will become clear.
George: And it's probably not quite right of us to think of Soul as a unity, **(Yes.)** given that you have indicated that...
...it is fluid.
George: ...there is much connectedness.
Yes. It is not something that we can give one word to describe it. It is far more complex and far beyond your understanding at this time.
George: Yes, using your analogy of the egg, I'm tempted to think of many Souls as a sort of frogspawn—many eggs are joined together.
Yes, that is a very good analogy—that is what I mean: *find* you own simple explanations, explanations which you can understand, both spiritually and physically, because until the two are united in thought, you will not understand. I could explain in complicated detail what I feel you would like to hear, but is it not

best that you find your own explanation of my words and that I give you guidance in your understanding? Would you agree with me my friends? *(affirmations)*
George: I'd not dare to criticise your teaching method! *(laughter)* I'm amazed that you manage to convey so many ideas/thoughts to us in such a way that we can grasp them.
I feel that for all to understand, I came to you with the understanding that my teachings would be simple. They would be teachings that you eventually could come to understand and I can say to you that by the way each one of you has grown spiritually, then those simple words indeed work. *(affirmations)*
Paul: I sort of understand it, it's like teaching, you can *lecture* people, **(Yes.)** but that is not the same as *teaching.*
No, I would agree with you my dear friend and of course you see it always with the teaching of the young people. If you can keep their attention, they become interested and they wish to continue to learn. If your words are complicated and not understandable to them, they become easily bored. Would you agree? (Yes.) **Yes, I hasten to add that I do not consider you to be as children, but I can say to you the choice I made before I came to you, was that spiritually you would be alert to any teaching that I was able to bring. Therefore I would say to you, *physically* you may not always understand, but spiritually you are all beacons of light.**
Lilian: Talking of children, are we going in the right direction to help my granddaughter?
I think my dear friend that you know the answer to that question. Yes. (Yes.) **I know there is concern, but give the problem up to that Creative Force and all will come right.** (Thank you.) **Still you have to learn that when life troubles you, you must let it go; you must place yourself within that spiritual light and trust that all things will work for the better. But I know and I understand how human you are and how often how many tears are shed unnecessarily, but still I understand those feelings. I say to you my dear friend, do not fret.** (Thank you.)
I feel for this time in consideration of the instrument which I use that I finish speaking with you this time.
Lilian: We understand. She will be very pleased that you've returned to use her voice.
Yes, there is much work to do, but I need to be a little patient also with this instrument, because she too, is human. So my dear friends, I leave you with much *joy*, with a little more to consider I hope.
George: It's so nice that this side of our togetherness is now re-established.
Yes. There may be breaks, there may be times when there are few of us, but that connection wherever you are in this physical world can never be broken. It is a spiritual connection, which, as I told you, took many of your earthly years to establish and the light of Spirit will not be extinguished. Therefore my dear friends I will take my leave, leave the light of my love with you all and those whom you love, and let you continue with some self-development this time. *(thanks and farewells)*

~2ND August 2004~

No Salumet this time as Eileen was away. Nevertheless Sarah was able to channel much information of interest. It should be mentioned that at the following meeting with Salumet, Sarah raised the issue of giving money, presented here and Salumet gave further guidance on it, expanding on the information channelled by the control through sarah:
Good evening. *(greetings)*
This time we hope to bring to you a few of those who have been waiting to come and this is the opportunity that has arisen for them to bring word to you. They come with much knowledge and are ever hopeful that they can impart a little of this knowledge to you, but the time has until now not been right. They are all working alongside those in your world and they hope that the messages they can bring to you will help to bring out a little of the secrets that you believe are available to you but you have as not as yet been able to unravel the code that is there waiting for you. So, those who come tonight hope to give you perhaps not the full knowledge, but a little, shall we say 'key' to the knowledge that is available to you. I have come to unlock the door for them and now that I have unlocked this door, I shall return and make the gateway wide for them to come to you.
There then followed another through Sarah:
We bring to you this knowledge with much love. We have been waiting for this opportunity to tell you that we are not only here by you to guide you but to help you to find the knowledge that is available to you. Sometimes this knowledge is staring you in the face but you are not able to see it. We have been trying to

get you to see some of the things that are available to you but as yet from Spirit we've not been able to get you to see the picture. What I'm trying to tell you is that when you see one who is in some state of trouble, your immediate thought is to go to the aid of that one and to give what you can on a personal basis. This is a natural reaction from Spirit—from the human form, but from Spirit the action should be somewhat different. Take for example one who has come upon hard times, your reaction would be: give this one some money—but in fact this is not the right approach. We are trying to get you to see that this one who has fallen upon hard times has fallen because his or her spiritual growth has declined and this one is falling upon hard times in order that the Spirit should awaken and in this way the Spirit will grow. Therefore, your reaction to give to this one in monetary terms is not in fact helping this one; all you are doing is putting this one back on the same level as it was before it fell upon hard times. What you should be doing is surrounding this one in light. You should be trying to give help through Spirit. You should, if you can, try to explain a little to this one that should he or she ask for a little help from Spirit, then this one would begin to realize that what is important is from the Spirit inside and not from the physical outside. There are, of course, some who are in desperate need and the monetary gifts that are given are essential, but we are then talking about those who have been put into situations, because mankind is slipping into decline spiritually and the effect of this spiritual decline in mankind is affecting those who otherwise would not be in this situation.

George: I think we are talking about certain famine situations due to our wayward politics. Would I be correct?

You have at this present time one of these situations, yes, that is created by man at this moment and this is in fact a different situation. What I'm talking about on the other level is on a personal basis, one that has been created by him or herself. One who has brought upon themselves the situation even though this person is not aware that it is in fact a spiritual decline. I wish to help you to understand that by not giving gifts in material form is a way of helping, even though perhaps it goes against your human nature. What we are trying to do is to help you to understand the importance of helping others spiritually when you are aware yourself. There are many who don't and will not understand this view, but to you who are aware of so much spiritually, I believe this is the time to let you know that the greatest gift you can give to these people is spiritual.

George: I think we appreciate that and I think that we also appreciate that a problem in our country today is that people are being encouraged in various ways to spend their money unwisely and a number of people are getting into debt as a result and I think you'd say that in that case that it is not money that they need, it is the spiritual help. I think I understand that from what you are saying would connect there.

There are many situations, but many of these situations where debt is incurred is because of the greed of that one in the first place.

George: And that is a decline in Spirit.

Greed is not healthy, so yes, the Spirit is indeed declining in situations such as these, but you are going to say to me, there are some who have spent because they are indeed in great financial need. There again the situation is marginally different, but the Spirit has been aware they would be in a poorer situation in this lifetime and this is what they need in order to fulfil the requirements of their Spirit in this lifetime. So, can you see that each time there is a reason why these debts are incurred and if it is because they need to be in this situation, then giving is—giving monetary gifts is not of huge help and neither in the other case when greed is involved, because the Spirit needs to grow once more to make good the backward step it has taken in that instance. I hope that my message has been of some help to you. *(affirmations)*

Finally one more spoke through Sarah:

This time we bring a little knowledge taken by those who are standing by. The gift that is given to you of reading the thoughts of others is paramount to the life that you have come from. This gift is available to each of you. You feel on many occasions that you know what one other is thinking and if you follow this through, your feeling will be correct. You are able to communicate with all via this thought. You are, I know, aware of the power of thought but you are not using it to its full potential. We have tried to give you this information in times when you are at your wit's end how to get one who is perhaps seeking to help them. Take a little time and talk to them, talk to them through your thoughts and wait for the reply. So many times you ask for help to help another and this you are doing through a third party, but you are able to communicate with others directly and receive replies directly, but you need a little time and a little patience and should I say perhaps, a little practice—but you just need to be aware that to speak to one other is an easy thing to do, but to wait for the reply you seem to lack the knowledge that you can have this

conversation without any distance barrier. So, next time when there is some sort of communication barrier in the physical term, try working with Spirit and thought only; do not involve speech, just thought—then you will receive a reply. Now that you are aware of this situation, I think you will find that it is much easier to communicate in this way when there are physical barriers. I know that you have all tried to pass the message one way, but you have not been waiting for the reply. So, this is my message to you.

George: Could you give an example? If we wanted to influence a friend whom we feel is eating a bad diet and we wanted to suggest ways of improvements and perhaps give reasons, the telepathic approach might well work there. Is that the sort of thing you are saying?

You are able to influence others by your thought, but you must be careful that what you are trying to influence is indeed the correct thing for this person. It is much better not to tell this person that this or that is bad for them, but only to suggest and then to ask them what they think of this idea.

Get them to communicate, but do not…

George: …impose?

…yes, or if I should be so bold as to say be careful what you tell them.

George: No, I will offer suggestions.

Yes, suggestion is much better and in the same case in the physical, it is always easier to get the person to agree to something when they feel it has come from them. So, be careful not to influence in a way that may be detrimental to them in the long term.

Lilian**:** Interfering with their life.

Yes, this is important not to think that what you believe is right, is in fact right. In some cases it may be, but in others it may not.

George: And in telepathic communication, material distance is no barrier. ***(No.)*** But you'd have to know the person concerned. It wouldn't work with a stranger.

It would be possible, of course, if you had some idea of this person, but then if you did not know this person, you would not be able to give the information that is correct for that person only what you think is correct for that person.

George: I was thinking more along the lines of approaching a book publisher with details of the book. In some cases one finds there is some kind of block with the physical approach, but I was just wondering if it would be possible to present possibly useful information telepathically to that person.

All information can be passed and can be received, but you can only pass the information, because if you were to try and wheedle your way into this person, you may find that this person is perhaps not the right one to be dealing with your work and it could be if this person were to have your work, it could be detrimental to you.

George: I think you are suggesting if it doesn't work physically, then it's unlikely to work telepathically.

Of course you can give the information, but this will only provide an earlier insight to your work. If the person you are giving the information to receives it telepathically, it will not make too much difference, because this person when he or she reads it physically, will be taken on board spiritually at the same time, so in the end the final decision will be the same, but you can pass the information on and what is needed from your words spiritually to this other Spirit will be accepted and may well help that person personally; but when we are talking about words you wish to pass on to others, the information given spiritually and the information given to the physical, the result on that person will be the same.

Lilian: I'm sure we shall all have a little go at this one way or the other, as long as we get it correct.

The most important is not to tell, but to make available the information and perhaps suggest that this information may be of use to this person.

George: I see the problems from a publisher's point of view: they are very busy people and they don't have time to read what people might send to them and this itself is a problem, so I was just thinking about the possibility of sending information telepathically instead of getting them to read something which they are very often reluctant to do.

I think you will find that the one who is prepared to publish your works will be the correct one, no matter which way you approach.

George: We have an expression from the Spanish: *'que sera sera',* what will be will be, and I think that is what you are telling me.

I believe you understand my words.

George: Yes, they are very apt and profound words and yes, thank you for them.

And now those who are working with you all are looking forward to the results of these words this evening. *(thanks and farewells)*

~16TH August 2004~

Good evening. *(greetings)*
As I join with you this time, let me say to you all how much love comes to you. *(thanks expressed)* **As we speak my dear friends I would wish for you to see with those spiritual eyes how much is being achieved in your world at this present time. As the veils of knowledge are peeled away, there is within all of humankind the ability to collate, to digest and to express the words of truth which come from our world. There is coming the time when communications by means of your machines is growing and all will be made available through this form of communication. It is becoming known that these forms of communications now exist for all of mankind to make use of. I would like to say to you this time my dear friends that as time continues, as we grow closer together in Spirit, and yes, have no doubts that indeed we are, as we grow closer together that your own veils of knowledge will be peeled away in order for you to expose the Spirit within. Again I say to you as I have on many occasions, do not doubt that which comes from within you, because each one travels their own pathway, each one of you has your own unfoldments to accept and so as a whole my dear friends *you* are the blossoming of the flower. This year of your earthly lives has seen gradual development of your own unfoldment, whether it be through many aspects of the spiritual works, or whether it be recognition of what your physical lives are about. There is no doubt that all of you have matured in some way. I do not hear acceptance of my words!** *(affirmations and laughter)* **Yes. Always my dear friends you remain modest in your ways.**
George: Looking back a few years, I can see that much progress was needed, I could put it like that—speaking for myself.
Sarah: In situations that arise I can feel myself thinking one way and can feel the people around me thinking in a completely different way, so yes, I know I have. **(Yes)**
Lilian: When problems come along we look at it from the spiritual point of view.
Yes. I pick only the purest of gems! *(soft laughter and thanks expressed)*
George: I think earlier you were making reference to the further developments with computers and the internet and how that it becoming so worldwide in its application. **(Yes.)** We were told some years ago that there would be a certain element of impressed *truth* in this system of communication.
Yes, it is a form of communication that will be available to all of mankind, not only to those who are involved in spiritual work. This is where the expansion of truth lies, that the wider field of people can be reached. And that is making great progress in your world at this time now and you will see in time to come that it will be the main form of communication for many.
George: Yes that's nice to know and have confirmed, because in spreading the word we are in a position to make use of this system and to know that this is the way to go. **(Yes.)** So, thank you for your words.
You understand now the burst of technology and why it has become so important in your earthly lives. *(affirmations)* **It was not brought and given to you for earthly matters, but in order that its use could be used fully for spiritual gain. You understand?**
George: Yes—and accepted, yes.
This time I speak to you generally and sometime this evening again will be given to each individual for development, but next time we come together I wish to speak to you on a particular subject. Therefore, if you have any questions, I will take them this time and then we will devote the rest of this evening to your own particular development.
Sarah: I know I shouldn't doubt, Salumet, and your instrument *(Eileen)* was just telling me before we came into this meeting that I mustn't doubt, but I'd just be grateful—there was one teaching that came through me and they said that people who haven't got any money shouldn't actually be given any money, they should be surrounded in light. I don't know if you are aware—well, I'm sure you are aware of that teaching, but can you just confirm, because I feel, although I know they weren't my words, but you did say that some people aren't as advanced as others and I just want to make sure that by *not* giving money to these people is actually the right thing, because it would be nice to think that we were doing the right thing for people in need. **(Yes.)**
Lilian: They did say not the very hungry—they excluded them, didn't they.

Sarah: Yes, they said that those who hadn't got into the situation of their own accord, it was influenced by man, that was slightly different, but those who'd got into debt, into trouble on their own, they were the ones not to be given money to.

I understand your questions and your doubts my dear friends. Let me say this to you: Yes I have told you that those from our world teach only in as much as they know and understand themselves. The law could be no other way. Do not doubt the words given to you, but let me say to you as someone from a higher vantage point shall we say, that *I* would say to each one of you, to give with love can never be wrong. I would say to you, money is not evil, it is when there is great love for that money; therefore in the giving of money to one in need, how can that be wrong? But it does not mean that the communicator who was with you is wrong, it is their understanding of a situation, but again they have much to learn themselves.

Sarah: That's why I wanted to ask you, because I didn't doubt that what that person said was right, but I knew that from a higher vantage point…

Yes, you had already had heard from my words that to give with love is never wrong. How can it be wrong my dear friends?

Sarah: Yes. He did say that just by giving money to these people it would not give them a chance to develop.

Yess, what I would say to you is that when you are dealing with your *brothers* on this earthly plane, sometimes harsh decisions or harsh decisions that *you* may call harsh, is sometimes the best for that person, but anything given or withdrawn with love can never be wrong.

Sara: Wanting money if you've a good purpose in mind is not wrong, **(No.)** provided that the purpose is a good one that will benefit others—well yourself perhaps and others.

Yes. Money in your world has become a necessity for you to live your lives. We know and understand this perfectly.

Sara: I've discovered recently there are a lot of websites on our internet/information system about manifesting money/money manifestation. Thinking about what you've taught us about thought creating reality, it seems to make sense that if you start to focus on the idea of having money, then that must be what they mean—you attract perhaps situations where you can win or earn money. Is that right? I wanted to find out what you had to say about it.

May I simplify that for you? (Yes, of course) **If you give, you will receive. Therefore, does it not make sense that if you are to give with love to someone in need, that act will be returned to you.**

Sara: Yes, I do see that. So that is simply what it is really? **(Yes.)** That is manifestation? **(Yes.)** Yes it is much more simple to think of it like that.

Sarah: Then you've to be careful not just to give thinking that you will get back.

That should not be the reason for doing so.

Sara: No, but I've read some people believe in the idea of 'tithing', that is giving away for example 10% of your money that you make to others, simply because you don't need to have—often we can give more than we think. What do you feel about tithing as its termed?

It is indeed a term. The basis of money within your world is that it supplies you with the food and the covering that you need to look after this house of the Spirit. There is nothing wrong in that. I would say whatever action is taken in regard to money, you must look within to the reason why it is being done. If that reason is a good one then it cannot be wrong. If you feel that you can give without harbouring thoughts of resentment, or such, then that can only be good for yourself and for the receiver.

Sara: We enjoy giving and we thought for us the idea of tithing was in some way a little more organized for us, we can organize ourselves better to know how much we can afford to give, because we enjoy giving.

If that gives you pleasure and your wish to help, then that is a good motive. You use any title that you wish, it makes no difference.

George: I think one thing you're saying is that a very important part of this is that the giving should be in love.

Yes, that is word that I would give to all matters as you well know. Any actions within your lives should always be given or received—do not forget that to receive is to receive with love. It is a two-way thing, yes.

Sara: I recently met an interesting man from Jordan. It's a different part of the world and they have a different relationship, a very protective relationship towards family on quite a large scale—they look after their family financially and I noticed that he was a very generous soul and equally he had no worry about money, because he said, 'because we all look after each other, nobody has to fear, no-one has concern'. I thought that was rather good.

That is being generous of Spirit.

Sara: …Just generous of Spirit, but I felt that many could learn from this cultural difference, I thought it was a nice difference, because they all looked after each other and therefore money was always available.
If only mankind could strip away all of their differences, if all of mankind were placed in the centre of your world and told to survive with one another, eventually all of these differences would be gone and mankind would learn that the importance of existence is in loving one another, in helping each other. I cannot my dear friends stress enough these words to you. It is the one word in your language that encompasses all nations, all people, and not only on this planet, but in the wider scheme of life. I will never cease in the repeating to you the word and the actions of Love. Without love I would not be here with you, without the love you show, I would not be able to be united here in Spirit with you. And so that must be taken from this room and you must express that love to all those people in whichever way it transforms, in order that all people feel the love that you have.
Sarah: And surely the love is extended to everything really, not just people—to the animals and...
To the whole of your planet, to all of existence and of course to yourselves. Remember love begins from within.
Sarah: I remember you saying that if you don't love yourself, you can't love anyone else.
Now I feel for this time we will withdraw and allow you to sit quietly to give out what you see or feel or know and to allow that spiritual energy which is with you here, to manifest itself to you all. I look forward my dear friends to our next meeting. *(thanks and farewells)*
After sitting quietly for some time, a delightful character came through Eileen, explaining an exercise, asking us to focus on one part of our body which needed healing and seeing if we could feel the warmth.

~23rd August 2004~

Good evening. *(greetings)*
Please do forgive my silence as I come to you, but conditions this time are not perfect, but we will try to manage with it this time. I have spoken to you my dear friends on many occasions about thought and the power which it holds within not only your lives, but in all of existence. We have discussed briefly that there are degrees of thought. Can you remember our conversation?
George: Yes and the thought can be very, very deep and that comes from Spirit.
Yes. I have taught you well that your thought is the most powerful thing that you possess, not only in this world, but in ours and all of existence. Those small, everyday thoughts, you know well that they do not make a mark; they come and they go, although the energy will remain as residue within all of the energy of all things.
George: Yes, and we have talked about how the power of thought can affect a random number generator, so that the numbers produced are no longer random. I think that also would have to be a deep thought involved in Spirit.
It is a combination of thought. That subject we have not broached, but this evening I wish to expand upon the subject just a little more. To speak about thought would take so much of your time, that I feel my dear friends that it is wise to tread carefully in order that your understanding be at its greatest. You know full well that those thoughts of love are always heard, are always used for good, but the point I would like to bring to you this evening is about 'rebounded thought'. Have you, my friends, thought about this?
Graham: If you've had a strong negative thought perhaps against another being, the Spirit world in some way reflects that thought back at the source of the energy of that thought, the person who gave that thought out in the first place.
Do not attach negative thought to our world. Does that give you a clue?
Lilian: It would affect the sender—ourselves.
Negative thought will reach out into the aether and what happens is that negative thought can be rebounded in many ways. Can you see? Not only to the people concerned with the thought, but also to many innocent beings, because that thought remains as residue within the aether and within your own atmosphere. Are you beginning to follow me just a little? *(some affirmations)* **My dear friend is silent, I would wish to hear his voice also.**
Lilian: I was thinking that's a bit worrying! *(chuckles)*
Sarah: I know you've always told us we always have to be very careful with our thought.

Yes, thought given out with love will always reach its destination, also in some sense it is mirrored back to the sender; this you understand I know. But it is thoughts that are not strong enough or sent with love that remain to be used by others, without always their consent. This is where you must be careful with those thoughts.

Sarah: You did say to us once, Salumet, that there are people protecting—people who had just gone over to Spirit, if we were to give bad thoughts to them, there were people who protected those people **(Yes.)** in Spirit to stop the thought going through.

If the thought is directed to one who is already in our world, then of course there are those whose work entails just such a job to do, to protect and to redirect that thinking.

Lilian: But not to people on the planet?

It can be dissipated a little at times, but no, we are speaking of thought that is almost in limbo if you like. Do you understand? (Yes.)

Sarah: So, when you say it will be redirected, where will it be redirected to? The negative thought towards somebody in Spirit, you said it can be dissipated a little, but you said it can also be redirected; so where will they redirect a negative thought to?

Thought can be transmuted when it reaches our world. This is something I feel you are not quite ready to understand, but in our world all of these things can occur without too much or too many problems.

George: One thing you are saying is that we should be positive in our thinking and our approach to life. **(Yes.)** We should not be half-hearted with our thinking; this can lead to problems.

To be over-generous with thought, not only negative thought but *all* thought; if it is not directed correctly, you have many thoughts which exist—it is a residue of thought which can be tapped into. You understand—tapped into by those souls on your Earth who do not have the strength or belief that you do and are unable to protect themselves. Have you never my dear friends wondered, why it is that some of your fellow human beings would seem always to be, how do you say 'unlucky in life' or that life never treats them kindly? (Yes.) **Sometimes but not always—sometimes it is because their own energy is absorbing some of the residue of thoughts that exist. Do you begin to understand?** *(affirmations)*

Sara: Yes, because their protective armour isn't strong enough. **(Yes.)** I understand!

George: Does this thought residue—is it part of or is it connected in any way with what we call the collective consciousness, or is that something quite separate?

That is separate from what we are discussing this time.

Sara**:** Can I say consensus thinking, the way a lot of people think, **(Yes.)** perhaps materially and in a slightly *unloving* way—the way that many minds think, not always in the highest way. **(Yes.)** There is such a thing as mass thinking/consensus thinking.

Yes. What I am trying to get you to realize this time is that thought is not as simple as I have put it to you in time past; it is a much more complicated force. It is a *force* that belongs to your world, to our world and to many other worlds within many universes. It is not for the Earth people only.

Sarah: So does that mean that not all existence has thought? You said some planets, not all. What happens to those—I say people but they are not all people—do they not have thought, do they not need thought?

All of existence has some form of thought. You cannot exclude—it may be that the energy would be called another thing rather than thought, but thought is the word for the energy that you human beings use. I can tell you that on this planet at this time, there are those of your scientists studying and trying to prove that thought exists.

Lilian: I think we can begin to see that it is a most powerful thing that exists, apart from love.

Yes, it is most powerful and this I have always tried to teach you.

Sara: But could we say that until we learn to master thought in ourselves, we can be to some extent vulnerable to the negative mass thinking?

All of you my dear child are open to thought which is around you. Not only the thoughts of your fellow man, but, as I have said, that residue of thought that has found no 'target' shall we say—perhaps that would describe it better for you.

Sarah: You say that once something has been created it never goes away. What is going to happen, because there're a lot of—I'm talking about people on this Earth at the moment who have negative thoughts that are being accumulated in the aether or wherever they are going. Can eventually—you said that eventually the world is going to be a loving place and the thoughts will be of love later on—what will happen to all these negative thoughts? Will it just be that because people are becoming more aware that they need to give out

loving thoughts and not negative thoughts that they will then be protected? Otherwise I can just see that it will become a vicious circle.
My dear friend you are becoming, how do you say, 'bogged down' under your thinking. Do not forget that we have light workers whose job it is to try to transmute some of these thought patterns.
Sara: Can we do anything ourselves to try to directly transmute…
You can send love for any negative thoughts that you *feel* may be around. When you become sensitive enough, you *feel* within atmosphere that there is a residue of *thinking,* which has existed for many of your years. In that way you can send loving thoughts in order for these thoughts to become ones of love, and in that way you help those workers who are trying to change those thought patterns.
Lilian: I was just thinking that sometimes we go to visit someone and I'm sure we've all experienced it in this room, and they are depressed, I'll say 'moaning away', and you come away feeling down in the dumps yourself. That is basically just thoughts?
You are allowing yourself to be open to their way of thinking. You must always my dear friends know how to protect yourselves within those situations.
Lilian: So before you actually visit, ask for help before you visit?
Yes, if you feel you do not have the capacity to overpower those thoughts with love, then yes, I would suggest that each time, especially if it is somewhere that you are not familiar with, then protect yourself before entering.
Sarah: You said about the feeling. We have talked before about Spirits that remain close to the Earth and when we go into a house, we talk about a haunted house and we get those feelings. They are also just thought that you are picking up, is it?
Not always, it can be that the Spirit has remained and is Earth-bound and needs help by people like yourselves, who can help with rescue work. But sometimes there are places that, it is true, it is just the residue of thought that remains.
George: Yes, I've read accounts of people entering places with bad feelings and they go to curious ways of trying to improve this, using salt and holy water. Perhaps this is of no value at all, or perhaps it would help to focus one's loving thoughts in some way. Could you make a comment on that?
Yes. I believe I have told you on other occasions that all of these things are *tools* and if it focuses the mind on helping whatever is before you, then I say let it be. It is the love from within that is doing the work.
George: Yes. All else is purely a means of focus.
Yes, they are tools for helping you. So, that is fine by us if it helps you to focus well.
George: Thank you for making that clear.
Sarah: Could it also be some of our leaders who we feel have gone a bit astray, could it also be that they are picking up some negative thoughts?
If they are open to it, yes. Anyone can pick up a residue of thoughts, whether you be a statesman, whether you be a child, whether you be a man of good deeds—if you are open to such thoughts, then yes. That is why you need the Spirit within to be strong. That is why it is important for you my dear friends to cultivate the habit of going within each day, so that you link with that Spirit. So the physical body then shows and shines that Spirit within and you become protected at all times. Do you understand? *(affirmations)* **Anyway, I would say this to you: I would like you to perhaps if you will, to think about 'rebounded thought', 'residue of thought' and how you feel it may have entered your lives at some point and what the results of that might have been. I think you will see, my dear friends, how those moments in your life needed to be changed. It will give you something more to think about this time.**
George: Yes, curiously enough there has been recently a scientific experiment concerning thought. **(Yes.)** I wonder if I could mention this? It is to do with the random number generator machine, and if the output of the machine is recorded and then at some later stage the thought power is applied, and then after that the recorded numbers are examined, the result is found to be the same as if the thought power was applied at the time the machine was running. Now this, I think, is confusing a few scientists, but I wondered if the thought being applied is of Spirit, where *time* has oneness, but later, when the recorded numbers are examined, that happens in linear time. I just wondered if the duality of time here, might be the key to understanding this. The thought that is applied as it comes from Spirit, would it be in a sort of floating oneness...
May I interrupt? (Yes...) **The thought remains as a memory. The thought does not disappear, so however strongly that focus is, whether it be in linear time or from Spirit, again this is a subject that we have not**

travelled the path of knowledge, but I would say to you that there is memory involved in this practice that you mention, memory of thought.
George: The thought is applied…
It matters not *when* the thought is applied, it still exists. Do you understand? (Yes.) **Whether it is yesterday, tomorrow or now, that thought remains the same.**
George: Yes, so it is in a sort of 'time oneness' situation?
Yes. I am trying to simplify it for you, but they will find when they have searched a little more, that they need to examine *time* in a different way. They have to involve thought, memory, time and their own focus.
George: This could lead to a very big step forward, I feel.
Well I will leave that with you. *(chuckles)* **Now I feel there has been enough this time for you to digest. I do hope that you will think upon my words and when next we come together I will be interested in hearing your replies.** *(thanks expressed)*
George: Yes we have much to think about.
I can also tell you that at this particular time in your developments, that with your computers, will come many answers to your scientists about thought. They are very interested at this time of your development in your world about *thought*, about *time* and in general all things which you term *spiritual*.
George: Yes, that's a very good thought! *(chuckles)*
I will leave you my dear friends to think and I would say to you as I depart from you this time, I also leave with you my strongest thought of love, in order that it helps you, protects you and uplifts you. *(thanks expressed)* **For the rest of this evening there will be some around you who will try to use others of you not normally involved in speech, but they will attempt this time to use.** *(thanks and farewells)*

~27th September 2004~

Good evening. *(greetings)*
As we begin this time, can you my dear friends feel the harmony which connects each of you within this room? *(affirmations)* **It would be appropriate that at the beginning of each meeting that your awareness becomes more alive to what is happening amongst you. It will help each one of you in your individual development if you were to partake in this simple exercise.**
Lilian: Yes, we will do that each time we sit—together I mean.
Even when you are not joined together as in this room, you can feel the connection to one another, if you so desire. Each one of you, as I have told you before, have many spiritual capabilities, but it is entirely open to each of you whether you develop these gifts or not. I can tell you that you are capable of many things, but if you do not use these things to your best advantage, there is nothing that we can do to change you. You understand my dear friends? *(affirmations)*
Lilian: Our freewill again. **(Yes.)**
Sara: We have to put the work in ourselves.
Yes, I believe there is a saying in your world that anything of great value needs to be *worked* for, and I would suggest that that is quite an apt saying for you.
George: Yes, it's up to each and everyone to rise to the challenge.
Yes. The abilities are there to be used, and remember that you must ask for our help. We always stand by you, but we will not interfere. It is just a gentle reminder my dear friends of what you can and should achieve.
George: It's nice to have that encouragement, thank you.
What we do not wish to do is to seem to bring to you instruction of what you must do, because the best development comes from within. There is *so much* love within this room this evening, I do hope that you can sense and feel what is round and about you. It is not always so, but this time there is much that is being given to you as well as your input to us. It always is a two-way—I almost said 'challenge', but that is not strictly true.
Lilian: We thank our friends for their love.
Yes, it is time for you to think about those words and for each of you to decide which of those spiritual gifts you *will* use for much better use than you already have. If only I could show you your colours and your light, then you would have a much wider picture.
George: I think we already consider ourselves very fortunate to be having so much connection, which seems to be increasing all the time. We do appreciate all who contribute.

We are always humbled by your words my dear friend, but may I remind you that without your dedication these meetings could not take place. You are emissaries of Spirit, this you know, but what I wish to bring to you now after our acquaintance of some time, is that now the time is ripe for each one of you to develop as individuals; but that decision is *yours*—but the help is there, the help is available to you. We will discuss a little, but I would like this time a little of the time available to work once again with this instrument and as always when I am working quietly, I will leave you all in the capable hands of our dear lady friend. *(Lilian)* **So, this time, have we some discussion?**

Lilian: Would you like us to go back to your last talk about 'thought'?

I have been waiting for you to bring it to the surface. Yes, whatever you wish to discuss, I am willing to answer and to listen.

Lilian: Well, yes, I'd say for myself, thoughts that rebounded back on myself, I could probably think of quite a few instances, where I'd had maybe not very good thoughts about someone and then felt quite miserable myself. So, I imagine that would be the thought affecting me, would it?

The very fact that you have come to that conclusion, shows that your thinking time has been devoted to something that instinctively you know to have been unkind. That is a good point, but we will hear what the others have to say before I make final comment.

George: I haven't any very firm ideas about this, but I think we were talking about what happens to the thoughts that, shall we say are not 'targeted'. I'm still not clear in my mind how those are finally processed. I'm very happy that the good thoughts have good effect generally as regards their targets and as regards the person thinking those good thoughts, and I think there's a general aura of the world becoming a better place as the result of thinking good thoughts—and the reverse can possibly happen.

May I interrupt you briefly? The opposite may not *possibly* happen, it does! Energy is positive and negative remember—so there is no *possibility*, it *does* happen.

George: Yes. So, as individuals we've the choice to feed good energy into the system or to feed bad energy into the system.

That indeed my dear friend is your responsibility and indeed it is a responsibility that needs to be *recognized.*

Lilian: What about you, Sarah?

Sarah: I haven't quite been with it, but in my life I've done things that I'm not desperately proud of, but I don't know how much that's been from rebounded thought and how much it's just a case of growing up, feeling guilty and trying to make good. Maybe the guilty feelings have been impressed upon me and made me do good, but I don't know if it was the rebounded thoughts that made me do things that perhaps I wouldn't do now—I don't know. But certainly since you've told us that we should never judge and we shouldn't have bad thoughts, I've tried not to and if any that have crept in, I've tried to quash them. So, from this point onwards, I hope I'm going on a better course than perhaps I've done in the past.

And with that understanding and that *recognition*, you should find that throughout the continuation of your physical living that less rebounded thought will have an effect on your life, but it is the recognition and the acceptance of responsibility which will make the difference.

George: Yes, we can have a mixture of thoughts in relation to 'bad' news received, and one comes to your teaching that one should not judge in that case. And that thought seems to be a wonderful salve for not being drawn into the trap of bad thinking. **(Yes.)**

Sara: And interpreting news as bad news, **(Yes.)** because it isn't always. We think it is and then often later we look back and realize that it wasn't necessarily, but we interpreted it as 'bad' news.

Yes my dear friend, it is indeed your interpretation of what is 'bad' and as I have told you often throughout our acquaintance, that you do not see the fuller scheme of life, you do not know or understand the workings of one Spirit, or are able to *judge* the happenings that go on within your world. It is not an easy thing for mankind to be able to detach from criticism; it is part of the human form, but I say to you, it is *possible*. Again, with recognition and acceptance of responsibility, it *can* take place, and in so doing you also become better human beings. The vessels which you *are,* begin to shine forth that light from within, and *that* is our purpose here on your planet, that each and every individual first shines forth with that light of great love and understanding. I cannot stress this to you *all* strongly enough.

Sara: In work situations it's quite common to feel more of an affinity with one or two members, but on days when I've consciously projected love towards *all* of my colleagues and maybe students as well, I have experienced a really elevated feeling of walking in love and light, and it's tremendous. I don't always remember to do it, but when I have done it, I know that it's possible to receive back good feelings from everybody, whether or not I normally experience such a natural affinity.

You are experiencing rebounded thought. You have said and explained the question which I have put to you all. If that thought is of love, you will feel the benefit of those rebounded thoughts, and in the same way that those thoughts of negative energy are discharged, so they will come back to you in some form—that is rebounded thought. Think carefully each time you send those energy thoughts out into the aether: *Think* carefully.

Paul: That's clarified it very much. I just had the thought it would have been wonderful to have been aware of this when I was at *school*. All these thoughts—I couldn't detach then, but detaching is one of the important keys I guess.

The important issue here is not what has gone by in time. The problems begin when you realize that negative energy exists and still you allow it to happen. You *are* human, but now my dear friends you also have knowledge of Spirit. Therefore your responsibility towards yourselves and all of humankind is much greater. That is what you must take on board and think about and dispel those negative thoughts at their source.

George: Could I say that there has been some disappointing news about Sai Baba, who has been revered as an avatar by many. The news was that his behaviour was disappointing to many, but I think the answer there is that he *is* human as well and simply we should not judge the matter. I think that connects with something we were saying earlier, but I think it is an example of where we simply should not judge, even if one hears something disappointing of one who has been revered as an avatar. Have you any comment there?

I am happy to make comment. You speak of one whose name has become well known in your world—we have spoken of this individual before, and yes, you do not have the wider picture. All of you my dear friends possess the gifts of Spirit, because, after all, you *are* Spirit. There *are* individuals in your world whose gifts are much greater, but being within the human frame presents many problems for some. I might, I feel, mention but a few: That is, the *ego,* which belongs to the human form, *materialism,* which belongs to the human form, *false adulation,* which belongs to the human form. But what you are not discussing is the amount of love that was given and shown towards this one human being that helped to change the lives of many. So, therefore again we are looking at the positive and negative of a situation, and yes, my answer to you all is: do not judge. The only one who is being fooled, is that one individual, who when he returns to our world, will face himself. But there has been a sea of love for many years that has built, wrongly you may say, but again that is judgement, but if you could see that pool of love, then you would have a different picture. Is that helpful to you?

George: Yes, I was asked to ask the question of you and I'm sure that will clarify. Thank you.

Sarah**:** On the flip side of that, you have said to us that we shouldn't take a person's life, so those people who are taking the lives of others, you cannot help but think that that's wrong and *they* are creating a lot of negative, bad thought in those actions—apart from the fact that they are doing something that they shouldn't do. There are a lot of people who are thinking badly towards them, because of that. **(Yes.)** It's very difficult not to think—you give them love, but it is very difficult not to think that they—I mean, I feel that they are doing wrong, because you said that no lives should be taken, so that's a difficult one.

But that is not for you to judge. You have not reached the point of forgiveness if you can make a statement that you have. That is not for you to make any kind of judgement. You do not know what lies within the hearts and minds of any individuals; you do not know the conditions which surround such things. But of course it is never right in the sense that we understand, of taking another's life. But again, I stress to you: *that* is not for us to judge. So always you must with your thoughts change them from one...

Sara: Isn't it unrealistic of us to expect perfection from anyone who walks this Earth?

Yes, this planet can never be perfection, as you know it at this time.

Sara: This is one thing I often say to people who are critical of spiritual pathways. I just say, why do you expect perfection from any one pathway or anyone who is advocating something—we don't have to.

You are here as individuals to learn of that great word 'Love'.

Sarah: I do know that you've also said to us, I always bear in mind when things like killings happen, that you've said to us that if you believe strongly that what you're doing is right, then how wrong is it?

You can never make judgement on a wide scale—that brings many difficulties, but each individual who comes to our world, has to face all decisions that have been made by them. They have to see that Spirit as it truly is. Only then will there be *recognition* of what has been done in love and what has been done with negative energy. That is what in traditional religions is called the *Judgement Day.*

Sara: We have an expression: don't throw out the baby with the bathwater.

I am not aware of that one.

Sara: Don't throw away what is good with what is not good.

Yes, I accept the meaning of the saying, but that is a new saying for me. Thank you, I will keep that. *(chuckles)*

Sara: It's actually ludicrous really to take one error and say that a person's life is worthless or meaningless.

Again, that is making judgement, is it not? (Yes.) **Yes. Are there more questions or shall we leave you with our dear lady friend to see what continues for this evening, whilst I continue to work with this instrument?** *(affirmations)* **I know my dear friends that when you leave here this evening there will be a feeling of great upliftment, because the love within this room this evening is of such a degree as I have not felt before.** *(thanks and farewells—and a special thanks from Margaret for all the prayers that had helped her through a difficult patch)*

There followed one through Eileen, and it was believed afterwards that this may well have been Joseph Merrick, which was later confirmed by Salumet. Communication was slow at first, but is fine after a short while:
Not church...
Lilian: Your instrument did have a bit of a troubling cough, which is probably not helping.
...using voice...I been given opportunity to come to you—to come to you with all this disfigurements. I am being helped to come to you with a helper, but had to make this transition this time. Can you hear me? *(affirmations)* ***I have been told this one will be looked after. If her voice or head is uncomfortable, she is to get some healing.*** *(affirmations)* ***I want to say thank you for allowing me to come with such terrible disfigurement.*** *(sitters stressed that it was a pleasure to have them)*
Lilian: You do know that you don't have this disfigurement now in Spirit?
Yes, but it necessary one time—this time—and I had permission to use this one. I don't know who allowed it, but I am eternally grateful.
Lilian: She's a very kind soul, *(Eileen)* she won't mind.
I was responsible for her voice.
Lilian: I see. When you go back, you will be able to move forward, will you?
I am going to help people like me, to come to people like you. *(thanks expressed)*
Lilian: We will give disabled people our thoughts when we sit quietly.
I hope my condition have not distressed you too much.
Sarah: Not at all, we are pleased that you came to us. *(affirmations)*
Lilian: We'll make sure the lady you're using is fine when you've gone back to Spirit.
I've been told she'll be well looked after, but just in case, because it can't be comfortable for her.
Lilian: I see. Can you tell us your name?
I was called Joseph, but I was referred to as 'it' sometimes.
Sarah: That wasn't nice.
But I'm not concerned about that now. I've got to go now, but I just feel that a big step has been taken for lots of people. *(appreciation expressed)*
Lilian: We're glad you came and said hello to us.
Yes, I don't know your names do I, but it feels nice here.
Lilian: Thank you. come again.
I will never come back again like this. It served a purpose this time.
Sarah: But you don't need to.
No, and it's most uncomfortable.
Lilian: I'm sorry.
It's alright.
Lilian: Well, we will say goodbye and thank you for coming.
Sarah: And let you get rid of that body again.
Yes, I don't need it any more. *(affirmations)*

~4th October 2004~

Salumet did not speak this time. The evening began with one who has visited before through Eileen. The recording starts slightly late:
… without at least introducing ourselves and all who are wishing to say, and especially to the two gentlemen present, a few words: To the younger of the two gentlemen we wish to say: Have a very good journey! We will be with him all of the way.
Paul: Thank you!
But we wish to say: Be careful with your footing. If you are aware, then you will come to no harm.
George: Well, there are some mountains where he's going, I know.

We are aware, yes, but we wish you just to be a little more careful. But we will be with you on many steps of your journey.
Paul: Oh, I don't doubt it, thank you.
And we will also look forward to your return.
Paul: Yes, I will too. Nice to go and nice to come back. ***(Yes.)***
To the other gentleman, we wish to thank him, including all others within this group, for the work that they have done. We wish to say to the gentleman: Well done!
George: Thank you. Thank you, that's timely indeed, because I aim to get the book to the publishers on Thursday.
Yes, we would wish to say to you that the simplicity of the words within this narrative will do very well. But without you it would not have happened.
George: Well, we've all made our contribution, as you've said, ***(Yes.)*** both from your side as well as our side. ***(Yes.)*** And I certainly appreciate all the contributions that have happened.
Yes. Indeed, for us it is a great pleasure to see people who stay together for so long. The dedication that each of you give to this work is not forgotten, and in fact we help you in any way that we can, to come together at these meetings. We may not speak to you as often as we would like, but of course we know you understand the teaching that comes to you as a book.
George: Yes, that's very interesting.
I know that so many words are given from our world that so many books have been written. But I am happy to say, that those of us who have come to know well, accept that these words of wisdom will go far, as they already have done. But, within the written work, these simple words can spread the message of love and truth. That was always our aim, although not so fortunate as to have all the availability of spreading the word that you all have today.
George: We have the electronic media that does make a difference.
It is fascinating is it not? But I have to admit that I am not familiar with it. But I know that it exists and that so far there is much good that comes from it.
George: I have to say that during the last ten years, I've rather struggled with the details of it! It has not been straightforward!
Yes, all the more reason that we give our thanks to you. We do know and understand the struggles that you have sustained. But it makes our thanks even more so.
George: Your words are very much appreciated. It is very nice that you give us that encouragement.
And, of course, we cannot forget to thank your dear lady who allows these meetings to happen. *(Lilian)*
Without her generosity of Spirit, it would be much more difficult, would it not? *(affirmations)*
George: And we do realise the many on your side during these meetings. Might I ask if you are a frequent visitor here?
Since first I came to you I have observed many times, and of course, I too am still learning. But I always return to those who speak the simple word truthfully. I am always drawn to the simplicity of the word, because I feel that although it might seem, how shall I say, very appropriate at times to use the longer words of your language, always the simple word, as you well know, has sometimes has greater impact.
George: Yes indeed, I do agree with you. **(Yes.)** I'm trying to write for some of us who are more scientific, as well, and I must admit I've put in just a few longer words. *(chuckles)*
Well, we would not expect anything other than that from you! *(more chuckles)* ***But all I will say is that I, in particular am attracted to the simple words of truth, because I now realise that the simple word has greater impact sometimes and for the majority of your population, the simple word is more easily digested.***
George: I'm sure that's very true, yes. ***(Yes.)***
Lilian: So do you listen in when our friend comes with his teaching?
I have been honoured at times to listen to teaching, not here with you, but in our world. I do inhabit, shall I say, the Halls of Learning at certain times. But do also like to return to your world at times, especially to dedicated groups such as yourselves.
George: You spend time in the Halls of Learning, as does Leslie who founded this group.
I believe that he does frequent at times, the Halls of Learning. I do not know too much about the gentleman, but I am aware of his existence and of how he came to form originally this group of people.
Lilian: We're very grateful to him.

Yes, he was a stepping stone, if that's how you would say, (Yes.) ***to form what you now have today. I do believe that he felt, that the phenomenon would be slightly different from what you had****. (Leslie had tried to develop 'Direct Voice' before Salumet's era began in 1994)*
Lilian: That's true.
But I am sure he would certainly agree with me, that what you now receive is far greater, than what he had anticipated.
George: Yes, it's the message and the teaching that are so important, and not the method of delivery.
Yes. It is not the individuals, it is the word and the truth and the love that continues to exist. But always we need people such as yourselves who are prepared to sit and allow the Spirit to come forward—and of course, to develop your own spiritual being, which each one of you does. But there are few who would allow as you have done yourselves, to sit quietly to enable another to speak. Therefore, as I take my leave of you, I will once again give thanks to you all.
Lilian: We thank you.
George: We do appreciate your words. Thank you for coming to us.
Paul: Yes, thank you for your messages.
Yes, I will be with you again, but I cannot say of course when. We must always take the opportunities when they arrive and of course, we know that there are not many occasions within this meeting place, where those simple souls such as myself would be allowed to speak.
Lilian: We're very pleased to have you.
George: I think we all rate ourselves as simple souls. *(chuckles/agreement)*
Yes! Simplicity without ego, is the greatest love of all. I will bid you goodnight and thank you for allowing me to speak with you. As always, I say to you thank you and until we meet once more, my love and hopefully what I leave with you, will continue. *(thanks and farewells)*
Next, one who gave her name Jennifer came through Sarah to say, with our agreement, she and her colleagues, who did not have the opportunity to sit as we do whilst on Earth, would like to join with us. They wished to enjoy the feeling of our meeting and remain with us for the evening.
Next, a Chinese lady came through Sue to make known that one would be coming through Paul, who didn't normally get used for speech. This turned out to be the first of many visits from one from another planet, who became a friend, known to us a Bonniol. The communication was rather difficult at first, but with practice, this link has improved much over the years. The initial few minutes were rather fragile, so the dialogue here begins after a few minutes:
Lilian: This instrument you are using, *(Paul)* is going on a journey soon. Did you ever travel?
I am travelling now—this is an incredible journey to here!
Lilian: You've been going for quite a while, have you?
I think it's best to say, I am not from this place. I come from a different—I come from another planet—I think that's the word. I am testing the water, you might say, for possible future exchanges. Then we can teach each other things. At first we are meant to get to know each other.
Lilian: I think that the gentleman you are using will be thrilled to bits that you've used him. And we look forward to more visits.
Eileen: Will you tell us the name of your planet?
I will try to tell the way we say it in our language: It's 'Pre-an-this'?
Eileen: Thank you.
It's from a galaxy you will not know yet.
George: Can you say how far it is in light-years? *(pause)* Perhaps that is too difficult.
I think it's probably further than you could imagine.
George: Yes, we can accept that. *(chuckles)*
Eileen: Are you of the same form as humans, here on Earth?
George: …or do you have a physical body?
We are very similar, very similar. Only a little bigger and perhaps more thicker, with longer hair and bigger eyes, but very similar in other ways.
Eileen: And are you more advanced that we are?
Yes and no. We have broken the spatial barriers that you are still working—behind in certain areas, but some—well it's for us to broaden our...
(tape changed-end of side one)

Eileen: May I ask you one more question? ***(Yes.)*** You've obviously learned to speak our language to communicate. What language do you use on your planet? Is it with words? *(pause)*
Lilian: Or do you communicate by thought? ...on this planet we have many languages.
It's the language that … has evolved on our planet. It is not like anything I have heard on yours.
Lilian: Have you been looking around our planet? This beautiful planet...
Yes. We have so much in common.
George: A simple question: Do you wear clothing as we do?
Yes, we have our own fashions. *(chuckles)*
Sarah: Going back to your language, are you able to say how you speak?
It may be better to wait for this link to improve. Then I can try. I think it's time to go now.
Lilian: Thank you very, very much.
George: Very interesting! Thank you for making the effort to come to us!
Lilian: When you come again, will you use the same instrument as you are using?
Yes, I will be glad to.
Lilian: We shall look forward to next time.

~11th October 2004~

This was one of those very rare occasions when the tape recorder failed. These recollections were typed next day whilst still fresh in the memory.
Salumet began by commenting on how the linked/shared energy within the group was especially good this evening. Lilian asked if he could explain why there should be the variation from one evening to another. It seems that it is not entirely down to us and it is nothing to be concerned about. It does relate to our mind-state and it also relates to how things are in Spirit. It helps if we are able to experience some quietness of mind before entering the meeting room, but Salumet knows that our lives are sometimes busy.
Salumet next observed that our last meeting, at which he did not teach, had been interesting and invited any questions that we may have. Lilian placed two questions before him that Eileen had requested. These were: The communication through Paul was brought by Spirit. Is Spirit now bringing beings from outside our own galaxy for a reason? Secondly, can Salumet explain to us why this is happening, when it is already difficult for most people to accept space travellers from within our own galaxy?
Several points were made; firstly that Paul is inexperienced in the role of medium and indeed there is a general lack of familiarity where extragalactic communication is concerned! Paul it seems is the favoured instrument for this source/link. The method used is (spiritual) mind projection. This is the chosen method for the communication, having regard to the protection that this group has and safety in general. It seems that there is a choice when it comes to method and this one is favoured. This is a new connection that has been achieved and there will be further communication. Whilst the vast majority of Earth populations would not have ready acceptance of extragalactic communication, the group in Salumet's estimation is ready for this. I put it to Salumet that I felt that Paul had reflected upon the matter and felt it to be a 'real event' and something to be excited about. His reply was that Paul (now travelling in Tibet and China), now has much time to reflect and the timing of the event was not accidental! My own feeling on this is that it is another major step forward and another doorway has been opened that will eventually help with world-awareness as regards Earth's place within the vastness of the cosmos. We expressed our enthusiasm for the new venture.
Graham next placed a question relating to the previous meeting when a very much deformed one came through Eileen and gave his name as Joseph. Eileen had had impressions concerning head-shape and one arm being across the body. He seemed a compassionate soul and from the details observed, Graham made the connection to Joseph Merrick, known to some as the Elephant Man. He had lived through Victorian times and into the 20th century. Salumet stated as he has stated before, names are in reality unimportant and that he does not usually give personal data. He observed, however, that it can sometimes help to have links to accepted history and he confirmed for us that this had indeed been the one we know as Joseph Merrick. Salumet added that he is a progressing soul who does not wish to be remembered for the bad treatment he received. He currently does much good work in Spirit helping handicapped ones in their way forward. I ventured that there had been a wonderful energy connected to the visit and many had been gathered in Spirit on that occasion. Salumet confirmed that this had been so.

Graham's next question concerned a detail of meditation. Observing that there are two kinds of thought: those thoughts involving words and those that are just feelings. In meditation, the word-thoughts are lost as we go deeper within, but how does one handle the feelings? Salumet's answer indicated that they are best given freedom to enter and leave. If they are given that freedom, they will eventually leave and not return.
I then placed a question on a lighter note. Seeking a little more on the tricky subject of humour, I suggested there might be times when Salumet sees us as a 'very odd bunch'. We humans drinking the milk of other species, being embarrassed if we are caught wearing wrong clothes in public and denying our own smell by using floral scents. Does Salumet sometimes think us oddly humorous? His answer was serious, explaining that he understands our humour but that the humour relates to our physical living. He sees us as the points of light that we are spiritually. The details of our physical living with the attached elements of humour are not seen from (I assume advanced) Spirit. I said that we sometimes have to laugh at ourselves. That we were told is fine, but it is all part of the physical existence and is not really the concern of Spirit.
Salumet then departed leaving us with much love and leaving time for another to come through who would be known to us, yet has not been through a Spirit medium before. It would be a first time for that one and the process may take a little time.
One briefly came through Sue to collect some energy that had been given, because it was now needed in Spirit to assist the one coming. When this had been explained there was silence for just a few minutes. Then a voice through Eileen said: "It's Ruth!" Ruth had been Leslie's wife in the physical life and passed to Spirit 1990. Ruth, Lilian and Sue had been very good friends in the early, pre-Salumet days, and it might be said that it was Ruth and Leslie together, who established what we now think of as the Kingsclere Group. In those days, Lilian and Sue would sit either side of Ruth. On this occasion, they still sat either side of Ruth who now came through Eileen.
It was a grand reunion for the three. There was laughter. Ruth declared that she must take care to control emotion and it seemed that she managed this very well. I noticed the three held hands and smiled a lot. Lilian and Sue were addressed by name, but the rest of us were also no strangers, because Ruth looks in on our evenings from time to time. And she says what a nice room it is and it was easy for us all to exchange pleasantries. Ruth has seen Leslie, Roy and others and she keeps busy. She works helping those coming to Spirit to adjust and go forward. Eventually she said that she was told her time was up and we all felt delighted to have had such a chat. I said it had been a treat and a privilege and of course Lilian and Sue asked if she would come again. And what a shame that Ruth could not stay for tea!

~25TH October 2004~

Good evening. *(greetings)*
Lilian: As always, machines are fine as long as they work! *(referring to the tape recorder)*
Firstly let me say to you my dear friends I am heartened that you take so much trouble to record my words, but let me reassure you, that as you know from past times, my words are often repeated. So, do not become too concerned about any failing of your earthly instruments.
George: But we will be getting a new machine, because quite obviously it is very important material that we are recording and we wish to do it justice.
Well, again my dear friend, I thank you most sincerely for those kind words. Yes, it helps if you can show to others the words of truth and for this from my world we are eternally grateful to those of you who have the desire to spread the words of truth.
George: We do realize that we are a very big team with those in your world as well as the few here.
One cannot function without the other—remember this always. Always we are given much in the way of gratitude from those in your world, but let me repeat that without your dedication and your love of life, these events could not take place. Therefore our need of you is as great as your need for us.
George: We do appreciate your reassuring words.
I hope that each one of you felt some upliftment from last time, because it was felt that each one of you in your own way was in need of some little upliftment. *(affirmations)*
George: We have our periods of being busy and that happens from time to time.
Yes. I would like to say that it would seem that at this time of your year in this country that you inhabit, so many of you have energy levels which are depleted, in the same way as your plants and trees and animals become still for the winter of your years.

Sarah: I was going to say that not having the sun makes you feel a little low.
Yes, but what I would like you to try to understand at this point in your development, is that you have full control over your energy levels. The quietness is the time for rejuvenation, and it is important for you all, especially at this particular time of your quietening down, that you seek quietness in order for the Spirit to be uplifted and the energy patterns to maintain their levels of energy. So again I am saying to you my dear friends that I am giving responsibility back to each one of you. '*How much responsibility can one take*?' I hear, but let me say—and if it seems a little harsh I do not wish it to be that way, but you are entirely responsible for your own well-being and your *physical* lives. When we can step in and help to uplift you, then of course we do. We will always try to support and help you in any way that we can, but as you know full well, we are limited in what we can do for you. We can, as I have said previously, we can guide and uplift you, but we cannot interfere with your own free wills. But I would like you to ponder on my words this time about responsibility for your own energy levels.
George: Yes, I think we do better in that regard as we learn more about energy and the energy of consciousness, and it seems to fit in well with my reading at the moment, but I feel the more we understand about energy and consciousness, the better we are able to handle it.
Yes. As consciousness expands so too must your new minute forms of energy—you also expand. The only difference is that as human beings you have a greater responsibility for that expansion of energy that you are. Do you understand?
George: Yes. So the responsibility is ever-increasing.
Yes. It does not become more simple, in fact I would say that life in the knowledge which you have becomes ever increasingly more difficult—because of the knowledge, you have the responsibility known to you. So you see, much of my time in the past months has been to guide you to ever-widening consciousness, to help you unfold spiritually, to help you to recognize that being within, that true self. After all, in that recognition of self there lies all knowledge. And that is what we are endeavouring to do with you all my friends.
George: Yes. Thank you, it's a wonderful and sobering thought.
I hope that your minds open and expand as time continues, because there is much for you to experience, provided that the love to experience comes from the heart and not from the thinking. Remember that we have spoken of this.
George: Yes there's always the danger of becoming too intellectual and too, shall I say, detached.
Yes. Now, because we are quite small in numbers, perhaps we could spend some time with any questions you wish to raise.
George: Yes, I know there are several. Several of us have read something by a Japanese gentleman, Masaru Emoto, and he has done some very interesting experiments with various different waters. He seems to have highlighted the fact that good thoughts change the energy within water—and you've told us about water having all this energy within, but the good thought and the word and good music all seem to have an effect on water, such that when moisture films are frozen—I think he would probably freeze them on glass slides, then the little snowflake ice crystal patterns have extreme beauty, but the reverse happens when water is subjected to bad thoughts and bad conditions—then there is no beauty in the crystallization, it just forms a mess. To begin with does this make sense in your thinking that the good influence has a good effect on water?
Let me say this to you. I have listened to your words quietly and what I wish to say to you is this: This has begun to reinforce all that I have taught you.
George: Yes, that is precisely my feeling.
Have I not told you my dear friends that the power of thought is the most powerful thing that you will ever possess in this human form? Firstly, that power of thought is crucial for all of mankind to survive this physical being. *(short pause.)* **Forgive me for that lapse, but there was input from others who felt the need to speak to you. It took me just a moment to *gently* say that I must speak with you, because my words to you my dear friends are acceptable and may not be quite so acceptable from another person's voice. You understand?** (Yes.) **But many wish to speak on this subject, because the power of thought is all things; all actions-deeds start from the thought. So the simple answer to you my dear friend is that the gentleman you have named is only reinforcing what I have already taught you.**
George: At the same time he seems to be proving scientifically what has been said.
Yes, *he* is being influenced, *he* is being given help in that direction, that *his* word, because of his standing, will be accepted by many who would otherwise deny such a thing.

George: Yes, well he's written a very good book and I think that must have quite an impact.
And again, it is a very fine illustration of what rebounded thought can do. You understand?
George: Yes. And what he has done in relation to water seems to connect with so many other things. There is on record a priest who has fed 'holy' water to a Canna plant and that plant has grown four times the size of other plants in that locality that did not receive holy water, or blessed water.
Why do you not my dear friends take this information and also what I have told you and use it for yourselves for the betterment of your own health: use the thought for the water that you drink, for the food that you eat. And we have spoken of the plants in the fields, in the gardens—all these things respond to thought in the same way that healing thoughts are given to those in need.
George: Yes, and it is on record that plants grow faster when nice music is played to them. Conversely there is one type of music that has the reverse effect—it's called '*heavy metal*' I believe.
It is to do with the vibrations—this we have touched upon also, but now you are seeing examples of my words. I did say when first I came to you that there would be other sources of conformation and this is what is now happening.
Lilian: I'd like to ask a question.
May I—I am sorry to interrupt my dear friend. My dear friend who has just spoken, I do not often speak on a personal level, but I want you to be aware that at times you are becoming over-tired. *(George)* **Please be aware that the physical body also needs rest, that the Spirit needs to be rested also and that you must always, at all times, be aware of the need of physical rest.**
George: Yes thank you. I'm sure you are perfectly correct about that. I was beginning to have some feelings about that.
Yes, we know! *(chuckles)* **Now if you would like to ask your question** *(directed towards Lilian).*
Lilian: Yes. We were lucky enough to have a visitor from another planet and we feel very privileged, but would I be correct in thinking that other groups such as ours would have had visitors from planets just the same, in the same way? We weren't just the only group that this has happened to?
Of course, as I have just said, there will be confirmation of all that occurs within this room. I am not the only one who has come at this time of your evolution to teach. I believe I have told you that many of us have gathered at this time, in order to come and teach the truth, the truth that at this time, as in the past it has been denied, it cannot be denied this time. If only I could tell you how much effort those of us in our world have put forward to help you human beings, you would, I am sure, be truly amazed. So, yes, whatever is being told here will be confirmed from elsewhere. There are groups such as yourselves throughout the world who are doing exactly what we are doing here.
Lilian: And are ready to accept a visitor from another planet and people like yourself.
Of course. It can only be given to those of you whose minds are open to such information. There are too many who would deny such a thing, whose minds are not open to that expansion of consciousness. After all, we have spoken for many of your earthly years now, but it is not the words that are important—although they are to many, it is that your understanding and your own developments be such that your way of life and your words are the truth and the pathways for others. It is your light that will attract others to accepting the truth. Do you understand? *(affirmations)*
Sarah: So would you say Salumet that all those who would be ready to accept your word, will in some way find themselves into a group?
Not always. Remember, it has taken many lifetimes for people such as we have here to come together once more. One individual who is open to truth will always find their own pathway, but those from my world who have come to teach, have taken a long time to find groups such as this who are dedicated, who are simple and open-minded—and by saying 'simple', please do not take that as you understand it in your world—when I use simple, I mean purity of Spirit. All of these attributes are not with everyone. So again, I say to you my dear friends that you may regard yourselves as *chosen*, in as much as we have waited a long time for you. *(thanks expressed)*
Lilian: Any questions Margaret?
Margaret: Only that after I've been here I go home very, very happy knowing that someone's looking after me. I feel honoured to be able to come to this group.
Yes, you see *there* is the simplicity of your words: that you feel *honoured*—perhaps *honoured* is not the correct word, but that you are *humbled* and that is who we wish to teach the truth to—people who are humbled in their thinking, people who can show love to their fellow man, people who can join together as

you do without envy or greed of another being. All of these attributes are with you my dear friends and once more I will say that we welcome the love that you give back to us.

George: Could I mention another scientific area which I think has become very important and may well connect with Mr Emoto's work and that is Kinesiology—the healing through Kinesiology, which is muscle testing. Now at first a chemical in a small phial, which would be harmful to the body, if that is merely held close to a person who is muscle-tested, that muscle will go weak, but if the phial contains a substance that is beneficial to the body that muscle will stay strong. This is the principle of muscle testing and it's called Kinesiology, but the good thought, of course, can also induce strength in muscle and the bad thought induces weakness in the muscle testing. It struck me that this is rather similar to the influence of good and bad thoughts on water that the other gentleman was experimenting with.

Yes. I am familiar with the word that you use. This action has been known of for a long time in your world.

George: Yes, in our world I think about 30 years.

Yes—no, much longer, much longer, but let me say this to you, that every single cell within the human form is almost as individual as each human being. Each cell within the muscle responds to whatever is happening *without*, as well as the workings of the body *within*. Are you following me? (Yes.) **Now, these individual cells have the ability to work *with* each other or *against* each other and that is the power of the thought that is coming to them. Again, it is to do with the thinking of the human being, whether it be muscles, whether it be skin, whether it be whatever part of the human frame you wish to mention—it has a reaction to what is *good* and what is negative. But of course, as you know, *positive* and *negative* are necessary for all of existence. But we are speaking of something different when we speak of negative *thought*. Let me say, with this type of treatment, and that is what it is called at this particular time, that the muscle tested will respond subconsciously to the thoughts of the person who is tested.**

George: Yes it is a way of communicating with the body direct.

Yes and therefore that is the way the muscles will respond, but what I wish to say to you is this: that the human being instinctively knows what is good and what is bad for its own wellbeing. That knowledge lies within every cell—every atom of the physical makeup of the body. Are you beginning to follow me?

George: Yes, so one human being is rather like a huge colony.

Yes, and that physical being has the responsibility of listening to the small voice from within, and that is where the Spirit being comes to the fore. If this is ignored, then we have all kinds of problems. The body does not *listen* to what it is being told. Remember that I am simplifying all of these things for you. It is a little more complicated than my words, but I am endeavouring to tell you that ultimately all of these things stem from quietness and listening to that still, still voice from within, which is your own spiritual selves. The body instinctively should know what substances are right and which are wrong for that particular physical being.

George: Yes, so the principle involved in kinesiology is really very different from that involved in Mr Emoto's water experiments?

Slightly—there is an element of thought as I have said to you, but it is for the human physical being, it is a matter of knowing instinctively what is good and what is bad, whereas the water reacts instantaneously to either positive or negative thought. Water is pure energy after all. The human physical being is rather more complicated in its structure. You have to remember this when you are making comparisons. I hope that has been a little helpful to you.

George: Yes. You indicate that while Kinesiology has been published in book form for the last 30 years, it has been known for much longer.

Yes. All it does is highlights the fault of the human being in recognizing what its own faults are. The human form should recognize instantaneously what is right and what is wrong for its own wellbeing. But again this is a process which has been forgotten and which mankind needs to reintroduce into his own thinking.

George: Yes, I get the impression it is a very important area **(Yes.)** for us and the principle seems to be extending into charting the development of consciousness, **(Yes.)** which could perhaps make it, as far as our understanding goes, even more important.

Yes, I agree with you there entirely. Now I feel that for this time you have enough to think about. Again my words are being repeated, but on a different subject; but do you see my dear friends how *all* thoughts come back to the same thing?

George: Yes indeed, you've given us a very interesting evening again. *(affirmations)*

Well, I will leave you this time, of course as always with much love and support in your own lives, but let us finish this time with some self-development. I would suggest perhaps, my dear lady friend, that as you are small in numbers that perhaps each one would sit quietly and see what is given to them for another one within the room. Let us see how much they have grown in their own way in using that part of Spirit, which is *mind.* Let each of you see what can be picked up from another. Do you understand? *(affirmations)*
Lilian: Yes. We will do as you say, see what we can pick up. Many thanks again.
I am always pleased to join with you and always I leave you with much love. *(thanks and farewells)*

~8TH November 2004~

The usual cassette recording had developed a fault so there was some disruption at the beginning of the meeting, getting another machine set up:

Good evening. *(greetings)*
As I come to you this time I am touched by your consideration in trying to capture my words on your machines; it has occurred to me just how base your equipment is still on this planet, but nevertheless my gratitude goes out to all of you.
Lilian: The other machine which is not working belongs to Paul.
We would not wish to call him back from that which is educational for him. (Yes.) **This time my dear friends, I wish to speak with you about emotions, which in your world at this particular time—emotions are running high and all too often we hear about good or evil. My purpose this time is to remind you all of my teaching, that there are only two emotions within your world which are of importance: that is *'love'* and *'fear'.* And when you humans speak of evil, let me remind you that 'evil' as you call it is based in fear. It is a little awareness of what is truth in the sense of knowing that Great Creative Force. In this I am not speaking of religion, but of that deep personal awareness which is within every individual: that is what is lacking at this time in your world. I wish to say to you again, there is no need for fear, because in allowing fear to enter your hearts, you are opening up to that non-awareness of all that is good. I wish just to remind you gently, that to live in love, to be aware of all that is good, brings you closer to that part of existence which we know to be truth. Do you understand my words this time?** *(affirmations)* **I ask of you my dear friends to once again think of your brothers in this world who need your help, to send thoughts of love to all of those areas within your world who are spiritually in darkness. You are, as I have said many times, beacons of light, as are many within your world, and the light of the Spirit cannot be extinguished. Therefore I say to you my dear friends, use that love which you have to help your fellow man. I know that I ask these things of you on many occasions, but it does not hurt I feel to gently remind you occasionally of these things. Do you have any questions for me this time?**
George: I was just thinking one of the words in our language is 'disappointment' and this perhaps is one of our emotions. We sometimes see our governments doing the opposite to what we feel would be good, and we are disappointed that it doesn't happen. I just tell myself that I think it's going to take a little while longer. Have you anything to say about disappointment?
Yes. Let me say this to you my dear friend. Disappointment is within yourself. You cannot judge other people on their actions, because you do not know what is within their hearts. But what you can do is to send love to all of those people who you *feel* are not aware of the goodness which surrounds you. We too, in our world at times, I will not say are disappointed—that is a word belonging to your Earth, but those in our world sometimes feel that our love is not touching those in your world. So, in some sense I suppose we have the same emotion, but on a slightly different level.
George: Yes, that's interesting, thank you.
Sometimes those who work in our world and who have not reached a state of unity within themselves, can also feel that their work is not going as quickly as they would wish. But the difference between our world and yours is that we accept more readily that these things will happen, but in your world you feel that in some way you have let yourselves down.
George: Yes, it often takes us a little longer to accept.
Yes. What I would say to you, is dwell only in feelings of love and the emotions that you feel that come from the love source, will eventually work their *magic* in your world. But again I have to say my dear friends that *patience* is not something you human beings are good at. *(affirmations)*

Sarah: I suppose that in our world we cannot see the full picture and that's why we get impatient, **(Yes.)** whereas in your world you do see the full picture and know that it going to happen.
You must *know* you have to know within your *hearts* that what you say and do will occur. Any doubts, any fears will create more negativity. This you know also, but it is something I do have to remind you of. So forgive me if it seems that I am always repeating those same words to you.
Sarah: It's good you do, because quite often I need to think more on them and I'm pleased to hear them again.
Yes, and time as you know it here is not as it is in our world, but at this moment in time there is so much talk about good and evil, I suggest you focus on the good. Good and evil is love and fear. Are there more questions?
Lilian: The visitor we had from another planet the other week, they are very much aware on that planet of their spiritual side, are they? Much more aware than perhaps we are here?
I know of whom you speak and yes, the particular individual who came to you is much more aware spiritually, yes.
Lilian: So, in the past you've told us that at some time in the life of this planet we were space travellers. Is that how you travel—travel with the mind? Did we travel in the same way?
You must remember that to space travel does not take you far from this planet. It does mean travel throughout all of the universes that exist. Yes, this planet did have space travellers in times past, but the traveller that we speak of now was of course travelling with the Spirit—the mind; there is a difference. In the same way as your spacecraft travel now, so too was there craft that left this planet in times past. You understand?
Lilian: Yes, it's interesting.
George: Our recent friend, it seems his travelling is in the nature of 'mind projection'.
Yes, it is different. (Yes.) **He could not possibly travel in a way you would understand if it was not by the mind.**
Sarah: Has this traveller any connection with Paul or did he just choose him to use as a channel?
The gentleman used as a channel was chosen by the visitor from another place. That was entirely his choice.
Sarah: They are not connected in any way?
No, no. It was just that the channel has been primed for some time in order for this to occur.
George: I imagine that suitability of energies comes into it?
Yes, and it does not happen just like that, although I know sometimes as you sit within this room you feel that communication is an instant thing—it does not happen that way; there is much work on both sides.
Sarah: So even with the rescues, have the rescues already been worked on for some time?
No the *channel* has been worked on for some time, not the rescues. The channel and those in our world who will bring those rescues, have united on many occasions, in order that rescues may take place.
George: A further question I'd like to ask is about the work of the Japanese gentleman, Masaru Emoto, and his work on the configuration of water and how it is affected by our thoughts. **(Yes.)** You mentioned the planetary etheric being altered at some stage and I was wondering if that altered etheric acts in a similar way?
Will you rephrase that question to me, please?
George: The planetary etheric, which has undergone a change, **(Yes.)** would that have an effect on earthly things? Would it for example configure in any way the rain that falls, or would it behave like a thought input into...
Yes, I understand. You understand that the etheric part of your whole being is *engaged*, if you like—perhaps that is a good word to use—that the physical and the spiritual energy is engaged together, and one cannot work without the other, therefore is influenced by each other—in the same way is the etheric energy of the planet. In the same way as thought becomes reality, so too is the effect of the etheric on the planet used as waves of energy to alter all that is around. So, therefore, my answer to your question is: Yes that change within the etheric body can have an effect on the physical planet. It can influence in many directions.
George: Yes, it just occurred to me that it might be acting in a similar way.
Yes, it is very similar.
George: Thank you, that's interesting

Yes, you always have that interaction between the two. You cannot separate them and speak of them as separate things, because all things are interlinked. Therefore, as you have the wave in your seas which affects the further part of the water, so it works from the etheric energy down through the physical. You understand?

George: Yes, thank you! I've another question: It is about our language really. We understand and accept what you've told us about soul and how it is part of a larger soul or system…

May I interrupt? I would wish to say that the Spirit belongs to the Soul. The soul is the all-encompassing being. There are different parts of Spirit, not Soul. Soul is the all-encompassing, yes.

George: What I was going on to was there seem to be a number of other terms which are derived from our science and our thinking, which all sound rather similar. And from our further study of kinesiology, there is the expression 'attractor energy field' which is described as being part of a larger attractor energy field, which is also part of a much larger attractor energy field extending across the universe. **(Yes.)** And there is David Bohm's 'implicate order' underpinning the physical order of things and there's Carl Jung's term 'collective consciousness'. These all seem to be somewhat similar and I get the impression that our science is striving from various sides, but perhaps not quite getting there. Would you care to comment on that?

Yes. Your science at this time of your evolution is indeed making progress. When first I came to you, I told you that much influence was being placed not only upon your world leaders, but also your scientists. Science is beginning to realize that what has been said for much of your earthly time is indeed correct, but having logical minds, they insist that they must have proof as you full well know. But they are beginning to understand that what they cannot see *does* exist and those in our world are at this time giving much influence to them, so their understanding is greater. And we are not far away from *some* of your scientists within this planet who are willing to stand forward and to say that life does exist on another energy level. And they will—I will not say 'be happy to say that', because it will put forward new ideas that have for so long been denied. But yes, many of your scientists know about 'soul-connection energies' that have not been discussed before and many other things, which come from our world. They will stand tall and tell the truth as it is. But many names are given to these energies and I would like just to say to you this: that it matters not what words are used, what names are given, but if you stand still and imagine reverberation of sound that goes further and further out into your atmosphere, then you begin to get the idea of what it is about. Think of the echo. How long does the echo continue? Yes—think about it. Has that helped you?

George: Indeed, thank you for clarifying what was becoming a confusing area. And we must get out of the habit of wanting to devise physical proof for spiritual things.

You never will have all proof, but there will be events and happenings which they will find hard to deny.

George: And when all the pieces of spiritual information all fit together beautifully, like a huge jigsaw puzzle, then that in itself is a proof I believe.

Yes. Truth cannot be denied—it *has* been denied for too long and many have denied what they know to be true, but the time will come when spirituality of man cannot be denied. It is growing within your world, although you *feel*, as I have said to you when I came, that so much talk of good and evil exists in your world, but there are so many voices now that come out and speak of the truth and that is what we are inspiring to do from our world.

George: Yes, that is a joy to see and hear.

Yes, again have I not told you that truth would be given through many mediums and it is beginning to happen. Now my dear friends I will leave you this time and allow another to speak and I hope that you will find it to be of interest to you.

Lilian: Thank you. It has been a very enjoyable evening. *(affirmations)*

I am always happy my dear friend to try and enlighten you in the most simplest of ways, in order that our words are acceptable to you and that you can go forward in your own thinking. Until we come together once more, I will leave you ever clothed in the light of love.

Note: This change in the etheric is referred to in the teaching of 10 March 1997, an extract of which is in Appendix III of *A Smudge in Time.*

One through Sarah followed, giving further information that so many were helping from Spirit, to encourage those on Earth to move a little closer to truth. World leaders were also being influenced more at this time to bring them nearer to truth than they are at present. It was explained that they could not interfere, but help was certainly being given in every way possible. A 'Pool of Love' had been created around the world, which would help to pacify the anger of some. This was not interfering, but was merely a tool to help it was

explained. There were of course many still angry and sending out many negative thoughts, but as much was done as possible to reduce the effects of the rebounded thoughts—again not to interfere, but as a help where possible.

~22ND November 2004~

Good evening. *(greetings)*
As we have joined together this time I have felt that union of your light; it grows stronger as time continues. As we are nearing another end to one of your earthly years I would just like to remind you my dear friends, of what we have tried to achieve in this year of your time. Perhaps you remember my words—the words that I told you were that this time much of it would be devoted to individual self-development. A number of you have gone through a transitional time in these past months, mainly connected to your earthly families. But let me say this to you my dear friends, that *all* happenings have a purpose and by now you must recognize that these happenings are for the growth of your Spirit selves. I know, as those come close to you also know, that this awareness has grown much within you. You must also recognize that not only have you learned many of life's lessons, but that family in Spirit—and in using the word 'family' I mean your spiritual family—those you are not aware of consciously, but who nevertheless are family—they also have played a part in your development. Therefore my dear friends I ask also that you remember them when you give thanks for all that you have attained.
Lilian: Would it be that they help us with their problems?
They help you in *your* problems, not in *their* problems. But they come close to you in times of need, in order that the Spirit may be uplifted when needed; and each of you have had times when this has been necessary.
Lilian: This has certainly been quite a year for some of us.
Yes, I did tell you that it was a year for growth. You now accept readily the words that I bring to you and for this my dear friends, I will remain ever grateful. My love extends to you all at all times, but we are fast approaching the time when it is becoming necessary that each one of you now recognizes the spiritual gifts that you each have. I would say that the greatest gift since first we met has been that of great humility in the knowledge that you have accepted, together with the love which you have given out, not only to those of us in our world, but also to each other. When we come together in another of your earthly years, there will be occasions when there will be for at least one within this room, help with your own gifts. I know that you are not fully aware of what gifts you have, but it is time my dear friends that the fullness of your gifts must be explored.
Lilian: Would the biggest gift we have be the knowledge that you've brought to us?
You have readily accepted my words for so long and there is much more that I wish to bring to you, but the time has come when individual development must go forward; it must go hand in hand with the information which I have given to you. And again I will say these words to you: that as much as we wish to help you, the responsibility for the use of your spiritual gifts mainly lies with each individual. Therefore the responsibility remains in great part with you, but we will endeavour to bring to you many who will *try* to help as they have done for many of your years, but for many they still feel that they are not being recognized.
Lilian: We will try to give more time to become aware of them.
Yes, as I have said, the greater responsibility lies with you. We cannot make you do what you do not wish, but we would wish to encourage in any way that we can. *(thanks expressed)* **You all have many gifts between you and although I would say although you do not seek phenomenon, it is part of you that these gifts be used. That is why we will endeavour to help you all we can. Do we have any questions this time?**
Graham: **Yes,** I was reading a book and it was talking about karma and the subject of manifestation came up. There's a lot of books at the moment talking about manifesting all that you desire and the book was actually urging caution against this, because if, for instance, you try to manifest £100, then in doing that you may well be successful, but it may well be at someone else's misfortune. It was saying that you have to be very careful about the karmic consequences of manifestation. Is the book really giving a true account of how things really are?
I will reply to you my dear friend in just a few of the words that I have given to you before: be careful of what you wish for. Always be cautious with your thoughts, be careful that what you think is for the very

best of reasons for everyone who is attached to you. (Yes.) **Again, responsibility lies with each one and of course these gifts or 'karma' as you may wish to call it, is available to all, but not necessarily for the best. So I say only be careful of each thought. Remember the power which lies behind thinking and remember of course my words about rebounded thoughts, which could then encompass what you call karma. You understand?** (Yes.) **There is no harm in desiring many things, but it is the reason behind the wish that you must analyse.** *(general affirmations)* **You see you know already my words, because it is there within your own thinking.**

Graham: In the past I've taken the explanation, but with time the understanding of it is deeper. Sometimes you have to go over the subjects over and over and over again until it goes much deeper and the true understanding comes to the surface.

Yes, that is why my dear friend I never apologize too often to you for repeating my words, because we know that as human beings you need to hear words often before the understanding becomes fuller within you consciousness. But I would say this to you that if you have any doubts about anything, then you can say that it is not that right thing for you. Always listen to that quiet voice. That is the easiest way I can put it to you. I hope that is acceptable. *(thanks expressed)*

Sarah: This isn't really a question, but I was thinking how difficult it must be for leaders of countries who are not perhaps going in the right direction, and I know you are going to say that I must not judge, but there are many who are giving bad thoughts to these people and some who are giving good thoughts to these people. I was just wondering how much the loving thoughts override the bad thoughts from the people. In this case, public figures are probably being bombarded all the time.

Yes, I understand your words. Of course it does not happen in an instant of your time, but love will always override any negative thoughts eventually.

Sarah: Even though there may be more negative thoughts than positive ones?

But loving thoughts will grow. Negative energy has to be transmuted and changed—that is what you must try to understand. Loving energy can never be destroyed or changed, it just grows. Negative energy can be transmuted into good. Think along those lines and the understanding will come. *(Yes, thank you.)*

Sara: I was just thinking that sometimes people behave in ways that disappoint us. Merely telling someone about the experience or what happened, that is not negative is it—if you just observe the behaviour and then if you send them love and you don't really bear them any ill will, you are just observing their interaction. What I was wondering was that it's not negative to tell somebody about what has actually happened or occurred—we can't control how people behave towards us sometimes, even if we are loving.

Whatever is done in a loving way cannot be negative, but let me once more my dear friend repeat to you words that I have used before: if words or actions from another human being does not sit right with you, look within yourself, because that discomfort, that unease lies somewhere within your own Spirit and has to be faced. But to speak truthfully with love is being true to yourself. Never, never use negative words to another.

Sara: Not to another, but if someone behaves…

The fault lies within your own Spirit.

Sara: Ah, interesting. I will have to think about that.

As if you were looking within the mirror. Look to the mirror image and you will find where the unease lies. You understand?

Sara: Yes I do understand, thank you.

Sarah: If you were, for example, at war and you feel angry at, for example, a Muslim killing a Christian because the Muslim does not believe that the Christian is behaving correctly. You can sort of understand it, but it is difficult to—if I were to look inside myself and think...

Why do you feel anger toward them? Why do you feel unrest?

Sarah: I don't feel anger towards them, because I know that I must just give them love, but it's very difficult to understand their actions, if I'm thinking that was not very good to do that just because they're Christian, do I still have to look within myself and see?

Because my dear friend you are being judgemental and why do you have the right to be judgemental for actions created by others? When the Spirit can look upon all negativity with loving eyes, there can be no unease within the Spirit. That is what you are trying to achieve.

Sarah: But when you say that nobody should take another's life…

I stand by those words.

Sarah: So if somebody takes somebody else's life, I know you mustn't *judge*, but you can't *think* that that is right—if they have taken another life when you say that we shouldn't take a life.
But you cannot pass judgement, because you do not know...
Sarah: …the full picture.
Yes. Again, the person who has done the deed that you find sits uncomfortably with you, must, when he comes to our world, face his own reality and you do not, if we are speaking of right, do not have the right to place judgement upon another—only that Spirit has the right to make judgement upon himself. You understand? (Yes.) **I know that in general human beings find it most difficult not to look at war and other situations within your world that you feel to be not quite right, and of course there is much negative energy in your world. But, as we have said, you have to give of your love if you wish to dispel negative energy around you.**
Sara: I recognize that when I do give loving thoughts I think always I can achieve the best from someone, I can achieve a good result in terms of good behaviour towards me, but of course sometimes if I don't perhaps do it so often or make an effort, I think possibly interactions can degenerate, because some relationships are easier than others. I recognize we have the power to change all this with loving thoughts. **(Yes.)** I think what I was asking before was, if someone behaves in a disappointing way then that's how I process things; I come home and I analyse, I think. Really the answer is just to give love—the thought.
Yes, it is your individual thought that has *decided* that it is disappointing. It's your own judgement, so therefore you must look inwards to yourself.
Sara: So in fact there was no offence intended anyway. **(Yes.)** Of course, it is an interpretation of the behaviour.
Do you understand?
Sara: I do, I do. That makes it a lot clearer.
Sarah: So the whole war thing, countries going to war, we just have to give love and recognize that that's meant to be.
We have spoken of karmic debt earlier, partly when we speak I will use your earthly word of 'war'. When these things happen in your world, there is always reasoning behind it. You may not fully accept or understand it, but there always has and always will be negative and positive energy. Whichever way it is transformed, that is up to the human beings that inhabit this Earth.
Lilian: So no matter what situation, whether it be to do with children or adults…
That, my dear friend, is not for you to pass judgement. Because of your human nature, you feel that you must always focus your intelligence upon what others are doing, instead of unconditionally giving love to *all*, to all things. You have been given freewill, which at times does not serve you well, but that is why it is most important that the spiritual side of your being must stay to the fore throughout your human existence. Do you understand? (Yes.)
Sarah: So if you see a situation where you think you perhaps ought to intervene…
That becomes part, my dear friend becomes, of your freewill, but you must fully accept the responsibility for your own actions. You understand?
Sarah: So if you let the Spirit come to the fore, the Spirit will let you know.
You will always do what is right for you, yes. You cannot become human beings of great purity—that is not why you are here, but always with you there is this struggle of what you consider to be right and wrong, when in fact you should be focussed on developing your spiritual gifts and awareness, in order that you can rise above many situations in your daily lives. *(affirmations)*
Sarah: So on the one hand you want to help and do the best you can for others and on the other hand you have to stand back and let the Spirit come to the fore and then you will know which one to go for.
If you are spiritually aware, that inner knowledge would be foremost in your thinking, in your realization, in your everyday living—that my dear friends is another reason why you should give more time to your quiet moments, in order for *us* to be able to *influence* and *help* you to the true natures of beings that you are.
Graham: We live in a society where there are courts and prisons and there are sentences and punishments that are given out to people. Many people feel that the system does not work and that prisons are *'universities of crime'* and that when people go to prison, they actually come out more embittered, more angry and more knowledgeable about criminal activity than they did when they went in. I was just wondering, will it happen at some future time that this type of judgement—prisons and punishments will no longer be relevant, but society will have a natural justice?

Only when each individual recognizes what is right and what is positive energy, and I have to say my dear friends that your planet is quite some way from ever having that kind of situation. There is still so much learning that is taking place in your world, but in saying that there are so many from our world who come, who are here, who are *helping now.* Therefore I say to you, do not feel dejected in your thinking. Love will override negativity at all times.
Lilian: Yes, that's encouraging to hear. *(affirmations)*
If only you could see that in each dwelling place such as this, where light is strong and pure, that as that grows within your world much love can be given. But also you need patience. *(affirmations)*
I feel that for this time I must withdraw from you. I will leave you as always cloaked within my love. I will leave you with my dear lady friend and see what the rest of your evening brings. *(thanks and farewells)*
After some time, one followed through Sarah to explain new protection being given to this group, which would especially be of benefit to new mediums wishing to be used. It was described as a 'wall' built to keep those 'forces' out who they know should not come, allowing the group to be free from 'unlawful' spirits.

~29TH November 2004~

The cassette recorder was not yet fixed, so this recording was very bad quality and some responses were unclear, as stated in the text.
Good evening. *(affirmations)*
This time I feel that with some there is depletion of energies, but as we join together this time you will begin to feel much upliftment. *(thanks expressed)* **Before we begin I would like to ask of you my dear friends, that before this earthly year is ended, if you would be prepared to give one evening to helping those in our world—in other words the work that you first began with us.** *(affirmations)* **If conditions are right then our next meeting those in need will be there. You are happy with this?** *(affirmations)* **As always, we are indebted to you; without your help we could not go forward so quickly with those who are in need.** *(pause)* **Forgive the quietness, we are helping with vibrations. As I said, some of your energies are depleted this time. I will come to you only once after our next meeting before I leave you for that break which comes at this time of your year. But let us this time ask if you have questions about last time.**
Lilian: You asked us to think about our spiritual gifts. **(Yes.)** You mentioned our spiritual family. So is that people we have known in this lifetime, other than our family we know, and those on the other side we are unaware of and are they part of own soul?
All of those questions are correct, yes. There are those who you have known in this life, who have now become part of your spiritual family, but that is not to say that that is always the case. You know quite well, that the love bond is the most important thing, but yes, your spiritual family are those who are with you all of your lifetimes, who are part of your own soul; indeed *that* is your spiritual family.
George: I was not here last time unfortunately, but I'd imagine there to be some within our spiritual family whom we've never met physically?
Yes, I would say as human beings you will not remember the spiritual family until you come to us, you understand? (Yes.) **But the recognition will be instant when you join us.** (Yes.) **Does that make it clearer?** *(affirmations)* **Do we have more questions this time? You are all happy for us to move forward?**
George: I've a general question if that's appropriate at this time?
If there are questions, we are always happy to try to give a satisfactory answer to you.
George: Prior to reading Courtney Brown's book: *Cosmic Voyage* I had no idea how American military surveillance has progressed. They have developed a 'mind projection' technique that they call 'scientific remote viewing' originally to find out how many rockets were being stored in distant silos. This took them into Spirit realm, that they call 'subspace' … they have their own jargon. So they have STUMBLED into Spirit realm and time-oneness, meeting various entities, including a non-physical group that they call: 'The Galactic Federation'. I understand this group go about the galaxy doing good works where needed. Having set the scene so to speak, my first question is: Is there a Galactic Federation? Or should we know it by a different name? Or are they merely reporting on the work in Spirit Realm that we know of anyway?
I will answer your question my dear friend. Firstly, let me say this to you: the purpose of their work was to begin with not for good, as you have quoted to us, but they have discovered, much to their amazement,

what many of you Earth people already know through mediumship. This is not new to those who have worked with our world for much of their human lives—that is the first point I wish to make. Let us now come to what you feel is a new concept, a new idea to you—nothing comes to you by accident.
George: This book was certainly no accident! It was quite literally put into my lap. I was sitting in the back of a car and it was in the seat-pouch in front of me! *(chuckles)*
But my dear friend we had spoken, had we not, of mind projection, when our young gentleman friend was used for that very purpose?
George: Yes indeed, and this is a type of mind projection...
Yes, it is the beginning of letting you know, as I have told you on many previous occasions, that whatever I bring to you will be verified from many other sources. (Yes!) **Yes, therefore I think your amazement is now a little dulled!** *(laughter)* **Yes. There are many words—descriptions used by you human beings in your world. We have, as I told you previously, reached a point where you can now accept a fuller picture.**
George: Yes, I feel I understand that concept.
Yes, and mind projection is nothing new; it has always existed, but it is only in your time, may I say, that all of this information is being gathered together and there are pockets of people on your planet, who are wishing to strive for evermore knowledge and that includes your scientific communities. The question about those beings who take care of the cosmos, that also is not new, but has a new title.
George: Yes indeed. Can you say a more appropriate title that we could use?
You may use whatever words you wish to help you, but to us they are spiritual beings working for the good of all planets.
George: Yes, that really says it all.
Yes, you may call them travellers, they call them galactic—that is a word used in your time.
George: Yes, and in their mind projection literature, they refer to encountering 'Midwayers' and point out they should not be confused with angels. I think they would be what we know as Spirit guides. *(In an earlier teaching, Salumet had pointed out that some confused Spirit guides with 'lower' angels.)*
Perhaps an apt question for them would be, 'midway to what?'
George**:** I think the implication was that they were midway between the physical Earth plains and deeper Spirit realms.
But they have a long way to travel. *(affirmations)*
George: A further question that arises from this concerns Mars. I believe you once said there is no life on the planet Mars and I think your meaning was: no physical life on the physical planet now. Perhaps there was once, so that there are soul aspects in Spirit?
I will say to you once more, as all that is physical is recognized by you at this time, there *are* no Martians, but you are getting to a deeper subject when we speak of the soul aspects, and yes, as has happened to your earthly planet, so too has evolution taken place on all of the planets, within not only your cosmos, but to the wider picture of all life. When we speak of soul aspects, we are speaking of something much deeper than your understanding.
George: Yes, the reason I asked the question was that encounters with Martians are reported in the book and it is suggested that they have infiltrated into earthly life.
Let us say this, that there are beings who inhabit many planets that you are not aware of, such as the visitor who came to you through our young gentleman, through mind projection. You understand? (Yes.) **Why do you suppose that there are differences in these beings on different planets? Remember: think of your own earthly planet and the diversity of all the animals upon this planet. Those beings trying to infiltrate another planet's life force may very well succeed, but that does not make it the right way to be going. Are you beginning to realize where we are going with this? Because beings exist on other planets, does not necessarily make them *spiritual* beings; they have existence, in the same way as you beings on this Earth planet. So what I would wish you to think about my dear friends is that any infiltration—and it can happen, because there are beings so very much more advanced in their ways than you are, but it does not always make it the right action.**
Sarah: When you ay they are not necessarily spiritual beings...
Because they are beings from another planet, they are not *spiritual* beings.
Sarah: But they do have Spirit, because we all have Spirit...
Of course, you are Spirit, but you are not completely Spirit, because you are donned with physical garb and so too are many of these other planetary beings. You understand? (Yes, thank you.) **They may be more**

advanced in their spiritual virtues, but having the knowledge does not make it always for *good*, because spiritual gifts can be misused, in the same way as the gentleman has said that they *(US Military)* **have used knowledge that they accidentally came across, but the purpose behind that was not ultimately for *good* to begin with. So you must always differentiate—just because a gift is used, it is what is in the mind and what that gift is to be used for that is important.**

Sarah: Yes, so can these space travellers influence, for example, leaders of countries?

Only in as much as the being would allow them to, in the same way as another human being can influence you, but that inner knowledge will always come to the fore.

George: It occurred to me that, just as the Atlantean civilisation lives on in time-oneness Spirit, so too might Martians and they might possibly get transmuted/transferred into earthly bodies. This would I believe be the only way that Martians could live on Earth?

You cannot destroy energy and anything which has existed will continue to exist—you can never destroy that energy. (Yes.) **As you say, it can be used, it can be transmuted or transformed, but it cannot be destroyed. Therefore you could say that all that has ever existed still exists, because there is a never-ending blend of energy that is left behind that is ever-changing and which is happening to all of the planets at the same time. We are getting into very deep waters here my friend and I feel that at this time your understanding might be adequate, but for the others, they are not quite ready.**

George: It is indeed complex.

When we speak of Spirit you are speaking of a completely different dimension. There are degrees of Spirit, as I have told you.

George: Yes, in fairness to the author Courtney Brown, I should point out that he is no longer with the military, but continues his own research using the basic procedure initiated by the military.

Yes, and if he is looking for truth, then he will find the truth that he desires, but let me say just this one thing, that each one of you takes your own truth. For example, if I give some details, some knowledge, each one of you will decipher that knowledge to your own capabilities. So the understanding is quite diverse. So remember this also, when people are going further within themselves to seek greater knowledge that they are expanding into an unknown world that they perceive. You must always take this into account. It is too simple and too easy to say 'x, y, z', to clarify in your own minds something which is not quite so simple.

George: Yes. One of the motivations of this research is to try to explain the abductions*...(unclear on tape)*

But I would disagree with you about this—non-physical beings—but my dear friends they *are* physical beings—they are not spiritual beings. They come from other planets, but they are not Spirit. They have physical garbs, which may be different from your own, but nevertheless they are people, of how you would term on this Earth, they are capable of dying and throwing off those garbs which they now possess. Do you understand? Do not be fooled into thinking that these visitors from other planets are spiritual beings—they are not. *(George's response is again unclear on recording.)* **They have spiritual attributes the same way as you do, because all life is spiritual energy, all life returns to that spiritual essence. But why do you think that you Earth beings are the only beings in the whole of existence?**

George: We readily accept that there must be many planets through the cosmos supporting life that is similar to ours.

Their only difference is in their perceptions of what they can do…*(tape too faint)* **Many of these beings are curious as you are. They want to understand greater things in the same manner as you Earth beings wish to explore space that surrounds your planet. But because of their wider knowledge of travel and spiritual gifts, they are able to do what most of you beings here cannot. They are just more advanced in many ways in their abilities.**

George: That helps put things into perspective. Thank you.

That is why I am always pleased for you when you suddenly begin to understand some of my simple words, because with simplicity comes assured knowledge that what is being said is correct. I hope that has helped you just a little.

George: Indeed it has and it all adds on nicely to our introduction to 'mind projection'

Yes. It is somewhere that we will expand to, but for you finding the book is another stepping stone to what I had already placed to your mind.

George: Yes, I've had two important books placed before me recently!

Yes, and they will not be the last!

Sara: Sometimes when I have a quiet time I experience a ringing in the ears. I was reading a book by Doreen Virtue in which she explains that it is information being "downloaded" to use a modern term. Could you please comment on this?

Firstly, let me say that all Spirit finds the use of vibration in your world much easier to use than materialization and words, and what is sensitive within your body beside what you see in your eyes, but the ability to *hear,* which has been lost over your earthly time. I will say to you that yes, I would say that you need to listen a little more closely. It is very often those from the angelic realms who use this method of communication.

Sara: That's interesting.

You have to listen with the spiritual hearing and then it will become more clear to you what is being given to you. It will not come in an instant, but with practice you will suddenly feel that you will *know* what is being given to you. *(Sara's response unclear on tape)* **And although you do not fully understand what is happening, the spiritual being that you are knows instinctively know what is the right thing.**

Sara: Thank you. I did notice that after the last time I experienced it, I knew how best to help someone who was in need and I felt changed in some subtle way after the "ringing sound".

You may also find my dear friend that the vision that you have also has very subtle changes when you are still. This is part of your personal development. And now as we speak of personal development, I will withdraw this time and allow you all to try to blend with those who come close to you. I would say it is time that you become more confident in what you are feeling and in what you are seeing—in any small detail, you must give out so that those in our world know that you feel and received what they try to give. *(thanks and farewells)*