22ND January 2007

Good evening. *(General greetings)*
As I join with you this time I am happy to see so many of you come together. As you know my dear friends, when I depart from your presence and return to my rightful home, I come to you much refreshed and uplifted.
George: It is certainly wonderful to have you back again and we all give you a very warm welcome.
You need not express that in words—I know my dear friends. It is good to be amongst you and although time means nothing in our world, to you it may seem quite some time, but I have been aware of you all my dear friends in your everyday lives. And I would like to begin this start of your new earthly year by just saying that this year there will be much talk amongst politicians in this world on a national and a global expression to incite more peace within mankind. So I would say to you, this is what I would call a most important year, just in as much as these people are speaking on a deeper level. So, that I hope has started this one of your earthly years on a much more promising note.
All were happy to hear this news.
George: That is very good news.
It is a start—it is not a result, but it is important that mankind understands each other. I have many things with which we will discuss together, but not this evening because we have others who wish to come this time and I will be happy to work silently with this instrument. So I will say to you my dear friends for this first coming together of this New Year, I will answer any questions and then allow the others to come, but next time I would like to discuss with you a specific subject. So if you are happy, that is what we will try to do this time.
Lilian: Thank you. If I could ask just a quick question—we did a rescue last week and this person was obviously in a dark place, but showed signs of wanting to come out into the light—being channelled through Eileen. After we had finished the rescue, she said about this peculiar noise that she had in her ears and we both wondered what this was?
Yes, I understand your question. Let me just say this to you, that when a spirit is so involved and in darkness deep within, they become isolated; they are isolated from all others and they are isolated from those of us who can help them in our world. Therefore they become like a single unit with only their own darkness and expectations. The noise that the instrument was experiencing was part of that spirit's darkness; it was part of that spirit's expectations of what they imagined they should be having. That might sound strange to you, but when you come to our world, you will automatically gravitate to how you have lived your lives and what you bring with you. And, much as I dislike saying it to you, there are many who come to our world bathed in darkness. Until such time as they recognize within that they no longer wish to be that way, only then can the love which we give to them in our world be felt and only then will we, if necessary, return them to you for help. But the noise is not a common factor; it was only part of that individual's darkness.
Lilian: I see yes—she had certainly never experienced anything like it before.
Yes, it can be distressing to those who are not aware of these areas of darkness in our world, but I have to tell you my dear friends that it exists. It is what you on earth call 'hell'—it is your own hell, not anything created by us, but it is created by the individual. I hope that helps you.
Lilian: Thank you.
Rod: Self-imposed wound...
Self-imposed, yes, by the way they have lived their lives and are not ready to accept, because all of you are responsible for your own actions, your own thoughts—and every thought, as you now know my dear friends, creates a reality. So of course I hope it makes you think just a little more—that is why I oft times tell you never to judge, because in judging you in some way are creating some negativity. Do you understand?
Lilian: Yes, I hope we were able to help this person because he wouldn't speak.
They would not have brought the spirit to you if you could not have helped in some way. It is only when they recognize that spark of light of love that we are able to step in and help them more, and as you know, sometimes we have to bring them back to you who do rescue work, because they are still attached to these earthly planes, much closer to you than to us. That is why it is necessary for rescues to take place.
George: There was another rescue, also with no speech and two names were given—Holly and Jessica, and I think we know that two little girls died in traumatic circumstance—this was reported in modern terms. We

felt that it was simply an unlocking from trauma, we felt that was the purpose of the unspoken rescue. Are you able to help us with that?

I know my dear friends because of your love and the kindness that you feel towards other that you feel that explanations are necessary, but there are so many who need help and it is not possible always to give explanation as to why they are helped in certain ways. But of course because of the dramatic way in which they came to us, there is still with them that thought of brutality, which is easier released again by those of you in this world who know and understand and are willing to help. But yes, I can say to you, they would not have been returned as children through any medium in the normal way, because we have to, if you like, assess each individual situation as regards they way that we might help them best. But yes you are correct, and much help has been given to those two. And again you know and understand that names are not always necessary. Whoever we bring to you for any kind of rescue work—names, places dates, these are unimportant facts—what is important is that the soul feels the love which is within this room, the love that will send them forward into the love of those in my world who will continue with that help. So as much as I understand your curiosity to know a little more, and I will try to help you, I would like you to realize that it is unimportant.

George: I'm sure that helps in our understanding to know that.

Yes, only those who can be helped by you, or mostly I would say, not everyone accepts the help and still remain in some mist of uncertainty, but mostly those who come, go forward. It is a most important part of spiritual work that this is done. I know within your world there is still some controversy about rescue work, but I would say only this to you my dear friends, that for every individual that is helped, your own spiritual growth is such that it is magnified two-fold each time you help an individual. So, not only are you helping others, you are in fact helping yourselves and for this we will be always grateful to those on the earth plane who continue to do this most important work.

Have we more questions this time?

Rod: I was going to say, I feel that there are probably not enough of these people who do the rescues around. We are pretty thin on the ground, aren't we?

I believe you may not know that sometimes when a rescue takes place, it is not only one individual being helped but many, many, even hundreds of people who are there to be helped; except in the cases where we have just spoken, where the soul is so deeply immersed in their own darkness—*they* are individual rescues, they are the difficult ones that those who help would find—they would find those individuals quite a task. That is why we must choose carefully those who are willing to do this work.

Lilian: There was an article in one of our daily papers two or three weeks ago, very well written about rescues—so well written.

Yes, it has been known about for a long time, but even those you call spiritual people, will deny that this is a good thing to do. It is and it *does* stem from fear, which of course we fully understand. That is why it is so helpful when we find groups such as this one, where every individual can help in their own individual way. It is not only the instrument when the spirit comes through that individual, but it is every member of this group that is helping—we are using their energies even if they are not aware of it. So you see, it is a group healing.

Rod: That's great to know.

George: I gather that following the Tsunami in Indonesia, many have been helped in that they were given direction. That is nice to hear and I gather there was some awareness of what was referred to as ghosts. **(Yes.)** People have worked in that area and I think many who did not know the direction to go have been helped there.

Of course, what you must realize my dear friends is that when we have so many come home to us in so many numbers, then we are prepared and the help is available. When people pass suddenly, as you have described, they are not individuals who belong in darkness, but they are lost, they are confused and it is easier to reach them; but when we speak of individuals such as the one the lady has mentioned, that is an entirely different situation. But you do know this. There are many souls who are lost and confused. All they need is a little guidance.

George: Yes, it is like in the Indonesian situation, all they need is a traffic warden to direct them!

Yes. I like that—a traffic warden; thank you.

Chuckles

Rod: We do not like them very much, but…

You do not like them?
Rod: They do a good job...
Sara: We are afraid of them!
Laughter.
But I like it, I like the expression.
Rod: All those people out in Bagdad, I think something like a hundred have been killed today. It seems to go on daily. I just worry about their spirits—but now that you have said that, perhaps they're helped and they go through rather easily, I hope so anyway.
I would just like to say my dear friends that the majority of people in your world will pass easily, will recognize loved ones who will be waiting for them. It is only those individuals who have wasted a lifetime in such negative ways—in what you would term 'evil ways', but I would prefer to say misguided ways—but nevertheless have committed deeds against mankind which places them in places of darkness within their own being; but the majority of people have nothing to fear.
Rod: That makes a big difference, thank you.
Paul: Have you got time for another question?
Yes my dear friend if you so desire.
Paul: Sometimes I read of people we call Shaman doing rescues and just occasionally, they are quite unusual because they call it 'soul retrieval' or 'spirit retrieval'—I am not quite sure, but sometimes the process involves—they describe it where someone's spiritual soul has been 'taken' by another person, a misguided Shaman or someone that's someho managed to…I think they sometimes say they use a gourd or something to steal someone's soul.
Yes, I understand. There are many descriptions, there are many people in your world who claim many things. I will tell you from my own knowledge what I feel and it is *kind of* not accepting responsibility. It is easy to say that someone has had the soul stolen from them and many explanations can be given for this deed and that is what some—I will not say all, because many Shamans are doing very good work; but you have to accept that there are so many creeds, so many religions, so many ideas within your world, that sometimes it is most confusing. No one soul can be stolen, because you are responsible for every deed, every word, every action that belongs to *you.* You can be influenced by another but they cannot steal your soul—that is yours—that cannot be altered in past times, in present times or in future times. Do you understand?
Paul: Yes, I think so.
It is a form of thinking that they have developed. It is their way of trying to help, which of course must also be understood—they are doing it for good reasons but they are at times a little misguided.
Paul: And perhaps sometimes the one that *thinks* their soul has been stolen, they've got a belief that that *can* happen, so it is a little bit of wishful fulfilment.
The power of the thought—again I return to that phrase: the *power of thinking.* I would say to you my dear friends, in every aspect of your lives, stop and think about thought, about why people do deeds, why people think the way they do—they are influencing themselves with the power of their own thinking. Do you understand?
Paul: Yes. It makes total sense that no one person can have so much power over someone else to be able to do that.
They may influence but they cannot steal.
Sara: And people give their own power away, allowing themselves to believe things which are not true.
Yes, it is all to do with thought—yes. It is most powerful and when I first came to you my dear friends I told you that I thought the power of your thinking is the most powerful tool that you will ever possess. And it applies to all things in your lives. I hope that has helped to clarify it for you.
Paul: It certainly has, yes—thank you very much.
I feel now that I will take my leave of you and allow those others to come; but as always, I leave you my dear friends with much love, I ask that each one of you be uplifted in your daily lives, that each one of you recognizes from within that power that you possess, that love that you possess and above all, *the knowing of who you are.* And with those words, I will leave you.
Lilian: Thank you, it's been lovely to have your words again.
General thanks

29th January 2007

Good evening.
All: Good evening.
As I join with you once more, I feel much joy with you. It is always good when those vibrations are raised and that energy exudes from each one of you. If only you could see and feel what I do, you would indeed be most happy. It is not often this way, therefore I feel it is most apt this time to tell you.
General thanks expressed
Now, I would like to address the young gentleman who asked if I would speak to you about 'alternate realities'. I will try to clarify for you if I can some of your questions or doubts.
Paul: Thank you.
So, rather than devote a full evening to this topic, and as you are the one who is most interested, let me just say to you: what was your particular query about this subject?
Paul: Well, I've been thinking a lot about shamans and the parallels between their work and the medium's or spiritualist's work and the sort of work we do here. And I can see that there are some similarities, but it seems like with shamanism there is often more an exploration of alternate realities. When they are performing healings or sometimes when they're training their apprentices they seem to send them to other planes of existence, where they sometimes encounter beings who probably are not physically human…
Yes…may I stop you? I believe we spoke last time about this slightly…
Paul: Yes.
Now let me say this to you my dear friend that indeed there are other realities of which you are not acquainted. Alternate reality—and I will simplify this for you: all of your Planet Earth is an alternate reality. It is a *human* reality, but the *true* reality belongs in spirit. Therefore remember when I discussed with you, that everything that happens on this planet and other planets, always has a spiritual counterpart. Can you remember? (Yes.) **Yes, and have I not discussed with you my dear friends, how your thoughts become reality?** (Yes.) **Yes. What I would like you this time to understand is that you as human beings are living in shadow, and the alternate reality to this planet is one filled with love and light, but is exactly the same, for your understanding. So in many areas of life there is always an alternate reality.**
Paul: And it seems like these alternate realities, they're just different states of *consciousness* …
Being…
Paul: ...being...
Yes, that is the key phrase I would say.
Paul: I remember reading about someone called *Ruby Plenty Chiefs,* who was able to raise an object in her hand, and when someone asked her how she levitated this object, she said she suspended her agreement with *gravity.*
She made agreement with her *higher self.* (Ah.) **You understand? It matters not what human words you use. I wish all of you to understand—and again I am repeating words: you are already spirit, clothed in human form. All of these capabilities are within your grasp…and still my dear friends you are surprised by these little things. You each have the power of your minds and thinking, you have the help of your higher selves. And I use that phrase because that is a term used by you human folk—and always this is the difficulty. Throughout *all* of existence, not only this universe, but in all universes, everything has an alternate reality. Do you understand?** *(Affirmations)*
Paul: Yes, I think we get too bogged down—that's why I don't like science very much, because it tries to lay down physical laws as if they're rigid when they're not.
No, how can you have rigidity when all of existence is ever expanding? You cannot.
George: I gather that one new word that has come into science recently is—as opposed to 'Universe', the new word: *'Multiverse'.*
Multiverse—I am not aware of that at this moment in time…
George: It would seem to cover the idea of numerous universes.
Yes. We could have told them so, could we not!
(Laughs)
But again you see, as always, we are restricted by the intellectual thinking.
Sarah: Going back to the alternative…

Not 'alternative', 'alternate'.
Sarah: Alternate—when somebody rises up—my son, when he was ill, he rose up and looked down on himself—now that's just his spirit coming out of his body looking down, isn't it?
Yes, that is just the freedom of spirit from the human form. You all do it, you are just mainly unaware of it. But as you know, many people have control of their own spirit form and can easily and readily leave the body at any time.
Sara: We know someone who is trying to become a shaman—shamanic techniques—and one of them was to release negative emotional memories, and they tied themselves up and screamed and shouted and made a lot of noise, and it struck us that it's more of a physical approach. You can do that through mind and meditation—even through writing perhaps. But with the mind, you can actually achieve that release through meditation just as easily, but perhaps they don't have the same belief, so *they* use a very physical approach, which is obviously going to help *them* if it feels right to *them.* Would you agree?
I congratulate you on your clear thinking, and yes of course, there are many approaches to our world and every individual comes to us in their own way. And as you know my dear friends, there is so much diversity of words in your world that it matters not what is said or what is done, but what the *outcome* is.
Sara: Yes, that is what I thought.
And you are all going in one direction. But yes, I would of course say to you, use that power of thought in a quiet conducted manner and you can achieve the same status.
Sara: Yes, I think it's probably less tiring…
(Laughs)
Yes, yes. I think I would most probably agree with you.
George: When the thought produces the reality, one can look at it in reverse and say: behind the reality is the thought. Is that thought part of spiritual counterpart?
Of course, the thought is only formed after it has been formed in spirit. There is always the connection, you cannot separate them. That is why I say you as human beings are living in an alternate reality, because the *real*, if I may use that word 'reality', is not here, but in spirit.
Lilian: It is the shadow…
This is the shadow, yes. But it is still a reality in your own thinking, and you must always look at all things in that way. And of course 'thought' is the most powerful energy in existence. Each thought has already existed. Does that help you?
Affirmations
Paul: So it's useful to think of this reality as an alternate one...
Remember when we discussed about all things medical and how new cures came and how things are discovered, and I told you that all of these thought-forms have already been formed in our world, (Mm) **so the thought is given before it is received by the human mind—the human brain—the thought needs the human brain to work. Do you understand?**
Paul: The thought needs the human brain to work…
Whilst you are in human form.
Jan: As a processor.
Yes. No of course, thought does not *need* the brain—thought will exist without a brain, but for it to follow through, that structured thought must be used in a human form; it must be utilised in that way. You understand?
George: Yes, the brain is the transmitter for thought.
Yes, you are much more forward with your words than I. Even now, I stumble with your human words.
George: We still consider it most remarkable that you speak to us in words that we can understand!
Yes, and of course I too am using a transmitter, if you would like to view it that way.
George: Well, these transmitters are extremely useful, and I guess it is *the way* of connecting spirit world to this reality.
It has been that way for some considerable time, but now we are using other methods that I told you of when first I came, through your radios and your televisions and your speakers—all of these things are coming to fruition and being recognised by your scientific community.
George: Yes, perhaps it would be true to say that, like the human brain, these things have become sufficiently sensitive for your use…

I would like to think that everyone's brain was that sensitive *(Laughs)***… but I cannot agree wholeheartedly with that one. But yes of course, I am being amusing!** (*Laughs)*
Paul: Is that why healing works, because it's not *us* healing, but our brains perhaps are being used as processors?
No, no, no, no. Let me explain that healing *always* comes from the source of all life, but it needs instruments to be used for the purpose. Healing comes from spirit, touches the spirit of the healer, who then passes on to whoever is in need. It is spirit touching spirit. It has nothing to do with the human brain or form. Remember, I have told you that all conditions—illnesses, sicknesses, are created by yourselves, and it is *spirit* that has to change those conditions in the human form, otherwise there is no healing. If the spirit is not touched there is no healing.
Paul: The illness is simply a message that our thinking is incorrect?
It is on an energy level. Try always to think of illnesses as—what I termed to you before as 'dis-ease'—dis-ease of the spirit that the human form has created. I know that will always be difficult for you to understand, but that is the truth.
George: Yes, one little area that I find puzzling is: illness and disease are rather different from the common cold which is just transient, and I suspect that one is not subject to spirit.
Jan: Environmental…
No, no my dear friend, you cannot separate anything. If those who catch cold or whatever, they are vulnerable to those outside influences. Why do some *(get colds)* **and not others if it is environmental as the lady says? *Everyone* should be prone to these colds or flu or viruses or whatever you call them.**
Paul: They relate to our stress levels…
Yes.
George: So in an ideal situation we shouldn't ever catch a common cold?
No—if you are strong in spirit. But as you know, you humans are not perfect—and we know and we understand. But I am speaking more of deep-rooted disease.
Jan: What happens if—for example I was speaking to my sister today—we have the same inherited condition. Surely that's on the same level…
It is because you both chose the same parents with the same human conditions.
Jan: Well that makes sense!
You choose parents with genes, with disabilities, with many, many issues. So that is why sometimes it affects more than one family member. Try not my dear friends, to separate these issues. It is basically that you are responsible for all things that come to you. Whether that is hard to accept, I cannot change that for you. But if you are strong in spirit, you will find that it is much easier to throw off these negative energies. Do you understand?
Affirmations
Sara: And can they throw them off completely?
Of course!
Sara: That's what I thought. I imagine the challenge is for them both to do this—to find a way?
Yes.
Lilian: But people that abuse their bodies, like with drinking or smoking—that again is their own thought…
They have their free will, yes of course.
Sarah: I was just thinking of a friend of mine who died of breast cancer. She was actually—I *thought* she was quite spiritual, although on a different path to me. She actually died of the disease—that was because she wasn't quite strong enough in spirit, was that?
Originally yes—once disease takes over the human body, it then becomes difficult, especially if that person is not strong spiritually to resist disease.
Sarah: So once you've got it then you've got to be *very* strong…
Yes, you *need* to—you *need* to go within, you need to cleanse from within. And again, because you are human, you have human frailties and are not always able to do what you *inwardly* know is right.
Rod: So with meditation and thought, one should be able to heal oneself a lot better.
Yes.
Sara: I think you can become more self-aware with meditation and recognise when your thinking is not clear and hopefully stop the vulnerability from starting.

In meditation you are in contact with that higher self and all of those angels and helpers who are there to help and guide you. Therefore meditation is your first tool.

Sarah: If you have a disease that is caused by what you've done in a previous life, before you come back, will you know that you're going to get this disease?

Not necessarily, but you may be attracted to the same conditions. You will be attracted—it is not the *people* that you choose, so much as the *conditions* of life. So if you have not 'cleared' it in one life, then you will choose it again.

Sarah: Yes, thank you.

Rod: Could I just ask you: would you say meditation is superior to a prayer? I pray every night, but I just wondered whether I should meditate every night?

It is a form of meditation, but in the meditation that I speak of, you leave behind that human thinking. You go within to that part of you that is all-existing. Therefore my answer to you my dear friend is that meditation on a deeper level is preferable to uttered prayers, for your own help. Prayer for those in need of course will always be recognised. But if we are speaking of disease and illness, you really should go deep within.

Rod: Thank you very, very much.

George: Returning to 'separate realities', **(Yes.)** would you advise seeing the *ether realities* with the elementals as separate realities?

I do not see any reality as separate. We are all as one, just shall I say 'different,' but never 'separated'. Do you understand?

George: Yes—all parts of the one…

Yes. It is a difficult subject to discuss. That is why I asked our dear gentleman friend what his own thoughts were, rather than try to explain a topic, which in your own words would feel most uncomfortable and not easily acceptable.

George: Yes and the scientists of this world would be very tempted to put the ether beings into separate boxes or separate realities, because that's the intellectual way.

Of course, but they are learning slowly. We must give credit to them, just in as much as they are now beginning to listen to us, and much influence is being imparted to them. So they are making tiny steps towards progress.

George: Yes. So would it be reasonably proper for us to view two universes intermingled—the spirit and *this* reality, **(Yes.)** or would you recommend that we think in a more complicated way than that?

I wish always for you to think simply, in order for you to understand. Spirit is intermingled with all of you here now, because you *are* spirit. Spirit is not a separate place—to use your word. Everything is intermingled.

Paul: Is it better then to think of just one reality?

One reality…

Paul: But simply, as our consciousness grows, we'll *see* so much more…

Yes, your understanding will grow with it, yes.

George: And to think of it as 'two universes' is a very scientific way of thinking, **(Yes.)** which one doesn't really approve of perhaps…

If you are part of that Creative Force, how can you then be separate? Every droplet in a sea forms a whole. Every tiny drop of water belongs to the whole. Do you understand? You do not look to the water in the sea as separate droplets, you see it as *one whole* do you not?

General agreement

That is how I would like you to try to view this energy called 'Love' … or 'Creation' … or 'Universes'. Think of it in just *one* loving thought.

George: You've presented an analogy which cannot be denied.

I thank you for your words my friend. I hope my words this time have helped a little in your understanding.

(General agreement and thanks)

Sarah: Could I say one thing to you Salumet...I had a note from my son—he said he hasn't been reading the transcripts very much, because he's been very busy. But he did read the last transcript and suddenly he felt very uplifted at reading your words, like that lovely feeling just before you go to sleep. He said he's sure you would know that he is grateful to you, but he would like me to just say to you: thank you very much.

Yes, I thank you kindly. I need no thanks, but it gladdens me when I hear that somehow my words have helped in some small degree.
Rod: May I just say, another one I always remember is when you end your discussions saying: I *bathe* you in *love.* That just feels very, very nice—a lovely term.
Yes—thank you. I of course always surround you and bathe you with love. It gives you the feeling of the love and warmth which surrounds each one of you at all times.
George: I was going to say it seems to last quite a long time.
Yes, the more aware you become, then the more lasting that feeling becomes. And with those words my dear friends, I will take my leave and as always, I thank you once more for listening, and hopefully digesting those words, which always are intended to help you in your own way of understanding, because as always, each one of you is on your own spiritual pathway. And with that I will leave you.
General farewells and thanks
George's Notes: This session clarifies and reiterates a number of truths for us. Not least the true nature of disease (however trivial) and how deep meditation may cleanse or protect us from all afflictions. And how we each have a brain that is a very useful portable transmitter, and how thought powers all.
Concerning reality, we might compare Plato's very similar analogy. If in the darkness outside a cave people danced around a fire. And if people within the cave could only ever see the shadows of the dancers on the back wall, then to them the shadows would be their reality. Plato's Republic, Book VII.
Ruby Plenty Chiefs, is one of a number of outstanding healers/Medicine women, described in the writings of Lynn V. Andrews.

5TH February 2007

Good evening. *(General greetings)*
As I come to you this time, there are those who wish to thank you for those healing thoughts for the animals of your world. Sometimes the creatures of your Earth are forgotten, so I will say 'thank you' from those who are dealing with those healing thoughts. As I come closer to you this time, I feel the need to say to you how calm and peaceful this room is this evening. I will, on this occasion, speak with you on any subject you wish, but I also would like to say this to you my dear friends that it would be most apt this time if our dear lady friend will take you for a journey of seeking those higher beings that you have not yet met if she is prepared to do this, this time.
Sara: Yes, I can try.
Yes, you can do it—do not doubt.
George: I think we're giggling because we're not sure who is doing it!
Each one is supported in whatever takes place in this room. You are all loved and protected and we know that you feel this great energy whenever you enter this room.
Sara: I never feel I'm alone when I do the journeys—I always feel inspiration and the presence of others.
Yes, of course. We would not leave you alone. There will always be someone to help you.
Lilian: When you speak of 'higher beings'—that's not angels?
No.
Lilian: That's not our higher self?
Possibly your higher self, but not the angelic beings but those who have gone before you and have grown a little more than yourselves.
Lilian: I see.
Until you make some contact, you will not have that differentiation between them. You understand? (Yes.)
Now my dear friends do we have any questions this time?
Lilian: Yes, I think Jim has a question for you, if that is alright, but he's going to need the torch *(flashlight)* to read out, so we will do our best to keep it low.
Jim: During six months of 2006 last year, I received medical treatment for cancer. I also asked for and received spiritual healing here at Kingsclere. My doctor has just told me how very well I have responded to the chemotherapy and that I'm much improved. I had a strong feeling that I was being helped, which I can only describe as a spiritual experience—something I really felt inside me and I'm very grateful for this. My first question is: Am I spiritually on the right track to continue not only in healing, but also in making the progress

you have told us is the prime purpose for our earthly life? And next, I'm faced with having to make a decision about the possibility of hip surgery, nothing to do with the cancer. What is your advice?

Thank you, I understand your questions. Firstly, let me say this to you my dear friend: you would never have entered this room had you not placed one foot on the spiritual pathway. That is my first reply to you. And of course as now you are beginning to realize when contact is made with our world, we do not let you go so easily. Therefore, our words at this time in your life are most important to you and, in accepting our love and in trying to understand truth, you are indeed my dear friend walking the pathway of spirit. Always remember that with your freewill, you can deviate from that pathway, but by holding strong to that truth, to that knowledge, you cannot go wrong in your healing. I place the responsibility back onto your shoulders, because, as the others fully understand, we cannot live life for you; we can only uplift you, guide you, enfold you in our love, but you must take some responsibility for your actions. As to your second question, I would say that the doctors in your world are there for a very good purpose in helping mankind and although there are many doubts and fears, they are there to help their fellow man. Therefore my dear friend, I say this to you: if you go forward with this operation, you may rest assured that by making contact with those of us in spirit, you will be helped, things will be made much easier for you and your recovery time will be so much quicker. This already you are having proof of, so I would say to you, go forward, be clear in your endeavours and do not allow any fear to enter that part of your consciousness that would make you afraid. Keep it from your mind and all will be well. Does that answer your question for you?

Jim: I feel I couldn't have asked for a better message from you than you have given me and I understand it.

That is important.

Jim: Thank you very much.

Yes—our love is with you, do not be fearful. Are there more questions this time?

George: I have several from past matters. There are one or two loose ends from the session on Ancient Egypt. I don't know if it would be proper to raise those at this time?

I intend to devote some time to that matter so we will not use the time this evening, but I assure you we will discuss.

George: Oh, thank you. Yes, that would be wonderful because on that occasion the energy began fading and there were one or two little loose ends. It would be wonderful to devote some time to completing that.

Yes. I do not forget.

George: Thank you. Now, sometime ago you asked us about understanding ourselves, to go within and find out about ourselves and I know I didn't give you an answer concerning that. So perhaps I could say something now. In going within I found it very difficult to think in terms of myself without also thinking in terms of others and other connections—in fact as I thought about it, I couldn't really think about self without thinking about the entire creation. I don't know if that was your intention in asking us to partake in this exercise, but it occurred to me then that a model to aid the thinking would be an orange and I started thinking in terms of the deeper spirit being the interior of the orange which is all much the same, yet there is structure there. I feel it's perhaps a little bit like this in the deeper spirit—there are as you say conglomerates and light beings, angels and soul structures—like the flesh of the orange, they're not very rigid structures. Then it seemed to me that physical beings are rather more like the peel of the orange, which experiences sunlight and things happen within the peel. The peel and interior are interdependent and the freewill of the physical beings would happen in the peel of the orange and some good would come out of the various interactions and pass onto the interior. So if one saw this as a model for the universe, then only good would happen in the interior and that could progress, but all the freewill and any risk would happen in the peel. I felt it was a model that I could understand. I just wondered if you would have any comment on that?

Indeed I do my dear friend. Firstly I admire your analogy of life. One question to you: what happens with the orange that is bad within?

George: Well I don't think this could happen in the spiritual analogy.

Yes, of course. I understand where you are coming from. Let me say, when going inwards, in finding that true self, in whichever way is most comfortable for you, then that is fine. The important part is that you feel part of all existence and, yes indeed, there is a fluidity in all of existence, in all of life—nothing is static. We have expressed the fact that energy is ever growing, so in a sense your orange analogy is a little stiff in as much as I can see restrictions in the peel of the orange. I would suggest that the orange stripped of its peel is more in tune to that spiritual part of the energy, where it can expand and grow further apart and yet still belongs to that one unit. Do you understand what I am saying?

George: Yes I understand...
I am trying to simplify it for you in your own language.
George: Yes, it has to be more fluid than the fruit.
Yes, it has to expand, but if that is your way of going inward and being part of the whole, then I am not one to tell you otherwise.
George: Yes, it just seemed to be a model which allowed badness and deviation to only occur in the peel and not pass to the inner spirit.
Yes, that is fine and well for you. However you go inwards, that is part of your own experience, that is your own fulfilment, but in quieting the mind, in going within to that all-encompassing quietness, that is where you will find your *true selves.* And truly, only when that quietness is there, will you begin to understand what you are about. I hope that helps you.
Jim: Can I ask a question again? Salumet, have you ever met Jesus? I just wondered about that possibility?
I am aware of the one you talk of. I do not acquaint, because I am from another source, but I am aware of his name and what he has created in your world. Yes—does that answer your question?
Lilian: Did you have a question Graham?
Graham: Yes. It's a question that has been raised before, but I wanted to take the question a little bit further this time. It's a question about personality. We are all very different beings and all behave and conduct our lives in very different ways and I think the question was I asked of you once: does personality come through before we're born from spirit world? And I think that you answered at the time that 'no it doesn't—that the physical conditions in which we live mould development of our personality'. Am I right in saying that so far?
Yes.
Graham: Then we go on through our lives and eventually we pass back to spirit world and I guess there we do, at least for a while, take our earthly personality back with us into spirit world.
Yes.
So we carry on much the same way but of course we develop and evolve on that side of us as well. Why is it that when we do come back into our next lifetime, why is it that we start again with the opportunity to develop a new personality. Is this to enable us to move forward without any restrictions which are personality that we have at that time may impose on us?
I understand your question my dear friend. Sometimes personality from past life does come with another incarnation, but that is only because conditions of past lives have not be resolved. They are few and far between. Remember my dear friend that when you reincarnate, it can be another aspect of soul which is returning. So it is that all memories cease in order that the lifetime which you have chosen can be fulfilled without any—how would you express it—hitches. You understand?
Graham: Yes.
Is that helpful to you?
Graham: It's enormously helpful, yes, thank you. It's something I've pondered about before and yes, I think the bit that I wasn't understanding, was the fact that when we come back for a new lifetime, it's a new aspect of our soul that is given the chance to develop and go forward. Yes.
In the same way that I come from a conglomerate of beings, the soul itself is made of many aspects—we have spoken about this before—and that is what you must try to remember.
Graham: Yes, thank you. That's so clear, I won't forget that explanation, that's very clear, thank you.
Sarah: I don't know if this question has been asked before: if you go to any other groups, Salumet? If you say you come from a conglomerate, do the other parts of this conglomerate, do they go to different groups like you do and then you assist sometimes if you know something more than that particular…
No. I am but one part which has agreed to return at this time.
Sarah: Ah right.
No, we are not separated in many groups.
Sarah: And do you go to any other groups or is it just us?
I come only here, but at times I do have some influence, but, no, I do not speak through another's voice box.
Sarah: We're more than honoured.
General agreement
Jan: I have a question, Salumet that I think relates to clairvoyance, maybe. And the reason I say 'maybe' is, in my everyday life I think sometimes people look upon me as being, not strange, but rather arrogant because

when they're talking to me, I get true pictures of what they're telling me and for years I thought it was just my imagination but as times goes on I think it's more clairvoyance, so I find myself answering them before they've even told me. Does that make sense or is it purely… Is it part of my development?
It is part of *you*, not development. What I might suggest to you my dear friend is control, not that you can change what you *feel* and what you clearly see, but you must have restraint when dealing with another person. And that applies to *all* gifts—there must be an element of control if you are not to allow it to overtake your life. Do you understand?
Jan: I think so.
Yes. Try to focus without speaking and then…
Jan: But even when I do that, I can still see vividly and I have empathy for what they're telling me—it's more than just somebody telling me a story or a problem, I feel it. I feel it more so in recent years than I ever did before.
Yes. It is part of you. It is something that will become stronger as it is used, but I say 'have c*ontrol* in using what you see and the words that come to you'.
Jan: So you're not asking me not to see.
No. You are clear-seeing—you have that gift, do not doubt it, but just have a little control over it or use it in a more controlled manner.
Jan: I understand.
You understand.
Jan: Yes I do.
Sarah: It's been very helpful actually, her clairvoyance, when we have Boniol through, because she's able to see things that perhaps Boniol can't explain to us.
Yes. That is why each one of you have...you *are* spirit, you should be using the spiritual aids that you all have. It may be that another may not *see* so clearly, but can still *feel* what the other person is saying and have that same understanding without the clear vision. You understand? *(Affirmations)* **You all must develop those spiritual gifts as you call them. They are not gifts, they are your *right—they are what you are.* But it is up to each and every one of you in this lifetime to continue to use these aids of spirit—I prefer to call them *aids*, rather than *gifts.* The Great Creator does not give *gifts,* because you are part of Creation. Do you understand?** *(Affirmations)* **You are all *part* of Creation—you are not a gift, you are part of it.**
Jan: I think on Earth we use that term very loosely, don't we? We talk of 'oh, it must be a gift' or 'they are gifted'.
...When it is so natural—yes, you are correct.
Now my dear friends I feel it is now time to allow our dear lady friend to take you on your journey for this time. I will leave you and, as always, know that I am near at all times, know that those in spirit who come close to you are with you when you need them. Do not be afraid my dear friends to ask for help for yourselves.
Thanks

26TH February 2007

Lilian: Welcome Salumet.
Good evening. *(General greetings)*
As I come to you this time there is with you a sense of pressure within your energy field; so I will begin slowly this time. As always, my dear friends I am happy to join with you once more.
Lilian: We are very happy to have you back again.
Your thoughts of healing are taken and your concerns for your wider world are most appreciated, as is always, your thoughts outside this room. We have watched each one of you closely as you approach your everyday lives; your consideration for others—that innate love which you feel for those in need, not only human, but also the animal and vegetable kingdoms. It shows to us my dear friends how much you have grown and I hope always to remind you of this, because even although you are not aware of your own spiritual growth, we can see that over time that light quickens even more brightly, and for this we wish to thank you.
George: It is very good—very reassuring to have your words on that.
Lilian: And we're grateful for the teachings that you bring—it helps us along the way.

Yes. For this time I will not be with you too long, because we do not wish to place any unnecessary fatigue to the instrument this time.

Lilian: Yes, we understand. *(Eileen had not been well)*

You would do well to understand that communication with our world is natural, but there is always consideration for the human form at all times, but even more so with this type of communication. You understand?

(General agreement)

Therefore my dear friends I will answer anything for you and then will proceed to work quietly with this instrument for the rest of this evening.

Lilian: There is one question I think we're all interested in hearing. Will you start, Sarah?

Sarah: I know you've told me I shouldn't worry about communications that come through me aren't real, but we did have one the other day and he said that we are already preparing for our passing over to the other side and that when we go over to the other side we would be surprised at the thoughts we've been having over here. Can you just say anything about that?

George: Yes... I think this, Sarah, originated from another group and it came via a soul aspect of the person in that other earthly group. I think I'm right in saying that.

Sarah: Yes, I had completely forgotten that.

Lilian: Which was completely new to us...

Yes, I understand what you are saying, but there would be no need for another aspect to be involved so closely with one lifetime. So your question is… what are you confused about?

Sarah: Well, I think first of all that somebody came through me and said that somebody from another group wished to make contact with us and then this other person came through and because this person was still alive, it was a spirit that was doing the talking for this person who was still alive. Then the message was that we are already preparing for our passing over to the other side with our thoughts that we're not aware of. Is that right?

Lilian: Yes, they had teachings from someone, say, similar to you in their group, only maybe different teachings and this was one of the teachings they passed on.

Can I just clarify one thing for you?

Sarah: Yes please, thank you.

When spirit returns to earthly form, that has been their decision. The other aspects of the soul remain just that. There is no contact whilst you inhabit these human forms, with other aspects of the soul; that only takes place when you return home and then all is made available to you. So, therefore, yes, all is placed before you, all conditions of that lifetime, which of course include any thoughts that have been sent forth, because you understand that thoughts remain and are real and are reality. So therefore your thoughts are made available to you, but not any more so than the whole of your living. All is known anyway, so I would say to you my dear friend that when communications take place, you have to at some stage of your development be just a little more discerning with whom you are making contact. You understand?

Lilian: Yes.

I do not say that this is incorrect, but what you are being given I have to say was from someone whose knowledge was in some way a little limited.

Sarah: Yes, well that's why we were keen to ask your opinion, Salumet.

But don't doubt the communication aspect: that is real. But what I would wish you to do now as you each develop more clearly, is just to be a little more discerning of those who come to you. If you are in doubt, place the question before us and you should have the answer immediately. Do you understand?

Sarah: When you say 'place the question before us'…

Send your thought to us and have it—I believe you would say, 'clarified'.

Sarah: I think that's why probably we were keen to ask you because maybe it just didn't sit quite comfortably with us.

Lilian: No it didn't, did it—we were just puzzled.

Sarah: That's probably—we got the answer already and we didn't need to ask you!

I can assure you that there are many groups throughout your world who would be taught all of the things that I am teaching you, because when first I came to you, did I not say that this had been a chance for us in

spirit to come at this time to teach many truths—nothing new, but to remind mankind of what has always been. So therefore it must make sense to you that there would be many, many more being taught these truths.

Sarah: Would there be by any chance, because this communication who came through said it was from someone who was living already—might there just be a chance that they wanted to make contact with us because they had been made aware that maybe we had a greater teaching than they had, or is that just…

That is not correct. Why would they not make human contact? That is the question that you must ask.

Lilian: That's what your instrument said actually when I was talking to her.

I would only say: what is most concerning as far as I am concerned is that they are involving other aspects of the human form and that is not so.

Sarah: I think it was just because somebody from another group wanted to make contact with us and in the meetings they would have to do it via another spirit—that's not good then, you're saying?

Another aspect, I believe you said.

Sarah: Well I think George said that but I don't think that's quite right. I think it was, what I understood, it was somebody from another group who was making contact with us but because they were still alive they had done it through a spirit.

But it is not sensible, would you not agree, for this to take place?

Sarah: It did seem a little strange, I have to say.

Yes. I would not be too concerned provided you understand that some communicators are not as advanced, if I might use that word, as they sometimes think. They do not wish to deceive, but they, themselves, do not have that knowledge to give, and therefore as people become confused in your world, so sometimes our communicators get confused in *our* world.

Sarah: Would there be a way if I were just to say mentally not to have this sort of communication—would that be apt to say that?

Your communication should begin at the beginning as you join together to ask that you receive only that in love and truth, and that of course you know each of you are protected. But to do it individually is wise also.

Sarah: But then of course this one was doing it in love and truth probably but it just wasn't quite right.

That's why I say: do not doubt the communication aspect, only sometimes what is said.

George: Perhaps one could see it as an experiment: like the general run of experiments, some are sensible while some are very questionable.

Yes. All have their own views and I will not say motives—that is incorrect. But they feel that their advice to you is correct when sometimes it is a little wayward. Perhaps that is the best way to describe it to you. I hope that has helped in some way.

Sarah: Yes, thank you. Well all I can say is: 'thank goodness we've got you, Salumet!'

Lilian: Yes. That was going through my mind. Yes, thank you.

I believe you already have communication with others who are having information from us along very similar lines and I am sure they did not need another communicator from our side of life. The communication has been made by our dear friend here.

Sarah: Which dear friend is this?

The one known to you as George. He already makes contact in the earthly sense with those of like mind, does he not?

George: Yes.

Yes. And that is much more appropriate my dear friends for those of you in this world.

George: Yes. Are you able to take another question, Salumet?

I will take one more only.

George: Could you clarify for us the difference between 'mind projection' and 'astral projection'? We're aware of some differences. I think the mind projection involves mind or brain connection, and I think astral projection can occur during sleep state **(yes).** Could you clarify that area for us, please?

Yes. Astral projection is a solitary endeavour. Mind projection requires another mind. That is the utmost point to make (yes)**. There is no point in having mind projection if it is not taken up and received, but the spirit can make astral projections by itself and travel throughout all of eternity as a solitary unit.**

George: Yes. So could one say that astral projection is like the first part or the outset of mind projection?

Yes. I would suggest to you that is a rather clever way of looking at these two things. Mind projection is on a much more spiritual level although all of you can do it when it is created and used properly. Mind projection is what is used in our world all of the time; there is no need for words. It is a mind-energy (yes) **and it becomes much more refined as you move forward in our world.**

George: Yes, and I take your point about it being more spiritual and that connects with it being shared **(yes)**; not only perhaps being shared by the two people principally involved but also shared by the 'support' groups, if I could use that world.

Yes. There will always be those in spirit aware of any thoughts. There are those who are *called* thought-keepers but I believe you know all of this. But, as I have tried to tell you in times past, you have to begin somewhere with mind projection because, remember my dear friends, you *are* spirit. You must always remind yourselves 'you are *not* human, *you are spirit* clothed in human garb' and if you constantly remind yourselves, mind projection should become much easier for you. It is the human element of man which holds him back—he is afraid in his own limited way of what is available to him. You understand?

Sarah: Are people who contact deceased—people in spirit communicate with them to pass on messages to us—is that a form of mind projection?

It is used of course. It is more a blending of—we will use the term 'mind', but it is more a blending of energy; it is slightly different. When you use mind projection, you are sending to another. When mediums here make contact with *our* world, the energies are used differently.

Sara: Salumet, can I just ask: If I'm sitting at the piano and I suddenly receive some inspiration, and I can suddenly play a new piece, that I've never played before straight away, is that mind projection? Is somebody projecting that to my mind?

That is a form of mind projection, yes, because you are not *aware* of any connection or you have not as you say in your world, 'tuned in', then you are open to mind projection.

Sara: Because I've been really amazed sometimes by that but as far as I have been aware, I've just been feeling very relaxed.

Yes and you have opened up to receive from our world.

Sara: Presumably if I ask for more in meditation, that would be given, and I sit more…

That is possible—I will not say it is necessarily true that you will receive more. It will depend of course on whoever is trying to inspire you.

Sara: Right—then the other question I wondered is: I feel there are different people with me sometimes because my playing is very different **(yes)**. I noticed this weekend, I played twice; the second time it was a very different experience.

Yes, there are a group who come to you.

Sara: Ah, thank you. That does answer the question.

Yes, there are a group of five.

Sara: Five! Um! That's very interesting, thank you.

Now, are you happy with your answer, my dear friend?

George: Wonderful, yes. I'm sure that's clarified things beautifully for all of us. Yes, that's wonderful.

Now I will withdraw this time. I will work quietly with the instrument *(Eileen)* **and leave it with our dear lady friend** *(Lilian)* **to continue with whatever is in store for you.**

Lilian: Thank you again. Thank you for coming.

As always, I leave you surrounded by my love.

General thanks

George's Note: So *astral projection* is a solitary no-limits tour, while *mind projection* also is unlimited. But it is a meeting of minds which allows dialogue or inspiration, and it is with involvement of guides.

5TH March 2007

Good evening. *(General greetings)*

As I join with you this time I wish to say 'thank you' to our dear lady friend *(Lilian)* **for dimming the light just a little.**

Chuckle from Lilian

Our connection grows strong when your awareness has come forward to meet my thoughts. As always, I am happy to join with you once again and was happy to note your awareness of the needs of many *(Before Salumet came through, the group had given thanks for spiritual help given to those in need.)* **and my dear friends, you could not do this unless your own consciousness and awareness had grown. I was most interested in our dear gentleman friend speaking about raised consciousness within your world and this is true.** *(A reference to being more aware of other life forms that share our planet, such as the elementals.)* **I have told you on many occasions that *our* purpose this time is to bring truth and that you people on this planet to recognize that truth. I also have told you that this cannot happen in *your* lifetime; it is a step by step, slow progress, but nevertheless it is happening, and all of us in *my* world are pleased to see this progress.**

Sarah: We are very pleased to hear, too, that it's happening.

I would just like to stay on this subject for a little while longer and to tell you my dear friends a little of progress that is being made between our world and yours. Not only is the consciousness of man being raised—and I would say it is partly being raised because of the life of many good people upon this Earth who *show* their love and their knowledge by example—that is a way forward, to show by the way you live your own lives. But what we in my world are trying to achieve now is to alter all of the 'stuck' knowledge that is within your DNAs. This is little known at this time, but there are those upon your Earth who are gaining knowledge of this particular aspect of change. I feel some questions at this point...

Graham: Could you expand a bit of what you mean by DNA and stuck knowledge in DNA?

In the same way as all conditions of your life are within your DNA pattern, so also are thoughts.

Graham: Gosh, that's interesting!

George: Does this change connect to a noticeable degree in genetic change?

Not particularly. It is something that has always existed but mankind down through the ages in many areas of living has become 'stuck'—I believe that is your common word—and it remains so. Rather similar to those of you who reincarnate with problems from past lives, so too does humankind come with DNAs which are stuck.

George: So I think you're saying that there's a particular spiritual connection to the DNA helix.

Of course, of course, although it has the physical connotations, all of spirit has to be involved in these things. That is a way forward to release people from past thoughts and actions. It is something for you to think about and I will bring more to you when you have pondered those words.

George: Yes, I imagine it is not quite like wiping a slate clean. Perhaps that's …

That cannot be.

George: No *(Chuckle)*

That would be much too easy, would it not?

George: Yes, but it is a factor that would make our way forward a little easier.

Changing your lives and thinking and to become that more spiritual being.

Sara: Re-programming the mind with better thoughts, more positive thoughts.

Yes, that is exactly what it would achieve.

Sara: So that clearly relates to what was said recently about the fact that any condition can be overcome, not necessarily taken away but overcome by the power of thinking.

Yes. Again it demonstrates the power of the mind. Do you see how thinking joins in all aspects of your lives and how powerful it is? (Yes.) **It is that part of you which will always exist. Therefore, that is something for you to think about and I will await your questions next time. But it is a little more knowledge that will come from many angles, from many countries, because we in spirit are working with *many* in this work.**

George: Yes, I'm sure it is true to say that we have not really thought about a DNA link.

No. It is something that is very new to your knowledge I know, DNA, in the amount of years that it has been discovered, but of course in our world it has been known forever—so it is not new. So I hope my dear friends it has given you a little more to consider.

George: Yes indeed.

Graham: DNA is linked with our future evolution **(yes)**, so if we're stuck with past consciousness in our DNA which we have at the moment, if we can let that go and move forward with our spiritual learning and awareness, then we will physically evolve as well.

Yes. Would you like to sit here?
Much amusement
Graham: I'm not quite qualified yet!
You started this conversation and now you have given a very apt explanation. It just shows how much you have all grown. Now, as I leave that with you, I will answer any queries you may have this time and allow others to come. Do we have questions this time?
Sarah: I would like to go back to something you said just now, Salumet, about your mind/thought always exists. Does that mean that each aspect of us that comes back here has its own mind and thought that continues to exist always with that aspect?
When you return here, you have the ability to join with the other aspects of yourself in spirit if you so make that connection, but when spirit returns to this Earth plane, that is an entirely new life and thoughts will be made whilst in that lifetime, because most people have memory erased for that purpose—because if you brought with you all knowledge, why would you be here?
Sarah: Exactly, yes.
You understand?
Sarah: Yes.
So no, knowledge is available through the angelic beings if you like, with whom you can make connection, not with your other aspects directly.
Sarah: But I was just thinking that each aspect that comes back, it will have its own mind, its own thought.
Yes, for that lifetime.
Sarah: Ah. But when you said it's with you always, when you return to spirit…
Thought is always there, it will return to that energy field. You are thinking on a physical level my dear friend—you have to let go of that way of thinking.
Sarah: It was just when you said it's always there, I was thinking that the next aspect will have its mind and its thought—but that all goes into a thought pool...
Energy cannot be rid of, but we have what you call an 'energy pool' of thought. You understand?
Sarah: Yes. I understand that, yes.
I am sorry if I have led you to believe wrongly.
Sarah: No, that's fine. No it's nice to have the confirmation. Actually all these questions always give you a little bit more information, a little bit more understanding. So, yes, thank you, that's fine.
That is what I would wish to encourage in each one of you: to use that thinking, to make connection with us in order that we can help you, not only in everyday life, but in understanding yourselves.
Sarah: Thank you.
George: You referred to my physically making contact with various people last time and I felt afterwards perhaps I should have taken up that point. Yes, I do write to a number of people—I don't always get replies, but I hope perhaps seeds have been sown, but yes, it would be nice to get more replies to letters. I sometimes wonder if I'm doing it in the wrong way…
You do what you feel is right my dear friend. Continue and, as I have said, only one seed sown is a job very well done. You cannot expect more from humankind. Some are quick to take up any contact, but others will always be less happy to make response. But do not be concerned about this—all will fall into place.
George: Thank you for your advice, that's nice to have.
Now my dear lady friend *(Lilian)* **I will leave the rest of this evening in your most capable hands.**
Lilian: Yes, and thank you for the information tonight, very interesting.
It is good sometimes to make you think just a little bit more. And with those words, I will leave you. I surround you all in that great light of love. I ask that it bathes each one of you in love and in truth, and until we come together once more, I ask that each one of you be given the help that is needed.
General appreciation and thanks

George's Notes: Salumet's words: 'there are those on your Earth who are gaining knowledge of this…' Once again a topic has been introduced from spirit of which we in the group had no prior knowledge. The following two pieces plucked from the Internet may be of interest, the first dated three days after the Monday meeting! Parts that seem to particularly align to Salumet's words have been picked out in bold:

1. From … NEWSFINDER, 8 March 2007, posted by Fotopoulou Sophia: The human DNA is a biological Internet and superior in many aspects to the artificial one. The latest Russian scientific research directly or indirectly explains phenomena such as clairvoyance, intuition, spontaneous and remote acts of healing, self healing, affirmation techniques, unusual light/auras around people (namely spiritual masters), the mind's influence on weather patterns and much more. DNA Can Be Influenced and Reprogrammed By Words and Frequencies Russian DNA Discoveries In addition, there is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies WITHOUT cutting out and replacing single genes. Only 10% of our DNA is being used for building proteins. It is this subset of DNA that is of interest to western researchers and is being examined and categorized. The other 90% are considered "junk DNA". The Russian researchers, however, convinced that nature was not dumb, joined linguists and geneticists in a venture to explore those 90% of "junk DNA". Their results, findings and conclusions are simply revolutionary! According to them, our DNA is not only responsible for the construction of our body but also serves as data storage and communication. The Russian linguists found that the genetic code, especially in the apparently useless 90%, follows the same rules as all our human languages. To this end they compared the rules of syntax (the way in which words are put together to form phrases and sentences), semantics (the study of meaning in language forms) and the basic rules of grammar.

2. Re book: The Biology of Belief: Unleashing the powers of Consciousness, Matter and Miracles … Bruce Lipton…Dogma of DNA finally dissolved!!!, April 19, 2005. Well it's about time! For those of you who have been plagued by the dogma of DNA (genetic determinism or fatalism) will find this book beyond inspiring! We have been told by western biology that the DNA is at the heart of who we are, with the DNA in the cell nucleus being the brain of what activates and makes the cell function and control the rest of the body's activities. From this model (actual called the 'DOGMA OF DNA' in Biology teachings) ALL life is DNA in motion and we are genetic beings with all our diseases and traits (physical & mental) pre-determined. This model/paradigm has become a key part of the very structured and defined mechanistic biological pharmaceutical medicine we see dominating the West today (sigh). BUT in this book Lipton has flipped this notion upside with the profound discovery that the DNA in the nucleus is in fact is NOT the brain or determining factor of the body. Lipton deconstructs the dogma by showing the mem-BRANE of the cell is the brain that is driving and determining the cells activities which equal the rest of the body and its functions. The key here is the signals that are received by the cells mem-BRANE. These signals consist of input from the environment but mainly the thoughts of the individual. He shows that when we become response-able and can pro-actively use our thoughts to cohere with the cells activities we have profound influence over their behaviour. THOUGHTS INFLUENCE BIOLOGY, now who chooses your thoughts?? When one controls the signals they control the cells and this changes everything we thought we knew about cell, the human body and ultimately dis-ease. I found this book to be an important piece of the 'beyond the BLEEP' new science information that truly shows how 'our thoughts control our reality'. The BLEEP opens up the dialogue but with not much advice on how to now engage this perspective. Lipton's book is a beacon for it truly shows how this revision of perspective can radically empower YOU to know how and why you are able to change your life. Unlock the power of your mind as it is a key piece of opening up to higher levels of operation internally and externally. The Biology of Belief is almost beyond belief as it is a part of the next phase of the new sciences that are dogma shattering. This book is a leap forward:
knowledge is power - self-knowledge is self-empowerment - all you have to do is believe it! It was 1953 when James Watson, Francis Crick and Maurice Wilkins discovered the double helix structure of deoxyribonucleic acid, that we now call simply DNA. Much has progressed in this field in the last half century! The two above items representing East and West as they do are in keeping with Salumet's 'many countries' being involved.

12TH March 2007

Lilian: Good evening Salumet.
Good evening.
All: Good evening.
As we come together this time, the energy is good. You, or some of you, may feel a difference this time. Try to be aware of this surge of energy and feel what is round and about you.

George: It seems to be building as you speak.

Yes, that is good that you feel it so. By being able to differentiate between the powers of the energies used, it shows your own enlightenment to what is about you. My question to you my dear friends: do you have any questions about our last meeting before I continue onward?

George: Before questions, perhaps I could say that I looked at the internet two days after the last meeting, and I found two items that relate to *thought modifying DNA* and there is some interesting information, and one of those items was posted on the internet two days after our meeting. The DNA was described in one of those reports as 'like a biological internet'. I think the meaning there is that the information can be put into the DNA and information also comes from the DNA to have its influence.

Yes, that energy, whether going in or out, is transmuted. Yes, you are correct. But it is not new as I have told you—it is only that it is beginning to enter the consciousness of man that it is now becoming more available to human thinking.

George: Certainly there is the evidence on the internet that, as you say, it is entering the consciousness.

Yes, that is the purpose for it and of course that mankind might have better control of his own spiritual being.

George: Yes, it is openly declared that thought and words have that influence and…

As you well know my dear friend—that I have told you on many of your years now.

George: Indeed, and I think that thought can come from the individual himself, or it can come from a healer, or it can come from those in spirit, or as I think you were saying last time, it can enter from *deeper* spirit. All those thought places would, I think, have their effect.

Of course, your words are completely right.

George: Thank you, it's good to have your confirmation on that.

I applaud the fact that you have gone on and found for yourself what is being made available in other areas. That, my dear friends, will and should satisfy your own need for what you would call 'proof'. Do you not agree?

George: Yes, I happily accept it and I think a number who read our transcripts will see that as proof and find that reassuring.

Yes. It is up to them to consider *our* words and whether or not they are happy to accept truth. We are not here to force anything upon anyone, but rather to encourage deeper thinking for oneself. Yes?

General agreement

Sarah: That actually was what helped me in the beginning to want to come to the group, because those words—not knowing very much in the beginning—when you said that you didn't want to force anybody to do anything, it was that that encouraged me, because so many of the religions say *'you must do this, you must do that and you must do the other'* and you were just different. So that was good.

Yes. All knowledge my dear friend is *within* you and as much as we come to help and to inspire and instruct you, it is far greater that you look within in this lifetime and find yourselves. We want you to use the freewill that you have wisely, and that is what you are accomplishing now.

Sarah: Going back to the DNA, Salumet. In changing it with our thought, will that actually show up on the physical DNA? I was only wondering, because people who've committed crimes have been trapped through their DNA and if the DNA were to be changed in some way, would they still be able to recognize that person?

Yes, each one of you has your own individuality stamped within the DNA and although it can be transmuted, it is not to such an extent that the *physical* individual could not be recognized. You understand?

Sarah: Yes I do, thank you.

Jan: It's not a question, but I'd just like to share with the group what my son, Richard, told me a couple of days ago. I think, Salumet, you have touched on it in the past. He filled two cups with water and wrote on a sticky label on one cup the word 'love' and on the other cup the word 'gratitude' and put them in the fridge overnight. The following morning he drank them and throughout the day he felt an overpowering love and gratitude. He told me that water has a memory. I wondered if you could give me your comments on that.

Yes, because within water lies *all* of life's energy as it does within human beings. You are structured mainly from fluid—water as you call it—so of course all things are filled with the energy of that overpowering being, if you like, known to you as love. Is it not true that you may have two people—one who is filled with

love, one who is filled, not with hate, but let us say, with some disquiet, and is negative. Which of those two human beings will remain the healthy one?

Jan: The non-negative.

Yes, yes. So in all aspects of your life you should exude love and of course gratitude to that Great Creative Force from which we all come.

Jan: I was absolutely amazed, and I know I shouldn't be but I was amazed by it—he was so filled with the joy that he felt—he does anyway, but he said he was absolutely filled up with those two emotions all day.

Yes. It should also apply, not only to your water, but to the food you eat, to the people in your lives, to the animals in your fields—all should have that love extended to them.

Jan: Yes. He went on to say that when, as you know, we prepare our meals and we cook, that if you are preparing a meal in love, then the meal will obviously taste a lot better **(yes)** than if the meal is prepared with discord—and that happens on a daily basis, if you're hurried or not feeling too happy…

Yes. Unfortunately within your world the female of your race has much responsibility when preparing food and drink for those youngsters for whom they care. If only they could but realize that love in preparation and in serving food and water or whatever, would serve your young people and help to sustain them for the rest of their lives, because, as you know, children learn mainly from the parents to whom they have come.

George: Yes, I have a feeling we really should be re-thinking our school meals system. **(yes)**

Jan: Which has started, George, hasn't it? People are thinking …

George: At a physical level really. I don't think the *spiritual* level has entered into food systems yet—on a *family* level yes, but nothing more.

But you have allowed me to continue most aptly to what I wish to say to you this evening. It has led very nicely to my topic.

Jan: I think he was meant to tell me then.

Yes, of course. And it is this my dear friends, that I am sure some of you are aware that since the beginning of this millennium there has been much spoken about children coming into this world who are much more spiritual in nature and who in fact have come to this planet to bring much knowledge. This my dear friends I have to tell you is what is happening *now*, that as we progress through the next one thousand of your earthly years, much change is coming to mankind, mainly through those small children who have spiritual gifts and knowledge which will in many cases *astound* the human race. These children come with much knowledge and I am sure that over your next few years of earthly life you will be made aware, whether it be by mouth or through your media, there are many children who bring to you much love and truth and they are and will be the forerunners on this planet to help to make the change in human consciousness.

George: Wonderful! So we could think of this as an injection of different from the usual, soul material.

Yes, it comes from our world. When first I came to you I told you my dear friends that this time we could not—I use your earthly word 'fail', but that is not to say that we have failed, but that mankind has strayed just a little from the spiritual pathway. But I wish to tell you this evening my dear friends to watch out for these children; they will appear in all parts of your world, they will deliver to mankind the love, the hope and the change that is needed for mankind to go forward.

Sarah: It sounds as if people are going to take them seriously, because quite often adults don't take children seriously, but it sounds as if these are going to make a good impression.

They will have that factor of *belief* that adults in your world will see from example from these children, just what they bring to this world. So my dear friends remember these words, because you will have them clarified as I have said.

Sarah: That's good to hear.

Paul: I expect some of them will have gifts to the fore which people will be able to see as well.

Yes. But their spirituality will shine forth from them. It will not be denied. These spirits or souls have come for this purpose, but it has been decided that it is the children who shall take the forefront of this knowledge, because children have an innocence and a beauty which many adults lose.

Paul: It would be very *fitting* to let the children lead the way. **(yes)**

Sarah: And obviously they are going to choose the right parents.

Yes, all conditions will be suitable. But it is one way forward, not the *only* way, but *one* way.

Sarah: It will be very exciting to see that in our lifetime.

Lilian: We did watch *(on TV)* a story of a little girl—she had cancer—a cheerful little thing, and what she went through ... but she still remained cheerful. The mother was pregnant with another baby and the little girl had said to her mother, 'don't worry mother, wherever I am, I will help you with the new baby'.
Yes. A spirit with much knowledge, yes.
Lilian: Yes. That impressed me, I must say. She did die, but …
A small example of a child who knows the truth, and is bathed in love. There will be many cases, exceptional cases of children.
Lilian: The mother will obviously repeat that story as well.
The mother could not deny the words of the child; and how can a small child know of these things unless it is truth. That is what you must ask of yourselves, not *you* of course my dear friends, but those who have lost their way, who do not know what to believe—and children are always a great gift to *humanity.*
And now my dear friends I will leave you and I will for a short time continue to work with this instrument. As always I will look to our next meeting and I leave you all within that great love of the Great Creative Force, which is part of all things.
General thanks and farewells
George's notes:
DNA: Perhaps we could think of DNA of the cell nucleus as an interface between spirit and material molecular structures. It seems that the changes mentioned are more subtle than the gross character that identifies an individual by the arrangement of physical DNA chemical compounds.
Water: The physical energies of water have always been intriguing. Firstly, the curious hydrogen bonding between molecules giving rise to the fixed 'ice' structure below 0^0 C, unless in the presence of pyramid energy; and to 'surface tension' that pulls a raindrop into sphere-shape. Secondly there are wave formation, whirlpools and ripple effects. Clearly it can hold other non-physical energies as well, and these interact with hydrogen bonding, as demonstrated by the crystallisation work of Masaru Emoto (Salumet 25 October 04).
Way Forward: It is becoming steadily clearer, that the movement projected from spirit to uplift this planet embodies a number of parts. Some may be listed as:
(1). Teaching by masters such as Salumet
(2). Easing the 'stuck' condition of DNA.
(3). Introduction of children having spiritually 'sourced' soul origin (see also Salumet / Pia 27 June 05).
(4). Influence from spirit towards political leaders and scientists.
(5). Inspiration for striving individuals.
(6). Revelations such as achievements of ancient civilisations and the Bible Code.
(7). Extraterrestrial and interplanetary communications that reveal Earth's true place in the pattern of creation.
(8). Light signs reported worldwide (Salumet, 14 July 03).
One may see all these as facets of the one grand movement mounted from spirit to raise spiritual awareness on the Earth.

14TH May 2007

Good evening. *(General greetings)*
It is good to join with you once more.
Lilian: I think we would agree with you.
I do not intend to stay too long this time.
Lilian: We understand.
But I am sure that the instrument *(Eileen)* **will be pleasantly surprised…**
Lilian: I'm sure she will.
… that I have used her this time. But when connections are strong, they must be used. I would like also this time to welcome our new visitor *(Julie)* **to this group and hope that she fulfils the needs that she is seeking. I also wish to say to the young gentleman,** *(Richard)* **at last he recognizes our spiritual connections to him.**
Richard: Thank you Salumet. It's been a little while since I've been.
No matter as long as progress is made—spiritually it matters not how many visits you make.

George: I'm sure we are all delighted that there is such a grand reunion.
Yes. Always we are pleased to draw back within this group those who matter for the work which is necessary. Now my dear friends, I will take just one question before I withdraw this time.
Richard: Salumet, I'm sure you're well aware of what me and my mum have been doing this past weekend and we just wanted to know if it was correct, the correct route for me, if it was the path that I was supposed to be on.
You want confirmation from me? Let me say this to you both: whichever direction one chooses in a lifetime is a choice which you as a human being have made. It is not for me to come to you and say, 'you must follow that pathway' or 'you must not go on this pathway', but my dear friends you must know from within that you have taken the right pathway, because those inner feelings and knowledge are so strong that there can be no doubt. Yes, yes. Each one of you within this room knows what is right and what is truth for their own spirit; it is an innate knowledge that has to be fulfilled at certain times of your life. So I say to you my dear friend, if it feels right then you must travel forward and all help can be given to you by those who stand close by. I hope that is helpful to you.
Richard: Thank you—very.
I know sometimes my dear friends it would be so much easier for you if I were to say, 'do this, do that', but that is not fulfilling your purpose in life. You understand?
Lilian: Yes, I think we all do.
George: Might I Just ask if you have any message for your instrument, Eileen?
(Eileen had felt not quite 100% for a while)
Only that what has been happening has a good reason, not only to slow her down, but there are changes in energies going on around her which have to be dealt with, but that she may find a little difficult at this time to accept. But all is for good.
Lilian: So these energies would be her spiritual journey?
Yes.
Lilian: I see.
Very subtle energies, both physically and spiritually.
Sarah: Those were the very words that Eileen has said to me, that all these things are for a purpose, so I think she will understand that very well.
All things have a purpose, whether you as human beings can accept or not, it still happens. Now as I leave you my dear friends to continue your evening, know always that I stand close, that I endeavour to help each one of you along your chosen pathways and what I wish to end with this time is to abandon all fear and place your trust in that All-Creative Force who will uplift you at all times.
George: I think we feel this central core of your teaching more and more as time goes on. Thank you.
Lilian: It's been lovely having you talking to us again. Thank you.

4th June 2007

Good evening.
All: Good evening.
As always I am happy to join with you. There was some interest last time when I mentioned energy. I would just like to say to you my dear friends that energy is never standing still; energy is all moving, all changing, at all times. What I would like to say to you this time is that by the end of this, your earthly year, each one of you will have gone through some form of metamorphosis. No matter what your station in life, you will look back upon this year as one of change, whether it be of your own making in your private lives, your work life or in general, or even affected by another human being in your life—each one of you will look back and see these subtle energy changes. So you see, it is not only of this instrument when I speak of energies and changes.
Sarah: Is that just us, Salumet, in this room or everybody on this planet.
I speak of this group, but of course there will be many throughout the world, who will be experiencing changes within their lives also—but no, I speak only of you as a group.
George: That's interesting.

Do you wish to make comments at this stage?

George: Only that this seems most appropriate and I've said on occasions that I feel the essence of life is 'change' and this I believe must begin with the energy change which you speak of.

Yes, and of course you cannot compartmentalize this, because, after all, the whole of your world is influenced by universal energy and I would wish that you look at the wider picture always—this I have told you on many occasions. Do not limit yourselves by limiting your thinking—always look to that wider picture.

Sarah: This energy change, is it because of what we've learnt and how we're progressing that it is going to happen to us, or is there some other reason?

Because of the way you are progressing, you will become much more aware of the changes within your lives. So the answer to you is *yes*, your awareness creates this all-seeing change.

George: I was recently reading about the lady, Helen Blavatsky, who about 150 years ago I think it was, she began a movement which resulted in the Theosophical Society which was continued by Annie Besant and Charles Leadbeater, and they did some very good work and their stated aim was to learn and become aware of life and of the universe, and it struck me from reading about all this, that this was an earlier version perhaps of what we are doing now—a parallel teaching, a parallel study in which they became more aware.

Yes. I would say only that this lady was at that time a forerunner of all things spiritual as far as the gifts of spirit matter, but indeed I have to say that the lady in question fell short of providing the way of life that should have been shown to match those spiritual powers that she had. But she became much wiser when she entered our world and could see her shortcomings; but indeed that society created many debates and a wider knowledge for many.

George: Thank you, I thought you might have something to say about that.

Sarah: I was reading about someone who paints people's voices. Now she must be tapping into their energy I suppose. Would that be right?

Yes, that would be the only way. It is the sound of energy that she picks up on—yes.

Any more questions this time?

Jim: I have a question I'd like to ask on a different subject: we hear about Madeleine McCann and her parents believe she's been abducted and they're not sure if she's alive or not. In spirit, some spirit knows the truth of this situation and yet her parents are suffering through lack of knowledge. Now in the interest of truth and love, would it not be possible for the answer to this question 'Is she alive?' be given to the parents somehow?

But why do you feel that we should interfere from our world? All actions which take place upon the Earth have a purpose. Now I would say to you my dear friend—and I know you have not been with us as long as some, but you have to once more look to the wider picture of life, and it maybe that before these two people came that they had somehow chosen to be in a situation of concern, and I think I am right in saying that what is noticeable to many in your world is that these two people have grown much in strength and hope and great belief in their own religion. From all things negative, there is always the opposite of positive. It is not for us in our world to interfere in any life, but what we can do if asked, is to help to influence that knowledge to come forward. We never refuse help, but we cannot step forward and interfere. It is one of the basic principles in our world. There are many, I can assure you, who will be helping in any way that they can.

Lilian: I remembered you saying that children who were being born at this time, around this time, their spirituality would shine forth **(yes)**. I just wondered if maybe this child was one of them.

I would say to you generally, and I am repeating myself when I say that if you think of the brightness of a child and the darkness which also exists in your world, that is what is attractive to those in dark lives. It is the purity of that light which is the child. I would say, continue to ask for help and it will in some way come to some conclusion. *(Thanks)* **But I know it is always difficult for you as human beings, especially when it is children, but you must always try to look at the wider picture and to give love, not only to the lost child, but those who have been responsible and to also pray for those people, because, my dear friends, whether you think so or not, they are in need of spiritual light and it is important that they receive help whilst they are here upon the Earth plane, than to come to our world in a state of darkness. I hope that helps you a little.**

Lilian: Yes, thank you for that.

Sarah: Of course there are many children who've been taken, it's just that this one is in the limelight.

Yes, there are many what you as human beings call 'atrocities', but you would my dear friends, not be able to cope with life if you placed upon your shoulders the trouble of all people. You can only continue to pray and ask for help from that All-Creative Force who has all knowledge, all love, all forgiveness and encompasses you *all* in that energy of love.

Lilian: Did you have a question Paul?

Paul: I have got a question from Pia, our friend from Helsinki… She's practising a martial art called 'Daitoryn', an old Japanese self-defence. It is all about the energy 'Aiki' and she says she's trying to open up to this energy and know about it. The power of thought is involved a lot. Can you give her some comments on this activity and the Aiki energy?

Yes, I understand. Within your world there are many forms of discipline and that is what it is all about—discipline of the mind over the physical body—and I am sure that you all know of these disciplines which help the mind to focus and to create within the human mind that form of focus which then opens up to even greater ways of thinking. It is good for all of you to have some form of discipline which allows your mind to focus, because when the mind is focussed, then you are closest to us in spirit, in the same way as I have tried to tell you about your meditative state. The only difference is, is that in these, as you call them, martial arts, that the physical body is used much more to create this state of mind. I would say to this lady that any discipline can only be good. I would suggest that she relax a little more, that she is trying too hard to open up to these subtle energies, because that again is what it is and works very well with our topic this evening. Just allow herself to continue with this discipline and it will come. She is just a little too anxious about it at this time.

Paul: I will pass all that on, thank you very much. She receives the transcripts anyway.

Yes, she is knowing, this one—yes.

Now for this time I will leave you my dear friends. I hope my words again have brought to you some more things to think about.

George: Yes, they certainly have.

Lilian: They always do.

Yes, and that helps with your own growth. So my dear friends, as always I leave you, knowing that I am close to you at all times. I know you will endeavour to think upon my words this time and that when we meet again there may be some comments from you.

General thanks

George's notes: A note on the universal energy: Yes, we need to look beyond our material selves to those energy connections. As it happens, something got me going on a brief paper on the subject this last week, and it is more than likely that those in spirit have seen fit to lend a helping hand! It to me seems better than I could produce myself. Anyway, a copy is offered, to accompany Salumet's words of wisdom.

25TH June 2007

Good evening. *(General greetings)*

I am happy to join with you once more.

Lilian: It makes us happy too!

I would like just to say to you my dear friends: thank you for all your thoughts for others. And I would say to you that at this particular time there are many like-minded people who are sending thoughts for *world peace on your planet*—and we hear those voices. And I would just say to you that when there is such a concerted effort of love, it can only bring some good to your world.

George: That's very nice to hear.

Every individual's thought is of course heard if given in love, but when you have many, that energy increases and, as always, is heard by those of us in our world who can then try, as one of you here suggested, influence the leaders of your countries in the power of good. I would say this to you my dear friends: that I would like this time for some part of this evening, to work quietly with the instrument, but before that I will be happy to answer any questions that you may have.

Lilian: Thank you. Do you want to start, George?

George: Could I mention that recently three came through from spirit offering assistance to the group. One offered assistance in leather book-binding—we thanked him and were interested in the history of it, but it's not particularly appropriate to ourselves at the moment. Another offered extra clarity in clairvoyance, which we gladly accepted. And a third, whom we may know as Brother Michael, offered automatic writing, and he was concerned that we should mention this to yourself to see if this facility might be helpful at all.

I understand your question. Let me say this to you: that all who come to this room come to you in love and hope to help each one of you only inasmuch as you try to help yourselves. As much as we can give, without your acceptance, it cannot go further. Therefore I say to you my dear friends you must always use your own freewill, your own understanding with anything that comes to you. We cannot force our wills upon you.

George: Yes. I got the impression he was just seeking your approval.

Yes. I approve anything that is offered in love, but we cannot offer help if you do not accept it and, after all my dear friend, that is why you have freewill—to make your own judgements, to create for yourselves that inner knowledge, that love that is given to you, to then create within yourselves a knowledge that becomes more spiritual in nature. So yes, my answer to you is simply: anything given in love and accepted in love is fine by those of us here.

George: Thank you, that clarifies that for us.

Yes. In the same way that as each individual within this room is given help on a daily basis, you do not always sense that help, but spiritually you accept and take that help which is given: but then you must accept on a physical level, that help, in order that you may recognize those things offered to you. You understand?

George: Yes. I feel we're all becoming more aware of this.

Yes, you have to make the effort. It matters not how much we give if you do not accept and utilize those things. Are there more questions my friends?

Lilian: I was thinking about our friend Margaret who used to come and who is now suffering from the disease 'Alzheimer's' She's forgotten all about coming here and so on, but spiritually she wouldn't have forgotten any of it, would she?

No, her awareness is still there. The problem is on a physical level. In the same way as people who are ill or what you call 'dying', are totally spiritually aware of all that goes on around them.

Lilian: Yes—I guess I just wanted confirmation.

Rod: One thing I'm a little concerned with is when people like that pass over, Salumet, they have got to make for the light to be called over. I get a little bit anxious; are they aware of the light—do they get a little bit extra guidance?

When they come to our side of life, they come as spirit, not as physical beings—that is left behind.

George: So I think you're saying, in effect, the Alzheimer's or forgetfulness is left behind…

Is part of the old clothing, yes. It is a physical condition that the spirit can cast off at the time of passing.

Rod: So no matter how ill they are, they can go through...

It may be that they need some spiritual upliftment or healing, which is available to all who have been ill for some time, but we are speaking on a spiritual level when they come to our side of life. Do not be concerned.

Rod: No.

George: Are you able to take another question?

I will take one more this time.

George: I do name drop from time to time…

Yes.

George: They're usually people of some interest. There was one named Rudolf Steiner who—I feel he was one who would go within to seek information and he was known as a mystic. One of the things he did was to recommend a rather strange method for reviving, shall I say, worn out agricultural soil and kick-starting it back into activity. His recipe, or part of it, was to fill cow horns with manure and bury them in the ground for several months, then stir this mixture into water, stirring to the right and to the left and using this dilute solution on a very large area of soil so that one feels it was used almost homoeopathically. I rather fancy that he was developing the right bacteria to initiate humus production in the soil. Anyway, his method seems to work. I just wondered if you have anything to say about Rudolf Steiner, or that particular item?

Yes. Names matter not, as you know, but of course he would have been influenced in some way and the simple answer is, when you speak of burying the horns deep within the Earth—we have spoken of Earth energies and those who work with the Earth.

George: Yes.

So you see, although there is a simple explanation—he has elaborated in his own mind what has been given to him and made use of that information. But of course he would have been influenced as all people on this Earth are influenced in some way: your chemists, your doctors, your scientists—name any of them who create some new ideas, or you *think* is a new idea…

George: Yes—as you've told us several times! *(Chuckle)*

So always my dear friend when you read of these things or see these 'new' inventions, think spiritually and the answer becomes easy for you to understand.

George: I suspect you were implying that the elementals had been involved.

Yes of course, that is their task, but we need to influence some human beings to start the process off. You understand?

George: But it makes interesting reading—his seemingly strange approach *does* work.

Yes. It matters not the steps that are taken, it is the outcome which is important, as you would probably agree.

George: Yes, indeed. Thank you for that.

Rod: It actually happens to ordinary people as well, Salumet, because my wife does crosswords and she comes out with something I can't help her out with and I can't read it, and suddenly she'll get a word—and she says 'I'm sure that's come from spirit, because it's come out of the blue'. So it comes out of ordinary mortals like us!

Yes. You are no different. If help can be given, we help, even in something as simple as an everyday occupation. All of you are available to influence and, after all, there are so many who are by your sides, hoping, not just to help in matters of everyday living, but to influence each of you spiritually. That is the important task.

Rod: That's nice.

But I know that each one of you within this room has felt at some time, help from our world.

Affirmations

And once you recognize that help, you can then ask for more.

George: Yes, and not just words and ideas in writing, but the synchronicities **(yes)** seem to be important and seem to highlight things.

You must always take note of synchronistic views and see the relationship between all of these happenings, because it does come from us, but we do need you to recognize it for yourselves—and the more you recognize, the more we give.

Rod: I wish I'd known this earlier on in life. *(Chuckle)*

Lilian: I think we all do.

But it is not important *when*—the fact is that you have found yourself and you can now continue upon the pathway that you have started.

Now my dear friends I will continue to work quietly with this one, and allow the rest of your time to be used wisely.

General thanks

George's note: During our period of prayer at the start of the meeting, Paul had voiced a request for guidance for our new prime minister, Gordon Brown, to which Salumet refers.

9TH July 2007

Lilian: Good evening Salumet.

Good evening. *(General greetings)*

As I come close to you this time there is a gentleness and a purity about you that is so good to feel. Again my dear friends it gladdens us to know that your healing thoughts are now much more expansive than just for individual healing, that your love and feelings for your whole planet can only be admirable, but do not

forget the existence of *all life* in many universes that exist. Although many of you feel that life on this planet Earth is harsh at times, let me just remind you my dear friends, that you human beings are on an upward curve of consciousness; and although that may not seem possible when you study individual problems in your world, on the whole this planet Earth is making good progress spiritually. So I would like you to remember this—remember my words and it will sustain you in your daily lives. The angelic beings from all other planets are working hard to help humankind and it is a little unfortunate perhaps, that the people of this time have lost that knowledge and consciousness of your ancient people. It would be worthwhile my dear friends, if you would strive to attain just a little of that consciousness which the ancients had. They, of course, were able to see these angelic beings, but they called them in your mythology 'gods' and although they may have seemed liked gods because of their great knowledge and help, they *are* in fact the angelic beings which have always been a part of this Earth planet.

George: Yes, I think there's been a tendency to refer to anything that is not human but seems greater than human, as gods.

Yes. After all, remember, you are gods in your own right, because we are all from the same source. But of course I feel you would think that not possible, but your actual substance is from the Great Creative Force. That is why in all of your religions mankind claims to be part of that god-like energy.

George: Image—yes.

Yes. So I say to you my dear friends, strive onwards to achieve evermore spiritual consciousness in your daily lives, in order that those spiritual eyes be awakened to all that is round and about you. Be part of the whole, do not have separation, but *be* love—do not only feel it, but be part of it.

Have you any questions?

Lilian: Could I ask one on the same subject? Why is it that some religions or cultures have sacred animals?

It is just part of their religious beliefs and remember that because of your freewill upon this planet, each man must choose what he feels to be right. Try not to pass judgement—they will do that for themselves, because you see, they do not feel that it is wrong to placate their god. You understand? (Yes) **Although it would be against what you believe, it does not necessarily make it completely wrong in their minds. You understand?**

Lilian: Yes.

George: I find it easy to feel that there are others close—I sense that there are others close with eyes shut, but I think I'm right in saying that the ancients were able to *see* angelic beings with the *physical* eyes.

Yes, because their consciousness was such that they had developed their gifts of spirituality. Yes, beings—perhaps today you would call them materializations in that sense. But yes, your ancients were much more aware spiritually.

Lilian: Would it be possible to see one of these, but not be aware of it?

You would have to be aware if you could see.

Lilian: I see.

You could not, *not* be aware.

George: Yes, I think there have been occasions when Mary and others have materialized before many people. So I imagine the materialization can be enhanced from spirit world so that many humans can sometimes see.

Yes. There have always been occasions for these events to happen in order that there is not doubt, but of course, as you know and understand, there always has been doubt. You cannot convince everyone at the same time, but that is the responsibility of each individual. You cannot change another's thinking for them. You can try, you can encourage, but you cannot change another until such time as their heart energy is open to the truth. I am sure my dear friends that each one within this room has come upon some person who, no matter what you say, no matter what proof you give, they cannot and will not accept it. But that too is part of the spiritual pathway. That is part of learning understanding and forgiveness of others. So I say to you my dear friends, in every area of life, give thanks to the Great Creative Force for that experience.

Jan: I saw someone who had a wonderful experience talking to somebody who he'd known for a very long time, who hadn't necessarily thought about the wider picture or any spiritual thoughts at all and suddenly you

see them opening like a flower. I know someone in my family at the moment who's doing just that. It's a wonderful feeling that they started to question and ask and feel so differently.
Yes, the opportunity is there for all, but again because of the freewill given to you as human beings, that knowledge and that support can be denied. There is nothing that you can do, but of course, like the flowers in your gardens to watch it grow and blossom and become strong and beautiful can only gladden your hearts.
George: Yes, it amazes me sometimes that organizations such as the Society for Psychical Research. That has been going for something like 140 years now—an enormous amount of intellectual data has been amassed, but still, still there are doubts at every turn. The intellectual path to elucidate, or attempt to elucidate the nature of spirit is a very difficult path and very lengthy indeed!
Of course, but we are making what you would term 'inroads'. Slowly, slowly but surely and you must know my dear friends how many scientist now have turned away from the material data and have turned towards proving that spirit now exists.
George: Yes, as I see it, there's the rising spiritual awareness and there's the intellectual pathway, and the two seem to be coming together to a degree. Does that make sense?
Yes and if you look to the wider picture—that is why I said at the beginning that humankind is on an upward pathway.
Jan: I think we've all commented that we've felt that in our daily lives, haven't we?
Yes, as spiritual beings like you within this room who have accepted that you are more than a physical being; you can only continue to grow if you so desire. But again, that is why you are so individual, because of your *free thinking.*
Rod: I'm always a little surprised when they show a film about people living in the deepest of forests in Africa and most—well not most—they are *always* very spiritual and whatever they do is based on spirit, so they're well aware of it.
As were all your ancient peoples, because materialism had not taken hold. It is as you move towards material things that mankind has gradually lost these innate gifts. That is why you will find simple-living people are more aware spiritually; whether they know that or not, they are more spiritual in their outlook.
Rod: If you hadn't said what you said, I would've thought we were on an uphill path really, because everything is going that way, isn't it, in the world?
Yes, mankind has reached a peak of materialization that has to then continue on another journey and that journey is to return to know and understand himself and what he truly is. We are making great strides my dear friends, although there is so much fear in your world at this present time. If you were to stop and consider life now and that of many years ago when mankind wanted too much for himself—that is when the gifts of spirit began to fade into the background of everyday living.
Rod: That makes sense.
Jan: I wonder though if in the future if it's possible for us to recapture those spiritual feelings with the amount of materialism around us—as a planet.
Yes. I have said in years gone by, there is no problem with the materialistic things that you *have*, it is the love of these things, it is the false love and the attachment placed upon them that creates the problems. Of course there is a fine balance to be achieved.
George: I feel there has to be a process of devaluation of material things **(yes)** and possibly when the material things come up against floods or failures of various kinds, huge buildings falling down because they're too big really to stand up to the elements—perhaps these things assist the process of devaluing materialism.
It is a time for man to recognize past mistakes and, after all, if one man has so much money that he cannot spend it, but he gives much to others, then you cannot say he is wrong to have so much money, because he does not have the love of that money for himself—he uses that money to help his fellow man. So, you see, you must always weigh up before you criticize.
George: I think we recall the Andrew Carnegies of this world who were great public benefactors in this way—and Alfred Nobel….
And remember also my dear friend that sometimes these people are influenced in such a way as to achieve great wealth in a lifetime in order that they can be an example to others by helping others. So you see they are a very good example to many who would not give.

George: Yes, certainly when it's like that it's a process to be much admired.

Yes. So do not be too quick to say that all things material cannot allow you to grow spiritually—that is not the case.

Sara: Salumet, recently we've been reading a lot about manifestation—it's a subject that is quite popular at the moment—they call it cosmic ordering. Of course it'll attract many different types probably, but we have also started tithing because we read a book which we felt made sense. And yes we felt we would like to have more wealth, because we can do more with this wealth and I wondered if you had anything to say about tithing? People suggest that by giving away a percentage of your money to others who perhaps need it more, it just simply increases your own flow.

Yes. It is simply cause and effect.

Sara: Yes, cause and effect, give and receive.

Yes. If you truly give with your heart without looking for return, then the laws of all consciousness will return it to you. But what I would say is be careful what you ask for, because sometimes you are given and there is a much wider picture that surrounds it, and may not always be what you expect.

Sara: Perhaps it is better to simply not ask, but give—give but not ask…

Yes, I would suggest that is a much better way because what you give, you will receive, not perhaps in monetary terms, but you will receive in happiness or health or in the love of a family, and after all, these are much better gifts.

Sara: Yes. Thank you.

Rod: Just one question. Millions of people on the Earth are worried about the Earth heating up and flooding and they see a lot of harm being done with CO_2, and what have you. For some reason I'm not worried about this and I don't know whether I'm right or wrong, but I'm not on that side. Am I wrong?

You cannot change what has already happened, but what can change is your awareness in order to help your planet, and that awareness is already here otherwise there would be no discussions about it. So the awareness is there, but it needs to grow. But to you my dear friend, I say: do not waste your energy in worry and fear. Part of what is happening on this planet is part of its own evolution and that you cannot change; but of course there are many factors which all of you can help to change and to sustain.

Jan: By sending out our loving thoughts to keep everybody safe whilst this change is happening. This is what we can all do in our everyday lives, isn't it?

Yes, that is a much more productive view to the condition of this planet, rather than to be concerned and worried and fearful, because when you are fearful, when you are worried, you change that energy.

Jan: Vibration changes.

Yes. So, I say always to you: no matter how you feel, you have the power to change to love and hope and to continue with your lives in a fulfilling way.

George: Perhaps we could say that nature has the power to change if we allow her.

Of course that has sometimes been the problem where mankind has taken upon himself the attitude that he knows better, when it has not always been that way. But be grateful that the awareness is raised and that most human beings in your world are aware of these changes and what they can do to help. But, as I have said, part of it is an evolutionary change.

Sara: Salumet, is it reasonable to wish for things if they have an unselfish purpose behind them?

Yes of course.

Sara: Yes, because sometimes we think of future plans which would enable us to spread the word in our own particular way.

Yes. Whatever brings good that cannot be wrong, because I would say to you that you would understand immediately if the purpose of asking is not for the good of yourselves or others. There is nothing wrong in asking for help for yourselves. Do not be afraid to ask, but be careful what you ask for—that is my only caution to you.

Sara: Yes. I understand that material objects for their own sake often incite envy and don't bring happiness sometimes for that reason; but my feeling was, if you wanted a bigger house, for example, for purposes of teaching or healing, then I was thinking that presumably was a good purpose.

If it is right for you, but it may not just be given, it may be that you have to pursue in some way for this to be obtained.

Sara: Yes, I understand—dedication. Yes, I understand that. Thank you.

Now, I will take my leave this time. I hope my words have brought to you some element that will give you food for thought once more.

George: I feel it's been a wonderful, warm chat and much instruction contained therein, thank you.

Yes, and continue to send those loving thoughts for those in need. Do not forget those in our world who also need your help and thoughts. And as I leave you my dear friends, know that always I am aware of your lives, of your fears—because some of you do have fears, but that is a struggle for you to overcome. And I will ask our dear lady friend, *(Sara)* **whilst this feeling of ease and love remains, to take you on a journey if she will.**

Sara: Yes of course.

General thanks and farewells

George's notes: 1. Universes: Salumet has on several occasions referred to 'universes'. Physicists refer to several 'dimensions', which I think amounts to the same thing, and Salumet has on one occasion agreed that the universes are of different vibrations. With these references in mind it is clear that there are at least three that we know of:

- Physical universe of material form

- Spiritual universe of formless spirit and angelic beings

- etheric realms of ether beings/elementals.

The Astral planes are really different again in that these seem to be realms of spirit having form … a kind of half-way house between physical and deeper spirit.

2. 'Gods': Earlier mankind has referred to angelic beings as gods. Yes, Homer (8th-century BC) wrote of the gods interacting with humans (The Odyssey, The Iliad). It is clear that sight of angelic beings can result from our improved awareness; also such vision may on occasions be orchestrated from spirit … and there are numerous examples of this on record, even in modern press reports.

3. Materialism: Again, materialism gets a knock, but Salumet is careful to clarify that it is the 'love bonding to material things' that is negative. There is no problem with wealth or material things per se. We should just not get besotted with selfish gain or with clinging to wealth and possessions irrationally. This seems to be the direction of the teaching.

4. Andrew Carnegie: Born in the year of Hally's comet 1835 and amassed a fortune from the steel industry in the USA. He donated $350,000,000 to a variety of foundations, endowed 2,800 libraries and was principle benefactor of Carnegie Hall, New York.

5. Alfred Nobel: Amassed a fortune from dynamite, a variety of patents and interests in the Baku oilfields. He left the Nobel Prize moneys for excellence in a number of disciplines and contributions to world peace, operative from 1901.

6. Upward curve of consciousness: Well that can't be bad. We have heard from Salumet more than once on this general pattern of improvement; also from Bonniol, via the input from guides who are so ever helpful with our interplanetary work.

Sara's Guided Meditation: It is summertime and it's still very, very hot as you can imagine … and you are on the beach and it's still warm after the hot part of the day in the afternoon, and in front of you is the sea. And the sea is very warm still and you walk along the sand with bare feet. In fact you are wearing swimming clothes … and you just put your foot into the water and it's beautifully warm, and you decide to swim. The sea is very still and tranquil and you are alone. And you start to swim in that beautiful warm, tranquil water … and you decide to swim out to sea and you enjoy the wonderful freedom that the water is giving you. And you don't feel tired. You feel refreshed as you keep on swimming gently in this wonderful warm water. And you smell the salty, sandy smells around you and feel the gentle breeze on your skin. And you feel a sense of freedom. All your cares have gone, and when you feel that you've had enough, you decide to come back to the shore. You come out of the water and pick up your towel, which is a very, very big fluffy, dry towel and you wrap yourself in it. And it is still warm, there is a slight breeze but the air is still warm. It cannot possibly be England. So, you are sitting on the beach now, wrapped up in this towel … and you go into the silence … and you give thanks, for the wonderful peace that you have in your life … and give thanks for that peaceful centre where you can re-generate your energy, and draw strength from those around you. As your breathing deepens you become aware of those around you, and you connect deeply with them, and you thank them for being

with you … … and then when you feel ready, you come out… You are feeling dry again now and the air is still warm. You walk slowly back across the beach and home again, without any cares, without any worries, without any burdens … or fears.

16TH July 2007

Lilian: Welcome Salumet.
Good evening.
All: Good evening.
I am happy to join with you once more.
Lilian: We are happy to have you here.
Remember my dear friends that last time I spoke with you we discussed how this Earth planet is growing spiritually.
General agreement
I wish to speak just a few more words about this. I told you that more and more people are becoming much more aware spiritually, and that all of your world leaders are being influenced for good. What I wish to tell you this time is that as life continues, your medical doctors will become much more influenced from our world in not only dealing with the physical condition, but they are even now beginning to understand that there is more than a physical being; there are many accounts within your world of this happening. And what I wish to tell you my dear friends, is that in time to come, your medical doctors will not be treating the outcome of spiritual dis-ease, but they will begin to teach self-healing and that is what we are aiming for with these good and gentle people who wish to help mankind. That is not to take away from those healers already in your world who work with spirit in order to heal, but in time to come there will be healings of what you human beings would call 'miraculous'. So you see my dear friends, great strides are being made in your world for these things to happen.
George: Yes. Wonderful! For so long we've treated mere physical symptoms and not the root cause.
Yes, yes, but that way of thinking is gradually changing, because of the results of your 'quantum physics' as you name it and it now cannot be denied that there is more to life than the physical being.
George: It's good to hear that confirmation of that realization.
Rod: So our prayers should cover doctors as well, which I haven't included in my prayer list, but I can see that we should do that, and that will spread to the ordinary man in the street, won't it?
Of course, they are healers in their own way although, as our dear friend has said, until now only physical symptoms have been studied. But once the spirit is recognized then your medicine takes another step forward, but it is happening in a very small way now.
George: And a very big step.
Yes, a big step for humankind.
Sarah: I suppose it's just full circle really, because in ancient times they probably would have treated illness in the way that we are learning now.
Yes, yes. For many people, they had that knowledge, which I have told you on many occasions has been lost by humankind in the event of materialistic outlooks of life, and we have discussed this my dear friends. You have to keep material goods and wishes in their proper places if you are to survive spiritually.
George: Yes, I guess it's true to say that we need both but we must keep things in proportion.
Yes, it is difficult for mankind to return to a basic state of existence now that they have experienced so many materialistic values, but the two can abide together to create a wholeness in humanity and it can be used more wisely.
Lilian: I was just thinking about mentally handicapped children or disabled children in whatever way—we know now that it is good for them maybe to ride a horse or swim with the dolphins and that's a similar self-healing, isn't it?

Yes. Of course it is a form of healing and, yes, why should these people not experience the joys of earthly life? Why should it not be given freely to them, because you are not to know what that experience can create within the spirit?
Sarah: They take animals into old people's homes and those sort of places, because the very act of stroking the animals has a healing effect on them.
Yes. As I have said, all creatures and human beings belong to each other. You are part of each other because you are part of that great creation, therefore there has to be benefits from that coalition.
George: Can I mention here that there was a story in the tradition of the Hopi Indians about a white man developing materially and a brown man developing spiritually and the two uniting. And with the spiritual and the material developments coming together, there is a synergistic affect that's greater than either on its own. This suggests that there would be some advantage in developing materially as well as spiritually and then uniting the two. Have you any thought on that?
Yes. It has already happened in your world where races have come together, no matter what their reasoning, but it is a natural progression that you are all part of a brotherhood (yes!) **and whatever qualities each brings to that partnership can only be fruitful spiritually. You understand?** *(Pause)*
No.
George: I am lost at the moment…
Yes—you are speaking, I believe, of separation of one race against another; one more materialistic, one more spiritual and the coming together of these races creates what our Creator would call 'unity', unity of man. You understand now?
George: Yes, and the two together will represent a further progression.
Yes.
George: Ah, yes.
Yes. I am sorry if I did not explain it clearly to you.
George: No, I think it's my wooliness! I've had a difficult week.
Well that is part, my dear friend, of being human.
George: Indeed, yes.
But you understand my words now?
George: Oh, yes and I must take responsibility for the human frailty factor.
Yes. And it is rather amiss to say that one particular race is more spiritually aware than another, because the knowledge is within everyone.
George: It is always there—yes I follow.
Yes. It is up to each individual to cultivate their own spiritual energies.
Now I will not speak further this time, because I would wish you to absorb my words of these two past meetings, because although the words are simple, they have great meaning for humankind in times to come and it would serve you well my dear friends to think just a little more deeply about what is available to you all. And with those words, I encompass you all, I ask that Great Creative Force for upliftment for all of you in your daily lives, that the spirit within continues to progress and that your knowledge and wisdom be always to the fore. I leave you all bathed in spiritual light and energy.
General thanks and farewells
George's notes:
Recording: As we waited for Salumet, I noticed pigeons cooing outside. They are clearly present on the recording … a testament to digital recorder performance … also to my hearing aids!
Hopi Indian story: On checking, it refers to the 'white brother' and the 'red brother', which makes Salumet's use of the term 'brotherhood' just brilliant. The general implication seems to be that the material development-plus-spiritual development, go forward together; also united peoples go forward together. We are all one.
Past Two Meetings: If Salumet declares these to be especially important, then perhaps we should recap the main points.
(1). We are on an upward curve of consciousness, which confirms what has been said by a number of forward thinkers of clear perception.

(2). There have been ancient peoples who could naturally see angelic beings with their physical eyes. Angels are an integral part of existence, and as the heart energy opens to the truth of existence, we shall again observe them in our presence. The universal beings are, as our selves, part of the whole.
(3). Spiritual value began to fade as adherence to self and material goods took hold.
(4). Materialism has already peaked. Perhaps this shows with ongoing high-street sales, three for the price of two offers, falling prices linked to Internet competition, charity shop / recycling boom, failure of kitsch and prestigious finish in the flood, fire, hurricane and tornado situations of climate change. Perhaps these things are all part of the materialism devaluation?
(5). Wealth is fine so long as we know what to do with it. It might even be good for humanity if key people have enormous wealth that they can use to good and unselfish purpose … as has been observed for a few in the past. It is the misplaced love of, or attachment to, wealth and material gain that shuts down the spiritual awareness … and there has been an excess of this in our recent past.
(6). It is time to recognise past errors, a time for giving, a time to recognise wholeness and a time to dispense with irrational fears.
(7). We are all part of the whole, all part of nature, all part of this planet and all part of the entire creation that extends throughout the universe. Each and every one is enjoined to the wholeness of existence.
There were further items including a rescue and Bonniol looked in very briefly at the end of the evening to say: hello. His few words of good cheer are included in the Bonniol transcript.

30th July 2007

There were seven of us this time. At the start of the meeting we, for the first time, included healing prayers for certain UFO abductees that we had heard about.
Lilian: Welcome to you Salumet.
Good Evening.
All: Good evening.
As I join with you this time I feel your strengths, your weaknesses—all that makes you human. Again we thank you my dear friends for all those endearing thoughts for those who are in need. I am aware of many questions within your thinking at this time. Therefore, and because there are fewer of us this time, I will endeavour to answer any questions you may have.
Lilian: Thank you. Would anyone like to start the questions?
Jim: I'd like just to make a comment on the transcripts of previous meetings which I read. In these transcripts I see the teaching of Salumet, and I try to remember everything and sometimes the message really gets through to me, and at other times I just don't understand what that teaching is about. Is there any advice that you can give me that would help me during my reading of the transcripts?
I would say to you that understanding will come at its own pace. That which you find difficult will soon become understanding *(sic)* **with time. So, I say to you, my dear friend: have patience with yourself. You have come quite some way in understanding from whence you first came to us. Would you not agree?**
Jim: There are things which really improve my life a great deal. **(Yes.)** Your teaching on not making judgements and on forgiveness has been a great help in recalling my youth. And now, without making judgements, I can forgive those who, as a child, I hated—and now that hate has disappeared, and I'm much stronger for it.
Yes, because you are allowing that love, which is after all, the spirit speaking. You have it so much stronger within your life, and you, my dear friend, can feel that benefit most strongly. Life is about love, about giving, and also receiving. But as far as my teachings go, continue to listen or to read—whichever you find more useful, and I say to you, that understanding will come.
Jim: Thank you.
Lilian: What about you George?
George: Yes, I have one. Let me first give thanks for yet another book coming my way at the most appropriate time. You have spoken with us Salumet concerning DNA, and this particular book is a channel from a group who call themselves: *The Pleiadians,* and it seems a rather good channel, in that, as I began reading, I ticked the various points with a pencil that were totally in line with your teaching. And I found I was ticking every

paragraph in the first 40-pages! That was wonderful. Then I got onto details of DNA, confirming that DNA-modification is a very important happening and it gave further details which I would like to put before you. There seems to be an upgrading in progress from double-helix to *twelve*, which seems rather a big jump, but the details go on to indicate that there's connection to twelve main chakras. We are aware of seven *main* chakras, and there is talk of a further five which are above and beyond the physical body and connecting to solar system, the galaxy and further out into the universe. I was wondering if you would care to comment on those further details regarding DNA?

Yes, I understand your question. I understand the slight puzzlement that you felt on reading this information. I have spoken to you briefly about DNA and felt that at that particular time, it was as much as you could take and understand...

George: Yes, I do appreciate that.

...for the whole of this group. Yes, I would firstly say to you, my dear friend, that any confirmation of my words has been told to you previously—that whatever I tell you would be verified by others throughout this world.

George: Yes, it certainly is being verified.

Yes, and I hope you realise that the time factor is no small matter, although it has taken some years, you can see that the evidence is available to you. You would agree?

George: Yes, yes indeed.

Yes. We are not surprised by the connection and the information being given by this other group, because after all, why should we be the only group receiving information from, as you say, 'farther galaxies'—that would not make sense I feel. Therefore let us verify that information is coming to these people. DNA is a subject which is ever-growing. Mankind is ever-growing in his knowledge of what is round and about him—about the structure of the human being. And yes, I *will* confirm to you now, and I have told you in past times, that although many speak of seven chakras, or *'energy points'* as I would rather call them, I have told you in previous times that there are many, many more, but just not known about at that time. Therefore, do not be surprised by this information, because you see my dear friends, that the human form is just one mass of energy. Therefore common sense would tell you, that to have only seven points within that mass of energy would seem rather futile. You would agree?

George: Yes I would and I do recall that you also said that what is happening on the Earth at this present time would reach out and connect with or be an influence throughout the galaxy and the universe **(yes),** and it just struck me that this seemed to be part of that mechanism.

Of course, when you speak of the expansion of the helix, reaching out to other galaxies that is the energy connection, which is needed for mankind to connect further and further. You understand?

George: Yes, I do...

And although you have mentioned a number of twelve, I will confirm for you now, that there are many more, but not known of at this present time.

George: And I know our science is aware that something like 10% of DNA has good purpose, and there's a further 90% which does not appear *yet* to have good purpose, and it is in some scientific circles referred to as 'junk DNA'...

May I interrupt and say to you, that your scientists will soon be considering another 30% 'good DNA'. That is to come.

George: Wonderful!

Remember that always the influence comes from our world.

George: Yes, wonderful, and the implication is that the other 90% will have proper application, as it was meant in the first place I am sure **(yes)**. Equally, that part of the brain which is not seen to have application—that will also come into play, I'm sure.

You only have to think of all of those seers and mystics, as you call them in your world. *They* are using more than 10%. Is it not logical that this must be so?

George: Indeed. They are able to make the connections which utilise...

Yes, much more easily. But yes, I agree that on the whole, so much is not utilised. Are you happy with that?

George: I am *very* happy—it all seems to make so much good sense.

I am pleased that my words can help you (thank you)**. But it is not an easy topic for most to understand. That is why it has been my purpose in a group such as this, that we go slowly, and in order for each one to digest such information.**

George: Yes, and that is appreciated **(yes)**. Well, thank you for your answer to that question, which to my mind doesn't seem an easy question. But that is a very enlightening answer. Thank you.

Lilian then suggested that George ask a question which the group had discussed earlier:

George: I've been in touch recently with a lady: *Hilary Porter*, who has a history of being abducted by, shall I say UFO pilots, and she strikes me as a very strong lady who had fears and has faced those fears. And she now describes herself as an 'abduction agony aunt'. She helps others who have been abducted and gives them counselling. She's a new contact and she has asked for healing for those she helps, and I just wondered if you'd care to clarify. You have spoken on abductions in the past, and I just wondered if you'd care to further clarify that area of work.

Yes, we have spoken, again briefly about this subject. And yes, if you recognise, my dear friends, that there exist many Universes. If you can accept the existence of many beings on many planets, albeit that their knowledge be greater than yours, does not immediately allow them to be pure beings—that is the first point I wish to make to you. You know from your visits and your 'mind' information, that many things are possible; that there are beings outside your realms of understanding, who nevertheless are part of the great scheme of life. I told you that most of these beings mean you Earth people no harm. But as in your world there exists many races of people, all quite diverse in their looks, so too you must accept, that many planets produce beings who are of entirely different formation from yourselves. Also that among those beings there are those whose curiosity takes hold of them and that is where we come into Earth-beings being taken to their crafts, because of the interest expressed in trying to understand the makeup of Earth-beings.

George: Yes I can well accept that **(yes)** there would be this tremendous curiosity. **(yes)** They would be technically more advanced than ourselves **(yes),** they would be physical beings like ourselves, imperfect like ourselves.

Imperfect, yes that is a good word to use. I do not wish to say that they are not 'good' beings, but 'imperfect' is the word to use.

George: Also 'striving,' I guess, like ourselves—striving to find out.

Yes, to gain more knowledge of what is round and about. So I say to you that expanded knowledge does not always bring purity of character—this we understand. I would also like to say to you, that certain Earth beings are more prone to be taken, for many different reasons that perhaps at this moment in time, you cannot understand. But they are *'chosen'* if you like, to be abducted, for very many reasons. And sometimes these other beings do not have the same emotional contact as you Earth beings, which therefore leaves many Earth beings traumatized by the experience. But open to all people, is the love and protection of spirit.

George: Yes, in which case there would not be so much fear generated and perhaps I could suggest that the main problem in this context is our own fear of an unknown situation **(Yes)**. Perhaps if knowledge of abductions was more openly accepted, then this would help in some measure to reduce fear. Would that be a fair statement?

Yes, after all, I have told you that it is either love or fear, which governs your lives and fear is negative to the spirit and it also blocks out the help that is available. But we cannot place all responsibility onto those people who are taken, but also responsibility lies with those other beings who are intent on having their own way. In the same way as Earth beings have to take responsibility for their actions, so too do all beings in the great scheme of life, from all planets, because they come under the laws of that Great Creative Force. I would also say to you my dear friends, that not all people who have been taken to foreign crafts, find the experience to be so dreadful and I am sure that in time, there will come forward many, who will tell of renewed knowledge, of finding spiritual gifts opened to them, that they did not have before. So again I say to you, look for the balance in all things.

George: Yes. The lady, of whom I have spoken, spoke of one who appeared to her, which I think would be her own Guardian Angel, who assured her that he would always be with her **(Yes)** and this I think went a long way to allaying any fears that she had.

Yes, once she has allowed herself that love element, that lack of fear, then those who can help will step forward. Yes and of course to ask for healing for all of these people, can only help. Has that been helpful to you?

George: Yes I think that must have helped us all, to understand this area of knowledge. Thank you.

There is the misunderstanding that expanded knowledge, such as many other beings have, makes them 'good'. But remember, they are *imperfect.* I use your word, 'imperfect.'

Rod: And they have free will as well.

Of course.

Sarah: I was wondering when you said they *choose* different human beings for various reasons, I was wondering maybe if spiritually they could be attracted to certain people and if that's why they abducted them. Or maybe it's not possible to pinpoint any reason?

When first I came, we spoke of darkness and light and opposites being drawn and the darkness always seeking light. Therefore yes, unknowingly they would be attracted to certain people for their light.

Sarah: Ah yes that makes sense, thank you.

George: Yes and the lady in question would seem to have a 'mind link' **(Yes)** to those people. She describes how she receives a thought from them in the first place and she knows when to look to the sky **(Yes)** and she has been able to send a thought back and they have shifted their position in the sky. So I think she must have a mind link, or an easy to achieve mind link?

Yes, that would have—as I have said to you, many people have found new qualities within themselves, that they suddenly can heal others, that their mind is much more alert. There are many good qualities to having some connection with other beings. But it is the fear of the people being taken, that they have to alter.

Jim: Does that mean then that there is no real basis for fear?

You should never allow fear to enter your lives, if you wish to be spiritually strong.

Rod: You said this 3 weeks ago Salumet. It's not an easy thing to get rid of. I think I've got to practise on that. I keep dragging it up and you've emphasized it two or three times in this conversation **(Yes)** and that's strengthened my thoughts even more I would think, on fear.

You will never fully achieve it whilst you are clothed in this physical body, but what you must attempt to do is to try to focus the mind on Love, not fear. It is an exercise if you like, that you can maintain throughout your Earthly lives. But you are human and we know it is most difficult for you. But it is achievable.

Lilian: So even if we have a fear of, for example, being on water, of our seas, thunder and lightning, we should be able to overcome that?

If you work on it yes, of course, but sometimes as I have also told you, these fears come with you from other times and are deeply rooted and at times, can take much work to overcome. But it is achievable.

Sarah: The instrument you're using, *(Eileen)* is very frightened of thunder and lightning. **(Yes)** So that's probably from a previous life?

No.

Sarah: It is this life, is it?

Yes, we have been working with her for many years, but there is only so much influence that we can give, because when it comes down to change, it is entirely because of your free will, that you must take action. We can only influence.

Lilian: Well I'm not terrible happy, I wouldn't say *petrified*, of being on the Sea, which I was on Sunday and I wondered whether that was from another life? *Pause*

Yes, I will tell you, you were a sailor. *(Pause)* **But let me say this to you before I leave you. There are so many people in your world, who have these fears, no matter what—but it is their own inner fears. If only they would give those fears up to us, they would see their lives dramatically change.**

General thanks expressed

Rod: So what you're saying is, if we could get these fears and throw them over the shoulder to you, that would be a big help to us?
Or give them up to that Great Creative Force. Yes, because in doing so, you are saying: 'We are love, we are part of that Great Creative Force, which knows no fear.'
Rod: We were talking about this 'Great Creative Force,' Salumet, and now we talk about *Universes*—now that Great Creative Force goes out further and further out, in our minds…
It is all-encompassing.
Rod: I can't think of the question now, but this Great Creative Force cannot make a form. In other words when you have a meeting in spirit, with your echelons, he doesn't come to you in any form, does he?
When you move through the realms of spirit, 'form' does not exist, it is pure energy.
George: Yes the name that the particular author uses that I'm reading at the moment is 'Prime Creator'.
Yes, there are many names given.
George: With the implication that there are lesser beings or creators in-between. There would be 'Prime Creator' influencing secondary creators and so down through the—I was going to say 'chain of command', but perhaps that's not a very good word.
Yes, in the same way as you have the Angelic Forces, they are still part of the Creative Force, but are doing, to use Earthly words, a 'job of work', which they have been given.
Jim: On the subject of creation **(Yes)** is creation and manifestation as discussed with Bonniol, are they in the same bracket? Is manifestation in fact a creation of a small object?
Yes, yes.
Jim: It is—that's interesting.
Paul then asked a question about bringing 2 people from his job to the group
Now I will take my leave of you. I hope my words this time have stretched your thinking just a little.
George: It's been another wonderful meeting. Thank you so much for this.
Enthusiastic agreement
I am always happy to join with you my dear friends. After all, my purpose has been to enlighten you all about the truth of existence.
Lilian: You've certainly done that. We are very privileged.
Enthusiastic agreement and thanks
As I leave, I leave with each one of you, the light of all knowledge.
Further thanks
George's Notes:
Book Reference: Re DNA and the teachings. 'Bringers of the Dawn' – Teachings from the Pleiadians, Barbara Marciniak, Bear & Co, Santa Fe, New Mexico, 1992. There is much agreement with Salumet; also with specific Bonniol statements, such as use by space-travellers of wormholes as 'way portals'.
Seers and Mystics: It is an interesting point that these special people manage to make more extensive use of what is available in the general human make-up. Those parts of brain and DNA that appear to be dormant, need not necessarily be so!
Teaching Method: Salumet returns to topics. It is often the case that greater detail is given second time around, and what has not been understood the first time, is better understood after more ground has been covered.
Abductions: This section is fairly self-explanatary Two important points are (1) the abductions are for real and a natural, logical outcome of physical visitations (2) the love / fear balance needs to be carefully thought through; with sufficient love and understanding, experiences cannot be all bad!
Knowledge and acceptance are also important. If only the media would properly publicise the details seriously, then our open knowledge of it all should dispel much fear. Media owe it to humanity to come clean and do a proper job where UFOs, crop circles, extraterrestrial communications and abductions are concerned.

13th August 2007

Good evening.
All: Good evening.

As I join with you this time, I am gladdened by those healing thoughts once more and I would just like to say to you this time my dear friends a little more about your thoughts. We have said quite a lot about the process of thinking and how powerful your thoughts are and we have brought to you the opportunity to experience thought transference, which I know you find a little difficult. So, firstly my dear friends, I would say to you, to look inwardly to yourselves, to take responsibility for those thoughts that are with you at all times of your existence. It would be beneficial to you all, I feel, if you could focus more clearly on a daily basis of each thought that comes to you, to say to yourselves '*why did that thought come to me?*' and *'what thought have I given out today that has benefited another human being?'* And we all know that when you come together here within this room, then those thoughts do become more focussed in order to help others. I now ask you my dear friends to return the focus upon yourselves each and every day of your earthly existence, because once you have mastered the control of your own thoughts, then it becomes easier for you to transfer those thoughts to other people. Do you understand?

Lilian: Yes.

It is a great responsibility that you place upon yourselves when you take responsibility for each and every thought, but I have always told you how powerful your thoughts can be. But now is the time that you need to refocus inwardly to your own thinking and if you make great practise of this on a daily basis you will be amazed at how quickly and in tune you become with the control of thought. Have you any questions?

Rod: Are you saying that you would be inspired by spirit when you go within?

We can help, but the responsibility lies with each one.

Rod: I see, okay.

You and you alone, are responsible for your thoughts.

Lilian: I can see how very worthwhile that would be.

Yes.

Jan: So it is a case of practise every day—practise makes perfect, because we've got to recondition, haven't we? **(yes)** It's programming our brain to think in a different pattern.

Yes. It is not so much the brain as the spiritual mind, but of course the more you attempt to control, the easier it will become; and when you have full control of those thoughts, then you become as one with spirit.

Jan: I almost want to say 'free'—it would be like a freedom.

Yes.

Sara: You can always share your thoughts with other people provided that you are not angry... **(yes)** So, if the thoughts are balanced, if you feel balanced and you are calm, you can speak about something that perhaps has made you unhappy without causing offence. So that is a freedom.

Yes. It is a freedom of your spirit that you are in control. Of course, the brain comes into that part of thinking, but ultimately it is the spiritual aspect which should take control and when you are able to dismiss any inappropriate thought, then you begin to realize that you are the master of your own world. You understand?

Sara: Yes.

But, as I have said, within this room it is easy with the energy around you to be able to focus, to be able to give healing good thoughts, but when you are in your everyday, earthly lives and you are surrounded by much fear, disappointment and all negativities, it is a little more difficult. But you have the power to rise above and to take control of your own lives. So, at this stage my dear friends, I feel it would be appropriate, but of course as always it is entirely up to you, each one of you, to decide whether you progress or not.

Jan: You've been reminding us, Salumet, about this for some time now and …

Yes, I must sound, like you say, a broken record—yes.

Chuckles

Jan: No, not at all, but you have been telling us for some time to bring our spirit lives to the fore.

Yes. You have spent some time listening to my words and for this I am most grateful, but also my purpose for you my dear friends is to see that each one of you progresses as much as you can or are willing to do.

General thanks

George: So you have set before us an exercise in experience and centring **(yes)** within ourselves.
Rod: This is new to me—thank you very much.
Lilian: So if we are out with someone and they say something, and I thought, 'ooh that was a bit annoying'... just let it wash over you?
You must not allow other's thoughts to intrude upon that peaceful aura that you may have.
Rod: It is very difficult when you're talking to somebody and they come out with something you know is *terribly* wrong, they talk about something…
But how do you know it is terribly wrong?
Rod: It *is*, and you feel terrible, but you are unable to tell them—perhaps you're not in the right place to be able to tell them and it hurts.
My dear friend you are young as yet in the ways of spirit. You would send love to the person you feel is doing wrong, but in actual fact the problem lies within you—and I know that statement you will find difficult to accept at this moment in time, but I am sure that the others can tell you that you must not judge another.
Rod: Ah yes, you've said that.
Yes. It is difficult, I know.
Sara: But sometimes it's easier to withdraw a little **(yes)** if they're beginning to give you uncomfortable feelings. Sometimes it's easier for *you* to withdraw—then you don't need to feel …
That is where control of your thinking comes into play.
Rod: That helps a lot, thank you very much.
You cannot change another's thoughts, but you can your own.
George: Quite often conversations are physical and possibly intellectual and in that situation I find it always tempting to *introduce* a connection to spirit. It isn't always easy, but I find it's something I feel needs *doing*, if I can put it that way.
May I say to you my dear friends that I find the interaction between two human beings whose thoughts are not in unison to be most interesting.
Hearty laughter
If only we could take them and place them separately, that would be a much happier situation, but as always, you have the power within you to be in full control and to take full responsibility for your thoughts.
Lilian: So is it also a good idea to each morning, ask for help with the thoughts?
I would suggest, yes of course, you may ask for help, but again I say to you, *you* have the power and of course practise does help. You all, I have to say, have inappropriate thoughts at times, not intentionally, but because you do not know how to take control of those thoughts.
Jan: But I remember you once telling us that if you've realized afterwards that theyre inappropriate and those feelings and thoughts are a *(protective)* shell for us, then that's part of the learning process, because you have to accept—you have to have those feelings that those thoughts are inappropriate or wrong, to go forward.
Yes, it is the first stage, *recognition* of the thought, of course. If you do not recognize the thought, you deny its existence. Yes, of course.
Jan: I think this is an appropriate point to ask this question. It's not from myself, it's from Richard—you know Richard, he is my son. **(yes)** He telephoned me on Saturday night with an extremely interesting concept and he asked me to ask you. As you know, from an early age he has been bombarded with voices **(yes)** and he wants to know—I forgot to bring my piece of paper, I'm sorry—he has learnt to shut out those voices at an inappropriate time in his busy life, **(good)** but when he concentrates, they are very, very clear. He would like to know if the conversations he is hearing are aimed at him or whether he just picks up conversation from spirit around him wherever he may be. **(yes)** Do you understand? Have I put that clearly?
Yes, I understand. If he is focussed at a particular time, what he hears will be those around him who wish to help. When he is amongst others, or inappropriate times as you call it, he is picking up on any energies which will be in and around. But when he is quiet and focussed, they will take that opportunity to try to help and also to focus his thinking to the spirit world.
Jan: Right—I haven't heard of anybody else having those experiences so I found it quite…
Yes they do.

Jan: Yes, I'm sure they do, but I haven't spoken to anybody else who's had them, so all I could say is, 'Wow Richard!' And he said that he can hear whether it's a gentleman or a lady, he actually hears the voice in his ears.

Yes, it is because he has now accepted that spirit is close to him always, but now he is taking control and not allowing them at every inappropriate moment to intrude upon his life.

Jan: I'm very proud of him that he's been able to do that because for a very long time it was as if his physical state was always in like a nervous breakdown sort of state **(yes)** because he couldn't shut them out.

Because he was controlled by fear. (yes) **As you know and as I have spoken often, either love or fear will dictate your lives. But he is doing well. Yes.**

Jan: Thank you. I can tell him exactly that, that in his quiet moments they're actually trying—he is communicating with spirit, with him and when he's in a busy environment like a shopping centre when he hears them, he is picking up…

But those who are trying to help will then take control with him and help him and nurture him in the ways of spirit so that he will know when and what to do with these other intrusive voices. It is just being able to ground oneself at those times, and again it is practise and it is knowing that nothing can happen to him, whilst he is connected with our world.

Jan: I think that's precisely what has happened to him—the fear has now lifted.

It is that. Yes, yes. He can only go forward now.

Jan: And now he's excited rather than fearful.

Yes.

Sarah: There are other people who say they've heard voices and they commit crimes and they say it was voices in the head. Is this the same sort of thing—they're fearful and they're letting negative spirits come in?

Yes. Negativity will attract those close to this Earth plane who, as you know, not all people have the greatest purpose of goodness and they will be attracted to fear and negativity within others.

Jan: And you covered the subject of schizophrenia some months back with us and the cause...

Yes.

George: So it will be true to say perhaps that in an atmosphere of love and quiet time, one cannot go wrong really?

If your thoughts are pure, if your intentions are pure, then you will always be protected, but when you allow a window of fear or negativity, then you are opening up to more of the same. That is why it is important for each and every one of you to let go of fear.

Sara: Is this what we call clairaudience?

Yes.

Sara: Is it possible that our son will develop in this way, clairaudiently, because he does have problems concentrating sometimes at school and I know that he sometimes gets nervous at night time of noises or sensing. I sometimes think he is perhaps sensing or seeing things but not understanding.

Yes, he is sensitive, but he is more likely to *see* than to hear.

Sara: Clairvoyantly?

Yes.

Sara: Thank you.

Lilian: So when someone sleepwalks and they do strange things, they've even been known to kill someone—is that a thought they've carried with them before they go to sleep?

No, that is to do with an irregularity within the brain structure during the time of sleep. It is not connected to spirit in any great way. Of course there are cases when people can be influenced in their sleep state, but that is not the natural way.

Lilian: I see—it's to do with the brain and nothing to do with the thought.

Yes.

Rod: 'Love and fear' is something that you need to keep in your mind I think, because yesterday I had an awful fear come over me…

Yes. But you have survived it.

Much amusement

Rod: And I thought, 'hey, hang on a bit, this is something you were talking about and I've got to get rid of that', and I threw it up there and grabbed hold of the love, and that *did* help.
Yes. So you see, you have proof for yourself that control of the thought works.
Jan: You're an example of that *(Rod)*—well done!
Rod: It was a big help. So those two words, you've got to keep—they've got to be there, haven't they really, to be aware of...
Yes. Try not to focus on the word 'fear' because just…
Jan: The word makes you fearful.
Yes—*(the word)* **can trigger off thoughts of fear. So be aware that it is a condition of earthly living, but not one that you will bow to.**
Rod: It's a wonderful thing to be able to preach to people, if you can put it over in a nice way; friends you can—I've found that you can do this with friends and they readily take it on board, which is nice.
I would say to you my dear friend, the best way to live your life is by example. You do not always need words for others, because they will pick up on any goodness, any joy, any happiness that you exude.
Graham: I find that smiling helps. I feel despite you're annoyance towards somebody, if you smile it is difficult to remain annoyed while you're smiling—it goes right through you.
Yes. And it is apparent to so many people around that that one smile, that one genuine smile has the power to create that ripple of happiness in the same way as anger or fear or hatred has...
Jan: Laughter does the same.
...And laughter...
Rod: I was on my bike having a ride this morning and I met a lady coming along with a pushchair and she gave me a lovely smile and it lifted me and I was able to peddle up the next hill like a young kid.
Chuckles
Yes.
Graham: I think that smiling dissipates other people's fear. If they're concerned or nervous about something and you smile to them, you can see them relax—it dissipates their fear.
Jan: That's why the dentist smiles a lot. You go to the dentist, he smiles.
Laughter
Graham: Mine has a face mask on, but the eyes give the smile away...
Laughter
Can you see now within this room that talking of joy and happiness that you are all beginning to laugh and smile? *(Affirmations)* **You understand the ripple effect that it has. So, my dear friends I will leave these words with you this time. I will always be interested to see how these words are put into action in this next coming week of your earthly lives.**
Lilian: Yes, I'm sure we will try. Just before you go, there's a lady who has come over from New Zealand to visit her parents opposite, if there's an opportunity—she obviously interested and knows about what we do and has shown an interested. Is it okay if she comes? I feel it probably is.
Yes, I would be happy for her to come.
Lilian: Thank you. It is the time—she may not have the time.
Yes, I am happy for her to join with us. Now my dear friends as I leave you, I hope I leave you with that smile upon your lips …
Chuckles
… and as I leave you I will continue for some short time to work with the instrument *(Eileen)* **and I will ask our dear lady friend** *(Sara)* **to take you on a short, uplifting journey this time, if she is agreeable …**
Sara: Yes, that's fine.
… And then we will continue.
Thanks from all
Sara's guided meditation: It's the end of the day. You are sitting by the water and a boat ... a little rowing boat, and you get in this little rowing boat. You are on your own, just you. And you climb into the boat and the boat starts to move off ... it's a little magic boat and it's got a mind of its own, and it will take you on a little journey around the bay. It starts off slowly and as you sit in the boat you trail your hand in the water, and then

you notice the ripples in the water ... and the water feels cool, and as you look into it you can see the darker depths below. You are drifting slowly still, and you are reflecting a little on the day and you are reflecting on how wonderful and how blessed your life is and has been ... and on all the wonderful little opportunities that you had in the day, to show your love to other people ... and for others to show their love for you. And you feel excited by the possibilities that lie ahead, and knowing that there is so much for you to do ... and fortunate that you don't ever have to wonder what to do with your day. And you know also that the pathway that you follow is leading you to greater and greater riches and you feel much excitement within you about the future and the present. And the warm sunset glow matches the warm glow within you, and you feel there is so much coming to you that is good. And you know also that all of the answers lie within you and all the wisdom that you need to access the better part of every day is there for you, and that it's possible to have it all. The magic boat is still moving around the bay and your hand is still playing on the water by the side of the boat, and you look still into the deeper waters and see how far you have come and how far you still have to go. And as your mind goes higher on your journey, it's still and describes the lower evermore. And so the compassion within you grows ever and deeper because your mind is no longer separated from your heart. So you do not view your fellow human beings with detachment ... yes it's detachment but not a separate entity. So, when you look into the water and you see the ripples spreading outwards, it's almost like your heart and the energy within your heart is forever spreading outwards to encompass yet more and more of your world and the world at large beyond it. As you look at the sun again, you almost become the sunset. You become one with the sunset and one with the water. And as you merge into these feelings, the magic boat has brought you back again to the shore and your journey is complete ... and you are complete ... and whole ... and strong ... and ready for another day.

20TH August 2007

Good evening.
All: Good evening.
As always, let us extend a welcome to our guest this night.
Lilian: I'm sure she will find some benefit from sitting with us.
She feels just a little apprehensive this time.
Lilian: Is that right, Di? Do you feel a little apprehensive?
Di: I don't know that it's for me—I don't know—I'm very honoured to be here and thank you very much.
Yes. You are most welcome. Now my dear friends I wish to say to you this time a little about what was asked of me last time by our lady friend known to you as Jan.
Lilian: Yes—she's unable to be here tonight...
Yes—about the difference between thoughts and where they come from. As I have said on past occasions, the thoughts from spirit come slowly and repeat themselves often, whereas other thoughts come quickly and seem to be more intense with urgency attached to them. The difference only comes with time and with experience, and it is something that you have all experienced in your own way I am sure.
Lilian: Yes.
Yes. I wish to say also to you that, as we have spoken before about energy expanding/spirit growing, I wish to say it is now time my dear friends that you view your other fellow human beings in a slightly different manner. Do not look on anyone, whether friend or stranger, as that physical being but to learn to look inwardly and to feel that spiritual energy come to the fore, because in using your energy to seek that higher being from within, it allows that connection and communication between two people to have the strength of love and understanding. So many of you look to another and make judgement far too quickly.
Lilian: That's very true.
And now I feel you must go forward and look more closely to those who come before you because, as I have told you, there are no mistakes when it comes to those who cross your life path. It is then up to you, my dear friends, to think of the thought which comes to mind and to find the purpose of each meeting. Do you understand?
Affirmations

George: Yes, I think we probably all have memories of particular people who have really stood out in our lives—personal contacts. I recall my youth when I was conscripted into the army and I met an older man *(his name was George Allison)* and he was a regular soldier, in uniform. But he had such a kind heart and he was so willing to exchange views with we young national servicemen and a light seemed to shine from him. He is an older contact and, looking back, he was a very significant contact.

Yes. Therefore his love and light was extended to many people who have been impressed by him and his way of life. Therefore that memory remains with you strongly and has enabled you also to go forward with your own life.

George: Yes, I certainly have that memory—the more so because he was a Doctor Barnado's boy and the army had become his family. So he was slightly unusual as well as having a good heart.

Not so; I have told you in previous times: that is why you must never judge another human being. It matters not where they come from or what material goods they have, what is important is what is within their heart and soul—that is what life is about.

Rod: You slapped my wrist last week when I mentioned that, but it's difficult: tonight a coloured gentleman came up to our door and wanted to buy the back of our garden and an immediate anger came over me. It takes a lot of getting used to, but I haven't got there and your words do come through—but initially I was wrong.

Do not be so hard on yourself my dear friend. You do struggle I know, to accept many words spoken here, but I am sure if you look back to the time when you first came to us, you will find much improvement within yourself.

Rod: I've been told that at home!

Laughs

Give thanks for all those blessings that you now have. And do not allow any failures, as you see them, because they are not; it is just a learning process for you.

Rod: Thank you.

So do not be so hard upon yourself.

Now, as always when we have guests, I will take the opportunity for any questions this time.

Jim: May I ask a question about the power of thought? I attempted to think about a particular subject—in fact it was three digits, three numbers, and think of everybody in this room and the idea of mind projection, and finding out whether I have the ability at the moment to succeed with this. I'm interested in what I can do to improve my performance, if I can put it that way, and I thought I would ask you if you would like to comment on how I am doing.

Your endeavours in whatever way you choose spiritually can only be beneficial for your own growth. As the gentleman previously, you sometimes try too hard to succeed when in fact you should just let things be, and when that air of calmness and acceptability is there, then you find you have greater success. But my words to you, my dear friend, is *(sic)* **that you must strive for what you feel to be right for you. It matters not whether I approve or any other person around you sees your success, but that deep within yourself you know what you are doing is for the betterment of your spirit. Does that help?**

Jim: Yes, it does help. I will remember what you said and I will keep trying.

Yes.

Jim: In my thinking, if I think about you, would you know that I was thinking about you.

All thoughts come to us, yes, of course.

Jim: This happens when I look at transcripts and read your teachings and often I can follow what you are saying as if I'm in this room.

Yes, well that is the benefit of being able to recall words that are placed upon paper, because, as you know, the human memory is not infallible.

Lilian: That's for sure.

Rod: It's fragile.

Jim: When we pass over to your side of this spiritual universe, what happens to our ability to memorize? Does it become better?

If you are speaking of physical memory, then it is obsolete, but spiritual thoughts of course remain with you.
Jim: I see. My memory, which I don't boast about, will improve in the next world then?
If you so desire.
Jim: I see—yes, I'm happy about that!
Lilian: Something to look forward to.
It is an existence of thought in our world, so whatever you desire, whatever thought you give out, that becomes your complete reality. You understand?
Jim: Yes, I do understand that—I feel I know what you are saying.
Yes. Sometimes my words do not always make sense to you within this room; sometimes that is why I repeat myself so often, because the human mind is liable to forget or to misunderstand what is said to it. So, it is most beneficial I feel that at times we go over the same ground of knowledge, because, as you well know, each one of you within this room is at a different level of development.
George: So would this mean that we remember spiritual information and feelings for various people, but we forget our mathematical tables?
If you wish to retain mathematical tables, you will.
George: Thank you.
Lilian: Have you any questions, Di?
Di: Yes, I would like to ask a personal question if I may. I feel, because my mother's is very ill, I just feel that she has *already* passed over, but the body is still on this Earth. I'm due to return back to my home *(New Zealand)* next week, is there anything else I can do to help her on her journey or is the journey *her* journey?
Of course you can help as each one within this room can help another human being. You can give loving thoughts to those in our world to make her passage easier and quicker for her, but ultimately it is dependent upon her freewill, when she decides that it is time. But yes, always loving thoughts will be received and help will be given. But as you may know, that as the spirit leaves the physical body behind, there is more time in our world than is spent in yours. So it becomes for some a more gradual process, but of course, continue to help with your loving thoughts; that is all that you can do. *(Thanks)* **And do not be afraid of your own emotions, because you are holding back at this time and that is based my dear friend upon your fear, your fear of losing a loved one, which is of course natural to the human being. But it would be much better if you could *deal* with those emotions whilst she is still here. Do you understand?**
Di: Yes I do, thank you.
Lilian: It's a very difficult time.
Yes. If only the people upon this Earth plane could rejoice as *we* do at the passing of your loved ones. We see it as a return *home*, to *all* that is *real*, but of course it is a slow progress for human beings to reach that state of acceptance—but it is possible and you all should strive to see passing to our world as a natural function of living, because those who pass are happy and they are greeted by all who love them, *all* who love them, not only family members, but those of us in spirit who have been with you for *many* lifetimes. But of course we know and understand that for most people that earthly and human comfort is necessary. I hope that helps you all this time.
General thanks
Now I will take my leave of you this time and allow any others to come forward. So, as always my dear friends, until next time we come together, I enclose you with my love and upliftment for all of you.
General thanks and farewells
George's Notes: Following Salumet, an advancing one joined us through Sue. This was one who spends much time in the Halls of Learning, gaining in knowledge to pass onto others. He spoke of the huge privilege to sit at the feet of the master as on this occasion. He spoke of the tremendous light and the golden glow (as seen from spirit) in his presence ... and of the sound, the vibrations, music and bells that is just beyond description in earthly terms ... it is not really like any of them. And as he leaves the room it is just amazing. 'It is a very great spirit and I cannot tell you the feeling that is left behind on our side ... wonderful, wonderful, wonderful!' In spirit, it is stated to be much more an impression of energies felt within and understood rather than just the words. This one declared it to be the first time he had sat at the feet of the master and does not know if it will

happen for him again. It was an overwhelming experience. But he will return to the Halls of Learning with the benefit of the experience, and things that were a little cloudy will now be much clearer. He also declared that we are all learning every minute of the day, whether we realise or not. Here, we have human fallibilities and have much to look forward to when we pass to the realms of light. It was a powerful message delivered with great feeling.

The evening closed with a cheery, light-hearted one via Eileen whom a few of us remembered as 'Annie'. Annie spotted several that she remembered, but most were new. She was more familiar with the group 14-15 years ago when it met in Leslie's house. She is aware that Leslie continues his work and we indicated that it would be nice if he were to drop by again—Annie too. With Salumet, Bonniol and the two further visitors, it completed a splendid evening.

27TH August 2007

Good evening.
All: Good evening.
As always I am happy to be with you this time.
Sarah: We're very happy to have you again.
My words this time will be short because I wish to work with this instrument at this time, but before that I will answer any questions that you may have.
Lilian: Thank you.
I also would say to you my dear friends that I hope that you have considered what I said to you some little time ago about the subtle energy changes which were taking place around you—each and every one of you. And that could be a topic of discussion amongst your selves whilst I work quietly this time.
Lilian: Yes, that's a good idea.
Do we have any questions?
Lilian: Have you another question, Di?
Di: Yes, I have a question Salumet, about soul mates: If you could explain to me whether it's possible to know who your soul mates are in this incarnation, in the life we live now, and whether you connect with them and whether you ultimately end up with them when you are aware of who the soul mates are, or you have a feeling that's who they are?
Yes. You must be just a little careful when you say 'soul mates' as if there are *(sic)* **a group. A true soul mate does not come in every lifetime; but I would say to you that you would be aware in an instant if you were to meet your soul mate in this particular lifetime, because that spiritual attraction is so strong that no man could keep you apart if that is your desire. But remember that soul mates can be anyone who enters your life: it can be a child, someone of the opposite gender, or sisters or brothers or anyone who co-exists in this life. I believe, and I know, that soul mates always have a very strong bond and I am sure that the group will inform you of my words about soul mates, which is now written down and is on one of your what you term 'discs'—yes.**
George: Yes, I was going to say, the CD-ROM disc has an index and 'soul mates' is an item in the index.
Yes, it will help to explain further for you the meaning, the true meaning of soul mate, because you see, in this world 'soul mate' is used to express meetings with other people when in fact they are not soul mates. So I suggest my dear friends that you help our dear lady friend by issuing my words for her, rather than I continue with words at this time.
George: Yes, she has a copy of the disc to work through, in fact.
Yes.
George: But that will take some time.
Yes, but I hope it will be helpful to you.
Di: Thank you.
Lilian: So it's very unlikely that we meet a soul mate in our lifetimes?

Not unlikely, but do not assume that you will always meet your true soul mate. Unfortunately mankind is too quick to assume people are soul mates, when indeed they are but acquaintances or people who have planned to come into their existence in this lifetime.
Lilian: Yes, thank you.
George: Could I ask a question about the nature of spirit?
Yes.
George: We are familiar with the material world and the way we are all separated by space. In spirit, although there is a oneness, there are still individual entities, if I can put it like that. **(Yes)** There are soul bodies, angels and light beings and ones such as yourself. So I'm reasoning that there is a form of separation which does *not* involve space. Perhaps this involves frequency, but I'm assuming that there are other means of achieving individual entity, apart from space.
Yes, you are speaking about separateness.
George: Yes.
Yes. The problem my dear friend comes when you use the word 'space'. Of course, it is a physical word, but I fully understand what you are trying to say and yes, unlike existence here on this planet or any other planet where man co-exists in *one* space, in our world there are many *graduations* of time; and I will continue to use the word 'space' for your benefit, but in fact all is dealt with thought, and that is a separateness that exists in our world.
George: Are you saying thought itself has its own separateness?
Yes. You understand?
George: Yes, I'm beginning to get there.
It is not an easy subject to explain, but as you continue in the world of spirit, you know full well that identities and bodies, if that is the correct phrase, need to be used and all is thought connection. And in the same way that thought can in an instant transport you to wherever you wish or so desire to go, so too can that thought keep you as separate—I prefer to use separateness.
George: And we can think of thought as energy or a special form of energy perhaps.
Yes. It is energy, it is not a special form it is part of all that is natural. You understand?
George: Yes. I began by thinking that even in the physical world we have radio and TV **(yes)** and sound all occupying the same space—so space is not essential to separation.
No, of course not. When you look at it from a physical viewpoint that is a good analogy—yes. So I hope you now use your thought a little more correctly.
George: Yes, thank you! That does help to clarify.
Lilian: Do you have a question, Sarah?
Sarah: Yes. Salumet, last week you talked about the physical mind. I was under the impression that the mind was spiritual and the brain was physical.
Yes. It was just a misuse of the words which can happen. Of course the mind belongs to spirit and the mind, if you like, in physical terms is called the brain. I apologize if I confused you.
Sarah: That's okay.
George: And again, would I be correct in thinking that a tiny part of mind is more of less fixed to brain so that tempts us to think of that tiny part as physical?
Well, you cannot separate the spiritual and the physical—they have to intermingle. They co-exist as one, but it is only when the physical overcoat has outgrown its use that the spiritual mind then moves forward.
George: Ah, it then becomes *totally free.*
Yes, again, it is a separateness. (Yes) **You see the connection there...**
George: Thank you—that does help.
Rod: You did say Salumet that by the end of this year we would all notice a difference—I forget the word…
Paul: A sort of metamorphosis.
Rod: That's the word—I had to look it up. Would we notice this difference?

You should become *aware* of any change within yourselves. Do not look for *physical* change, although that also can happen at the same time. As I have said, the physical and the spiritual have to coexist. One cannot exist without the other. But yes, I hope that you would recognise within yourselves that change.
George: Yes. I wonder if it might also show in our communication with others and attraction between ourselves and others?
Yes. That would be the *purpose* of any change, any *unfoldment* that you may have in order that spiritually you go forward, because what you do not wish to do is to stay at one level. All is available to you—all spiritual power and gifts of spirit are within. But although I can come to you and tell you what you are capable of, I cannot do it for you. That, my dear friends, is up to each and every one of you. You understand?
(Several affirmations)
But of course we bring the opportunities to you, and it is up to you to use that spiritual awareness at all times, to put to one side all fear and all negativity and to go forward with your lives.
George: Yes, we are all so blessed with your teaching and last time, there was one from spirit, who followed you, and he spoke of how your being and teaching, shall I say, presented itself to him in spirit and it sounded truly wonderful. He was obviously sensing energies and sound and light of which we are not aware ourselves, sadly. But it sounded a wonderful description.
Yes. I have to say my dear friend that I am most humbled when I hear words such as those you have just used. Of course I come to you on a mission of truth and love, and I have not always explained to you fully what this communication means, and how difficult at times it can become. But that is of no consequence for you; but to hear words as you have used them, I am indeed most humbled.
George: It just goes to show how these words are appreciated, not just by ourselves here, but by those in spirit as well, and that's a lovely realisation for us.
Yes, if only you could see the enthusiasm that is shown when the opportunity to learn is given to many of these souls. It is a wondrous sight at times to see such joy.
Rod: Is the learning in spirit by *thought,* or is it by reading books, or by what method?
It depends on where you are at certain times. Of course there are available to you many halls of learning which anyone can go to and there we have the most beautiful books with all knowledge within, but as you progress through spirit it is a different way of learning. Sometimes words are unnecessary, but for some, they like to hear spoken words, because that is what has always brought comfort to them. And spirit is a place of—whatever you need or want is available to you.
Rod: There's just one little thing: you did say when you are in spirit, you communicated in thought, I thought **(yes)** and suddenly I felt that it must feel lonely, but I hope I'm wrong on that and you're not lonely, in spirit.
My dear friend: that is a word that is never used in our world. You cannot be lonely when you are surrounded by great love and beauty.
Rod: Ah, that's nice.
In a sense you are a little fearful of the unknown, but let me reassure you that as great joy is within your world when a child is born, that also happens in our world when you are reborn into that home from which you came. You are surrounded by love—you are never alone at any stage.
Rod: Beautiful.
Sarah: Salumet, going back to the mind—thought and mind: when the mind is released from the physical brain/body whatever, that goes into spirit and that is your thought. Am I right? **(Yes)** So when a baby is born and they have a physical brain and they have their mind again, this mind that comes, is that the spirit that comes with you? I am just a little confused on that.
You are seeing mind and spirit separately when in fact it is not. Mind *is* spirit (yes)**. Yes. Try to focus and it will seem less confusing.**
Sarah: Yes, thank you.
Now I feel, that for this time, I will continue to work with this instrument and allow the rest of your evening to continue.

Lilian: Thank you once again.
General thanks
And as I leave you, my dear friends, we ask and give thanks for all that we receive.
George's notes:
1. Time, space and separateness: Salumet refers to man coexisting in one space. This probably equates to the physical universe in which we physical beings live, having just the one pervading space or space-time. But in spirit, there are graduations of time, and clearly, aspects of soul have led physical lives at different periods through history. So perhaps these are the graduations of time referred to, and these will be within soul. Thoughts too, seem to be autonomous and have been referred to in the teachings and by Bonniol as 'living' and would perhaps be labelled in time.
2. Soul Mates: The references for Soul Mate are:
17th October 1994
31st August 1998
12th November 2001
And Soul Family 7th February 2005
There was some muted discussion as Salumet worked with Eileen followed by exchange with a control through Sarah, and then a rescue relating to a house fire to conclude the evening.

10TH September 2007

Good evening.
All: Good evening.
I am happy to join with you again this time. As I come close to you, I feel your energies and your love, also your expectations of your lives and expectations of your blossoming of spiritual attributes. For this my dear friends I thank you for your love and your consistency of wanting to become better human beings. I would like this time to discuss with you a little about your spiritual unfoldment and what you wish to achieve. I have spoken much about the power of your mind; I have spoken to you about all possibilities and what you can achieve, but this time I would just like to say that now is the time for you, not just to recognise spiritual attributes, but to experience firsthand these things. I hear you say: but how do we go about doing these things?
Lilian: Yes.
Yes. You go forward and in your meditative state you begin to realize and to take control of that mind which controls all aspects of your living. It is all very well to recognize with words what you can achieve, but it is the experience which will take you forward. Do you have any questions about this?
Pause
You all fully understand what I am telling you?
Jim: My difficulty with the words is the '*experience'*—it's a spiritual matter. Sometimes when I sit quietly, I just think I'm in a silent, blank world; I have no feeling that I am getting anywhere. But I have to travel hopefully and follow the advice and just sit and wait to experience something—something I would dearly love to happen.
But my dear friend, your experience comes within that quietness, that vision which is before you, and only in those conditions can you begin to take control of your thinking and your life experience. It is within that meditative state that all things come to you. You must realize that experience is to find this quiet place at all times and at all stages of your existence. It is not easy—I know that my dear friend, but each one of you must endeavour to go forward in your own way. You understand?
Jim: Yes.
George: I get the impression your words relate in the first place to the meditative state, and I for one would need to dig more deeply there—and following that stage, that is then also an influence on what we do in our active lives **(yes)**. So it's that two part thing. Am I correct?

Of course, human living will be influenced by your spiritual status of course, but you must all endeavour to move forward; you cannot be content in just the intellectual knowledge of what you have to do—that knowledge has to become experience of the spiritual attributes. Is that helpful to you?
George: Yes.
Rod: Yes, I think those of us who find it difficult to get into a meditative condition will just have to be very patient, and I have heard that it could take up to a year to get there. So, I think we need a lot of patience—people like me anyway...
There is no time limit. To go deeply into that state of existence takes all of your lifetime. It is not something you can achieve so quickly; it is ongoing throughout your physical lives and continues, I have to say, into our spiritual realms. So you see, it is appropriate for you whilst on this Earth to begin those spiritual exercises and practise to better go forward, to enhance your daily living. But again, as I have said so often, it is entirely your choice and however much you wish to progress, you must move forward in the state of mind. I feel your quietness and silence. I feel a little puzzlement with you also.
Rod: I am sorry I didn't know you were talking directly to me. I was mumbling under my breath—thank you—sorry about that.
There is no need to apologize my dear friend. Each one of you within this room is at a different stage of development. Some, of course, have been on this pathway for many years and some, we know, are new to spiritual ways—although that is not quite true because from the time you are born to this world, your spiritual growth has already begun, but unconsciously you move through life without realizing that you have spiritual 'back-up', I believe you might say. But what is more important is that, as individuals, you must move forward. Do not become complacent in what you know, because so many in your world feel that they know so much when in fact they know so little. So, never allow your ego to come to the fore, but to work and strive tirelessly for your own spiritual growth. It matters not what another is doing, but I do feel, and this room is a fine example, of people at different stages of development, but who are also very united in their goal. So, you see, it *can* work. And that is what I would wish you to consider this time my dear friends: to think just a little more deeply about moving forward.
Rod: You've convinced me to be more—I'll have a bash every morning if I can.
Jan: Don't beat yourself up over it, though Rod! That's only defeating the object.
Rod: No. I'm always worried about someone coming in and waking me up from it—I don't know why—barging in, in the middle of it. It can only be Daphne but…
Sarah: Put a note on the door.
Rod: Yes.
The most perfect time would be before your sleep state, but most people find this difficult because they find they drift to sleep rather than to enter that state of peaceful existence.
Jan: Much easier if you are an insomniac!
Yes, I do believe that could help. Yes. Do you have any questions?
Rod: Just going back on what you just said about doing it last thing at night—now I have tried this and you are right, you do go into a sleep, but I just wondered if there was any gain there. I presume there isn't a gain if you do go into a sleep...
I would say to you that you have sent the thought out to be in that state of existence, so you do not *lose* anything, but it is far better that you have some awareness of what is happening, that you *gain control* of your mind, of your thinking, of your actions. But it is entirely up to each individual to find time which is suitable and right for them.
George: Yes, I do use the evening time. I do find that my awareness is sometimes intermittent, so it's as if I have periods of unconsciousness and periods of being aware.
Yes. But it is all working towards 'control' and that is what you must strive towards. But if you do not give of the *time*, how can you make that progress? How can we come close if you are not allowing it to happen?
George: Returning to the ego for one moment; it doesn't seem to realize just how much knowledge is simply not worth knowing!

That is why it is called 'ego'—the physical part of the intellect/of the knowledge/of the knowing—humankind cannot differentiate between what is unsuitable and what is *true* knowledge. Man has always found it difficult to recognize that his own ego must be placed to one side if he truly wants to develop spiritually.

George: I'm very pleased to hear you say that, because I've noticed that some scientists can become fascinated in some backwater of knowledge, which just doesn't lead anywhere.

Yes, but do not be too harsh, do not judge them…

George: I'm being a little judgemental! *Chuckles*

Because they are striving to work out for themselves this phenomenon which they call 'ego'—because some of your scientists do not see further than the ego, they do not see the spiritual aspects of mankind so clearly. So…

George: That's another clarification, thank you.

Yes.

Sarah: I was just thinking, Salumet: you said to us in the beginning you likened us in spirit to a rough diamond and you take a little bit off and polish it and it becomes beautiful and goes back. When we go back into spirit, when we reach the highest point—when I say 'highest', we are probably talking about vibrations, lighter vibrations—does the whole of our spirit have to be together to move on? Does the part that is the many facets—do all the many facets have to join together first before they can move on, or can one facet go it alone, as it were?

Yes, one aspect can always still at that stage make individual judgements or movement or decision, yes, but still remain part of the whole.

Sarah: So, in order for—what I am trying to say is that when we've got rid of our physical garb and we're in spirit, in order to move on to the highest point that we could possibly get to...

You will never reach the highest point, because it is not known.

Sarah: No, but what I mean is, the highest level that we could ever attain, let's put it that way; would the whole group of facets would have to move together?

No, you are becoming confused and 'bogged down', I believe you would say, with physical thinking. Yes, when you reach the point of being energy, you are absorbed into the whole, but there is still an individuality within that energy. We are reaching difficult topics for you to understand.

George: But it is the soul's progress which is the important thing.

...Is never-ending.

Sarah: I can understand that. I was thinking too rigidly in a physical sense as opposed to…

You are thinking more of those lower planes of existence, I feel.

Sarah: Yes, probably.

Yes, but it is a good question to be asking of yourself, because it shows that you have moved forward in your thinking.

Sarah: That's nice to know anyway.

George: Possibly connected with that, last time, Salumet, you used the expression *'graduations in time'* **(yes)** in spirit. Does that refer to aspects that have lived lives in different times on Earth?

Not necessarily. It is a graduation of energy. *We* are talking on difficult subjects here, difficult inasmuch as you can understand, but of course there are graduations of *time*, but it belongs to the refinement of energy.

Lilian: Would it be a coming together of spiritual knowledge?

It is a *refinement*—that is the best way that I can put it to you.

George: I think I'm seeing it as a more general condition of spirit.

Yes. It is just a progression, yes. Perhaps the word 'graduation' was not a wise one on my part, but as always, to use your physical language to explain spiritual knowledge, has always been a difficulty for us.

George: Yes, of course.

Now…

Jan: Salumet, excuse me, before you go, if appropriate, could you give a few words of encouragement to the young lady on my left, please?
I would like to hear her voice, please.
Cheryl: Good evening Salumet.
Good evening—yes. We have met before, I believe (yes)**—yes. I have spoken to this one before, yes. I believe there was some doubt as to what she was seeing, yes?**
Cheryl: Yes.
Yes. But you have within you a spiritual nervousness, I believe. Would you agree? *(Affirmed)* **But you have within you a spiritual nervousness, I believe. Would you agree?** *(Affirmed)* **Yes. But you will move forward and your life is moving forward and sometimes you feel that you do not understand your own pathway in life.** *(Affirmed)* **Yes. But do not be too concerned, because many surround you for upliftment and guidance. And if I may suggest: that you have a young gentleman, a brother, who can help you in many ways—that both of you could develop spiritually by speaking deeply with each other; there is a bond there that you are not aware of. But your life is moving in the right direction, do not doubt that.**
Cheryl: Thank you.
But I do not usually speak personally, but I will tell you that your life path will take a different direction as you grow a little older, and it is for the best.
Lilian: Yes, thank you Salumet.
Jan: thank you very much.
Now, my dear friends as I leave you, I hope my words this time have inspired you in some small way and that each one of you can take from these words some little comfort or some hope that you may go forward with your own lives knowing that there is much you can achieve. I leave you always, my dear friends, encompassed within my love and my healing for you all.
Grateful thanks voiced from everyone.
George's notes:
Meditation: Salumet's words were spoken slowly and with deliberation. It is clearly an important instruction on meditation for all.
Ego: The statement that humankind cannot (in general) differentiate between true knowledge / awareness and knowledge that is non-progressive is interesting. Immanuel Kant was one who singled out a priori knowledge (that some today might prefer to call 'awareness') as of heaven and superior to that arising from experience and intellectual reason. He was one of a few to know the difference! But mostly, humankind does not appear to distinguish. Dictionary (Concise Oxford) definitions give:
Ego: (metaphys.) part of the mind that reacts to reality and has sense of individuality; self-esteem.
Ego-trip: activity devoted entirely to one's own interests or feelings.
Egoism: ethical theory that treats self-interest as foundation of morality; systematic selfishness; self-opinionatedness.
Egotism: self-conceit
Clearly, 'ego' and associated definitions make uncomfortable reading. It is a restrictive zone that we need to look beyond. Intellect is sometimes admired and not without reason, but it is perhaps unwise to dwell within this restrictive zone. As Salumet says, the ego really needs placing to one side in order to access our spirit connection and truth.

24TH September 2007

Good evening.
All: Good evening.
As I join with you this time, I feel upliftment is needed for some. As I draw close to you, I feel that the subtle energies need to be uplifted. Therefore, for this one time only, I wish you to listen to my voice so that each one of you feels the love and light which surrounds you.
Salumet's voice assumed a slightly slower intensity

I would like each one of you to focus within, to allow yourselves to feel the love and energies which come to you this time. I want you, my dear friends, to make connection with that part of yourselves which has connection to our world. I would like you to focus on this energy as bright, white light which comes close to each one of you—to feel that pull that is connecting to you spiritually and therefore physically, to enable you to forget for just a short period of time all of your woes of this Earth life. Focus, my dear friends, on the centre of your bodies. Imagine yourselves as a beautiful flower in bud, allow yourselves to open to that energy, that white light, and allow that bud to now begin to slowly open and to absorb that all-encompassing energy. Feel it in every part of your being. Allow it to empower you physically in every part of your body, in every cell of your body. I want you to be aware of this energy. I want you to feel the upliftment that comes to you, and when you are ready, allow yourselves to close down and to return to the physical and to continue to listen to my words whilst that energy continues to quietly uplift each one of you.

A pause of 1.5 minutes followed

Now my dear friends, I would like to say to you that on our next meeting I wish to discuss with you some information which will help you along your pathways, but for this evening for a short time I will take any questions that you may have.

Lilian: Yes, thank you for that, Salumet. George?

George: Yes, thank you. Yes, that was a wonderful feeling while you were talking. Thank you for that. I have a question. Can I refer back two years—we had a personal question and it was about Tina Birch, who had a spirit presence with her and the question came from her sister, Angela, who lives on the Isle of Wight. Tina passed to spirit—that was nearly two years ago. She leaves two young children who live in their home at Walthamstow. One of them, Natalie, is quite severely handicapped with cerebral palsy and I understand that she has been talking of seeing a presence, a male presence and I know, within the family there is some fear that it might be the same spirit in attendance as with the mother. My own feeling is that Natalie would be close to spirit and there would be others wishing to help her and I wonder if it's a helper or guide. Would you have anything to comment on that?

Yes, I understand your question. Let me say this to you: although this young one is physically handicapped, she is also spiritually aware—as was her mother. So, there is nothing to be fearful of, but of course what is happening is that fear and negativity come from other members of the family. I can say that any energies being seen, if they meant any harm would have shown that aspect by now. So firstly, I say the family must relax and the child, if she so wishes and does not want to see, then they must approach someone who has the awareness and the ability to make connection to visit that home. What I would *not* recommend is that fear and negativity be allowed to build around this young one. It is a little worrying for her, but it can be altered and it can be stopped. There is energy that *is* present but is not harmful.

George: Yes. Would I be right in thinking it can only be made harmful *by* fear and attitudes around?

Yes, it comes from those who are fearful and negative, and of course that can be built upon.

George: But if the presence can be accepted, then would I also be right in thinking that it's likely to be helpful to the little one—or am I making too bold a statement?

Yes. I do not wish to place words into your mouth, but you are making too much. It is a presence that is seen by the young one, because of her ability to see, but it is energy—but rather than allow fear to build, it would be better at this time for someone to make connection and to move the being forward.

George: Yes. At the same time, many of us would welcome such an ability to see...

Yes. Is it not just confirmation of what is achievable when you allow the mind to be free and open (yes) **and is available to *all*.**

George: Yes, thank you and I'm sure that will be a great help to the one who enquired about this and I think it has also been an instruction for us all.

Yes.

George: Thank you Salumet.

There is so much here within this Earth plane without even the recognition of fear. So many live their lives in fear—fear of the next moment, of the next hour, of the next day—when they should be *focussed* on this second.

George: Yes. Yes, and then we have freedom!

You have clarity—yes. I hope that will be helpful to you.

George: Yes indeed. I'm sure that's a great help. Thank you, Salumet.

Rod: Can I just ask one question? Last week you said that meditation on the Earth plane is a wonderful thing and it would be of benefit when you went into spirit. And I thought, well when we're on the Earth plane we want to go within, and I understood that as to get within our inner spirit. And I thought, well what happens when we *go* into spirit, we're *within* spirit—is that the same kind of meditation? Would you be trying to sort of get within, *within*? Is that a stupid question?

I feel that you have become a little confused.

Rod: I thought I may have!

Yes. When you return home, you of course *are* spirit. On Earth you are cloaked in this garb of flesh. You are not physical beings with a spirit you are spirit with a cloak of human flesh. Therefore, when you return home to us, there is no need to seek meditation as such, because you have exposed that true self which is spirit. You understand?

Rod: I do now yes.

Meditation on this Earth plane is to make connection with spirit. You understand now?

Rod: I do. I misunderstood that little bit and I can see where you're coming from. I haven't re-read it and I haven't seen the script and I see where you are coming from now. Thank you very much.

After all, what is meditation? It is only to help you to focus. Once you have the ability there is no need for ritual, but I have to say that for many, many human beings it is a focus which is necessary for you, to still that ever-enquiring brain that you have. But it comes only with practice. I hope that has helped you.

Rod: The initial talk you gave to us to go within tonight, if you were there every night like that, that would be a lot simpler—that was quite a lot simpler tonight. Maybe within this room, I don't know, it was easier to go within. It was lovely. Thank you very much for that.

I think you have just made what you would term a compliment!

Chuckles

So for that I will say is 'thank you', but of course there is no need to.

Rod: Thank you very much anyway.

Lilian: Can you take another question?

I will take one more this time.

Lilian: Has anyone a question? Di?

Di: No. If someone else would like to ask one, I'm happy to listen.

Lilian: Paul?

Paul: No, I don't think I've got one this week.

George: I have what might be a quick one. Perhaps I'm digging too deeply, but we used the phrase last time 'graduations in time' or 'transformation of energy' and it left me feeling: can one conceivably see even 'time' as either an energy or something that connects in a rather subtle way to energy?

Time is an earthly matter. Time as you know it in our world does not mean the same as time upon your Earth. But *yes*, of course there must be passing of what you call 'time' and it *does belong* to an energy field, a subject which we have not touched upon as yet; but it is something I feel would be of great interest to *you*, my dear friend.

George: Yes, indeed. I think we've taken on board that time doesn't really exist in the deeper spirit **(no)** but there's a memory of it **(yes)** or a phasing of it in the astral planes.

It is transmutation of energy. Perhaps that is a simple way of putting it to you at this particular time.

George: Yes, I felt there had to be a connection with energy.

Yes, of course, but as a group you are not quite ready for this kind of information.

George: No, I think you're flattering me too. I'm not quite ready myself, I'm sure.

Lilian: We'll believe you.

Midst some laughter

Well I would not wish to contradict, but I know you have a most active brain.

George: Well, thank you. I do tend to rummage through the papers every so often and think about it.

But we need you to summarize and to place from your small machines onto your discs in order that many may listen to these words of truth. After all, that has been my mission for you, to bring to you at this time many aspects of what has always existed and known as truth.

George: Yes, we do our little best. It's Paul, across the room there, who produces the discs. Yes, that's a little beyond me at the moment.

You are all individual, but you remain as one. You all contribute in your own ways and it is heart-warming, I believe would be the expression, to see such unity within a small group of people.

George: Yes, we must of course include yourself within that unity, because where would we be without these teachings?

Rod: Just—I'm a very simple person—you just said something to George about time not being the same as here, but we have a guide in spirit who comes through from the Egyptian side, back from the pyramid time—it must be thousands of years ago—and I look at this fellow, who has been in spirit those many thousands of years, and he cannot be aware of that period of time like we see it. Would I be right that he wouldn't be aware of that period of time in the same way as we look at it? Or have I asked that question stupidly?

Do not put yourself down. Any question that you put to me cannot be stupid, because you seek an answer. People who come to you from any time—and remember what we have just said that *time* in our world means not the same as time in your world—what they bring back is their memories. They come to inform you of their lives, because it is something they wish to do for the betterment of others and of course their knowledge is now greater in spirit than it would have been when they walked this Earth. So, the answer to your question is, yes they are much more aware. You understand?

Rod: Aware, yes. I just felt, would they have a *feeling* of time? Is that right?

Of now—the here and now? (Yes) **Yes. Well of course they have the knowledge of life now. After all, how would it be possible to return to a time and a place which is so different from their existence if they had not looked and understood what they were coming to?**

Rod: I see where you are coming from now.

Yes, now you are beginning to understand.

Rod: Yes, yes. I see that. Thank you very much!

George: Would I be correct in thinking that that would be an aspect of a soul that comes through to us **(yes)** and that soul has progressed since that distant time, and that aspect has the influence of that progressing soul. Would that be a central point?

Of course. That is a very good way to address it, yes. The one who has lived that previous life is not existing as you would imagine, but has grown in understanding in *our* world and of course the aspect of the self desires to help others, if only by bringing information to them to help in earthly understanding. You must always, my dear friends, look at the wider picture of communication with our world. It is not to have a pleasant evening just talking of past times, but to allow you to know and understand that communication is possible and does exist. That is the purpose of that kind of exercise. You understand?

George: Yes. On a purely factual basis, that one who came through from Ancient Egypt was well tuned to making a little water go a long way in dry conditions and he was being helpful as regards the way *we* conduct ourselves *now* in conditions of extreme dryness. So his information was actually helpful.

Of course, and where you are fortunate is that the connection is made directly, whereas in many instances all people are influenced *indirectly*. You understand? (Yes) **Such as your doctors or your farmers or—no matter what occupation, we in spirit try always to influence, but if you have an awareness and a connection *directly through the medium*, then that is much better, much clearer for you to understand. Would you not agree?**

George: Yes indeed, yes. Yes, I follow that.

Well, for this time I will withdraw and I am sure that as your evening closes this time that you will feel that upliftment this time.

General thanks
George's Notes:
Time: This further reference to time, perhaps leads one to feel that the space-time basis of physical creation might be the energy field Salumet refers to ... or time belongs to the material realm because it is fashioned in space-time. Spirit is not of course, but progressing ones in spirit have had and know of planetary life, so that there is 'a memory of time' in spirit. That surely takes us a valuable step further in our understanding of the elusive 'time'.
Influence from spirit: Salumet points out on this occasion that, communication via a medium is direct, and therefore better and clearer than other influences such as those we might call 'inspiration' given to scientists, doctors etc.

1ST October 2007

Good evening.
All: Good evening.
I am happy to join with you once more. The instrument would seem to have a little irritation to the throat. Therefore I will try to deal with it for her.
Lilian: Yes, thank you.
Pause of a few seconds
Once more, my dear friends, we welcome your healing thoughts for all of those in need. But this evening I wish to place before you a question which I hope will bring to your minds much thought. My question to you this time is this: is there only one spirit—one spiritual existence? That is my question this time.
Lilian: So, is there only one spiritual existence?
Yes.
Sarah: I think I would say 'yes' and we are all one little part of it.
Do we have any more thoughts about this?
George: I would think we are all one: there is one spirit, but the spirit has many parts and those parts also have many parts. I feel it is one spirit, but a very, very composite form—complex form.
And where spirit resides, is there just one spiritual plane?
Sara: I don't know. My daughter asked me the other day: 'Where is heaven? Where is her idea about spirit—**(yes)** and I didn't really know what to say, but I told her it's all around us—**(yes)** it's within us and around us. **(yes)** But I'm not very clear. **(yes)**
Sarah: I think it's a bit like the spirit itself; it's probably divided up into different planes, into different compartments, perhaps you should say, where you have the different…
Paul: Stages...
Sarah: …stages of growth.
Yes. I therefore pose to you another question: You now know and understand of life on other planets, of other universes, galaxies, that it is not only this universe which exists. Let me ask you my dear friends: those people who exist upon these other planets, do they return home to spirit in the same way as you people upon this Earth?
Sarah: Yes.
Lilian: We've created our own spiritual place...
George: Yes. I would say there is the one what we sometimes call the 'deeper spirit', but there are these connecting zones to planets which we call the 'astral planes' sometimes.
Yes. Now we begin to think just a little. Let me say this to you my dear friends that those beings on other planets, when they pass to spirit are of different form, speak different language; therefore what do you suppose they would do if they came upon a place that was inhabited by human beings?
Paul: They could adopt a similar appearance and maybe they can communicate more with thought?
Yes. That is possible at a later stage. What I would say to you is this: that spirit is here and now and when you leave the physical garb and you are in spirit, you are still here in a sense, in the same way as those from other planets meet those of like kind in spirit—but at that point they do not unite or

communicate until such stages as it is unnecessary to have any form. Do you see where I am going with this conversation?
General agreement
George: The astral planes contain beings of *form* **(yes)** and this is the difference **(yes)** from the deeper spirit.
And up until now we have only discussed the astral planes for human beings such as your selves. And of course spirit is all one, but the united completion of people of different, how shall we say, different aspects of being come together at a much later stage when only the mind is used for communication.
Sarah: Yes, that makes sense.
Therefore you have many—and I use this carefully—many 'spiritual worlds' which are separate but still united. You understand?
General agreement
Paul: Yes, and we can still, like we do with Bonniol, communicate with them and I guess in the astral planes, maybe, there can be link-ups as well.
Yes, of course, there can, but the majority of the time is spent in taking each plane of existence more slowly. And, although there is only one spiritual home, there are places within spirit which are separated—perhaps that is a word to use. You understand what I am trying to tell you? *(Affirmations)* **Do you have any questions about this?**
Paul: So there are ones that are separated, even in deeper spirit, or…
When you reach deeper spirit, all beings are united. There is no separateness, there is no individuality and that comes when you enter deeper into the spiritual realms.
George: Can we think of this as: there are beings, but they are united?
Yes—yes.
Sarah: In this planet we have made contact with Bonniol, we are able to contact him through our minds. Would we not still be able to continue that contact through our minds once we go into spirit, even though we are separated—but we could still maintain that contact?
Yes. If so desired, that is possible, of course—*all* things are possible—but I am trying to make you understand that the wider picture is not as you have seen up until this point. So I would like you to think a little more deeply about these different areas of existence.
Sarah: That does make sense.
Paul: Yes it does. It seems like a gradual blending as we progress.
Yes, I like that word, 'blending' of spirit—yes, that is good.
Lilian: A bit like the people on this planet, as they began to travel...
Paul: Yes, you have like the blacks and the whites and the…
Lilian: The Aborigines and so on and so on.
Paul: The Orientals—and slowly we are blending. **(yes)**
Sara: The more we progress spiritually on *this* side, the more we are capable of blending. **(yes)** That's not to say that we can necessarily spend long periods with people who are unlike us, but we have the ability to blend at any time. As long as it's not for too long, we can feel that blending with anybody.
Yes. That is why it is most important that you allow spirit to come forward whilst you inhabit these bodies, because then you forsake those astral planes which are limiting, shall we say, for your progression.
Sarah: And is this always going to be the case, these separate things, because this planet's going to come to an end at some point and we are going to be…
No matter, it is what happens in spirit, that is important, not any physical planet, but the progression of spirit.
Sarah: Because I was just thinking that by the end of this planet our spirits will have progressed, we will have got more spiritual…
Hopefully!
Much amusement

Sara: So it's a progression on this side, it's a progression on the other side **(yes)** and we're always progressing towards a great blending.
Yes, but it is important that you try to at least understand the workings of spirit so that you are not in this constant wheel of reincarnation—that eventually when you return home you can go forward.
Lilian: Yes, that would be nice.
But again that it up to each individual and their own progression.
George: I think I imagine each planet in the universe to have its own blending zone.
Yes, you are correct; that is what you must understand. It is not instantaneous, because there are too many differences—although you are all spirit, you all come from that Great Creator, but it is a step-by-step union.
Rod: When you said the Great Creator, I just imagined him in our universe, which is mammoth enough, but then when you said 'universes', is the same Great Creator involved with all these other universes? Is it the same spirit?
It is all part of the perfect plan.
Rod: Good gracious!
Creator—it can be confusing to use earthly words like 'Creator' as if that energy was of your kind; that is not so. That is much too deep for you at this time.
George: Yes I found it difficult to imagine another universe. **(Yes)** Yes, a *simple* question: this physical universe is based on space-time, **(yes)** would other universes be based on something different?
They are all tied to the 'laws of creation', which means that in some way 'time' is of some importance, but can be slightly different to your own experience of tangible time.
Graham: Would these other universes have galaxies and planets in the same way that we understand in our universe?
Yes.
Rod: I know that this might be a hopeless question, but are there many universes?
Yes.
Sara: If we wish to step off the wheel of reincarnation, presumably we simply have to embrace each new growth opportunity as it comes and go within as much as we can?
Yes. You have to allow the fruition of spirit in this life. That is the purpose—that you grow and understand and no longer need that great pull back to any planet. Yes.
George: I have the feeling that certain structures within this universe that we understand, would connect to other universes.
Yes, there cannot be separateness in that sense. All is united in the great plan of existence. Does that help you?
George: Yes, because there are certain structures, like black holes for example, **(yes)** where this universe seems to be disappearing, so I'm tempted to think of that as one of those connecting points to a different universe.
Yes, I would encourage that thinking.
George: Thank you.
Graham: Are you yourself, able to communicate with other universes or are you within this universe?
My purpose this time is with you here, but because we are a conglomerate of beings, we have reached the point of unity with many. So therefore my answer to you must be 'yes', if we so desired we can communicate.
Paul: How—I'm not sure of the word, but how much of this unity—because your 'roots', if you like, will have come maybe from certain universes and you will be uniting with other universes and blending. So presumably you'll then have all the awareness of all of them, and yet perhaps also maybe your own roots from where you've come from will slowly disappear, if you like.
You must not, my dear friend, presume that this voice that speaks with you has what you call 'roots' in any planet. That is something we have not touched upon, but I would say to you, I understand your question, but it is—means nothing. You understand?

Paul: Yes.
George: Yes, could I add to that that our understanding of angels/angelic beings **(yes)** is that they have no roots to any physical planet…
Of course.
…and I'm tempted to think of yourself as very similar to an angelic being.
Yes. I will use your physical word 'rootless'. Is that correct?
Affirmations
...'rootless'.
Paul: Yes, we can understand that, yes.
Yes.
Sarah: So why is it—you probably can't answer this question, I don't know—so why is it that you exist and the way we needed to come back to this Earth—what is it that determines, those that are in need of physical existence and those like you?
I understand what you are saying. Let me say this to you: I can only tell you that it is my existence to be what I am. That is in the hands of the Creative Force. It is not for us to question what our purpose is in this existence. I feel we are getting to very deep matters...
George: Yes, and it brings to mind **(yes)** a phrase from one of our religious books: 'I am that I am.'
I am—yes. I am that being of existence, because that it what the Great Creator has made *me*. It is my part of all being.
Sarah: I can understand. So it's the Great Creator's choice as to how he portions out, if you like, the spirit world.
Again we are confused by earthly words. It does not come to choice; it is just part of existence. That is the only way at this time I can explain it to you.
Sarah: That's fair enough, yes. I can take that, thank you.
I know these thoughts are powerful thoughts for you to digest, but I feel that you have come this far and it is time for those minds of spirit to seek further, to understand truth, to understand existence, and to know the spiritual power that you all have in order to go forward.
Lilian: I was sort of thinking about the parts to a plant: the roots, the stem, the leaves, the flowers, the petals, the stamens—that makes a whole. Would that be a simple way to put it?
Yes. All of existence has purity and wholeness; it is part of the Creative Force. Therefore all of these things must apply to what is and what existence is. And I feel for this time I cannot say to you much more. I have to at this point take my leave of you.
The voice was fading, an indication that the energy was just about spent
General thanks
George's notes: The Tibetan Book of the Dead accounts 'the great vertical path' to 'undying' immortality, leaving behind all karma. This equates to the progression beyond astral planes described here.

29th October 2007

Good evening.
All: Good evening.
Again I am most happy to join with you again.
Lilian: We are very happy to be together again.
At the beginning of this your earthly year, I said to you this would be a year of self-development, of getting to know who you are. Again, I wish to say to you my dear friends: what have you discovered about yourselves? Who are you? And what you would wish to achieve spiritually. This, my dear friends is no small question, but something that you need to harbour within your own minds—you need to cultivate that knowledge. So, therefore, for this time I wish to speak to you as individuals and to find from each one of you that deep knowledge which you should have found within yourselves. So, if you are happy this time, we will discuss this for you. Would one of you like to begin?

George: Yes, well I feel that each one of us is the representative of a greater soul body, a temporary representative here on Earth and we have these inner feelings about direction and belief, and how we should move forward.

Yes. You are the spokesman for this group, but my dear friend, what have you found out about yourself, your true self?

George: Well, I can't go into any greater detail about that. I have my personal mission to become as aware as I am able and to present the details of this and of your teaching to as many others as possible. I feel that is my present mission here.

Yes—you feel comfortable in what you are trying to achieve. Thank you.

George: I feel comfortable in that I'm aware of problems of acceptance by many and I sometimes feel or wish I could do a better job than I'm doing, but I know the direction and that seems to be the important thing. I have feelings of —I wish I could achieve more.

Yes. I thank you for your comments and I will say to, not only you, but to each one of you, you must not allow thoughts of self-deprecation to enter your mind, but what I would say to you all is: it is not in the *doing,* but in the *being*. Do you understand those words?

Sara: Yes, I'm trying to appreciate each moment of whatever I am doing, **(yes)** so that I'm trying more and more to *enjoy* each moment of what I am doing **(yes)** rather than think of it as a task that must be done. I'm trying just to enjoy each moment.

To be *in* the moment—yes. In that way you become as one with all things.

Sara: And then the tasks don't seem arduous; everything is light and enjoyable.

Yes. Once you allow negative thoughts to enter, you are holding back from that being.

Sara: And you lose energy I think **(yes)** –you become tired.

Yes, you are correct.

Lilian: Yes. That's probably my fault—the negative thoughts. I realise very much when I have made a mistake—either with my thoughts or words.

Yes, I feel sometimes my dear friend, you do struggle a little with those thoughts, but as you say, you have the awareness to turn those thoughts around.

Lilian: Yes, I certainly know when they've been wrong.

Yes, and remember also my words about negativity and illnesses and how you can avoid these things. There are many aspects to just *being.* You understand what I am saying to you?

Lilian: Yes.

Yes. What, my dear friend, do you see yourself doing in time to come?

Sara: Me or Lilian?

Lilian. I am speaking spiritually, of course.

Lilian: Of course. Hopefully much more improvement on the thoughts—and words. And I think above all, as I see it at the moment, I've become much more aware of how many people are on this same pathway **(yes)** through books that we read and what we hear on the media.

And remember always too, you have already used words, that words are healing, and you all my dear friends have that capability. So, again, live for this moment. Would someone else care to tell me what they feel?

Sarah: I still feel, I have felt for quite some time that I'm quite drawn to South America to help under-privileged people in South America. I've had that feeling for quite some time, but my mother is ill and I feel that my duties are there. But I very much feel that I'm in a much more 'wanting to help others' mood than I was before. I think before I was very much out a lot for myself and I feel there's been a change there.

You mean you felt for yourself in a negative way. Is that what you…

Sarah: No, no, no, no. I don't think I ever felt negative about myself, but I have done a lot of things with me in mind rather than other people in mind, whereas now I'm beginning to feel that the other people are coming more to the fore. I want to help other people more. I would get more satisfaction helping others, than I would helping myself now, whereas before, I had satisfaction helping myself, if you see what I mean. The children—I was happy to give and help them, but I think overall, I now feel much more that I want to—

okay I do get satisfaction—I feel it's right helping others and making others happy. I get a lot of satisfaction from that rather than just purely making myself happy.

Yes, I understand, but before you can help others, you must have priority for your own spiritual being. Therefore to say 'I would feel better' is in fact speaking of the ego.

Sarah: Yes, I suppose that's true.

I do not mean that disrespectfully to *you*, but what I am trying to help you to understand and *see* is that each one of you, as spirit, has the responsibility to look to yourself first and only then can you go forward and help all these other people, not because it makes you feel better, but because you feel that this is part of the universal law and what you should be doing.

Sarah: I think actually when I said that it makes me feel better, I've realized I haven't actually done it to make me feel better, but I've realized that because I wanted to help others it actually *has* made me feel better, not that I've done it just because it makes me feel better.

That is better, yes. Thank you. Yes, your awareness has grown in that way, yes. That is good.

Sara: I think I'm learning also to help people when I really want to help them, rather than coming from a feeling that I *should* help them **(yes)** or *ought to* help them. I'm learning to balance helping myself with helping others.

There should really be no forethought. It should be something natural which comes from you; that light from your spirit, yes.

Sara: I think I have a natural tendency to enjoy helping people, **(yes)** but I think at times in the past I've possibly done it too much sometimes. So I feel happier now that I can say 'no' quite happily when it doesn't feel right, but I can enjoy doing it when I have energy to spare.

That is part of knowing yourself. Yes, that is good. Now we come to the gentleman.

Paul: This year has been a sort of transitional year I think in some ways. I've been working outdoors more now, and I do less talking probably in my work than I used to do. I think talking less seems to suit me anyway. It's surprising how little you need to say. You can tune yourself into your surroundings and get by without many words.

Yes, rather than speech, you can *feel.* (yes) **Again it is a development of the spirit. You are right there.**

Paul: Sometimes, when you're not speaking, I've noticed you can find a very pleasant space inside you—when you're not meditating, but you're in the everyday world, you can be in a good mental state, but when you start talking, you lose it a bit.

Yes. In actual fact, it is a better state of what you call meditation, because it is a natural lift of the spirit without thinking: 'I must sit down and be quiet'. In that way, it is occurring naturally. So, I say to you, you are making good progress in your achievements of spirit. Continue to allow yourself that quietness and that attunement with us.

George: A further factor in Paul's development has been the way Bonniol speaks through him, and I see that as augmenting your teachings, Salumet, to a large degree.

Yes, I am pleased that you see that connection, because you are correct in your words.

George: Thank you. There have been many involved in this exercise from spirit, but I think I would be right in saying that you were the guiding factor in making this arrangement.

Yes, because you needed to know the connection of minds. It is something that can be developed by each individual.

George: And it has been so good for us to compare notes with Planet Aerah, a planet that has advanced more spiritually than the present Earth Planet. **(yes)** It has been so good for us to compare notes in that sense.

There are so many who are more advanced than you human beings. I have told you that Earth is a *very* young planet, so try not to be too amazed that there are others who have greater gifts, as you might say, than yourselves.

George: Yes. While on this topic, the book that is nearly complete now **(yes)** which logs the interplanetary conversations, with your commentaries built into it—I hope you are happy with that arrangement?

I would have said by now, my dear friend, if we had not been happy. But a word to you is that it is not a topic which will be readily accepted by many, but what it will do, as I have often said, is to plant those seeds of knowledge. That is what is important, that always we move forward in all ways of the spirit, that the TRUTH be known to larger amounts of people; and as you know my dear friends, one little seed of knowledge grows and grows until you have a forest. Is that not true?

General agreement

Now we have another gentleman, please.

Rod: Well, I feel that I'm on the fringe a little bit, but I would like to say that in the mornings I go out and stand and look at the hedge that I've got—it's multi-coloured—and I look at the beauty of that and I get a lightness—I feel it does something to me. It's rather beautiful and often I feel lighter in myself and I can meet people and feel much lighter. It's rather lovely and it's rather nice—I didn't get that before, I didn't have that understanding with nature that I've got now. I've never said this to anyone before but in bed in the morning I take in, I hope, energy from the universe, breathe it in—so I do hope I'm improving.

Yes. Of course, how could we say otherwise? Again, you speak of *being* in the moment when you are taking in all of that beauty. What you are doing is taking in that love-energy, that energy of spirit which is available to you all. Continue my dear friend and you will find that your ability to blend with nature will become greater.

Rod: Thank you.

Lilian: Graham?

Graham: Yes, I feel over the last couple of years since I recovered from the condition, *(Dystonia)* I've been able to go back to teaching, and teaching very different types of children with very different types of backgrounds than I had been used to before. I found it rather startling at first and a little unnerving, but I think, particularly this year, I've felt a much greater sense of oneness with the children I'm with now and I feel a great joy to be amongst them. And I realize that they are all beautiful beings and I feel as though I can see the beauty in all of these children—and then this extends out beyond the classroom and all around the world, I can see the oneness I have with all beings.

Yes. Of all of you within this room, you my dear friend are the one who has grown most. I have to say to you that you had to go through that course of illness before we could guide you to where you are today. It was a necessary step for you in order that you would open up and grow, because you had reached a stage where you had become almost 'still' as a spiritual being; and we needed to open you up to those experiences in order for you to find the beauty in those children; because my dear friend, we know at times it has been difficult for you. The situations that some of them have is not always easy to accept, but you are learning well.

Graham: Thank you. Yes, I do feel very lucky and there is a lot of joy in my life through this—it's amazing.

Yes, because you have opened up. You have blossomed, my dear friend, like a beautiful flower.

Graham: Thank you for that.

I am most happy to have joined with you my dear friends in listening to your own thoughts and feelings of your own growth. I hope that each one of you, in listening to the others, has achieved a sense of accomplishment and that the love you feel within your hearts for others continues to grow. And with those words, I will leave you this time. I say to you: know always I am close to you and I leave you bathed, as always, with my love.

General thanks

There was also this evening a child rescue. It was a sad case of dog-attack and some help was given to encourage the little one to move forward to the light and to those waiting.

George's notes re the book in preparation:

Title: The Chronicles of Aerah.

Principal Author: Bonniol.

Co-author: George...

Commentaries by: Salumet.

Tagged: The Bonniol Texts – Intergalactic Conversations.

It is good to be reassured that Salumet is happy with the project so far. His comment that the topic will not be readily accepted by many, would be consistent with the fact that a number of mainstream publishers in the UK and US have been approached but they are just plain not interested. So it may be that it will just be available from ourselves and on the Internet ... and not the high-street bookshops.
Materialisation: Completion is currently being held back in anticipation that Bonniol and his team will be able to successfully materialise an Aeran object. An account of this and a photograph and possibly some analytical data would of course make a splendid note on which to conclude.

12th November 2007

We were instructed by one through Sarah, to think about any queries we had and that these would be answered, by other communicators. Salumet spoke towards the end of the session, to answer the last query. The other communicators spoke through Sarah. We were finally taken on a guided meditation/journey by Sue.
Good evening and welcome to you all. I have come because there is one who has a problem with health and I would be happy to discuss this with the gentleman concerned. If you are happy, we can start now.
Rod: Thank you very much yes.
Can you tell me your question please?
Rod spoke about his diabetes and his prayers for himself and others and his concern that they were a little repetitive. He also wondered about the friend in spirit responsible for the flashes he often experienced when starting a car journey, after asking for protection.
Let me tell you, you are being helped by many and each time you ask for help not only for yourself but for the many others, you are attracting more and more from those in spirit and you are surrounded by a throng of helpers. Each one of these helpers is listening to you and I can tell you that your prayers are being answered. You may not feel that what you are doing is sufficient or maybe a little repetitive, but I say to you, continue the way you are going and if you feel that something is not quite right, this is where you must change. If you feel you are repeating yourself, without enough feeling, then perhaps you should pick out the, what you might call, the most important to you names and ask specifically for these people. I also wish say to you, you ARE helping yourself and you need only focus a little more on the prime areas. Do not just ask for help, but focus yourself on the areas that are most affecting you. This concentration of thought will together with those who are surrounding you, produce what is needed for healing power. And finally I would like to say to you, that the light you are seeing does not come from one, but from many. And now I have answered those questions, is there anything else you'd like to ask before I leave?
Rod: I think you've covered the two things that concern me most—the healing for myself and those around me. I know my prayers go out to the Universes—I suppose a bit of that's a selfish thing but thank you, I do appreciate that.
I can only repeat words that have been given to you by one other and that is, you must look after yourself first, before you can help others. And I will take my leave now and hope that my words have been of help to you.
Rod: Very much so.
(General thanks)
Another followed also through Sarah:
I want to say that there is one who is concerned about the effects of the Earth on other planets. I am trying to FEEL what this one is meaning exactly. Could that one please express a little more, what his thoughts and worries are?
(Lilian asked about this, but nobody seemed to have been thinking along these lines)
I feel that there is still one who is very concerned about this, but maybe I am picking up a thought from another. I only wish to say to that one, if any of you encounter this query that this Earth planet is going through a slightly turbulent time, but it is with much light at the other end of the

tunnel. ***The other planets are working together with you and you have no worries. So I—excuse me for coming in at this time, but I was aware of this query and maybe it was not appropriate at this time.***
George: I have had thoughts about this in the past and I'm never quite sure exactly what thoughts are buzzing around in my head at any one time. But yes, I have read about Earth's connection to other parts of the Universe and yes indeed, we are going through turbulent times, but I think I understand that Earth is currently into a very considerable progression and that progression connects with other parts of the Universe and it is therefore a rather important progression that we are going through. Does that make sense?
That is what I am trying to tell you. I am trying to say that although we have seen much trouble and strife, it is but part of evolution and without these problems you will not go forward. So I know you have much concern for other countries and their populations, but allow me to tell you that it is as I said, with much light at the end. So please do not be too concerned, but it is wonderful that your thoughts for others are going out to them and it is of significant help to those who are living at this time and through this conflict.
George: Yes, those thoughts are a personal prayer—a daily prayer at the present time, that we hope to have a small influence by putting out thoughts of love and increasing the light of awareness and the thoughts of peace. Yes I know these thoughts go out daily.
Yes they are of much help. But I can tell you that the conflict is needed for the progression of your planet and it will be for the better in the future.
George: Yes, thank you for that.
I am much relieved that I have found the source of the query, because I was beginning to think that maybe I had come to the wrong place.
George: I'm probably also a source of confusion, because I've attempted to put out several different thoughts. Thank you for your words.
I am very happy that you are able to give out so many queries. But I'm afraid that I can only answer this one. Now I will take my leave and make way perhaps for another to come to you.
(General thanks)
Salumet followed:
Lilian: Good evening Salumet.
Good evening.
All: Good evening.
I could not leave you this time, without answering the question my dear friend has put out about the difference between myself and Angelic beings. I do not wish him to struggle with this till next time. Therefore my dear friend, it is quite simple, this answer to your question. I as you know, belong to a conglomerate of beings. I and others, come from that divine source of energy, as do those Angelic beings. And to put it simply for you in your Earth language, let me say it is only the difference in a job description. Do you understand what I am saying?
General agreement
George: Could I just add one further thought? **(Yes)** Your concern is with all Universes, not just this one. **(Yes)** And a word we have in our language is 'omnipotent' **(Yes)** and perhaps this applies here. The Angelic beings, would they be less widespread in their influence?
Not at all, but only in different guises for different planets. It is only in your association with them and your recognition of them that is different.
George: So their tasks would extend into other Universes as well?
Yes, in the same way as 'we' as divine energy are more knowing of all things. You understand?
George: Wonderful, yes thank you that really does clarify it for me and it is something I have pondered on.
Yes, that is why I could not allow you to leave it any longer.
George: Thank you, I do appreciate that, I'm sure we all do.
Yes and with those words I will take my leave and continue with this instrument.
General thanks and farewells

19TH November 2007

Good evening.
All: Good evening.
As we come together once more, I hope my dear friends that you feel the peace and love which I bring to each one of you. Once again, your thoughts and thanks for healing have been noted and again I say to you, continue with this love for your fellow man and you my dear friends will be repaid in kind. But of course, that is not a reason to do and ask for help, that you may in return *receive*, but that you continue to do it from the *heart* and with *Love*. I do not intend to stay too long this time, because we have, my dear friends, an exercise for you this evening. When I leave you, I would like you to focus on a loved one in spirit and see how close they can come to you and how much your awareness of *them* has grown. I hope that you are happy to do so.
General agreement
I would say to you, I will take just a few questions this time, and I will continue my work with this instrument.
Lilian: Thank you, if I could start. Did you have anything you wanted to say, Richard, to Salumet about what happened to you?
Richard: If there was any part played in the weather at our wedding, we both give our extreme thanks for that. But my question would be: I had a voice wake me up the other night after we came back, with a girl introducing herself as 'Arnia' or something like that. I believe she's come through to play about with the levels so that I can actually hear who's trying to come through to me. She comes through sometimes quietly, sometimes loud and it's difficult to judge. I think she's there to help. I just wondered if you were aware of that?
She is indeed a helper for you. Let me reassure you, as I did last time we met, that you are now beginning to accept what can be achieved. If you are open enough, we can come close, but because of the human spirit and the doubts which creep into the consciousness of the human being, very often these occurrences are denied or put down to be *'in your mind',* as you might well say. Only when you allow the awareness to take over and you can fully accept that these things happen, then we can give you so much more. Not only will you be aware of this female as you say, there is with you close by a gentleman who is waiting for you to accept that you cannot only *feel* but *see* and *hear*. In fact my dear friend, you have the gifts of spirit at your very finger tips, but until now you have had too many doubts. Now is the time to fully open, to allow that spiritual being to come to the fore. You must not listen to the voices of others who are not sure of spiritual happenings, because then your sensitivity becomes such that you then begin to doubt also. Is that not true?
Richard: Yes, there are quite a lot of people around like that.
Yes. You must rise above all of that and be true to yourself. You can do it and you will achieve it.
Richard: Thank you, Salumet.
Lilian: Will this gentleman who is waiting from spirit, will he eventually give his name?
Yes, in time—only when the time is right. All happenings of this kind must be done slowly but surely; it is a two-way communication, as you all now understand within this room. But our dear gentleman friend is quite young in this knowledge. Although he has always had these abilities, it is only now that he is beginning to truly understand; but it takes time. I hope that is helpful to you.
Richard: Very helpful, thank you.
Lilian the asked if there were further questions:
Sara: I recently gave a talk on colour healing and it was the first one I'd ever done, but I did feel that it was a great platform to put across something of the teachings and I felt that it was perhaps something I should do more of. Would you agree, Salumet?
I believe I have told you that your sweet voice is healing. So, yes of course, I would encourage you to use it in any manner that you feel is useful, not only to you but to others.
Sara: Yes, thank you.

All answers are available to you my friends. It is only that you do not listen clearly enough. All of you still say, 'was it my imagination'...

Lilian: That's so true!

… when by now you should realize that we are always close to you.

Sara: Yes, I knew that people were helping me with that talk. I knew because it took on an energy—a new energy. It was a good feeling, thank you.

Yes, and you may find at times there is a strong voice comes from you that is not perhaps recognizable to your own, but is indeed part of the help you are receiving. I do not mean the voice of a male, but a strength within your own voice.

Sara: Yes, I felt that I was being given some inspiration when they were asking me questions—I did feel it then.

Good.

Jan: Salumet, in time as you've mentioned to Richard, I have a deep feeling within me that this will lead to platform mediumship eventually. I don't think that the work that Richard is on the pathway for is just for this room—I have a sense of much, much bigger. Can you comment on that, please?

Let me say this to you: Each one of you has come here with a pathway, each one of you has chosen the pathway to meet once again and each one of you at some time has made choices either for good or not so good, but that choice has been attributed to your own spirit. What I would say to you is that whatever choices are made to go in any direction, that responsibility lies entirely with the one who is treading the pathway. I could tell you what is in store for this young man, but I do not intend to ...

Jan: No, I see now that would be unfair.

… because—not *unfair* but *unwise*, because he is still of an age where he can influence his own movements and it would not be wise for me to tell him where he will be in 20 years' time. You understand?

Jan: Yes I do, yes I do.

Although I could, I will not. If he so chooses he can develop the spirit to a degree, because, as I have said, he has all the abilities to do so, but only *he*, only he can make those decisions. Once he has developed, not only developed, but he has chosen to understand and become much more aware, then the choices that he makes in life will be the right ones.

Jan: Maybe the question was unwise of me to ask …

No, not at all.

Jan: … but I have had dreams or clairvoyance about him in the past in that way.

Yes.

Jan: So we will see.

Sarah: Could I just ask one quick thing. Somebody who was dying a little while ago, I don't know if he was frightened of dying in the beginning, but eventually he kept saying, he didn't want to go there because it was a terrible place, it was awful. It was obviously his fear at that point why he didn't want to let go. What exactly was he seeing? Where exactly was he going? Because he said he thought he had sort of died and gone somewhere horrible. He wasn't a bad man as far as I know, so what exactly was …

No, but it was fear.

Sarah: It was fear.

Fear created the conditions and although he was not, as you say, a bad man, remember my words: you either have fear or love. So if you approach your passing with any kind of fear, then your surroundings as you well know from your rescue work, it creates many situations of being lost, of being uneasy, of just not knowing what is happening to you; and that is all that it is—that is why it is important that we have good mediums on the Earth plane, who can help these people to pass into our world safely and with love. You understand?

Sarah: Yes, I do. I did say to my daughter to tell him to look for the light, which he did, and he did actually go soon after that. It was actually my daughter's boyfriend's grandfather and I had meant to ask before

what it was he was actually seeing: I knew it was the fear but I just didn't quite know how to explain to him.

So many people say they are not afraid of dying, but deep within their hearts, it is the unknown which creates the fear. Instead of allowing the spirit to go forward, they create fear and anxiety and therefore their own conditions. I hope that is helpful to you.

Sarah: Yes that is, thank you very much.

Now, I feel for this time, I will allow you to quietly await those who wish to come close to you, but you must send forth that thought to one particular person for this exercise to work, and with those words my dear friends I will continue to work quietly and allow our good lady to guide you and allow you to speak as necessary.

Thanks from all present

26TH November 2007

Good evening.

All: Good evening.

As I join with you this time, I have been listening to your conversation. As always my dear friends I am pleased that your understanding of the human being is growing; not only does it enable you to understand yourselves but those that you come into contact with. I would like you to know that as we approach one of your holidays/festivities in the earthly world, I wish you to know how much activity takes place in our world because of this. Put aside any religious aspects to what you call Christmas and begin to understand the love and the joy which is abundant at this time, starting with the very youngest of your children who are still full of wonderment and surprise. They bring close to them those angels of love and protection that surrounds all young children on this Earth plane. It also brings closer to you, my dear friends, all who feel sad and lonely, or those who feel abandoned and helpless and homeless. All of these things bring from our world a great upsurge of love and activity. So I would like you to just consider for a moment how much love that is, how much joy that it brings to this Earth and to those in spirit, even to those who are not part of this religious festivity. That love is extended to all people in your world; so this can only be for good. I know you will agree with me. I come this time to speak to you gently and to take any questions you may have. I will be with you one more time when I hope to bring to you something else, but for this time I will take questions and allow each one of you to think about this past year of your lives—and not just to remember, but to feel, to know, to understand deep within yourself what it is you need to achieve in the coming time. Do we have any questions this time?

George: Perhaps I could begin by asking a question about the many universes. This subject has come up and I would like, if I may, to read a paragraph written by one of our more forward-thing scientists and, if you would be happy to comment on his words, I just think it might simplify things for us. **(Yes)** So, if I may just read this paragraph: This is by one Paul Davis and I should precede it by explaining that *Goldilocks* is a children's story character who found certain conditions to be *'just right'.* And he says: "A popular way to explain the Goldilocks factor is the multiverse theory. This says that a god's eye view of the cosmos would reveal a patchwork quilt of universes of which ours is but an infinitesimal fragment. Crucially each patch or universe comes with its own distinctive set of local bye-laws. Maybe the bye-laws are assigned randomly as in a vast cosmic lottery. It is then no surprise that we find ourselves living in a patch so well suited to life, for we could hardly inhabit a bio-hostile patch. Our universe has simply hit the cosmic jackpot. Those universes that can't support life, the vast majority in fact, go unobserved." Now, I suspect that he has some things correct there but not all **(Yes.)** and I would be most interested to hear your comments.

Yes. I thank you for those words and an opportunity to speak just a little more. Firstly, yes—and you all know that there are many, many universes—that is nothing new to you. What I would say is that there are no lotteries, as you put it, because that would go against the perfect law. You understand?

George: Yes.

Yes. How I would like to put it to you: each universe within this perfect plan is but one small stitch in time, one small aspect of reality, one tear in all of the tears of the world. You have to place it in perspective. There are no *chance* planets or universes; it is all part of the plan that everything that exists has meaningful purpose. You understand?

George: Yes.

So, yes, he is far-seeing and he understands a good deal, but it is most difficult, as I have told you before, to give explanation to something that is beyond your understanding.

George: Yes. I'm sure that his understanding would come from the direction of mathematical calculation and connect to quantum theory.

Yes. That is why he speaks of lotteries. You cannot use those words—it is misleading because all life belongs to perfect law.

George: I wondered about his statement that life does not exist in the majority of universes.

Well, to most of humankind there is no other life, but as you, my dear friends, are beginning to learn, there is much more life available, not only within your own cosmos, your own universes, neighbouring universes, but throughout all of life.

George: And I would imagine much depends upon our definition of life **(Yes)** and there are probably many life forms which we would not necessarily at first recognize as such.

Yes. You are beginning to read my words before I say them. Of course, yes—always, that is the problem with humankind—it is the limitation of words and the limitation that is placed upon me in trying to explain to you in a simple manner. But that has been a most useful question.

George: Yes, good, thank you. Yes, we think in terms of a patchwork quilt, but there may be more that can be said there. I suspect these various universes would have some dependence or interaction with each other?

Yes. Of course, with a patchwork quilt there are four endings. You understand?

Graham: A square.

Yes. In our existence, it continues unending. There is no ending, it is ever-moving, it is *alive*, it is energy ever-moving.

George: So are you saying that any boundaries between universes would be physical?

Yes. You must look beyond the physical understanding, of course. Has that helped you in any way?

George: Yes.

Graham: I think a lot of us think about our universe in a physical way with our physical brains. We think that maybe if we go in any one direction for long enough, eventually you will run out of stars and galaxies and you come to some sort of edge. Some people think that perhaps there is an edge and some people think there isn't and that it goes on forever. Is there anything you could say about that?

I have just said there is no ending. In the same way as in past times people of this Earth believed that you could fall off the edge of the sea, in the same way are your learnèd ones thinking that there has to be—in all of the universes, it has to be neat and tidy. Is that your words? But energy is not static: it is always moving, expanding, growing. It is most difficult to explain, but do not limit yourselves to thinking that it is like a patchwork quilt. No.

George: I would imagine within all this there are flows of energy and if, just supposing, it were possible for us to go with a flow of energy, perhaps we could find ourselves in a different universe without actually experiencing any edge. Does that make any sense at all?

That is a simplified way of putting it, but for your understanding, yes, of course. Yes, that is possible. There any many in your world today who travel in spirit, but yet are still attached to their physical bodies. If that is possible while you are in these cumbersome clothes, imagine what you can achieve when you are truly spirit—evolved beings—there is nothing to stop you discovering the joys of all existence. You understand?

Graham: It must be wonderful.

George: I think you are saying that through mind projection, we are not restricted to one universe.

Yes, of course. All restrictions fall away, yes. All things are possible. Do not forget that we are all small parts of that Great Energy; you are part of that energy; you are that small stitch in time. You understand?
George: Yes, thank you. I feel that is a wonderful clarification again.
But, the writer of those words is indeed beginning to become enlightened in his thinking.
George: Yes, I think he is one of our more progressive scientists.
Yes, he is to be congratulated, I feel, for those words. They may not always be accepted in your world—there will always be many to say *'how can he feel that way?'*—but each one of you my dear friends knows within your own heart what is true and I trust each one within this room to have that awareness and that knowledge of love and truth.
George: Two other things that we've just touched upon, gravity and space time. I think again our forward-thinking scientists consider that gravity is a distortion or warping of that space time and you have mentioned to us that—how did you put it—that the different universes would have a different time ordering within the space time, something like that.
Yes. All universes are inter-related.
George: So I feel that our scientific understanding which involves these connections between gravity and space-time and its distortion, I feel there's something really coming together there.
Yes. Do not forget that these people will be influenced by those from our world to make the correct judgements and assumptions, but being human with human traits and freewill, it is almost certain that many will misinterpret that influence. But I would say to you, to all of you, that your world is moving in the right direction. There are many discrepancies of course, in the same way that the people of your Earth feel that information from our world has many discrepancies. But as I have told you, you can only give of what you know. It does not mean it is wrong, only different and of the capability of whoever is giving the information.
George: Yes, well if there are discrepancies from your world, Salumet, I imagine that depends upon…
Excuse me! There are no discrepancies, only in how humans view the information given.
George: Yes, I was thinking more in terms of astral planes and I was going to say '*where* in your world' but clearly from deeper spirit, there will be no discrepancies.
No discrepancies.
George: Could I put it like that?
Yes, I will accept that from you.
Chuckles
George: I was just hesitating how to phrase it.
Yes. Now I will once more work with this instrument and allow the others to work in the best way that is available to them.
George: Well thank you so much for further clarifying a difficult area and I feel that we are all much—I'm sure we are all much happier about that now, following that clarification.
Yes. Thank you for that question—I have waited for it for some time! Now, my dear lady friend, I will leave it with you once more. As I take my leave, I bathe you in the love of spirit. Know always that many stand close to you, that whatever questions you may have can be answered, not only by yourselves, but by those who love and cherish you in our world.
Lilian: Yes, thank you.
General thanks

10TH December 2007

Good evening.
All: Good evening.
As I join with you this time I would wish for you to recognize what has been achieved in this past year of earthly life. As always my dear friends, after this evening I will be withdrawing for a little while over your holiday time. As always, I will return to where I belong for just a short time. But as we come together

this evening I would like to say to you my dear friends just how much I recognize, as do others in our world, how much each one has grown. I know I tell you this on many occasions, but it is for your own spiritual growth that I do so. I hope that all of you have become much more aware of who and what you truly are. The time is coming my dear friends when I would ask that you leave behind you all that has already gone, that you live in each moment—which we have recently discussed—and to put your thoughts into what lies ahead for you, not in any gratifying way, but in a way that you can see yourselves as a whole being. Remember that time—time as you know it, includes past/present/future, but in spiritual time all of that is as of *one.* That my dear friends will be what I ask you to try to achieve for yourselves in this next year of earthly life. Now, as we approach the end of your earthly year, I will say but one earthly word to you which is a powerful word for all of you, as I am sure you well know what this word can create—that word my dear words is 'thought'.

Last word spoken softly

Sarah: Love?

Thought.

Jan: Thought.

The power of your thought creates the love.

Sarah: Yes.

Yes. I would like you to think about it. I do not apologize for again reminding you of how powerful your thought is, how thought creates what you are, who you are, what you will be. Thought has the power to change all things, not only within this Earth plane, but throughout all of existence. With those words my dear friends I will ask you if you wish to discuss anything with me this time.

Jan: Salumet, we'd like to know if you're aware of the traumatic rescue that we had here last week, that we were all very much part of collectively helping in, and if you had any comments on that rescue, because we felt that we did—we were very proud of what we had achieved by the end of the evening; we felt that we'd done really well with a tremendous feeling of love for the person that we helped.

I was not with you last time, but I am now aware of what you are speaking of. Yes, I understand how pleased each one of you were to help another. I understand that it creates overwhelming emotions which I am now seeing. Yes, yes indeed it was a difficult rescue—and we do call them 'rescues', because they are being saved from that darkness which they create themselves.

George: Yes, it seemed a particularly extreme darkness last week.

But you would not have been asked to take part if we did not feel that you were able to.

Jan: We did mention that after the event that we felt that we were being protected—and indeed through myself there was somebody here who indeed wanted to protect the room.

In fact Jan had been controlled to stand with arms outstretched as if to encompass and protect all—a stance sometimes used in biblical illustration depicting an angel

So we knew we were able but we felt, in particular I did I know, and the others were humbled. We've had other rescues obviously, but it was just so traumatic at the time and very frightening actually but we worked through our fear.

Do not be afraid. Within the confines of this place, you will be protected.

Jan: We realise that. The fear which I talk about was something that—I know Richard and I discussed afterwards—it was as if our soul was being touched by that fear, not ourselves as personalities. It was a very different feeling.

It is because you have not as yet encountered anything to such a degree as that darkness, but now you have that experience, you would cope much better with those emotions and those feelings. Yes, you are right when you speak about the soul. After all, it is the spirit which is helping, not the earthly being. You understand?

Jan: Yes, I do now after that experience last week. I wouldn't hesitate—there was no hesitation, but I would recognize from a personal feeling, and I know everybody else would, that yes, we are protected and that feeling, that shudder, it reached a deeper level.

Yes, you have awakened your own spirit—that is what has happened. You understand?
Jan: Yes I do.
The spirit that you *are* is beginning to recognize that there is far more than at first you thought.
Jan: Definitely.
I hope that has helped you.
Jan: Yes.
Richard: Salumet, during that episode last week, I felt as if I was being used as a channel **(yes)** for a lot of energy, a lot of what I felt before as love, as I have told you. Is that something which I'd be used for quite often? Is that something which I'm best at? It was an extreme sensation.
Yes. Because you are clairsentient also, as well as clairvoyant and have other gifts, it is more powerful when you experience the feelings and the knowledge of what is round and about you.
Richard: Yes. Over the last, even the last couple of months, I've noticed there is a huge amount more clarity and understanding.
Yes, because you have opened your heart and your mind to us, we can step towards you more closely to *use* you in this type of work; but not only that type of work, but many areas of spiritual work. So I would say to you dear friend, do not close your mind to one pathway, keep that spirit open that we may use you as the pure channel that you are. Do you understand?
Richard: Yes I do, thank you very much.
Lilian: Could I ask a question about your channel 'Eileen'?
Yes.
Lilian: The last two times when you've finished talking to us and she sits there quietly, suddenly she has quite a cough, and she's back. I wondered if there is anything we could help with this or could you explain why this quite hard cough.
Yes. There is nothing that you can do.
Lilian: I see.
It sometimes happens that because I have to use the physical voice box to speak to you, that sometimes on withdrawing it maybe a little too quickly. But I try to keep those occasions to a minimum.
Lilian: Yes, we don't get many of them I must say.
No, it is nothing to be concerned about and I will tell you that the channel feels nothing afterwards.
Lilian: Right. Well that's good. Thank you.
It happens sometimes, too, at the beginning when first I use that voice box. It is no problem.
George: There is a question that I've hesitated to place to you for some time, because words translated across hundreds of years tend to lose their value; but our old friend, Nostradamus, he referred to a *prophet*—was the word he used, who chooses Monday for his holyday. And that one he describes as travelling far to deliver a great many people from imposition or subjugation. Those who have studied him have wondered as to the meaning, but you Salumet are delivering a great many people from, shall I say 'dogmatic, traditional religion'. So the question that arises from that is, *'Have you been seen by the seer?'*
Thank you for your question. I have to say to you 'no' it is not the one known as Salumet—no, but thank you for those thoughts. There are many who come to this Earth, who wish to help others and I have told you in past times just how many people from our world come to help mankind. Whether you give them the name of prophets or not, they are all spiritual beings on a mission of help for mankind.
George: Yes, the word descriptions change sometimes.
Yes , yes. But I will tell you that that prophecy has yet to come.
George: Oh! Oh!
I need not say more, but it will be made known amongst those who know and understand that there is one who will indeed travel far in his mission.
George: Would that be in the physical sense or in travelling through the vibrations as yourself?
In the physical sense.
George: Well thank you very much for clearing up that—that has bothered me for a little time.
Sarah: Would I be able to ask, would that be in our sort of lifetime?

I would say perhaps not. But as you should know by now, that time can alter many plans and so, although time does come into these prophecies, they can be altered and changed slightly. You understand?

George: Yes, I think we all appreciate that now.

Yes. Do not be *fooled* that time stands still: nothing exists which is static, nothing. I hope that has helped you also.

George: Yes, that really clears that matter up, thank you. I have sometimes used the rough figure of prophecies being something like 98% accurate. I imagine one can't really put a figure to it, but I imagine that might illustrate the principle of being mostly correct.

Yes, of course, yes.

Sarah: I was just thinking of—could I say 'evil' spirits and, as you have said to us there's always the balance of the good and the bad—those in spirit that are perhaps trying to lure others into their negative ways, who …

Let me stop you my dear friend. There is no such thing as 'luring others'. When you come to our world, you naturally graduate to where you belong, but you do not have spirits who are trying to congregate others into their way of thinking or existing; they would automatically go there if that is their place.

Sarah: Ah, because I was just thinking of physical beings that say they're attracted to negative spirits, but it's actually their freewill—they're the ones that are creating that.

Yes.

Sarah: Yes. Ah right, that's good.

If they did not create that aura around them, those negative spirits could not touch. It is fear once more, fear and again looking into matters that they should not without the support and the help of those from our world. You understand?

Sarah: Yes. So if they are looking into things that they perhaps shouldn't look into, it's at this point that—what's exactly happening then?

They are creating their own reality.

Sarah: Ah, right.

Do you remember?

Jan: Like the rescue last week.

Yes.

Sarah: That's what I was thinking about really.

Yes I know, but again that is why I have spoken to you about thought. That thought, that fear, that *darkness*—that creates your reality, not only here, but in our world. That is why it is so important my dear friends, for you to censor every thought, to recognize the power of each thought. Do you understand?

Affirmations

If you surrounded yourself with love and light of spirit, these negative forces would not encroach upon your lives.

Richard: This is something I can vouch for—positive moments like last week after we had done it and moments when, like I've said before when I was in the flat and I got extreme positive love and surrounded myself with that, in total contrast to times before when I've been depressed and everything seems to get much darker and *smaller* **(yes)** and not very friendly, but it's purely created by oneself.

Yes, yes, you cannot blame others. After all, you have been given freewill; I cannot express this enough to you. It is the responsibility of each one of you, however you live this lifetime, you must take control, you must be in charge of your thinking. You have to, you cannot depend upon another for help if you do not allow that love and light to be part of your very being.

Sarah: When you talk about that 'negative force', is that energy that has been made negative by your thought. It isn't a force that exists as such, you've just turned the energy into negative with your thought.

And as I have said, negative forces or thoughts will attract others of the same ilk, therefore making that energy stronger. You understand?
Sarah: Yes, I do.
Therefore you have that graduation of 'darkness', shall we call it; remember all is light and dark.
Sarah: Yes, I have a good understanding now, thank you.
Paul: When we attempt the materialization with Bonniol, is there anything else that we can do to help it along? I know that I try to just empty my mind and allow *Bonniol* to do the work. I'm wondering if there're any subtle changes that I could do to help it?
No, only to be positive, only to allow each one of you within the room to *see* it happening. Again, the power of the thought will create the energy that is needed for it to happen. Do not despair, all of these things take time and however positive most people are, you will find within a room such as this that there will be a few doubts or a little fear—perhaps not recognized, but nevertheless is still there. You understand?
Affirmations
So I would say to all of you, be patient. It is something that humankind is not good with—patience.
George: And I was much impressed with your teaching a long time ago about stigmatic holy ones and how that relates to power of thought and how those ones attract like-minded and that all adds to the effect. I felt that a wonderful illustration of power of thought.
Yes. You will always have those who feed from the *energies*, yes. But I thank you for your compliment. Thank you.
George: It was a powerful teaching and a powerful thought!
And a powerful thought. That, my dear friends is my gift to you this coming time. This time when people's thoughts are generally with others, when human beings in general are more accepting, more loving and more giving. I give to you the gift of thinking deeply about thought. And with those words my dear friends, know that I am always close by. I wish you a happy and peaceful holiday time and until we come together once again, I leave you cloaked in the love of spirit.
General thanks from everybody.
George: We are truly blessed.
Paul: Our loves goes with you.
Lilian: And we wish you a nice holiday and look forward to the New Year when we meet again.
Later in the evening one spoke through Sarah about the rescues through the year counselled by Lilian with team support.
George's Notes:
Power of Thought: This has been a central part of Salumet's teaching and of course rightly so. Thought underpins our reality and the entire creation, and as part of the creative process it lies at the cutting edge of evolution. Thought is at the seat of all existence, and so, as part of the perfect plan and as part of the creative force, our thinking makes its contribution. Love too is tremendously important. And as Salumet says: power of thought creates the love. Therefore mind / thought powers all.
Stigmatic Holy Ones: Ref. 31st July 2000, Salumet Book p122. The bleeding from the palms says much!
Nostradamus Prediction: Ref. 'The Centuries, II-28'. It is interesting that Salumet acknowledges the prediction and points out that that one is yet to come. That one is also described by Nostradamus as 'the penultimate named prophet', so it seems appropriate that he should appear quite late in terms of missions to this particular civilization. Time seems a little bit 'stretchy' where prophecy is concerned ... like a concertina that has accurate events printed on its folds so that the spacing may vary a little. Some Nostradamus prophecy is remarkably precise on the time scale while certain events are sometimes just a year or two out. This is one of the quirks of true prophecy.
Materialization: As explained, patience is called for and we still look ahead for that happening. But, as an interplanetary experiment, that will certainly be an unusual event when it happens.

17th December 2007

There was in fact a meeting on this date. Briefly, what transpired was a delightful visit and lengthy chat via Eileen, from Ruth, Leslie's wife. She brought news of her own and Leslie's further work in spirit, and with mention of others known to us. Ruth took the opportunity to come through for a laugh and a chat with her old friends here, at a time when not much else was happening. Wonderful!

Exercises:

26th February

You must always remind yourselves 'you are *not* human, *you are spirit* clothed in human garb' and if you constantly remind yourselves, mind projection should become much easier for you.

9th July 2007

Again my dear friends it gladdens us to know that your healing thoughts are now much more expansive than just for individual healing, that your love and feelings for your whole planet can only be admirable, but do not forget the existence of *all life* in many universes that exist. Although many of you feel that life on this planet Earth is harsh at times, let me just remind you my dear friends, that you human beings are on an upward curve of consciousness; and although that may not seem possible when you study individual problems in your world, on the whole this planet Earth is making good progress spiritually. So I would like you to remember this—remember my words and it will sustain you in your daily lives.

13th August 2007

It would be beneficial to you all, I feel, if you could focus more clearly on a daily basis of each thought that comes to you, to say to yourselves '*why did that thought come to me?*' and *'what thought have I given out today that has benefited another human being?'* And we all know that when you come together here within this room, then those thoughts do become more focussed in order to help others. I now ask you my dear friends to return the focus upon yourselves each and every day of your earthly existence, because once you have mastered the control of your own thoughts, then it becomes easier for you to transfer those thoughts to other people.