26TH January 2009

Good evening.
All: Good evening.
George: And how nice it is to hear your voice again.
Thank you. You, my dear friends, place much store in the sound of human voice: if only you could find within yourselves the knowledge that you *have* and to learn to *feel* more rather than rely upon the human word. This is something to be developed by you all, but of course, my dear friends I am full of joy that once more we come together, and of course to welcome back those dearest ones who have been absent for a little time. *(Sara and Graham)*
Graham + Sara: Thank you.
No matter how far any of you wander or travel, you are now my dear friends firmly attached to the love of spirit. As I join you, I hope that you feel refreshed since last we met, although I do know and understand, that so many in your world live beneath the umbrella of fear. I would say to you that of course you feel that these fears are founded—and of course I respect those feelings because they are human. But I feel you know my dear friends what I am about to say: do not allow these fears to completely envelop you. Be positive in all that you do no matter what your circumstances may be. Those of us in our world stand close to uplift you in times of trouble and sorrow. Recognize these aspects of spirit and no matter what life brings, you will always feel that you are supported. Now, that is enough of my speechmaking to you. I would like my dear friends at this time to just surround each one of you in that deep spiritual love which you are all entitled to—and of course you *are* pure love when you allow it to be. I do not intend to speak too long this time, but because there are many, just for this time I will take a question or two, but I feel this, that it would be good for each one of you to travel upon a journey which I will ask our lady friend who has been absent for some time to conduct if she will.
Sara: Yes, of course.
And in so doing I am sure each one of you will leave this room uplifted. We have much to discuss in the coming weeks, and I will endeavour to bring to you some more thought-provoking subjects, but for now I am just happy my dear friends to join with you.
George: Yes, I am sure we all feel the happiness and it is so good to hear those words. Thank you.
Paul: Funnily enough, I have been thinking about the human voice today and how it's a remarkable thing, but it is just sort of a wind-pipe at the end of the day; it's the feelings, the thoughts behind it that are the important thing.
Yes, and some in your world would say: 'too much *wind* from some people'…
General laughter
… and I would in part agree with that, because so many superfluous words are used in your world. It is something for you all to think about. Try to convey your thoughts with your mind rather than words—not an easy task to begin with, but a most fulfilling one when achieved.
Paul: Sometimes when you feel you know people very, very well, you sometimes hardly need to say much to them.
Yes, because you feel comfortable with their energy, and a knowingness grows where words indeed are not necessary. You so often find within your world this can happen between two people who have been joined together in their lives, that they know almost what the other is thinking. But they do not recognize it as spirit; they feel it has something to do with *time.* Not so! It is available to you all. You understand?
Paul: Yes.
Sara: I wrote a letter today to try to raise awareness about computers and technology for children, and I thought at the time I felt I had a good motive for doing this. Do you think it's a good thing to do, using words in that way—the written word?
When you talk of technology, you are speaking of something that has been part of the progress—I use that word loosely—'progress' of your world. I would say that progress will never go backwards—it must

move forward—but what I would say is that each individual is responsible for how they feel and act in any given situation. Therefore as a parent I would suggest that if your views are strong, then you must follow that instinctive pathway.

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

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

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

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

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

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

Thanks from all.

George: We look forward to that.

Sara's Guided Meditation:

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

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

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

And now prepare to step onto the green band, and choose again a beautiful shade that feels beautiful to you, preferably something bright and light, with a real radiance. And prepare to slide up ... and feel the

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

16th February 2009

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As I come to you this time, I have been most interested to listen to you all. I am happy my dear friends that you can discuss with each other on many topics and feed on the feelings that you have about these subjects. Always I have said to you: accept only what feels right for you. You will take on board all conditions of life. You will listen to many peoples, but ultimately you will accept only that which your heart can feel is truth—and we would have it no other way. We speak ... or rather you have spoken, of what is right and what is wrong. I will use an expression of your world; that is 'right' and 'wrong' are opposite sides of the same coin. Therefore all is not as clear cut as you well might like it to be. But nevertheless I wish for you all to continue to think freely for yourselves, to know within your hearts that truth that sits comfortably with you. I hope, my dear friends that you are in agreement.
George: Yes indeed, and I think that 'right' has certain associations such as 'love' and 'responsibility', whereas 'wrong' has other associations, and those associations perhaps vary with the society, and on this planet we have a number of very different societies.
Yes ... of course, what feels right for one person may not be right for another, but it is up to each individual to learn for themselves that inner truth, which you all have, but which is not always apparent

to others. You all have that inner truth, but so often it is ignored; ignored because you will not fully accept the situations of the moment. You understand what I say?

Silent pause

No.

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

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

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

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

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

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

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

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

George: That's good news.

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

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

Mankind must live in the world as it is now. There is no doubt of that; of course, any given situation can create good or bad. But that is why I have said to you: 'good', 'bad, 'right', 'wrong', are all but one whole. So yes, there is good, in as much as the outpouring of love for that newborn child will bring together many people, but also it might bring hardship to many people. So again, you have that division of what is good and what is bad.
Sara: And I can also see that it would perhaps make parents think a little more about protecting their children from having this happen at such a young age, which could be seen as a good result—a good effect.
Every parent in this world has taken the responsibility for the child within its care. But remember: you do not own any child—they are on loan to you. But of course, on Earth, there are responsibilities which people follow. All I will say to you is that you must follow what is within your heart; be guided by that light, by the knowledge you have gained, and no matter what problems come to you in life, you will learn to deal with them. There is no clear cut answer for Earth's problems, but that is why, or *partly* why you have come here, to experience many difficulties and problems. But remember what I have said to you in past times: it is not the importance of the problem, but the way that you deal with it—with love, with foresight, with understanding and with the help of us here, in spirit. I hope that has helped you.
Sara: Yes, thank you, yes.
George: Thank you also for clarifying the Israeli situation, that does help and I think we *all* felt a great compassion for the families who were being hurt in that.
Yes—yes, always there has to be love—compassion, not only for those who have suffered, but for the perpetrators also...
George: Yes indeed.
Do not forget them, because they also need your love and your prayers for understanding. But, I can assure you, there is understanding growing in that area of your world.
George: That's very good news.
Now, for this time, I will leave you. Continue, my dear friends, to discuss, to understand each other, to heed from other's emotions and feelings—to become a whole person in understanding; that you might in giving of an opinion, give it with that love from within. And with that, my dear friends, I leave you with the knowledge that I am close by, close by in love and understanding of you.
General thanks

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

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

9th March 2009

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

I am happy to be with you once more. As we came together this time I listened to your words and your talk of 'fear'. We have spoken much about fear—about negative energy/positive energy. What is this fear? Positive energy presents itself as 'love', as understanding, as acceptance of self. Fear ... fear creates energy which has been transmuted from positive energy, and which is a non-acceptance of self. Fear creates reality which then shows itself in your life and in your lifestyles. Fear is being afraid to understand and to accept your true selves—who will not accept that they are spirit, with all the attributes that spirit brings to your lives. That is what fear does, and I am sure my dear friends, you know and understand that you all have the capability of transmuting the energy—negative energy back into positive energy. And always we, in my side of life, wonder why, my dear friends you torture yourselves so much and although it is the nature of the earthly being to worry, to fret about many things, you have to learn to transcend all of these worries and allow them to dissipate; in order that you may walk freely in the understanding that you know who and what you are about. Would you like to answer of ask any questions about fear?

George: I think we have this feeling that fear attracts bad happenings—unfortunate circumstances; and I think you've just given us the mechanism for that.

Yes, all too often, the human being feels he has no control over many situations in life. That *cannot* be true. In fact, I tell you that is not true, because you can transcend any condition in your lives that have negative qualities. You have that power, if that is what you wish to call it. It is a natural gift that belongs to spirit that you should use in daily life, so that that gift of positive energy which you are—and I know you understand you are—but Earthly life contributes to the feeling of dread and fear, and you do not allow yourselves to be free of these negative feelings. Therefore, my dear friends, I ask that you think a little more deeply about fear.

George: Yes, it may sound flippant; but this has been a wonderful *pep-talk*, and I think you are saying that any of us can overcome *anything* in relation to fear.

Yes, yes and it is now time, my dear friends that you take up this challenge in your daily lives, that you put that knowledge to good use. I can only guide you, I can only explain all to you, but I cannot do it for you. Do you understand?

Lilian: so, if we're worried about, say, a family member, or a friend, if we can be positive around that person—that helps?

Yes. You are giving off that energy if you approach someone with fear and negativity; then that energy becomes stronger and stronger and it will affect the one that you worry about. So think about that, if you can.

Lilian: I think we do find that quite difficult on this planet.

Do you have any more questions about fear?

(Sara and Graham just arrived at this point, having been delayed)

George: I think you're saying there are two things here: We can overcome our own fears and we can be quite a beacon of influence in relation to other people's fears.

Of course. As beacons of Light, that's what you should be attempting to do. I know that the thoughts come—that it is easier said than done. That is not true.

Lilian: Yes, thank you for that. Any questions Sara?

Graham: I've certainly found that as I have grown older, when I have been afraid of things and you face your fears, you then look back and wonder what on earth you were frightened about.

Lilian: That's so true!

Graham: And then you recognise that you've grown and that is a wonderful feeling.

Yes, you use your positive energies to dispel that fear.

General agreement

And that applies to all fear, no matter on what level it is.

George: At a parachute training school, there is the motto, *'Knowledge Dispels Fear'*...

Yes.

... and I think that would be true and in your teaching, to provide knowledge of this general situation—that knowledge, I would say, certainly helps dispel fear.

Yes, I can give you the knowledge, but I cannot utilise it for you—that belongs to every individual; they must make the conscious effort to change. It is so easy, my dear friends, to give way to worry, to fear, when , so often, as the gentleman has said, it is unnecessary.

General agreement

Sarah: Yes, without your teaching, we wouldn't have realised that and, as with many things, once you're told, it's easier then to put it into practice and to know what you are doing ... so I think there must be a lot of people out there who probably wouldn't be afraid if they had your teaching.

Sara: That's true, because I often remember, Salumet, your words to me: 'do not doubt yourself'.

Yes.

When I'm about to perform, perhaps it's a new performance in a new place, I sometimes maybe feel a little afraid and I often think of your words and they help me to dispel the fear. Often when I'm singing, I realise that a lot of it is to do with trying not to doubt myself that I will reach the high notes for example. If I'm singing a piece that has very high notes, it is all to do with the self confidence **(Yes)** and if I doubt myself for a moment, then the notes will not be so good and I may not even reach them. *Laughs*

That is because you are *acknowledging* the true self, the belief and the knowledge of who and what you truly are. That brings to you the positive energy which is needed to dispel all doubt, and it is not my words that have helped you, but the *execution* of the knowledge of those words. That is what helps you.

Sara: Ah, thank you.

***You* are responsible for what happens in life. As I said, I can provide the tools, but you must use them.**

Sara: But still it helps, because without that knowledge, I would not be so confident or able, I think.

Yes, which, then, of course, when you recognise and fulfil your life's path, you radiate outwards that positive energy which has an effect on so many others who may not have the understanding or the knowledge that you may have, but still they feel and benefit from your energies. You understand?

Sara: Yes, I do.

You are like rays of the sun that stretch outwards, reach outwards, as far as you may go; and sometimes just a simple look to another person is enough if you are positive, to help others ... yes.

Sara: I also find that the sun itself seems to help. When the sun shines, I think everything seems more achievable, somehow.

That is because you are human. Whether your weather be sunny or dull or grey, whatever expression you may use, it should make no difference to that inner sun; that is what we are speaking of—the inner sun—that is quite an apt expression I feel ... yes.

Sara: I think we're learning to strengthen our inner light and always to be able to access it. But I think sometimes, when the sun shines, it just seems to give a little extra help and makes it easier perhaps.

Sarah: People are more relaxed I think when the sun is out, so they're probably more...

Graham: More ... smiley.

Sara: Everyone seems happier.

Sarah: Yes, and probably more accepting of what you might say to them too.

Yes, but also—I understand those feelings, of course, because you *are* human, you are learning. But would it not be most satisfying to cultivate that positive energy when things are going wrong, when that sun is not so bright, when things are dull and life feels grey. Would that not bring you more satisfaction?

Agreement

Yes.

Sara: I always try to remain colourful in the winter. In spite of the change in the seasons, I always try to surround myself with colour in the winter so that I don't feel drab and dull.

Yes, as we have spoken in past times, if you allow your earthly body to speak to you, to be spirit, you will always choose the colour which is suitable for that moment in time ... yes. That is why, so often, and I am sure you have become aware of it, that you may be with a group who are wearing similar shades of

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

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

23rd March 2009

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
It is good that we are joined this time with our young people. *(Emily and Natalie)* **Please forgive the slowness of my words I am making a few adjustments. I hope that my words are clear.**
Sarah: Yes, they are very clear.
Lilian: Yes—fine.
I sense within this room, a feeling of seeking, of knowledge, of sharing that knowledge with others. When last I came to you I said to you that we would discuss whatever you wish to and I know that you

are anticipating that conversation this time. I believe our gentleman friend wished to discuss a subject and, that being so I will begin this time by allowing him to open with a question.

George: Thank you! Yes, well I'm pleased you refrained from joining us last week, because during the course of this last week, we have learned of the stone circle in Turkey, known as Gobekli Tepe, and I suspect that is rather an important one. It was re-discovered for this civilisation in the year 1994; that date comes up again! It's an extensive set of circles that may have contributed to religion and myth, if I could describe it like that. So, if you are able to tell us anything further about Gobekli Tepe, I'm sure we would be most interested—or anything indeed, on the stone circles and their purpose and use.

I, my dear friend, am always amazed by you human beings; I am always amazed—I use that word lightly—at what you find so interesting in time gone by. But firstly, let me say this to you: mankind has always been inquisitive about the planet upon which he lives. We have discussed on many occasions, different topics that have interested you and I have always been pleased to answer any questions that you may have had. Firstly let me gently remind you my dear friends, of my words, that much is still to be discovered—and those words came to you early in our acquaintance and I am sure that as time has continued, you have found those words to be true.

George: We have indeed.

Yes. When you speak of these 'great stones', as they are referred to by you good people, let me just remind you that the appearance of these many stones, happened at a time before your known Christianity.

George: Yes.

Again, I will remind you how young that religion is in the table of time. Those people who were surviving at the time before Christianity were—how do I say without offence—many illiterate people, poor people, people who were easily swayed; people who were taken, in a great degree, into slavery—and I know you know that many souls were used in the creation of these stones. I will tell you, my dear friends, that there are many more which will be unearthed and will become part of your history. I do not know if you remember my words that these stones throughout your world were helped *(re their construction)* **by others, not only builders and slaves, but by those people who came to visit your planet, whose knowledge was much greater.**

George: Yes, who were versed in spiritual methods, I believe.

Yes ... that of course is something which would be frowned upon, even in today's society, because that knowledge which is not understood by many, would just seem to be impossible. Of course, there are structures which were only man-built, but the larger, greater structures were done with help. Why all around your world are these stones appearing? Because, within many thousands of years of Earth history, mankind's religion was much more simplified. Many, many of these structures were offerings and used by the people in the hope that they would be blessed by the gods of their time. We have discussed how time was used with these stones in your own country, have we not?

George: Yes.

Because, remember many people worshipped the elements; they worshipped the sun, the moon, the wind, the earth—all natural substances of your planet. ***They*** **were the gods and religions of the time. Do you understand?** (Yes) **... because without that understanding, there would appear to be no purpose for these stones.**

George: I believe there was an energy connection as well. Avebury, for example was built at the centre of the major ley-line that runs through the country.

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

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

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

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

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

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

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

General agreement

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

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

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

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

Yes, yes.

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

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

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

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

General agreement

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

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

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

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

And do not forget that in this day and age of your existence, you have been given the knowledge to *look into* any parts of your world history, to find these things, to understand for yourselves; and do not forget you have free will to either accept or decline the facts that are placed before you. That is my wish for you; it is better, my dear friends, that each one of you takes the information placed before you, that you dissect that information and then you come to the conclusion that sits most comfortably with you. In that way you can then move forward to new areas of discovery. But what I would say to you, my dear friends: what is more important to you? Although your history is rich and you try to understand your world in past times, I would say to you that those times are passed. I would say to you: look forward, look to what you can achieve, be as those visitors those many years ago, be the ones of knowledge and understanding, be the emissaries of spirit that you have already become, and take forward that knowledge.

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

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

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

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

George: Yes.

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

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

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

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

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

...As they are...

...They wouldn't change anymore?

No, they could not change.

Sarah: Ah right, thank you.

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

Sarah: Poor intellect, but unafraid.

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

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

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

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

There will always be those who are interested in your planet, only in as much as they feel they need to *help you*.

Sarah: Ah, right.

Yes, Yes. You know very little, actually...

Said with amusement and followed by our laughter

Sarah: And these people, if they do come, they would be able to help us would they? They'd like to help us, but *can* they help us?

They could inspire and help you, yes. That would be their purpose.

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

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

Lilian: They would feel uplifted, probably.

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

All: Yes.

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

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

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

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

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

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

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

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

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

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

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

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

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

General thanks

George's Notes:

Some of the points made:

Christianity is such a young religion

Church energy compares with stone circle energy

Stone circles are evidence of UFOs and of spirit

Gobekli Tepe was earthed over through fear

There is no greater time than now for humanity to understand itself

Consciousness of then and now are poles apart

Spiritual methods of stone working are not accepted or understood by the majority today

And it follows that the published work of Erich von Däniken describing artefacts of likely extraterrestrial origin should be taken seriously.

30th March 2009

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

attracting those many people to them. So, when you discuss, my dear friends, the way to teach and to discipline, I say: balance those things with much love, and then results will be produced. But always there will be difficult individuals, who spiritually, become lost, and that is when your prayers are truly needed for those people. It is a great responsibility, those people who are involved with young people. It is a burden upon their shoulders, but you are never given anything that you cannot deal with.
Lilian: That's interesting to know.
Graham: I find those words very comforting.
General agreement
That does not mean that the road will be smooth.
Lilian: Yes, I get that.
But, you will never be given anything that you truly cannot work out.
George: Yes, it's a good feeling that there's always prayer, if direct approaches seem to be failing.
Yes, and we know, do we not, my dear friends, the power of prayer and the results that it can bring.
Agreement
Lilian: I can pass those particular words on to my daughter and, one thing I'd like to ask you, if I can: she's having a problem with her son in school, he seems to be off school at the moment—he's nearly 14. We've asked for help and prayed for him, and she was talking to him the other day, and she could see lights round his head. I said that must be help that he was getting. Am I right?
Yes of course ... spiritual lights you were seeing. Of course, we try to help all who are in need, but, for those people who do not see clearly, sometimes the power of the spiritual light becomes available to their sight (Yes)**. Yes, It is help, it is upliftment, not only for that child, but those who are trying to help him.**
Lilian: Those words will be very helpful for me to pass on. Thank you.
Now I know that as you leave this time, you will ponder the words; again, words that have been given to you in the past, but words that needed to be *reminded* to you. And, as I leave you this time, I would say that perhaps our dear lady friend will take you on a journey of peace, contentment and knowledge.
General thanks from all
Sara's guided meditation:
*Audio link:*http://www.salumetandfriends.org/resources/2009_03_30.mp3-SARA-11+mins.mp3
*I want you to imagine that you are sitting in a beautiful garden, surrounded by lovely flowers, perhaps spring flowers: daffodils, snowdrops, maybe some bluebells ... lovely colours ... and tulips and all different colours. And you're looking up and the sky is a beautiful blue colour, and you are absorbing the sun's rays and the lovely blue of the sky into your whole being, and feeling really refreshed by it. The blue gives you a feeling of peace and tranquillity. And the green all around you, the grass, the trees, the hedges, the bushes give you a lovely soothing feeling for your soul. And as you sit in this lovely garden, you hear the birds singing and you realise how happy and contented nature is, and how much you are a part of that peace and contentment. And now that you are away from all the hustle and bustle of the everyday world, you realise that your **real nature** is contented and peaceful. You sit and absorb the lovely colours and the lovely sounds of nature into your being. Any worries, any burden, any stress you have carried is just being lifted away ... it's just melting into the nature around you. The energy of the sun seems to dispel any fear or negativity that you might have been feeling and you realise that all things are possible. All of the things that you want to achieve can in fact be done, and that any little problems or obstacles you may have felt were there have gone. Perhaps, they never really were there. They are just melting away. The garden is really delightful, it's beautiful, it is uplifting. It's really cheerful; it has lovely colours that uplift you and you feel a sense of your own happiness, which is not dependant on any person at all. It belongs to you. Just because you are ... just because you exist ... and you realise that nobody really does have the power to upset you if you don't allow it. You realise that you just want to retain this wonderful peaceful feeling throughout your days, whatever the challenges. After awhile, you decide to get up from where you're sitting, perhaps on the grass or on a bench ... and you walk towards the gate which is ahead of you in that garden. You decide to go for a little walk, so you open the gate and you walk through. It seems to be an archway of trees bending towards each*

other. You are walking through this little avenue of trees, and then you come out into the open and you realise you are in a beautiful open space with fields on either side. And so you continue to walk through these wonderful green fields, and the freshness of spring is truly upon you and you walk with a spring in your step, feeling at one with nature. You feel glad to be alive; you feel glad to be able to walk easily with your legs and you know how fortunate you are, just to be able to experience this feeling with awareness. Eventually, you come to a beautiful tree and you decide to sit beneath the tree. And you feel the calming energies of the tree and the strength that it gives you. You sit in silence and listen for any guidance that you feel ready to receive from your guides. Listen to any words or feelings they may give you: perhaps some inspiration for something that you would like to do. Perhaps a new goal, a new project now that spring is here. Perhaps there is something you have always wanted to do, but never quite got around to doing, or perhaps even been a little fearful of trying. When you feel that you have received a message, walk back along the path by which you came. Perhaps go back through that gate into that beautiful garden one more time and enjoy, once more, the beautiful, refreshing colours ... and that lovely feeling of blissful peace and happiness that belongs to you at all times, if you can try to remember it and remember your true nature.

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

20th April 2009

Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
As we come together this time there is a great sense of peace. I am sure that each one of you feels this to be so.
Lilian: Yes, thank you.
As I speak with you this time it will be quite short so I will invite you, my dear friends, to ask me any question that you would like me to answer and for the rest of your time each one will be worked with by ones from our side of life who will try to inspire and to help you in whatever way is needed for you.
General expressions of appreciation—in fact our second question was answered at considerable length such that Salumet remained with us 40+ minutes
So, if you would like to begin, I am happy to be with you.
George: Thank you. Well, I think there is one question that I think we are all thinking about. At our last meeting *(6th April)* there was no speech, but one of us, Sue, was impressed with the information that energy was being drawn from each of us and it was described as like the aurora borealis, with streams of energy. And it was also being drawn from other groups around the world and was being blended for redistribution. I was wondering if you would have any comment on that.
Yes—as you fully understand, each one of you is a light-being; of course, as spirit, that has to be so. As energy is used, sometimes it is displayed or recognised in the form of colour, which would explain why the instrument explained it in this way. The closer you come to us in spirit the brighter the colours become and the light has a 'sharpness' which you would not be aware of in everyday life. These lights are indeed spiritual lights, but it should not surprise you, because until you truly recognise yourselves as spirit first and foremost you will always have this surprise. I would have to say this to you: that as far as

other groups and energies are used throughout your world, they are normally used as individual groups. I cannot say this time, but I will look to see why the instrument would feel that there would be some blending here as well. Many groups throughout your world are aware of the light energies—of course, you cannot work with spirit without it, you cannot exist without it. You understand?

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

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

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

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

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

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

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

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

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

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

Yes.

Sarah: That's very good. Thank you.

Has that been helpful to you?

Affirmations

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Affirmations

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

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

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

There is a wider picture. But remember also, that you human beings have the capability of changing your lives. Each step along the pathway belongs to your freewill. That is why sometimes people say: *'but I*

have been told this, I have been told that, why has it not happened...?' **Because somewhere along their pathway, *the will* of that person has altered.**
Lilian: Ah! I'm glad I asked you, because we were rather banking on this '18' thing. That's lovely. Thank you.
Emily: Going back to the fact that illness is self-inflicted: for children, that are very young, how could that be self-inflicted, unless they have been born with the illness if they were particularly young.
That is a case of spirit coming back for a reason—a strong reason. If a baby is born with a condition, it has been born in that way in order to lead a life of spiritual growth. That is the difference.
George: Thank you for that clarification, Salumet, and I think your words explain why spiritual healers are, broadly, so successful!
Yes, they cannot interfere in anyone's life and if the spirit is not touched, there will be no healing, and there is nothing any healer upon this Earth can do to change that. But, it is most important, my dear friends, to begin and always understand ... recognise, that you are spirit first and foremost, then all other parts of living will become less important. You must know of people who have overcome great obstacles in their lives, whether it be health, whether it be living life in terrible conditions with tragedies abounding, and yet these spirits shine brightly.
General agreement
That is a case of spirit taking responsibility for what is happening in their lives.
Sarah: So if you've got an ongoing illness, the belief that you will get better and the 'going within' and listening and telling yourself you are not ill...
It is not a belief, it should be a 'knowing', a certainty that spirit can overcome many things. You cannot have one answer to so many different conditions. That is why, in *our* world, there is much discussion before people are born into *your* world. These decisions are not taken lightly, but those who choose to live a life of hardship or illness and at the end of that lifetime have created a wealth of spirit. Do you understand?
Sarah: So you could ... if before you come over, you decide that you are going to have a life of illness, so whatever you do, you're going to keep being ill...
You will have that illness—I would not say *many* illnesses. Most illnesses are created within the lifetime they have chosen, because of the way they think, or the way they eat—so many conditions can change, and remember, my dear friends, the stress of your daily lives and the inability to allow spirit to heal you each day of your lives. And I would also say to you that illness does not always show itself at the time of worry or confusion or wrong thinking, but can sometimes make an appearance years afterwards. So again we have time factors coming, and that has to be a consideration.
Sarah: So if an illness comes many years later, that would be a planned thing, would it?
Not at all, it depends on why that illness has shown itself within the body. The *physical body* has the power to heal itself, but the *opportunity* has to *be* there. THE HUMAN BEING MUST ALLOW QUIET TIMES TO ALLOW SPIRIT TO COME FORWARD. That is why so often, my dear friends, I tell you that you must take time in your daily lives for meditation. What is meditation? It is a union of your spirit with those in our world where after all, that is where you belong. But you are clothed in these physical bodies which can go wrong, unless you keep spirit strong. Do you understand?
General agreement and thanks
Sarah: Do you understand Emily?
Emily: Yes.
And she is making good progress, because now her mind is working and looking forward. Her spirit is becoming stronger, which then encourages the body to help to heal itself. You understand?
Sarah: Yes, thank you for that.
Now has that helped you with your questions?
George: Yes, I think that's wonderful. It's clarified much for me and I'm sure it will for Tony when he receives this transcript. You mentioned time factor in illness or disease to show itself.
Yes, not always, but sometimes.

George: While there may be a time factor involved in a disease showing in the physical body, might there also be a time factor, in the healing of that disease? Would time be of a variable nature so perhaps one condition takes years to heal, or would it generally be faster in the healing process?
Dependent upon the cause of the condition, depends the time factor. Some healing is instantaneous, other healing, of course, takes some time and can be attained over quite a long period of time. It's variable, yes, as you say.
George: Yes. Perhaps the state of the physical body is a factor.
Yes, of course. It has to remain a factor. After all, healers in this world are physical beings themselves, so as we use them from spirit, we encounter their *own* conditions, if you understand, and that sometimes can make a difference.
George: Ah! Yes.
You understand? Is that clear for you?
George: Yes I see, so the physical body of the healer also comes into the picture.
Of course, because we have to use their bodies, their hands, their minds—it is coming from our world through the healer's spirit to the spirit of the person who seeks healing. It is not a one-to-one set of conditions. It is not that simple. I wish it were, I wish I could say to you this, this and this, and all falls into place! It is all much more complex than that.
George: Yes.
That is why you should not judge one against another, because, not only are two people physically different, but probably spiritually different. You understand?
George: Yes, I can see it's not a simple matter at all.
Not at all!
Lilian: No, it's quite complicated
Now, if you are happy with that question and answer... are you?
George: Very happy! Thank you. I think that's clarified it for all of us.
General agreement
Emily: Could I just ask. I know we are spirit and we have the overcoat as the body, but if we look after the body, is that a way of looking after the spirit too?
Of course!
Emily: So eating well and looking after yourself, that's a way of looking after the spirit?
Yes, of course, yes.
Emily: Thank you.
If you had a car or an animal, would you not look after its outer well-being, in order for that to function properly? (Yes). **Yes of course.**
Emily: Thank you.
Remember that your physical body houses your spirit, and that is the important ingredient in any lifetime.
Now, my dear friends, I have been happy to join with you, once again.
George: We are most happy to receive you Salumet.
But, it is now time that I take my leave of you and allow those who are waiting close by to come nearer and to impress each one of you with something that hopefully, you may recognise, or feel or see. I will now leave you, bathed as always, in that great love of spirit, and until we come together next time, I leave you.
General thanks
George's Notes:
Whilst there are clearly many facets to the subject of illness and healing, it might nevertheless be appropriate to attempt to briefly summarise:
Ordained life-path Condition: Remains in place without being erased, for purpose of spiritual advancement.

Ordinary free-will inflicted condition: These represent the majority of illnesses. They may arise from stress, wrong or excessive eating and drinking, careless living, smoking, too much sun or generally lowering the body's natural resistance to disease in some way.
Spiritual healer: Is a channel through whom healing may reach those in need.
Healing proceeds: Once the spirit has been touched. Healing acts from spirit, through spirit, to spirit (and it is the energy body that underpins the physical body that is first corrected).
Mind stress: Can cause illness that mind can also cure.

11th May 2009

Our last reported meeting was 20th April. There was no meeting on the bank holiday, and Eileen was in Spain for one week with the Ray Brown healing group. This healing group travels to Spain twice yearly doing wonderful work. On this occasion, Salumet came through, spoke to those present and answered questions. During the healing sessions, there was amazing psychic surgery to straighten a spine, suddenly putting an end to years of pain. Also, Paul has returned from several months travelling in Thailand, where he experienced an organic gardening and seed-collection project, and earthen building project:
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
George: And can I just say that all present are very, very happy to hear that Salumet has spoken in Spain to the healing group...
Thank you, my dear friend, but I am happy to be back here with you all.
Lilian: We're happy to have you *(back)* and Eileen.
Sarah: Very happy!
Firstly, this time, let us welcome back the one known to you known as Paul and also our dear lady friend *(Jean)* **we have not seen for some time.**
Paul /Jean: Thank you!
I feel that the gentleman has come back to us, rejuvenated spiritually.
Paul: Yes, it was a good period for spiritual thinking **(yes)** and rejuvenation. Thank you.
Yes, it is good for each one of you to have some spiritual time. **Is the lady ok?** *(Sara had left the room coughing)* **I will see what we can do for her.** *(Thanks expressed)* **It would not be we feel inappropriate, my dear friend, if you were to place you hands on our dear guest** *(Jean)* **this evening.**
Lilian: Yes.
It would help her head if you would do so.
I feel as we have come together once more, that I will take any questions this time.
Sarah: Could I just say—this isn't a question, it's just of interest really: You told us that we should look to the seas and we would get some more information and knowledge **(yes)** and I was reading in the paper that they have found that a fish called a zeta fish has neurones in it that they think they may be able to use to help people with motor neurone disease **(yes)**. So that's one of the examples, I'm sure, of what you said to us...
Yes. Just be vigilant as time goes on. There is much to come.
Sarah: Yes.
Mankind is looking now, for all new ... searching for helping their fellow-man and that spirit alone is very good; but thank you for bringing it to the attention of others.
Sarah: Not at all, I found it of great interest, especially after what you'd said, so thank you for telling us.
Yes.
George: Yes, it occurred to me recently that there is a great 'order' in natural things looked at scientifically: The chemical elements—hydrogen, helium, lithium, beryllium and so forth. Each element increases by one, in terms of charge on particles in the nucleus. Similarly, in physics, the frequencies are very orderly in their

increasing through the bands of frequencies. Eventually, scientists will get more into an understanding of spirit, and, I just wondered if they are likely to encounter a similar degree of 'orderliness' within the spirit domain and what makes it up. Does that question make sense?

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

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

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

George: Thank you.

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

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

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

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

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

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

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

George: It does indeed. Thank you very much.

Do we have any more questions this time?

Lilian: Paul?

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

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

Paul: Yes, and you've always stressed the importance of monitoring your thoughts **(yes)**, keeping a check on them and changing them where necessary. One other idea that I read about connected to this is using your feelings to help monitor your thinking. So if you are feeling negative /unhappy, then that should tell you that you are not thinking the right way. So whenever you're feeling unhappy or negative, you should always go straight to your thinking and try to change it to being positive.

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

Paul: Yes.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

You understand?

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

Yes, of course.

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

Of course, you all have freewill. You all know and understand that stress can be relieved. And you know my words that the best way to relieve any stress is to go within, to join with those who stand close to you—listen to that inner voice which is always ready to help you.

Sarah: If there are people who are stressed who don't believe in spirit **(yes)**, can they help themselves at all, or do they just need to change their thinking?

They sometimes need help and of course, as I have said earlier, no one is ever completely alone. So there sometimes happens that they receive a feeling of determination to help themselves, and that comes from spirit. You understand?

Sarah: Yes, so probably if we asked for help and healing for them…

Yes, it will be received, of course and help *(made)* **available to them.**

Sarah: Yes, thank you very much.

Yes, but each one of you, my dear friends, are responsible for your lives, for those thoughts that you send forth and of course, people such as yourselves are good for sitting quietly and listening to the help available to you. Others are not so fortunate and may struggle just that little bit more. It is therefore

good, my dear friends, that you sit quietly and send those good thoughts out to them and to our world that we may come closer to them. It is a great responsibility for those of you who have knowledge, because unless you utilise that knowledge, you will not go forward.
Sarah: Yes, thank you for all the reminders that you keep giving us.
Yes, I begin to sound sometimes, *(like)* **what you call an echo.**
Sarah: Well we like your echo.
Laughs
Lilian: We need it!
Sara: Salumet, could I ask you a question?
Yes.
Sara: A friend of ours, called Gary Samdaliri asked if you could give him some advice regarding getting back to good health, because he's been suffering from ME for a few years. I think he wonders if it's past-life-related. I don't know whether you would be able to give him any advice?
Please repeat his name.
Sara: It's Gary Samdaliri. He likes to channel.
Yes *(Pause)* **I do not find a past life connection with this one. I feel my dear friend that at some point in *this* life, there has been some trauma, I feel at an early age, which is now resulting in this condition**
Sara: Yes, I wondered that too, actually.
Yes, we will send out thoughts to him to help him. It is debilitating for many people in your world, but again I will stress—and it is part of what we have been speaking about—it is about *'right thinking'.*
Sarah: Right Thinking?
Yes. I hope that will help.
Sara: Thank you, I will pass it on to him.
He must ask for help.
Sara: Yes, I think he has gifts actually, for spiritual work, which he would probably like to develop more.
Yes, he needs to have more contact with those guides and helpers, who will then help to strengthen the physical body, in order that the work can take place.
Sara: Thank you for that.
But he has a responsibility to do so—to adjust the thinking to that physical body.
Sara: Yes, thank you. I'm sure that will help him a lot.
Sarah: My daughter, Emily also had ME. She's been a few times here **(yes)**. She had physical help, but that actually has changed her thinking **(yes)**. I don't know which came first; whether her thinking started to change or once she had had the physical help, *then* her thinking changed?
Her thinking had to change before there was any change within the physical being. Until that spark of inclination to be well is there, then the body will not recover, but of course, that is why you have physicians on your Earth, to help those in need, but initially, that spark comes from within.
Sarah: I also feel with her that maybe she needed that help for that spark to come **(yes)**,
Because she's certainly grown enormously since.
And she will continue to do so, provided her thinking remains the same.
Sarah: Good, thank you, that's nice to know.
Sara: Salumet, could I just ask about the lady I sing with, who dances—Kate. I feel such a strong connection to her. Have we been together before? Kate Kulahan.
Any strong bond of spirit is a sign of recognition. I cannot at this time tell you what, but it normally indicates recognition, yes.
Sara: Thank you.
And now, I feel for this time, my dear friends, that we will close this evening and ask our dear lady who has just spoken, to take us on a little journey to close our meeting this time, if she is happy to do so.
Sara: Yes, I am happy to do that.
As always, dear friends, I leave you and know that until we come together once more, I encompass you in great love and light.

Thanks from all

Sara's Meditative journey:

Audio link: http://www.salumetandfriends.org/resources/2009_05_11+SARA++7+mins.mp3

I want you to imagine that you are walking down a country lane. It's the middle of the day ... about 11 or 12 0'clock. All around you it's beautifully green and lush. Spring and signs of summer are emerging. It's very peaceful and you are alone, except of course you are not alone. There are those around you in spirit. And as you walk down the lane, you come upon a little clearing that takes you into a wood. It's a very enchanted wood and as soon as you walk into the leafy glade ahead, you see big, big clumps of bluebells of the most beautiful shade. You decide to sit on a tuft of grass that is just near the bluebells. You sit down and make yourself comfortable. You breathe in the beautiful smells of the green grass, the ferns, and the bracken; the fresh spring smell of the wood. You sit down and you breathe deeply and as you look around you, you suddenly become aware of some lights dancing. You stare ahead and you become aware of elementals and fairies. Then you see these beautiful colours: pastel pinks, lilacs in their wings and pale primrose yellow and the lights are shimmering as they dance and twirl around you. You think you have never seen anything so beautiful in your life. You stare transfixed as these fairies dance around you. You don't want to break the spell, and as you sit, you can hear the birds twittering in the trees. It is so peaceful and as you become aware of the beauty around you, it makes you aware of the tremendous beauty that is within your soul; the delicate beauty that is within you, the ability to be sensitive to all of nature and all of life. And you see that those colours around you, those beautiful tints in the fairies, in their gossamer wings; you see that the same beauty is within you. It inspires you. After a while, you decide to close your eyes and go within yourself. You sit and listen for any guidance from your guides. Do they have anything to tell you? Is there anything that you might want to know? Is there anything that you might want to do? So you sit and listen for a message. And when you feel that you have received your message, you slowly get up and leave the enchanted wood and walk back down the lane and you are home again.

George's Notes:

Seek and ye shall find ... but...

Whilst much admirable work carried out by scientists has yielded wonderful information, there is the implication that it is all intellectual, the output of physical brainwork. The other approach is of course, to go within and allow the spirit to connect. The entirely physical approach is often lengthy and makes hard work of it (but is considered acceptable). Some scientific discoveries have nevertheless been made from within. As an example, it is said that the structure for the 'benzene ring' was intuited by the chemist Kekulé while daydreaming on the top of a bus!

Power of thought:

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

18th May 2009

Lilian: Welcome again Salumet!

Good evening.

All: Good evening.

As I join with you this time, there are those who stand close to you, who wish to give thanks to you all for the healing thoughts that have been sent out tonight. For this we thank you, my dear friends. And of course, we would hope and desire that those healing thoughts, be sent not only from this room, but in your everyday lives. It is so easy to forget, when you are occupied by daily living—to forget those who are in need. So, my dear friends, I would just say to you, remember all of those you are in distress each day of your living. I was interested to listen to one of you ask for help for the children in your world—children specific to the life of the gentleman.

Graham: Yes.

But what I would like to say to you this time is: it is now coming, that the children and the youth of your world must be made aware much more, of their own spiritual needs. **This, you know, is a responsibility, not only for parents and close families, but also those peoples who are part of their everyday lives, such as yourself, my dear friend,** *(Graham)* **but all who come into contact must show these youth and children what is good about *Life.* We would wish that humankind could move gently away from so much materialism that holds your world at this time to ransom—ransom of spirit. The children of your world deserve to know the truth; the truth as you have come to know it, the truth that never changes, the truth of love—love of your fellow man, of each and every human-being, no matter what their status**. **So, my dear friends, I reiterate to you the simplicities of my teaching and my purpose here is to give you the very simple truth of what life should be about.**

George: Yes, that is a very important message for these times **(yes)**. I feel there are so many children who *only* get to observe materialism **(yes)**, and that is a very sad situation.

We are happy with the way your planet, in general, is moving. There has been a raise of consciousness—yes, we see it and many people now think clearly for themselves, but your children and your youth are much more vulnerable. They are bombarded from every direction with so many gifts of materialism. You must help them, my dear friends, to return to those simpler things in life, such as 'love', 'understanding', 'gentleness'—all the attributes of spirit. **I know it is a great task that we ask of you, but it is achievable.**

George: Perhaps, observing the beauties of nature is a pathway towards that status.

Yes, it is so untrue that small children cannot appreciate the beauty that surrounds them. I am sure, my dear friends, that you have watched infants who are fascinated by the smallest creatures and insects of your world. That is to be encouraged.

General agreement

Lilian: Yes—as they grow up.

It should be an ongoing teaching.

Lilian: I remember taking my youngest grandson for a walk and we were looking for bird's nests. I found one and I gently took out the egg and showed him and he asked if he could hold it. I suppose he was about 3-years old, maybe, and he actually kissed the egg. He probably wouldn't believe me if I told him now.

Yes.

Lilian: It's a shame they lose that wonder,

But that is where the responsibility of adults comes into play, yes. Children are precious gifts of life and should be treated as such ... yes.

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

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

General Agreement

Graham: Yes, I'm sure—I'll do that.

Yes.

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

All, I will say is that whatever comes to you, not only you, or the lady in question, but anyone here or outside of this room: you must accept each minute, each hour, each day, each week, and know that

whatever comes to you, has to be dealt with. I would say to her, she rather worries too much. It would be most helpful to be a little more positive in her thinking.
Lilian: Yes, she was *trying* to be positive.
Yes she struggles, I know, with it.
Lilian: It is a problem. Yes, I know where she's coming from.
Yes, but that is all you can do.
Lilian: Yes. Thank you.
Thank you. Are there any questions about children?
Pause
No?
Graham: You have answered this question before when I was asking you about why children can be so challenging: You said that materialism was largely to blame for this; that the values are wrong. It's difficult thinking of a way forward within a school environment ... the best way of helping children, who are incredibly challenging, because in the school I work in, the children are at my school *because* they are very challenging—it's a Special School. I wonder about the best way of helping these children, because they get so upset and so stressed and they can behave so badly really, by what we would consider behavioural standards **(yes)**, so what's the best way of helping them? I suppose, it's what you were saying before about teaching them spiritual messages of gentleness, kindness, and patience?
And, of course, by example.
Graham: By example, yes.
My dear friend, before you lies a stairway with many stairs. I say to you: begin at the bottom and live in one moment of time (yes)**. Do not try to go to the top of the stairway too quickly—that will not work. 'Love', 'understanding', 'patience' and 'example'—those are my words to you** (yes)**. I do not say it is easy, but it is most worthwhile** (yes)**, and of course, as I have just said to our dear lady friend, that positive thinking; remember again, I return to my teaching of thought and that most powerful ally** (yes)**.**
Yes.
Graham: Yes, staying positive isn't easy when you've a particularly challenging group waiting for you.
Yes, I understand, yes.
Graham: But it's extremely strange that we should feel equally towards all children, but I often find myself feeling a particular something towards those children who are incredibly challenging. Their need is so great, it makes you feel a warmth towards them.
Yes, that is your own spiritual being, being attracted to those in need and being able to offer the help that is needed (yes)**.That is why all children are bright lights. Remember that; and remember it in a spiritual manner, not in a physical way.**
Graham: Yes. I have found that children respond well to touch: when you touch their shoulder or their arm ... when you are around them, it's a way of communicating that can be very effective. I've found that they do respond positively to touch. Sometimes they like to slap your hand; put their hand up to your hand, or something—they all do their funny little things, but it does seem to be a form of communication, of mutual respect or assurance or something that does seem to help them. In England we're not quite used to that type of thing. It comes from America—they call it 'High Fives'—where you can touch the hands and it does seem to work.
It matters not which country you live in. To be tactile is good for all peoples, not only children; but what is happening is nothing unusual, it is just a blending of spiritual energies. That is why it is comforting, that is why it works. Again, look to the spiritual equivalence and not the physical. You understand?
Graham: Yes.
George: Perhaps, this is one area where society in general *does* set a good example, because the touch, the handshake when people meet, it is one small area where the example is set, of touch **(yes).**
Sara: I think the Italians do it better!
Laughter
I will bow to your knowledge!

More laughter
George: But one of the difficulties of the materialist society is that so many *bad* examples are set!
Yes, I do not wish you to forego all materialism in your lives—that would be foolish; but what is important is to put it in its correct place, in your *spiritual* life. You understand?
George: Yes, unfortunately, when bad examples are set, the press seem to publicise these, and the situation *appears* to be even worse **(yes).** This is unfortunate within our society.
If only you could look upon these small children, almost like a blank canvass, whereupon the most beautiful picture can be created. That is something you could keep to the forefront of your thinking, because that is what they are, these *beautiful spiritual beings*; and they want only to be loved, nurtured and guided and to know and feel that they are loved. That is all anyone wishes for their lives. I am sure if you were to ask anyone, and I mean *anyone*, even people who dwell within your prisons in the world; what more do they desire than the love of someone.
Affirmations
It is most important, my dear friends, that you nurture and cultivate the love in your lives today, and I wish to leave you with those words, those simple words—and it is a very small word in your vocabulary, but the most powerful.
Sara: That's a powerful teaching, Salumet. Thank you very much. Wonderful words!
And as I do leave you, I will continue to work this time with this instrument. But I will say to you: there are many, this time who stand close to you. So allow yourselves, my dear friends, to feel their presence, to know their message to you, and ultimately, to thank that Great Creative Force of which we all belong.
General thanks

15th June 2009

No Salumet this week. One came via Sarah for a chat, but the chat became extensive and much interesting material emerged. This one was knowledgeable and must, on reflection, have come to us from quite a high level. We talked much about plants, so gardeners may find the material of particular interest:
Lilian: Good evening!
Thank you for your invitation to speak. I enjoy a chatter with folk, and tonight is no exception.
Lilian: We enjoy—
I wanted to come and see you and see if we could talk about something we both have in common.
George: That sounds a good idea.
I am just wondering what this common denominator is and perhaps we could have a little discussion to find out what we could—
Lilian: —what we have in common.
Yes.
Lilian: Do you already know?
I know some things, but I do not know exactly what is of interest to you all.
George: Well, I can say we are all interested in the ways of spirit, and we are all gardeners, I think, in various ways—we all grow plants.
Lilian: We all like animals.
Jan: Or is it more on thought and love and that type of connection?
I was just thinking we could maybe talk about plants* (good). *I know that you have many plants upon this planet, but we have even more in spirit, and perhaps you might be interested to know about one or two of the plants that we have in spirit that you do not have here on Earth.
Lilian: That would be lovely.
The one in particular I am thinking about is a most attractive plant with star-shaped leaves and huge pointed flowers. The leaves are a brilliant red and the flower is pure white.
Lilian: My Goodness!
George: Yes, you are correct. We have nothing like that here.

Lilian: Would they have a plant like that on another planet?

I believe this plant in spirit was created by the love of many gardeners who came over to spirit and who so missed the act of gardening—so they joined together and focussed on colours that they found dear to them. Once the colour had been achieved, they then took shapes that meant something to them, and from this, they focussed on the angels who guard plants, and asked for a creation to be made. This particular plant was so successful with the gardeners and seemed to mean so much to so many people that it is one that is used at the entrance to spirit life. When you come over, we try to create situations that will help those of you who come over, to feel comfortable, and the vision of this most spectacular flower leaves many in awe and wonder. This in turn helps them to move on without stress and for this reason we have named this beautiful plant 'The stress-less flower'

George: That's all very interesting. Thank you for giving us the history of this obviously rather important plant. Yes, that does also make the point, I think, that gardening in spirit would be for different purpose from the gardening on the physical Earth. Well, part of the purpose on Earth is for beauty and is to produce wonderful flowers, with scents, wonderful scents, but of course, we also grow plants for food, and I imagine that you don't do that in spirit. You really concentrate on beauty and the effects that arise from that. Would I be correct?

You would be somewhat correct. The majority of plants are indeed grown for their beauty, but do not forget that when many come over, they still need to feel that they are eating and they are continuing their work or pleasure in the garden, so there are indeed vegetables grown in spirit mainly for those who have not yet made the final transition to the realisation that they no longer need to eat.

George: That's interesting. So there is still a food production in a sense.

Yes, there is indeed. Yes, and of course, vegetables have their own beauty, so I can think of some plants that could be eaten, but are in fact kept just for their good looks.

Lilian: So once they've grown the vegetables, these people who have just passed over, can they cook them?

They can cook them if they so wish and, of course, there are many vegetables that can be eaten without cooking, and it gives them pleasure to pick some berries or whatever as they wander around their vegetable patches.

George: Yes, so I suppose there is also scent appreciation with the flowers, or would that be just the people who first come over. Would the scent of the flower persist for a time?

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

George: Yes. That's interesting.

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

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

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

Lilian: Yes I was just thinking about the children.

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

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

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

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

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

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

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

General amusement

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

Lilian: Yes, by their thoughts.

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

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

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

Paul: So it's a gentle transition.

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

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

Because they will not listen!

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

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

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

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

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

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

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

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

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

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

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

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

Lilian: I see.

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

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

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

And I hope when you see them you will have no stress.
General amusement
Lilian: I think the annoying thing is—well I'm not sure if it's annoying or not—it's where we come from and where we go back to and we don't recollect any of it.
Except when you get back to where you really belong, you recognise it.
Paul: Yes, that must be very nice when you suddenly realise that you are home.
General amusement
Yes, indeed, and until you decide that you wish to go back again *(Laughs),* ***yes.***
Jan: Do you decide? Does the individual decide to come back or are you told or guided to go back, or is it purely your own choice?
Ultimately, it must come from you, but, of course, there are many discussions whilst you are back in spirit, but if the individual does not wish to go back, the others cannot make them.
Jan: That's alright! We don't have to come back then.
General amusement
George: Yes, I suspect progress comes into the equation. There's no point in just hanging on at a spirit level. Perhaps we'd soon get bored, if we didn't progress in some way.
That is the reason why you do come back, yes.
George: One can either progress in spirit or come back to the Earth and progress further there. I imagine there are always those two options.
Of course, you can progress in spirit, but you are limited if your pathway is to come back here, so there comes a point where you know it is best to return, even if you decide it is perhaps not such a good idea once you get here.
Paul: Can it be sometimes that you get back to your home and a lot of your like-minded soul group are on Earth, so you think, well, I'll go and join them again on Earth? Can it be like that?
I think you will find that even if all your soul-mates, if that's what you like to call it, are on Earth and there is not a reason for you to come back at that time, or, indeed, if you do not need to come back at all, you will not come. You will wait for them to come back to you!
Paul: Yes, of course!
George: Yes, I imagine much depends on how much progress you have already made in physical life as to whether you *need* to come back to the physical or whether you can go further in spirit. Much, I'm sure, will depend on how well you have done in the physical life.
That is quite correct.
Jan: We have a small baby in my family who is
only 16-days-old in the physical, but, our teacher, Salumet, has told us that this spirit is returning back to our family, and that, eventually, we may see similarities of the person that they once were, if you see what I mean. Am I right that often you return to the love of the family that you once belonged to, or family group?
There are so many reasons and of course, there are many who return back into their families.
Jan: And quite quickly?
I think it can also depend on the spirit. All I can tell you is that there are no hard and fast rules. It depends on so many factors, and, if you have one who has returned into the family, all I can say to you is: enjoy every moment that you have with this spirit, because there is a reason why he or she has come back to you, and it must be a celebration for you all.
Jan: Well, myself and my son and my mother-in-law who sits on your right, we are aware of it, but, obviously lots of other family members haven't been told, so it's this little precious secret that we keep between us. It's not always appropriate to tell other family members who wouldn't necessarily understand, but for those of us that do and have been told, it certainly is an amazing and exciting journey that I feel we are going to have with this little one.
I am most pleased for you, and I am sure there will be a lot of happiness.
Jan: Thank you! That's nice.

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

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

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

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

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

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

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

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

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

Paul: Have you got time for another question?

If I can help you, I will.

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

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

Paul: Oh yes! You have to know them!

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

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

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

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

George: Does this relate to all our food plants?

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

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

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

Laughter

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

More laughs

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

Paul: A lot of gardeners these days seem to design gardens in whatever is the new style. It's almost like changing a room. They keep changing styles and, unfortunately, they have to cut down perfectly good trees, because they don't fit the style that they want. I know the Ancients, many ancient cultures, thought very highly of different trees, especially the ones that lived for a very long time, like Yew trees. Is it the case that the ones that can live thousands of years—are they to be even more respected? Do they have a greater awareness than the plants that are very short-lived?

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

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

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

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

Jan: No thought goes to waste!

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

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

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

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

They will return in not quite the same way as you will return, because these nature spirits can look after more than one plant, not at the same time, but when another tree grows they can come back to look after another one. So I would say that you could say the nature spirits hover over the line of spirit waiting to come back for the next opportunity.

Jan: When we describe people here as having 'green fingers'. For example, if you were to give the same species of plant to one person and the same plant to this green-fingered person, is it because their energy is totally different? They could treat them in the same way, but one seems to thrive better than the other. With certain people, plants don't thrive in their presence or their care.

I would say that these 'green-fingered' beings are ones who have had much experience in a previous life of gardening and working with plants.

Jan: Nothing to do with their present energy?

I would say not so much the difference in energy, but the bonding with the plants.

Jan: It comes with experience?

—Which comes with many lives of experience yes. That is what I would say.

Paul: When it comes to bonding with plants, can you give any pointers as to how we can improve our bonding with plants?

I would say just being with them, thinking of them, talking to them, admiring them, and you will find that you will love the plant that much more, and this love will help you bond.

Jan: As in all things!

Paul: In giving them attention, loving them—

I think you will find many things, when you do not know or understand, you have quite a different perception of that thing or being or whatever it is. But once you start to understand, your love grows. You no longer wish to shun certain things, because, in understanding, you become attracted to them, and the same is with plants, even a plant that you do not particularly like. Once you start to look at it, and think how marvellous the leaves are, how the petals are, how it has grown—you suddenly start to see this plant in quite a different light from how you saw it before. So it is only time and understanding that will bring you closer, so that you may care more deeply for it and whatever it is that you are beginning to understand more fully.

George: Yes, another little complication is that creatures like slugs or snails can feed off very young plants, so that the food crop could be lost. What I do sometimes, especially with a very young lettuce crop, I remove slugs and snails and put them on to a patch of weedy grass where they can feed without making the crop fail. I feel this is a reasonable thing to do—much better than, say, having a killing policy in the garden—I don't like that. Any comment there?

You indeed are a kind and considerate man and the slugs and snails that come into your garden are, indeed, some of the luckiest ones...

Laughter

So much so that they decide that this is a place to have a family...

More laughter

So I would say to you that you have much work to do in the future

More laughs

Yes it is a difficult one for you human beings, and I do understand the frustration that many of you have when you are trying to grow your crops. And so it is a helpful thing to use your mind to try to disperse them from areas you do not wish them to be.

George: These creatures are often quite nice creatures in themselves. One can't work up any dislike of them. They're really just as nice as many of the plants.

Paul: When you use your mind to deter them, would you direct it at the snails themselves, or the nature spirits that are helping the snails?

I would say to you that you could direct this at the snails themselves, but you could also ask the nature spirits of the plants to help guard the plants, and they, in turn, could ask the snails to move on to this nice patch of weedy grass, instead of your lettuces or whatever.

Laughs
Jan: Or along to your neighbours' lettuces!
More laughs
I don't think that one would work too well, because I think they would come back in abundance to your lettuces.
Jan: Salumet did talk about just that, didn't he?
Lilian: Of course there are things you can put round, but nothing that is going to kill them—like gravel or sand, or putting string round a pot stops them climbing up the pot.
I think one point that is quite important and that is what you perhaps tend to do—when you find a slug in the garden, you then start to use your mind to make it move. You need to keep going. You need to keep thinking of this a lot of the time, not just once or twice, but continually. It is this bombardment of thought that will help to remove the pests from your garden, but you must keep doing it, keep using your mind to make them move on. Just the odd once, twice or three times will not be sufficient. Now, I think, for this time, I have spoken enough.
George: You have given us much, much knowledge and we do appreciate your talking. Can you give us a name to know you by?
I do not normally give names, but I feel maybe you could give me a name and I will respond to that one.
Lilian: The Gardener?
I am quite happy with that name and now I must return.
All: Thank you very much!
George: We'll think of you as the 'Spirit Gardener Teacher' –it's been wonderful. Thank you very, very much.
General thanks
George's Notes:
AND IN THE COLD LIGHT OF DAY: I dare say there may be a few raised eyebrows on reading the above exchange, perhaps even the odd hoot! But through the 20th- century, the Kirlians demonstrated plant aura / energies, Cleve Backster first demonstrated plant perception and interaction with humans (since confirmed by others) and many scientific experiments have demonstrated clearly the effects of music. It is all documented scientific history. Salumet and others have of course referred to connections with the angelic and elemental beings.

Tomatoes – 7th June: As stated, the more robust plants are grouped around the red MP3-player.

22nd June 2009

Lilian: Good evening! It's nice to have Eileen and yourself back with us again.

Good evening.
All: Good evening.
I thank you for your welcome this time, and of course you know, my dear friends, that I am never far from you.
General Agreement!
Some time ago, we spoke about: did you know who or what you are? Do you remember?
Lilian: Yes, vaguely!
My question to you this time is: what is your purpose in this lifetime? What do you recognise within yourselves that you can strive toward? Each one of you, my dear friends, walks a separate pathway from anyone else within this room. Each one of you is involved in daily living on this Earth plane. And each one of you has expectations known only to yourselves, and of course, known to us in spirit, because we have the wider picture of life. So I am going to speak with you this time and ask each one of you if you have considered who or what you are, and what you wish to aspire to in this lifetime; and do you now recognise, my dear friends, the energy which pulls you all together in this one evening of your Earthly week? Do you feel and understand that energy now?
Sarah: I think we all feel very comfortable with one another in this room, and I think that must be put down to that bonding energy that we have.
George: I feel the energy has been with us before in our previous incarnations together, and there is the current energy now, and it seems to go along with the dedication to, not just to go forward, but—perhaps I'm bringing a personal feeling into this as well—it's going forward, endeavouring to understand that wider picture, which you name, so far as it is possible to understand, and to pass that understanding onto many, many others.
Yes, and do you *feel* the change of energy from what it used to be when first you came together?
Lilian: Much closer!
Yes, you feel it and understand it just a little more.
George: Yes, it seems more positive now **(yes)** and it seems to have more direction now **(yes)** and a clearer understanding of that direction.
Yes, you feel more positive *about* that understanding—yes.
Lilian: Yes, nothing emotional about it, but more of an understanding, I suppose.
Yes, yes.
Sarah: I do get various times when I suddenly think I really understand what this is all about now—little glimpses, like that and then another time, you can say, I've had that feeling and you try to explain it and I don't think I can actually, but I do get moments of really feeling I understand.
Yes, it is the opening up that you receive. That is when the understanding comes to you. Each one of you will experience this in different ways, because you are diverse in your everyday lives. Your experiences will not always be the same, but ultimately you all walk the pathway which leads you to the truth. That is what is important.
Lilian: Seeking the truth?
Yes, when you work as one, rather than as individuals, you understand?
George: Yes, and a detail which brings us together is the book, which is in its final stage now before going to publishers. We have all contributed and again, this is in our individual ways we have contributed to this, and I wanted to ask you, Salumet, if you would care to give an endorsement that could be printed in the front of the book, as to the truth that it contains. As I see it, you would be the one, who could best give endorsement for that!
Yes, I feel most grateful for those words, my dear friends. And, of course, I would be happy to put *my name* to anything which is part of the overall truth of life. Yes, Truth is all encompassing, Truth is not denial, Truth is everlasting; that is truth.
George: Yes, indeed!
But, if you wish me to say some words to endorse the authenticity of this book, of course, I will.
George: That would be wonderful, and I'll add that our dear friend, William, has written a 'Foreword' to it.

Yes, I am happy with that.
George: That is very nice to have, but if we could add a few words of your own by way of endorsement, that would be absolutely marvellous.
Yes. I would do that for you next time, when I have looked at all of your words. I am, of course, aware of what is happening, but I would like just this time to fully go through the work that you have created.
George: Yes, I understand. That would be very, very nice. Thank you!
No, my friend, thank *you*! We are always grateful for those who are willing to go forward with the truth, because, so often in your world, those words which are different to what is called 'normal', are so often slated by man as being 'untruths'. That is always the problem that lies before any truth. So we in spirit say to you: continue--continue to know yourselves, continue to speak the truth as you find it, and we are happy always to stand with you. But I will give you some words next time.
George: Thank you so much!
Now I would like you each to speak and say what you aspire to in this life—what is your goal in life—and I speak to you spiritually.
Ann: I think my goal is soul improvement, and to grow nearer to spirit, which I've been uncomfortable with for far too long, and through that, to make contact with the Great Creative Force—I'm not wording this very well...
Yes, you already have a gentle soul, but it is not unusual in an Earthly life, at times to feel a little lost, but we found you, did we not?
Ann: Yes! I just made it!
General Amusement!
Yes.
Lilian: I think perhaps we all get a little lost along the way—fearful and frightened.
George: There's been a considerable period of, could I say, parallel pathways **(yes),** which seem to produce the same truths, as we learn here.
There are many pathways, but only one truth. It really matters not, and I have told you this on many occasions. It matters not which pathway you take, whether it is straightforward or it meanders; it ultimately reaches the same place. But the recognition of going forward in the name of truth—that is what is important, that is what you should seek—understanding and knowledge. Anyone else, please?
Paul: I was thinking for me, one of them is simply *being myself* and expressing my thoughts and feelings completely, without any interference or anything. So, being completely connected with the being, the inner being—becoming the outer being.
Yes, that is good summarisation of what you should be aiming for. None of you in this lifetime will be perfect, but it is in the understanding of what you strive for that is good.
Paul: Yes, as you go forward, I find things that I try to process, things that seem to be holding me back. I try to unravel them. I think it's going into the past sometimes and sorting it out some muddles.
I would just say to you, my dear friend, do not try to analyse too much, just *'be'* and all things will turn for the better. *Just be!* Does that help you?
Paul: Yes, I think there's still that slight issue of trust **(yes)** and having the confidence to go with those inner feelings.
Yes, getting to recognise them and to allow those feelings to be 'you'.
Paul: Yes, sometimes they are unrecognised—that's right—I don't always know how I feel about some things.
But you are getting there. Yes, good!
Paul: Thank you!
Sarah: I think what you said to Paul about 'just being', actually, also applies to me. There are certain things, for example, not being judgemental, trying to enjoy being with all types of people, having a more generous outlook on everything is the way forward for me, and in acting in that way, I feel happier with myself—I don't do it *to be* happier with myself, but just that way of living makes me more content. You say 'don't

judge', and, as I said earlier, you have those little moments when I suddenly think: I understand what this is all about, and it's encouraging.
Yes, of course, cause and effect is most powerful in your lives and that is what you are creating, each time you open to a new experience, and because cause and effect are taking place, you have good results from it, and therefore you can begin to move forward in your understanding in beginning to know who and what you are. Yes, good!
Sarah: Thank you.
Lilian: Yes, I think for me, on a similar note, at the end of each day, I know where I've gone wrong—definitely. I realise I've maybe said something, thought something, judged someone and I realise where I'm wrong, many times.
Don't be too harsh on yourself. The recognition is good, but, sometimes, you chastise yourself a little too harshly. Life is a learning experience, of course, but you must recognise with yourself that always, it is not just your own fault, that life on this planet can be most difficult—but what you recognise, are those 'faults' as you call them—what you recognise in that, is that you should be above these things, and again, my dear friend, you are travelling the correct pathway.
Lilian: Well, that's nice to know. Thank you!
You are generous of spirit, not only with your spirit, but with your Earthly time—good.
And now I feel for this time, I will take my leave of you and give you a little time to consider your words, to look inward and to know and understand, my dear friends, that, although life as you know it can at times be troublesome, you are never alone; you have your friends and helpers always around you, whenever they are needed. Those of us in spirit who use you, for whatever reason, stay close by you; and with those words, my dear friends, I will look forward to our next meetings together.
Lilian: Thank you. It's been great to have you back.
And I will come with those words for your book, my dear friend.
George: Wonderful!
Sarah: Lovely to have you back again, Salumet. It does give others a chance to come through, but it is so nice when *you* come through.
Yes. There are many close to you now, so let us see what can be achieved
All: Thank you!
George's Notes:
One dear acquaintance, who followed, was Emma—that is, she who in Earth life was Emma Hardinge Britten, from our Victorian era. One interesting little detail is that when this lady comes to Eileen, she always first leans forward, then sits upright with straight back (and the movement makes the chair creak), so we know from this that it is Emma before speech begins! On her previous visit, we heard about her latest project in India—influencing downtrodden women, to help instil 'equality' in the Indian society. Now she brought an update, indicating that there is useful progress. Whilst on Earth, she championed knowledge of spirit communication—now she champions equality in India. And she was quick to point out that her spirit work continues, with visits to groups such as ours to make known the arrangements for the evening etc. We always enjoy Emma's beautifully articulate voice, we think cultivated during her extensive public speaking on Earth.

29th June 2009

It was a brief visit this time—featuring George's book endorsement mentioned at the previous meeting, followed by one of Sara's meditative journeys:
Lilian: Good evening Salumet!
Good evening!
All: Good evening!

Again, as we draw close together this time, I feel your love and your energy. For this, I thank you, my dear friends. When last we spoke, our dear gentleman friend asked that I may speak a few words about the book.

George: Indeed, we look forward to whatever you have to say, whether it's nice or not so nice.

Chuckles

You do yourself an injustice, my dear friend. This task has been long and hard at times in discovering which words to use. I, as you know, am someone of few and simple words—I do not intend to change this format for this book! But I will say that I feel, my dear friends that this book is self-explanatory, but also, I wish to say this to you: Bonniol has demonstrated to all—that mind transference has no boundaries—has no limits. Of this we are assured. I say this to you: Bonniol has brought to you these things: beginnings, openness, nascent, narratives, individuality, originality, and the essence of all life: Love. These things belong to each and every one of you, but those few simple words are given to you by me to be used for your book.

George: Thank you! That's very nice. I'm most grateful. I'm also grateful for all your contributions within the book, which knit together with Bonniol's words so nicely and this combination of voices seems to bring extra explanation and clarity. Thank you for that.

Yes. It is always a little easier to listen to words being given from afar—to find joy and to seek pleasure from these things; but remember always the purpose of Bonniol was to demonstrate to you that mind projection that each individual here still finds so difficult. He has achieved that purpose and has been helped by many—you must not forget that also. He has never been one single unit in this work, but, as I have said to you, he has given it to you clearly, succinctly and with all of his love. That is what I wish you to remember mostly. You understand?

George: Yes, and I feel, from that impetus, we are still moving forward in that. We have much practising still to do **(yes, yes).** But we continue to go forward, I think, from that impetus.

You will all, or should do, go forward; go forward in the expansion of your consciousness, each one of you, to the best of your abilities. That is your challenge now—not to be given words and details by all others, because you see, now, my dear friends, you should be weaned from these things. You must take yourselves and grow and become those spirits of truth and love that you are. Bonniol will not be with you forever, but I can tell you there will be few more visits from him, because, as I have said: his task *has* been achieved, and I hope, my dear friends, that your love for him has grown, has been nurtured, and in response to those emotions that you now move forward? You understand?

All: Yes!

George: Certainly, we have the love for our dear friend and thank you for confirming that he will be with us again.

Yes, he has still some things to say, but, it is not a constant—you understand? I hope those few words have helped you with your book.

George: They have indeed.

And again, I will say to you my friend: very well done in your efforts.

George: Well, thank you! It's been a nice exercise, and I'm aware that there has been so much help from the ones here, as well as friends above **(yes)**, yourself and Bonniol and that it has all come together amazingly well.

Yes, your modesty, my dear friend, should always be recommended. That is why we have chosen you, not only for literary skills, but for the kind and gentle man that you are: with truth, with honesty and with gratitude to your fellowmen.

George: And it is, of course, an honour to have been chosen. Thank you for that.

Yes. Now this time, I will let you absorb what has been spoken to you, to think upon those words I have given to help you in your daily living and in your life as human beings. This time , I will ask the dear lady to take you on a journey, and then to allow those close by you to come close, and this time there should be something of a personal nature for you all. Do not focus too strongly on that, just allow it to *happen.*

And I will work quietly for just a short while with the instrument. As always, my dear friends, I will leave you cloaked in love and light, knowing that we will soon meet again.

General thanks

Sara's guided meditation:

Audio link: http://www.salumetandfriends.org/resources/2009_06_29+sara+med-journey.mp3

We're going to go on a colour journey and the journey is going to take place on the water in a little boat. You're sitting in a little rainbow-coloured boat—painted with the rainbow colours. As you sit in the boat, the water is gently lapping around you. I feel that you are on the sea and the boat is taking you on a journey. You don't know where you are going, but you trust and feel very happy, because you know that the boat is being guided to take you where you need to go. So as you sit, you just listen to the sounds around you and all you can hear is the water, gently lapping. There is the sound of seagulls in the distance, and you feel very peaceful and very happy. And then, as you are gently moving along, you become enveloped in a golden-yellow mist. It's suddenly all around you. You can't see anything except this beautiful golden-yellow mist. But you don't mind—you are happy. You know it is there for a reason, and you just try to absorb this colour into your being and it is very like sunshine—the effect of sunshine on you. It makes you feel very open and very giving and very alive. It somehow gives you the qualities of the sun. You feel that you can reach out to others. You can give of your higher self and you can achieve. And just as the sun's rays come down on you, it is as if you are reaching up with your arm. You are reaching out like a sun in your own right. It makes you feel happy and cheerful and full of light, full of fun, maybe a little mischievous, but certainly alive. You absorb the qualities of the yellow and the light gives you wisdom too, wisdom to make good decisions. Slowly the yellow mist starts to disperse and leave you, and in its place, a beautiful bright, bright blue. So now you are surrounded only with this blue which is close to the colour of the sky on a very sunny day, when there is no cloud—very bright, quite a strong blue. You start to absorb the qualities of the blue, and the boat gently rocks against the water. You feel very relaxed and at peace with yourself. The blue brings its own quality of peace to you, but also of truth and you recognise the importance always of truth, not only on a superficial level in your life, but on a deeper level too—the truth of your inner feelings and you are aware of your commitment to your own truth—what you feel to be important for you as much as for others, because in knowing what is important for you, you then know what is important for others. So you reflect on the beauty of this blue and the quality that it gives you of peace, and space—mental space, truth and calm. It helps your mind to be peaceful, and it expands your mind as well. It slows down the chatter of the mind, brings you calm, so enjoy basking in the blue. It has a protective quality. In times of trouble, you can imagine a blue cloak of this colour around you. And the blue starts to disperse. It starts to leave you, and just disappears into the ether and it is then replaced with a wonderful emerald green, a very bright translucent green, and this starts to enfold you and the green has a very soothing effect on you. It is very cooling and calm, and it nourishes you like a healing balm. It's as good as a walk in nature, as good as sitting under a big oak tree, so imagine it filling your whole aura, and soothing away any troubles or aches or pains, and renewing you like the feeling of spring, giving you new life, refreshing you. Perhaps you can imagine feeling like a plant that is growing with each new drop of water. Feel refreshed, renewed and soothed. And now the green starts to disperse, and in its place comes a bright, bright orange—such a strong mist enveloping you, such a beautiful strong colour. It gives you the feeling of joy, coming deep down from inside. Imagine yourself bubbling up with joy. So many things to feel joyous about, so many things to feel lucky to have so many things for which to be thankful, many things which to some may seem rather simple, but they are very important things, such as health and the ability to move freely, and the ability to laugh and share with others, share feelings, share experiences, share love and share joy. So enjoy this beautiful, bright, warm colour, giving you the warmth, the warmth of a fire, of a flame, and you allow the colour to leave you and you feel refreshed after your colour mists. And there is one more colour for today, coming to you now and it is a beautiful violet-lavender shade—somewhere between violet and lavender. Imagine it as a mist again, enveloping you. It has a really purifying effect on you. Any problems, any worries, any kind of negative feelings are washed from you with this beautiful purifying mist, enveloping your whole being. It soothes your soul. It gives you a clean slate, a chance to begin again, with

the right feelings, right thoughts, which precede the right feelings—thoughts of happiness, thoughts of love, thoughts of support to all around you, no matter how they may disappoint sometimes, but still you can send the loving thoughts, and you are instantly protected from any negativity. Think of this beautiful lavender shade and it will help you to lift up your thoughts and to always be dignified and to think more spiritually towards others, and of course, yourself. And, as you feel cleansed by this colour, then just spend a few moments rocking in the boat gently, to listen to any inner guidance from those close to you and see if they have a message for you before you drift back to the shore again. When you have received your message, the boat will take you back to the shore.

George's Notes:

To those familiar with the Bonniol exchanges, the seven qualities listed by Salumet will be seen as deeply resonant—rather more extended meaning than average everyday words:

BEGINNINGS: The beginnings of all our journeys, of understanding and awareness; the beginning of a new phase of Earthly existence and the beginning of this universe in which we find ourselves.

OPENNESS: The importance of being open and receptive. Do not shut down on spiritual connection, or close the mind to all the help that is available.

NASCENCE: A little-used word today, but the 'new birth' potential that arises from the huge increase in knowledge and awareness is plainly evident.

NARRATIVES: The stories / accounts delivered are meaningful, some almost as parables, and clearly springing from an advanced and beautiful mind.

INDIVIDUALITY: The mind development and thinking as an individual is so important. We must not allow ourselves to become swamped by herd habits, brainwash-advertising and political coercion. It is so important to preserve individual thought / identity.

ORIGINALITY: Relating to 'first existence'—in respect of knowledge; innate knowledge—inspiration—guidance; connects also with novel, inventive and creative.

LOVE: As stated—the essence of all life.

Salumet said: I will let you absorb what has been spoken—and those qualities belong to us all.

27th July 2009

Good Evening.

All: Good Evening.

As we come together this time, so many thoughts are going through your minds. We are trying to help you just to settle a little more.

Lilian: Thank you!

I hope that our last meeting was interesting for you and also that last time, as a group, you found it a useful exercise, and gave you a little more to think about.

George: Yes—are you referring to last week, when we had various impressions given?

Yes, I have to say to you that each one of you received something and that has not happened before. Did you realise?

George: Well, yes—and I was left with the feeling that the various things received were connected. There seemed to be a general theme which stems from the date given to Eileen of...

Paul: 1792

George: ...1792—yes, thank you! This was the date of the new calendar of the French Revolution, and there seemed to be a number of other things given that related.

Yes, I am pleased that you found your interpretation most fruitful, but as far as we are concerned in spirit, it is that you *did* receive those thoughts from us.

George: Yes.

The fact that there was a bond of information is good for you all to recognise, but the importance of what you received, just shows, my dear friends, that you are open and willing to receive. That was the object of the exercise.

George: It's very nice to know that we are able to operate in that way and be sufficiently open.
Yes, it is helpful to you as individuals to allow us to come close in this way. Otherwise, you will stay at a level of understanding—which is *good*, but much better that you allow it to develop.
Sarah: We're always pleased to get anything from spirit in this group!
Yes, and because you work so well and, as you were told, beautiful colours attract those of us in spirit, it is well that you pick up such information. And it will be our endeavour that each one of you be given these opportunities, because of the love and the dedication that you have all shown and have given me the opportunity to use this instrument. So again, this time, there will be some time devoted to allowing us in spirit to come close again, if you are so willing.
Affirmations
I will this time work quietly with the instrument and allow the others to be used as they will. But before I leave you, my dear friends, are there any questions that you wish me to answer for you?
George: Well, I have received a question from our dear friend William that I would like to pass to you **(Yes).** He has mentioned the automatic writing of one, James Padgett, and he received by this means, communications between the years 1914 and 1923. He received communications from a large number of people, Jesus the Christ, many of his followers, prophets of the Old Testament, Moses, and a number of well-known people and public notaries. Something that came with that was the information which we have talked of before—that the teachings of Jesus have been misrepresented, have been muddled, and recorded inaccurately. Part of this mission has been to set the record right and convey the right teaching, and this has been regarded by some as a 'Second Coming'. There's quite a big following from these automatic writings. So it would be very nice to have your comments on the James Padgett writings as to their authenticity. And it seems to me that this would have been a very big mission mounted from spirit. So, we would be very pleased to receive your comments on this, Salumet.
Yes, I thank you for the question. So many times it comes, and I will use your phraseology: 'Second Coming'—what does that mean?
George: Well...
I know what you try to say...
George: Among Christians, there has been some anticipation of a 'Second Coming'.
Yes.
Lilian: You also mentioned that part of him came back as a woman, didn't you?
Let me just say this to you, my dear friends. Let me speak as one who also comes from spirit to bring to you truth and love and light. I am always just a little concerned when I hear *so many* names. I do not say that disrespectfully, because, we, in spirit, are always grateful for any instrument who is open to be used. You understand?
George: Yes
Yes, of course, it is well known that from the time of Jesus and before the prophets, all of Christianity had some dubious moments which have been narrated slightly wrongly.
George: Yes, we all very much appreciate that.
Yes, there are from our world, MANY, many, such as I *(who)* **come to you, who are trying to bring to all of this Earth Plane, the Truth.**
George: We're so happy with that!
Yes, I would be quite happy to say that the automatic writings which are given to people upon your Earth Plane are but one way of information. This person, of course, gives much information through the writings, but there is always an element of interference possible from writing, so I am a little concerned that so many, as you would say, *'famous names'* are used. So I would say to you, my dear friend, that if that is what is happening, then I leave it to you on this Earth to either accept those words or to reject them. I would say from where I sit with you that not all of those words are true.
George: Yes, I certainly have the feeling that there are *so many* names mentioned, **(yes)** that it's quite overwhelming.
It begins to show some egotistical tendencies.

George: Yes**,** at the same time there are...
...There are truths amongst it.
George: Yes. There would seem to be a very good overall message **(yes)**, or a message that seems very acceptable about the teachings of two thousand years ago and of how the record needs to be put right.
Of course! But that is what we all endeavour to do, but we do not need to use one instrument for so many from our world. But I will leave it to you. After all, as human beings, you must learn to differentiate between Truth and non-Truth, and, as the spirit develops, that should become easier for you.
George: Yes, well thank you, Salumet, and I'm sure William will be much pleased with your information given.
Yes. Always, my dear friends, I do not like to speak of what others are doing. We all have been given tasks to do. We all have chosen to come to use the instruments we feel are suitable for our work, but my only concern with this one is that there are just too many. Why would they choose just this one instrument? So, I hope that helps your friend.
George: Yes, I'm sure it does. It certainly helps me **(yes)**. Thank you, Salumet.
Right! I will now withdraw just a little and work with this instrument, and allow you to come close once more to those who are trying to impress you. So, once again my dear friends, open your hearts to our world. Speak out no matter how trivial that information or feeling may seem. It is important that you each speak out, and in that way, we will know that you have received our thoughts.
General thanks
George's Notes:
Salumet withdrew and we were soon speaking of visions and impressions. There was no obvious pattern of connection this time. There was woodland scenery, one dressed in medieval ruff with simple hat, and Lilian seemed to be in the company of a very happy donkey for the entire period.
James E Padgett and the Church of the New Birth: As reported, the automatic writings are extensive with sometimes as many as 40 messages received during one evening. Several volumes have since been published. In excess of 50 spirit sources are named in Volume One and more than 70 in Volume Two. They include such names as: Jesus, Mary, John, James, Elijah, Matthew, Luke, Paul, Samuel, Daniel, Joseph of Arimathea, Solomon, Lot, Socrates, Plato, George Washington, Nero, Mary Baker Eddy, Francis Bacon etc. A useful step a century ago no doubt but we have now moved on, and it is abundantly clear that there is much more involved in Divine Love, spirit and creation than this one small planet! And we have to be circumspect about TRUTH.

10th August 2009

No salumet this week, but we were delighted to receive an extraterrestrial guest. The transcripts of our Cosmic friend Bonniol, are presented separately. However this was another Extraterrestrial from the Planet Glong. The visit had been arranged earlier and we were prepared for the one who spoke through Sarah:
I am—I am coming to see you.
Lilian: Are you the being from the other planet? If you are, you're very, very welcome.
It is my pleasure to come to see you.
George: Well equally it is our pleasure to receive you.
It is very hot here.
Lilian: Being here with us now is making you hot?
I think your planet is much hotter than ours and the air much thinner.
Lilian: Is that making it a little bit difficult for you?
I am feeling very stretched upwards, because I think the atmosphere is pulling me *(deep sigh)* ***upwards—but I feel if I can just adjust a little, I...***
George: Please take your time and we appreciate there must be great difficulties in experiencing different conditions.

Paul: I don't know if we can make you feel any more comfortable.
Lilian: I'm just going to put my hand on the lady's back that you're using, just to see if it will help. (*Several deep breaths)*. Perhaps you can have some help from Spirit—maybe that will help you. *(More deep breaths)*
That is much better. Thank you! Thank you! I was beginning to feel I would be stretched out of all recognition. Yes, that is much more comfortable.
Lilian: You can tell us where you come from and so on in your own time.
I have come from a planet known by your friend, Bonniol, and he has asked me to make contact with you, because he has not yet been able to come back to you, and he wishes for the interest to remain vivid. So that is why I have come to you.
Lilian: Well, for us, it's absolutely fascinating that you can travel this way.
George: We have much enjoyed Bonniol's visits to us and our discussions. So, you also have exchanged with Bonniol?
We have much contact with the planet you call 'Aerah'.
George: Yes! Wonderful!
And, we are quite similar to those beings, but we do not visit in person, but just through 'thought'.
George: Yes—is it possible to give us a name for your planet and yourselves?
I can, indeed, give you the name of our planet. Our planet which is much smaller than Planet Aerah, is called 'Planet Glong'.
All: Glong...
*(More expressive and probably over-stressed to ensure both 'g' and 'l' are sounded)—****'GERLONG'!***
In our language 'Glong' means small but important and the reason why we have the important part is because we are what you might call the 'central nervous system' of many even smaller planets that surround us.
George: Fascinating!
We are used as a base for these smaller planets, who, in turn, receive information, like an echo—no sooner has their question or their need been received by us than they receive a reply. It is as if these planets were on antennae from our planet. They are part of our planet, but they are not attached. There is very much communication with all these planets and we feel as one with them, but they do not visit us and we do not visit them, but we know each other intimately.
George: Fascinating!
We have one, as you might call it—'mind', which is separated by these separate planets. When the information is needed, it is as if it were their own mind working; but no, their mind comes to us and is sent back again.
George: Wonderful! Do you operate in a similar way to Bonniol? Do you have a support team on your planet?
There are many of us who are 'as one'. We do not have any who are greater or less than another. We are all of the same. We do not use our physical bodies to promote any sign of greatness, but the mind works together.
George: Wonderful! Do you have individual names, or do you blend as one?
We do, indeed, have individual names, but the minds are joined, so if you wish to look at each individual, you can do so, but if you wish to use the mind of one, you will be using the mind of all.
George: Yes—wonderful! May we have your name, please, or is that appropriate?
You can have my name, if you wish, but if ever you are to contact us again, you will need only mention the name 'Glong', because we are all one, so in speaking to one you are speaking to all.
George: Yes, I understand.
So, I cannot say that there are not individuals, there are 'beings', but not as you know them—not as you have here, where the mind can be blended with another, but they do not work totally in harmony with one another, but this is something that we have learnt to do, to be a complete being of many parts.
George: Yes, I understand the mind part. Do you have separate physical bodies on your planet?

Yes, we do. The beings are there, but the mind-thought process is as one.
George: Yes, I understand that all the beings are united as one mind.
Paul: Is this something that has evolved over a long period of time? In your past, did you have others who were not in harmony with each other?
The ones who are on the even smaller planets—they are the ones who are working towards this united mind process, but they are the ones who have not quite achieved what we have on our planet. I would say, although I am not quite sure, but I believe this is something that has evolved over a very long period. I have never known any different, and as far back as I have word, no one else has ever known any different. So I can only assume that the process has taken a very long time.
Paul: With all those minds in harmony, I imagine you would be able to utilise that mind power to tremendous effect.
We indeed do, but we can only help those who wish to be helped, and on our planet, we have no need to change much, because we work so well in harmony with one another. So, the use of our 'single mind thought' is put to best effect helping those smaller planets that surround us, and in time, we hope that they too, will join in the complete harmony that exists with us.
George: It sounds a wonderful stage to have reached, and can you tell us a little more of your physical-being basis? Do you take physical food, and live in a similar way to ourselves?
We do indeed eat, but we only eat what we grow. We do not have animals on our planet, and therefore our diet is completely vegetation.
George: Yes, I understand. And would I be right in thinking—before this evening, we knew nothing of your selves, but would I be right in thinking that you have observed our planet and know something of us?
We have joined with our good friends of Planet Aerah and have listened in to your meetings.
George: Oh wonderful!
And that is why we were asked to visit this time, because we are aware of you and how you exist. It is most interesting for us to see how you are working, and we are sometimes a little surprised and amused by your 'goings-on'!
Chuckles
George: I'm sure you must be!
But, yes, we do feel a great warmth for this group, because we almost feel as if we know you already.
Lilian: It's very kind of you to say that.
George: Well, this is a wonderful evening for us. We're so pleased that you've come through, and we were aware on certain of Bonniol's visits that others joined him, but I don't think there was any mention of Planet Glong. But, nevertheless, we are delighted that you have been involved in those visits, and it's a great joy for us to learn more about this universe in which we live.
Paul: We've got a lot to learn!
Laughter
George: I feel really I should be apologising for how we 'go on', on this Planet Earth. We're very much a mixture!
More chuckles
Paul: We could do with a bit of your harmony!
Lilian: It's very frustrating that we really can't talk to many people about your visit. That is *very* frustrating, because they just would not understand.
Well, that is partly why I have come, to let you know how other planets exist and although you may not be able to discuss this with others, you can dwell on it yourselves. And, do not forget you have that powerful mind! You do not need to speak.
[In accord with Salumet teaching of course, unspoken prayer and good thoughts always have their effect.]
George: All of the Bonniol exchanges have been recorded and we have written them into a book, which is in the process of being published at this moment, and your speech this evening is a wonderful addition to that, so we are doing our best to get everything known around the planet here.
I am happy to know that you feel you are able to include our planet also in your writings.

George: Yes we shall certainly do that.
And may I clarify to you about our involvement with meetings with you. We, of course, do not 'sit in' at the meetings, as do those on Planet Aerah, but we are able to use the minds of those who are involved, which is relayed to us. And in that way we are participants—but not in the physical form.
George: Yes, we were aware that Bonniol has a support team of about sixty individuals, and, with the mind, these sixty have been involved I know, but you also have been involved in the 'mind link'. That is wonderful news for us.
Well, let me tell you, it was wonderful news for us too, because any new information is always of interest, and especially when it is of a planet, so very, very different to ours.
George: Yes, it's certainly different! Might I ask—do you know and are you aware of Salumet?
I personally am aware of this being, but I do not have any of his information.
George: I merely ask, because I think Salumet was instrumental in making the Bonniol link, or helping towards the link in the first place.
That is as far as I am aware of this one. I know he was involved, but I do not know anything more about 'him'. I am sure that if we were to tap into the one you call Paul, we could indeed get all information, but we are at present in so harmonious a situation in all aspects of our planet, that we feel that perhaps, the information you are being given, is directed more to Planet Earth, than to our planet. And that is not to say that we cannot learn from this one, but the thought is that this one *(Salumet)* ***is for use on the Planet Earth.***
General Agreement
Paul: And, you've obviously got different lessons. Would you describe Glong as a 'Learning Planet'?
George: It sounds as if Glong has already learnt!
Chuckles
I think we could say that although we possibly and perhaps I should say surely can learn, our main task is to teach those smaller planets around us.
George: Yes, and of course, that is Salumet's mission—to endeavour to influence this Planet Earth, and yes, I'm sure you're right that Salumet's purpose is to influence *Earth Planet* for the better.
We are all given a task to do and our task is a combined effort for those around us and, perhaps, our learning is to work as one.
Lilian: Yes, that would make sense, wouldn't it, eventually? I think you're way advanced beyond us.
We are, indeed, quite different in our approach to life.
Paul: Oneness—I think we have a deep understanding—it's not very conscious, but on a certain level, there is the feeling that we are all one and we are all the same in lots of ways, but, unfortunately, it doesn't come out enough in our daily life. So, you've reached a very good stage of oneness on your planet.
Can I just clarify—did you say that you are, broadly speaking, of a humanoid form?
We are quite similar to the Bonniol people—and we do have a head, we do have arms and we do have legs, but all these physical limbs are so rarely used, because if we wish to move from one place to another, we can do this with our minds. We do not have to use the physical being; we can use it, but we do not have to.
George: You can transport the physical body, using the mind. Is that correct?
That is correct.
Paul: So could you, in theory, materialise yourselves on Earth, in your physical bodies?
In theory, we could indeed do this, but I do not think that will happen—not yet, at least. But, yes, it would be possible.
George: Wonderful! Do you have families?
We do have families. We have groups of people who live together, and they act as one big family. We do not have, as you do—couples. We live, in what you might call 'communes' and we are able to create new beings via the giving of spirit to another, and create within that spirit, new spirit that forms into another being.
George: Wonderful! Yes!

This is the choice of the one being created—can choose from whichever commune it wishes to belong to. Each commune has a slightly different purpose. Each commune provides one aspect of what is needed to keep the physical being alive. So whatever that spirit decides it wishes to grow, it joins that commune. And once you have decided upon your commune, you stay there for the duration of your life on that planet. But, of course, we all work together in spirit, so this is the physical side of our planet—but the spiritual side is as one. I hope I have made that clear to you.

George: Yes, that is a wonderful education for us to know that such a system exists. Yes, thank you!

Paul: Yes it's a whole new world—literally.

Lilian: Yes, do you understand how *we* have reproduced other beings? Do you understand our reproduction?

Yes—and we have to smile that you need so much effort to produce one more!

Laughter!

Lilian: But the spirit has already chosen to come to that particular couple—we do understand that...

(yes)...not a lot of people on Earth do—but *we* do! Yours sounds much simpler.

Where we have a little similarity, inasmuch as the spirit decides—

Lilian: Yes!

George: And, like everyone else, you recognise the one Creative Principle in the universe. Perhaps you have a different name?

I am sorry—I do not understand what you are trying to say.

George: Each planet seems to recognise the one Creative Principle in the universe that some call 'God'. Different cultures have different names for the Creative Spirit of the Universe.

Yes—we very much recognise this Creative Spirit, as you call it, and for us, we call this god: 'THE CORE'.

George: The Core!

Lilian: That's a good one!

Paul: Yes...it's like 'The Source' a little bit.

George: Yes, I guess we all have our different names, but we all mean the same thing.

Lilian: We shall try and picture where you are, but I'm sure we'll be nowhere near the real thing.

Well, firstly, I think you need to pretend that you are in a refrigerator.

Laughter

Yes, that will be a good start. But I have to say that I feel most comfortable here now *(good!)* ***and I have very much enjoyed my visit with you.***

George: Well, we've certainly enjoyed your visit to us.

Lilian: Will you be able to come again?

George: Yes. It's just wonderful and—please do come and visit whenever you wish.

That is most kind of you, but I think possibly we will not be coming back too soon, because, I think Bonniol has other ideas for you.

Lilian: Yes, he did say he would introduce us to other people from other planets, so you are the first of a few more we hope.

Well, I have been most impressed by you all and I only wish that all of you on this planet could be so understanding.

Lilian: Well, we all wish we could talk to others about it.

George: The project we have discussed with Bonniol—Bonniol and his team were going to endeavour to do a materialisation of an object—an object pertaining to his Planet Aerah and materialise it here on the Earth. And if this can be done, it will help us to draw attention, and grab peoples' interest. So, perhaps, that's one of Bonniol's further ideas that he has.

Lilian: But having said that we would find it difficult for other people to understand, if we tried to tell them—there *are* groups of people of whom perhaps you know, that really *do* understand and are interested.

When you have a young planet, you always get a variety of beings, and it is this variety that helps you to grow. You would not grow, if you did not have so many different ideas.

George: These are wise words.
So sometimes, the beings on the planet do not help, but, many, many do—even though it is difficult to see at the time.
George: Yes.
So, as long as you are making some progress, this can only be good.
Lilian: Yes, things take time. It's very slow, but we shall get there one day.
Paul: Yes, it's a good journey—getting there!
And, on the subject of journeys, I think I will return—but, thank you again for your time, and I have been most delighted to be with you.
Lilian: We're very delighted to have you.
Paul: Yes, Thank you!
George: We share in that delight. It's been a wonderful evening for us. Thank you so much. I don't know how difficult it was for you to come along, but it was a wonderful occasion for us. Thank you so much!
Paul: Send a bit of our 'Earth love' back to Glong.
Thank you and I can tell you the journey was no problem—the landing was harder!
Laughter!
So now I will leave you and will take with me the very fond feelings I have received from you this evening.
George: Well, thank you, our dear friend—or should I say *friends*?
Lilian: Yes—we're very, very grateful for your visit.
Paul: Our love goes with you.

George's Notes:
In addition to the 65 mind-linked exchanges with our Planet Aerah friends, others on occasions joined the exercise, about which we knew at the time. All was explained as we went along and the mind-link process is now reasonably understood. Now we learn that Planet Glong also managed to tune in. In the light of past events this also can now be understood in some measure—perhaps all the better for its retrospective revelation. Anyway, we are privileged to have been connected via Sarah (and earlier via Bonniol) to the composite mega-mind 'Glong'. Perhaps we should see Glong as another form of teacher that can bestow good influence upon nearby planets. And it is a sobering thought that Glong beings have the capability to apport their physical presence to Earth if they so wished. So where does this leave our legends concerning mysterious physical beings in Earth's past? There is much to think on here. And we are so very privileged that advanced ones such as we are now encountering should consider us worth a visit!

7th September 2009

This evening began as a résumé of selected topics of earlier teaching. But prior to Salumet's arrival there were healing prayers and a little talk of current affairs in the media—There then followed the usual period of settled quiet and our dear teacher from the angelic realms came through:
Good evening.
All: Good evening.
As I join with you once again my dear friends, it brings great joy to me, to listen to your conversations beforehand. And some of that conversation is part of what I will be saying to you this time. I want this time my dear friends, to just recall some of the important points of my coming to you—as you speak of others and pass judgement—
George: Yes, apologies for that!
No my friend, it was an introduction to my words. I want you to ask any questions as I proceed with what I have to say. On 'judgement' I will say, as you look upon another, that is what you are. I know when first I used those words to you, it caused confusion in your thinking, but if you find fault in others, then look within—remember those words (yes)**. Therefore I say to you, remember those words and do**

not judge another, for you have not walked in their shoes. That is one of the things I intended saying to you. So you see, we are beginning to be in tune with each other. The other was the offer of the 'prayer for those who are spiritually poor', and that includes my dear friends, not only those in this world, but in spirit also. Part of your mission I have to say, has been to help those who remain in spiritual darkness in this lifetime and this my dear friends you have achieved well, not only by your spoken word, but by the many written words, which has been activated by our dear friend here. *(George)* **So that was one of the other things I wished to say to you. Also what has been important to us my dear friends is that you remain open to truth, truth in all areas of your life—not only truth from teaching, from our side of life, but in all areas of living; and of course, that is where your freewill comes into play. You have been given that freewill, in order for you to either accept or decline truth. Another important point I feel my dear friends—and it is a point I feel you have not all attained as yet—and that is 'forgiveness', forgiveness of the past, because it *IS* past. How can you be open to truth or going within, without first having that forgiveness of past things?**

George: Yes, as we were part of that past, it's like forgiving ourselves.

Of course, you *are* the past, but it is gone. Until you forgive all past issues, you cannot go forward. And again, we enter into this conversation the word 'fear', which is so much part of your human makeup and something I have spoken to you many, many times, that fear again is part of the condition of being human. But you must let all fear go, because whilst you have fear, you do not have that purity of love, which is your right, which is your spirit. Do you understand what I am saying to you?

Lilian: Yes, I find the fear thing quite difficult—**(Yes)** I do feel fear—

George: Yes I think you speak of ordinary fears that we should be able to control. Perhaps I could mention there are 'intense' fears which don't seem to be within our control, and our minds—

Let me stop you there. *ALL* fear is within your control, whether it is fear that is outside of yourself or fear that is deep within—you have that control.

George: Yes, I was thinking of those occasions when the memory is actually *blanked out* as a result of an intense fear—

Yes, I understand all the queries and the questions about fear. I am speaking in a simplified way, but we move *then* to what we call 'mind'—that all-powerful thing that you all possess. The mind has the ability to reject all fear—it does, but the fear keeps you captive. You understand?

George: Yes—

Sarah: But this fear that George is talking about—intense fear that the mind blanks out—is that a way of controlling the fear, if you're deleting it, you're putting it behind you...

No, you are not putting it behind you. You are saying it does not exist, but it is still there.

Sarah: Oh right, okay.

You understand—

Sarah: Yes.

George: I have actually experienced this myself, which is why I brought up that query. In my youth I did a course in parachuting and the first jump from a balloon-car was from just above dense cloud. And I realised quite a long time later that I have no memory of the passage through the dense cloud **(yes)**. And I had a psychic reading in fact, and the one doing that reading seemed to be able to detect the fear of that situation.

Yes, it is a human condition of course—in the same way as those who are in danger for their lives allow the fear to build. It is part of the human condition, but you still can control any fear that you experience—and in allowing the fear to dissipate, then we can come close to help. You understand? Whilst you grip fiercely this feeling of fear, what you are doing my dear friends, is blocking us from helping you. Does that make sense to you?

Sarah: So if we're in the situation where we might become fearful, we just need to—um—

You must have certain knowledge that all will be well.

Lilian: That's a difficult one.

Yes, I understand. After all, if you had no fears you would not be human. But what I am saying to you dear friends is: that should not stop you from trying to cultivate the release of fears.
Sarah: So, on that point, if you were fearful and had the knowledge that it was going to be alright, would it be appropriate then to ask for help?
Of course—we are always here to help, but sometimes your fear is so great that it stops us. You understand? Even though you say: 'I believe', you truly are not feeling that deep within, that that is so.
Sarah: Somebody like Joan of Arc who was burned at the stake and who appeared to be completely peaceful—it was her faith that was keeping her calm?
Of course, it was the inner knowledge of what she *knew* to be truth (yes)**. That is why you have what you term *'brave people'* in your world. It is this inner calmness and knowledge which they possess—that *sure knowing* that all will be well.**
Lilian: So if we have a worry about someone and we ask for help, we really need to get rid of the fear that goes with the worry...
Yes, know for certain that help is available if you ask in love—if you ask for help it will be given, but of course not always in the way that you would wish, but in a way that is appropriate for that person (yes)**. Remember, that just because you wish for something and believe in it, it is not always the right way. That is because you do not have the wider picture of life** (yes)**. Yes.**
Paul: It's almost like fears come from—because we were children once and just didn't have all this understanding that we have now, but things happened and we weren't able to process them and understand them in the way we can now—so does that mean...
Yes—human life interferes with love and trust in this world. There are many things that happen to you as human beings that colour the way that you think. Of course, that is part of the human experience, but nevertheless, you all come to this world with that innate knowledge of all that is good.
Paul: It's almost like you feel like some of my fears are just trapped emotions **(yes)** that need to come out to the light of day, where I understand what you say—thinking that everything is going to be alright.
Yes, it's not just saying *'everything will be alright'*. You need to *feel,* you need to feel that emotion deeply; it has to come from within, that is the difference. So often people say 'I trust all will be well'—when inside they do not believe it. That is what you have to overcome.
George: You've certainly opened our eyes to that wider picture Salumet **(good)** and that has changed our lives enormously I'm sure.
Yes, this is why I felt this time it would be good for you just to go over a few points that we have discussed in the past.
Sarah: These little memory joggers are good for us!
Yes, sometimes you tend to forget and allow the human conditions to pull you down.
Lilian: Yes, and in the media this last week there have been some really horrendous things involving young people—fourteen or fifteen, and you wonder why—they almost seem too young to be touched with such thoughts that they must have.
Yes. I would say to you my dear friend, there is always—and again we have spoken about these things, about many tragedies, as you see it in your world—you alone can never change this world, but what you *can* change is the way you think and the way you perceive this planet; and that involves a much wider picture. That is all you can do, besides sending loving thoughts for those in need, and remember that includes those who you would term evil or guilty—you must have love for *all* your fellow man. And I know my dear friends that is not always easy for you, because when you see injustice as you call it, you wish to put it right—but that is not for you to decide. You understand?
Lilian: Yes, it's good to be reminded **(yes)**.
George: A part of that wider picture is communication with those on other planets, and that has been a wonderful aspect of these meetings—
That was an exercise for you my dear friends, because I felt your love and your dedication to this work deserved to know just a little more.

George: And since your last visit, we have received one from 'Planet Glong' and, perhaps you are aware of this one. This is one known to Bonniol, and through Bonniol, they have *heard of* Salumet, but very wisely stated that Salumet was for this Earth and not for *their* planet, which is on its own quite different course. Is there anything you would wish to say about Planet Glong?

I will speak to you—I at this moment do not recognise that planet name, but that is not to say that it does not exist of course. All I can tell you my dear friends—I did not instigate this, but nevertheless, you have reached the point where whoever is used should now be aware of what is coming to them. If it has been brought to you through Bonniol, then I would say that is good that you have more information.

George: Yes. We were aware that others from different planets had joined with Bonniol on certain occasions **(yes)**. This seems to be, I would say, a very advanced planet, in that they have become of single unified mind—and apparently they were able to join with Bonniol on some occasions and we did not know about that at the time, but they have now since made contact.

Yes, mind transference is an interesting thing is it not?—especially to you people on this Earth plane. My purpose with Bonniol was to demonstrate to all of you that this is possible. There is so much you can never know, my dear friends—so much that belongs, not only to *this* universe, but to many, many others that you will never fully understand—

George: Yes I think we can *easily* accept that there is much that we shall not be able to know!

Yes—yes. If that communicator felt that there was something to give then that is fine. But all I can say is that it was not instigated by me—that particular one. But that is fine if you wish to accept more information—that is in your hands.

Sarah: It was one that came through *me* Salumet and I did feel it was a real one, but I know you've always said to me that I should not question it—and I believe it was right but must say, I'd still like to have the confirmation that it *is* correct, because I'd hate to give out false information.

Yes, you are a doubter—

Laughter

But if you are to progress my dear friend, you must become more aware of those who are using you and at times you *will feel* if it does not seem right.

Sarah: It *did* feel right **(yes)**.

George: It seemed an enormously powerful mind and a very logical mind **(yes)** and it went on for about an hour—so it was quite a lengthy discourse.

Yes, well that can only be for your good—there always has to be reasoning behind communication. So, perhaps I should say 'well done!' to our doubter—

More laughs

—In allowing it to happen.

Sarah: Well, thank you for those words, thank you.

Now, I will just say this time, that the last thing I wanted to remind you of—that all-encompassing word of 'Love'. Love can never be learned, and I might hear some of you say: 'but of course it can'. It cannot. Love exists—you have never been at any stage of time without that knowledge of Love. And in fact, my dear friends, you do have a saying on this planet Earth, about—'*Love makes the world go round'.*

General agreement

And I fully endorse those words—not only this world but every world that exists at this time. Love always has been. Love is the centre of all things.

George: I think also there was a 'Beatles' song—ALL YOU NEED IS LOVE.

Sarah then began to sing the chorus: All you need is Love, love, love is all you need!

Now our doubter is listening! Thank you.

Giggles

Yes—love is important in all of your lives. It is natural for each and every individual to feel the power of love. And if you stop, and you just stop for a moment, you can feel the power of love within the heart area of your physical being. But it is much deeper love than that. It is the purity of love, which can never die. It is an expression. It is a need that you all have. And I will end it again by saying—LOVE *IS* ALL THAT

YOU NEED—and I will remember those words, because it finishes nicely what I wanted to remind you all of.
Lilian: It's good to be reminded, I must say.
George: Yes, how nice to have a résumé of the ground covered.
Well, because of the limitations of time, I wondered which would be best to remind you *of*, but I feel those I have spoken of are very apt to your situations—each one of you, at this present time—yes.
Paul: You feel it right to the core of you, with those words.
Yes—So now my dear friends, much as I would like to stay just a little longer this time, I will work quietly with this instrument, just for a short time, and allow any others to come who wish to. So, as I take my leave of you, know and understand what that love means. I leave you all encompassed within that pure love.
General thanks—it was a deeply wonderful feeling
George's notes
On conscripted national service: Para-training in the early 50s was without a reserve parachute and hence a little scary. When leaving a balloon car there is a considerable free-fall period before the canopy opens. In the text I refer to free-fall through the dense cloud. I cannot describe it, because I can't recall it. Many years later during a psychic reading it was stated that I had 'an intense fear stuck in memory from a past event in a military situation'.

14th September 2009

Lilian: Good evening Salumet.
Good evening.
All: Good evening.
If I took a little longer this time forgive me, but I was most interested in what you have to say. Each time I come to you it never ceases to amaze me how much your love and compassion for your fellow man has grown. To you, my dear friends, it has become part of this gathering together—to give thanks, to ask for help for others, with little thought of yourselves.
Lilian: Well I think we'd all agree it's partly thanks to you.
Sara: We've had a good teacher maybe?
Agreeing laughs
I cannot do that—*you* have done that for yourselves. I perhaps have lightened your way perhaps, but if it does not come from deep within then it means nothing, and each one of you, my dear friends, glows brighter as time continues. I would like to welcome back our dear friend *(Rod)* **who has been absent for some time.**
Rod: Thank you very much Salumet.
At times you have been weary and asked for help on many occasions, but remember my dear friend, help comes in many guises. It is not always so obvious to those in need. But we have never been far from you, and it is good to welcome you back into this room.
Rod: Thank you so much. I appreciate those words, and you're right—I sit on the edge of the bed and thank everybody up there for helping us, including your good self sir.
I thank you too. Now, as I have listened to all those words, wishing comfort for others and listening of course about the other planets, I think you would agree with me my dear friends, that life now for you on this Earth planet seems quite 'insular' when so many others exist—
General agreement
—And having that knowledge that understanding can only help you with your own spiritual growth, and this is what is happening to each one of you—maybe in your own way, in different ways, in your own time, but nevertheless it is happening.
George: Yes, in a way it's a joy to have that awareness of other intelligences.

Yes, and you have already become aware of others who have this information (yes)**. Yes, it all comes together does it not?**
George: Yes, and 'insular' is a nice, interesting word **(yes)** and I fancy we could be viewed by *some* others as 'most peculiar'!
Chuckles
I do not advocate *that* word.
George: We have things to learn on this planet, but then it is a learning planet.
Sarah: It always makes me laugh when the scientists say: I wonder if there's any intelligence out there?—anything that might be comparable with us—thinking that we're the most intelligent, whereas *we* know that we're the least!
Laughs
Yes, we will not disenchant them. They also are working at their own rate, and I have to tell you that many who are walking that pathway are making great strides, especially with the help of those in spirit. There is an age coming to you when your scientists will be much more open-minded, because they cannot always deny what is placed before them.
Sarah: I think actually it is beginning isn't it? Certainly some of the scientists are beginning to say: well, we're not sure anymore—they may not actually be totally in agreement, but they are hovering a little bit—so that's a good start.
They are finding their own 'proof' as they call it—yes; that is the pathway they will take. There has always been throughout your many ages, people of science who have been far ahead of others, but always have been cried down for their views. This has always been and will continue to be for some time to come. But, my dear friends, I wish to say to you this time that we feel that progress has started—slowly, slowly, but we have that first footstep on the ladder of knowledge.
Sarah: That's good to hear.
Yes. It may not seem much to you, but I can assure you my dear friends that it is so. Do we have any questions at this time?
Rod: I don't know anything about this subject, but I would love to know if the people who are studying this mysterious thing we call 'dark matter', that's supposed to be keeping things organised—I do hope and pray that they are getting help from you as well, because that seems to me a big puzzle. It would be nice to know what this dark matter consists of!
Dark matter?
Rod: I'm sorry—it's a word that we're using, yes—but I don't know what it this.
You say it is keeping everything in order—that is not true; it is *part* of order, it does not *keep* things in order—it is part of the whole. And yes, there are many areas of existence in not only this universe, but in many of them that you will never fully understand. And it is not I feel wise at this particular time to delve quite so deeply, but I understand—
Rod: There's probably only one gentleman here who would understand it and he's sitting by the right of you. *(George)* Oh and this gentleman *(Graham)*—for the rest of us it's over our heads.
Chuckles
Our dear friend of words, yes *(George)***—he is our thinker in this group—**
George: Thank you!—I'm aware of the search for a particle that confers 'mass' **(yes)** and it has been lightly named the 'God particle', which I felt was rather nice.
Yes—are not *all* particles God particles? *You* are a particle—*(gesturing)* *you* are a particle; you are all part of what we term 'God'. But you know, to me, that word 'God' does not mean quite the same thing. But I do understand what you speak of my dear friend, and of course, throughout time and aeons of time to come, there will always be mysteries. Remember, you will never fully understand the order and life of all existence—never, never. But I do not want you to stop seeking for these things, because in that seeking, you are wider opening your minds to what is there—that is what is important, not the finding of anything else, but finding yourselves. You understand?**
George: Yes— how we see ourselves and how we fit into the equation, if I could put it like that.

Yes, that is a good expression, yes—that is more important.
Sara: Could I ask a question?
Yes please—
Sara: Recently there has been talk about 'orbs of light' which are showing in photographs taken by digital cameras **(yes)** and there are a few people who claim that they show angelic presence—these orbs of light **(yes)**. Could you comment on that?
Angelic presence has the power to re-create themselves in any form. We have spoken quite extensively on angels and such. Angels, as I have explained to you, are beings who have never materialised *(as incarnate beings)* **on this Earth plane. The 'others' that are *called* angels are in fact 'helpers', and people who have gone from this world. TRUE angelic beings can take any form. Therefore, within those orbs of light, of course there can be seen angelic beings. Is that helpful to you?**
Sara: Yes, in fact I have read that they have been identified as guardian angels, angels and also loved ones who've passed to spirit.
Loved ones passed are not angelic beings, although you human beings are inclined to call them such.
Sara: Yes, but they have identified them not *only* as angelic beings.
Yes—but as people from this world. Yes, of course—all things are possible
Sarah: On that score, earlier on in the spring, there was a blackbird in the garden with me and I felt a real bond with this blackbird and it had absolutely no fear of me at all. I was digging a big hole and I said come on then, hurry up if you want the worms—and it would go down in the hole, get the worms and come back. And then I didn't see it for some time, and then it came back again and this time it didn't want anything, it was just sitting there all cosy and fluffed up and I really felt that this blackbird had come back to say 'thank you' for helping to feed it, because it was obviously feeding it's young and then it went away and I didn't see it anymore and I really felt that it was somebody I knew and you did say that people come back in different guises. Would you be able to tell me actually if it was anybody I knew?
If the bond was strong and the feeling of 'knowing' was there, then of course there was a connection. Remember that energy can be transmuted by those in our world. If that is the way to catch someone's attention, then it will be used in that way.
Sarah: Yes, I didn't know who it was. I felt it might have been a grandparent (**No**), but I did feel—
No, always go by that inner knowing, that inner voice which will never lie to you.
Sarah: So it *was* then, it WAS definitely somebody?
Yes.
George: I believe the True Angels have various 'job descriptions,' I think that is an expression you've used in the past Salumet.
Yes of course. We have spoken about angels, but I hope I have reaffirmed for you some of these points.
George: Yes, thank you.
Sarah: Could I ask—this is 'the doubter' speaking again—Eileen said—your control said that although the Planet Glong visitor through me was using 'Mind Projection', I actually felt coldness—and Eileen said that if this person was purely using my mind, then it wouldn't have affected my body. Could you just comment on that please?
Yes, if mind projection is being used, there should be no feeling of coldness or anything else within the physical body. You only feel those sensations when someone from our world is close, or wishes to utilise your physical being. That is when. So it may be that someone was using you closely, at that same time as the mind projection was being used also.
Sarah: Ah yes! I like to clarify everything—thank you.
Chuckles
Yes, you are our doubter friend.
Lilian: So it could have been help being given to the one using mind projection?
It may have been one close protecting the instrument, yes.
Sarah: Thank you.
Sara: Salumet, could I ask another question?

Yes.
Sara: My daughter who is only nine—I feel that she may be developing clairvoyance at the moment, because she's seen some lights in broad daylight in a very light room and she also thought she saw a car today driving without a driver, which I have been told is possible—to see something from another dimension (**Of course**) and she does have nervousness at night sometimes, and I wonder if this is because of a developing clairvoyance?
It is developing clairvoyance and she needs you my dear friend, to reassure her that what she experiences is not unusual—it maybe for some in this world, but as far as spirit goes it is not unusual, it is a gift that should be encouraged.
Sara: Right I will try to do that.
But—not to be fearful.
Sara: No, she is very fearful at night sometimes **(Yes)**. Is this because she's 'seeing' and 'hearing'?
She is 'sensing', yes.
Sara: Right, I'll have to keep her with me sometimes if it's too much for her, because I can't seem to reassure her that it's normal. She becomes very upset at the idea that there's another presence in the room.
Just allow things to be normal for her. It is not always necessary to use words, but to give comfort. When she feels reassured by your comfort, then—
Sara: She'll settle—
But also help her to ask for her own protection, which can be in the form of a child's prayer to her own angels of protection.
Sara: Yes, because I think last year she did experience something, which was a little frightening and I think that's when the nervousness began.
Yes but keep the communication channels open—but allow *her* to be the instigator of it.
Sara: Right. She does show remarkable psychological insight for a child of her age and I think she must be very sensitive.
Yes, it is her sensitivity, it is part of growing—it is part of that clairvoyance that she has. Most children have the ability, but the extra-sensitive child is usually the one we try to influence; but she must feel happy in her life here.
Sara: Yes of course—well I can certainly keep reassuring her. She's very happy if she sees something in the daytime.
Yes it is at night—
Sara: I'll just have to work on the night-time.
Yes I would urge just some patience—allow time and allow her to speak when she needs to.
Sara: Yes. I think my son also has this ability, has shown it at times, but at the moment it's not worrying him. But I think he also has abilities in that way, doesn't he?
You will find as children grow older, they will go one pathway or another. Life will either take them to the materialistic side of life, or they will continue down the path of spirit, which of course is ideal, but many children will outgrow these things.
George: And I guess they have these little fears and they need to address those fears.
Of course—as any adult within this room would be fearful. I cannot tell you *not* to be fearful, but when it is quiet and dark, that is time we can come more easily to you—that is when the human being becomes fearful. It is something to be worked at slowly.
George: Yes, I imagine it's difficult sometimes for a child to address those fears.
Yes, that is why it is helpful if you had an adult who could see the same things and that also brings comfort to the child.
Sara: Yes, I have seen quite a lot of things, so I'm able to share with her to some extent, but I won't always necessarily see the same things at the same time.
No you will not, but just continue to reassure her, make her feel she is not different in any way, that it is something she should cherish.

Sara: Yes I certainly will—thank you.
And I will try to arrange some comfort for her at night.
Sara: Ah, thank you so much.
Sarah: There's a lad whose mother's at the tennis club, I think he's thirteen but he's got a mental age of about seven, and he's got autism. His mother says he goes into his own world—and then he'll suddenly say something like, 'Britain is great!' And his mother will ask him why he says that and he says that it 'brings him back to life.' It made me wonder if actually he is more in spirit/closer to spirit while he's in these vacant moods. Would that be right?
Yes, when the mind is withdrawn within oneself that is when you are closer to your spirit self, so yes that would explain the child's behaviour.
Sarah: Right—yes. *(Sarah gave name and partial address.)*
It matters not who the child is, think of them as spirit and what is happening, and in many conditions where people are fearful for others, they are being cared for by the spiritual aspect of themselves. So that is why you can never judge.
Sarah: So is that why he says he's coming back to life, because he realises perhaps that he is sort of standing to one side?
Yes, it would be an expression of the re-entry into physical life. It would be a spiritual understanding that he has—yes of course.
Sarah: Yes, thank you for that.
Now my dear friends, as always I have enjoyed your questions, enjoyed being here with you—
George: We have enjoyed your answers!
Enthusiastic agreement
—And the much love that you bring for each other. I feel this time and whilst we have our dear lady friend with the beautiful voice, to finish perhaps on a little journey, if she is so willing to do.
Sara: Yes! Of course, yes.
So my dear friends I will leave you now—
George then briefly confirmed arrangements to bring a guest to the meeting next time
I will endeavour to be here for you. I said I would and I will.
George: Wonderful! He will much appreciate that I know.
Yes. I leave my love with you, those who are here and those who are absent, so until we come together once again, I will take my leave of you all.
General thanks
Sara's Meditative Journey then followed:
Audio link: http://www.salumetandfriends.org/resources/2009_09_14+sara+journey.mp3
~ We are going to go for a walk in the country. We are starting the walk on a bumpy lane. You're just going to walk along this lane for a few yards until you come to a wooden gate. You're going to open the latch of the gate and you're now in green fields. And there's tall grass growing all around you and there's very beautiful lush green grass—and you're surrounded by wide open spaces. There's a pale turquoise sky in the distance, so it's very soothing and you take in this 'greenness' and 'freshness' of the grass and you breathe in the smell. You are completely alone and you actually have time to literally come to your senses and go within. You become more aware of yourself and your pathway and as you follow the green winding path through the grass, you become aware of the current opportunities for growth that surround you at this present time and you become aware of all the ways that you can show your love to those around you and it really is as simple as that. It's the love that you put into the work that is currently your work and that work is simply those things you need to attend to at this time, in whatever form. So you have time to reflect and you have 'space', a feeling of space around you—a wonderful feeling of mental space—nobody telling you, you must do something. You are free to reflect on what would be useful for YOUR PERSONAL GROWTH. So absorb the beautiful nurturing green colour into your aura—the colour of growth. And absorb the healing blue of the sky. Carry on walking and enjoying this truly peaceful time.
Pause

As you walk you become aware of your guides and you pause to see if they have a message for you—any new thoughts, new ideas?—something new to try?
Pause
When you feel that you've received some kind of message, you start to return back and follow the path back to the gate. You give thanks for this time of peace, regeneration and reflection. You find the grass very soothing as you walk back.

21st September 2009

Lilian: Good evening Salumet.
Good evening.
All: Good evening.
As I join with you this time my dear friends, there is within this room, an air of expectation. I am always happy to join with you at these times. Firstly let me give a welcome to the gentleman *(Robin)* **and say we are always welcoming those who seek the truth.**
Robin: Thank you.
I wish to say to our dear friend—the one known to you as 'Rod'—I wish to say just a few words: Your lady-wife is so open to all emotions, that sometimes she absorbs too much of other's energies. She needs, my dear friend, to learn to strengthen her core, and in that way, she will have better physical health. Do you understand?
Rod: I don't think I really do—
Do not be concerned—I will try to get help for her *(thank you).* **She is just too open to all of other's problems.**
Rod: Oh I see, I see.
You understand (yes) **you would agree—**
Rod: Yes, I do.
Yes.
Lilian: I think that's a problem with a lot of mothers.
Yes, it is a human condition, unfortunately for some; but we will try to do what we can.
Rod: Thank you very much for those words Salumet, thank you.
Now, because we have a visitor this time I will spend some time with you, my dear friends in answering any questions that you may have.
Lilian: Do you have a question Robin?
Robin: I do. I wonder whether you can throw any light on 'fate' in life. Some people believe that life is to some extent dictated by fate and I'm very interested to know how much there is in that?
I understand your question. The others will perhaps forgive if we cover ground that has already been spoken of. But for you my dear friend—there is always a purpose to life and as each soul comes to this life, there is laid before them a path to follow. That does not mean it is one pathway that can never be altered, or that anything that happens within your lifetime is set in stone. On this pathway as in many other things in life, there are various roads which lead from the main pathway. That is where your freewill comes into play. But ultimately you cannot change the time or the situation of your passing. So, I would rather say to you that fate—and I will use the term because it is an Earthly word—fate, as you believe it to be, has some significance, but it does not have the power to stop freewill taking place. There are many deviations from that straight pathway, otherwise my dear friend, everyone's life would be guided and would be simple. Do you not agree?
Robin: Thank you, that's very interesting. Does that mean that there is a basic plan **(yes)** to our life **(yes)**, which we can influence?
—Of course.
Robin: —to a greater or lesser extent.

Yes, because of your freewill, you will either choose the *right*—I will not use the word the word *wrong*—but a *different* pathway—that is entirely up to you as human beings; that is where your own personal responsibility comes into play. You understand?

Robin: Thank you—very, very interesting.

I hope it helps you. **Too many people unfortunately, when things go wrong in their lives, are too apt to say: well it must have been meant to be! Not necessarily—not necessarily. Freewill is very strong within the framework of human beings.**

George: And would it be correct to say that that initial pathway is determined, or has been determined by previous lives?

Cause and effect must always play some part of course; but that is all known before you come to this lifetime. And of course, it is not always necessary to bring that with you, but again, it is determined by that spirit. You all know conditions that you are coming to. It is therefore your responsibility to follow those conditions truly and not to deviate from your call—your life—call it what you will.

Sarah: So that's why if you're in tune with your inner self, you would know which pathway to take—

You would automatically know yes, because you are listening to that inner voice. All of you, every individual upon this planet, inwardly knows—has that innate knowledge of what is right and what is wrong for themselves. It is too simple, too easy, to blame someone or something for the things that go wrong in your lives. Again, I do not apologise my dear friends, for repeating that you have a great responsibility for your individual lives.

Sarah: You have been over this before, but if somebody does something to you—attacks you for no reason, and you happened to be there, is that because you've deviated from your pathway and you're in the wrong place at the wrong time, or is that just one of those things?

You cannot place a set judgement on life's happenings, because—again I repeat to you—you do not have the fuller picture of not only yourself or the person who attacks you. It may well be that it is a deviation of *their* pathway, but it may also be that it is something that you have to experience. So again, my dear friends, it is difficult to judge the happenings of life, because you do not have that fuller picture. You understand?

Sarah: Yes, I do—thank you.

George: Yes, interesting, and when it comes to judging the happenings of life—and I accept that we cannot do that—I'd like to ask a general question, but perhaps using a topical example. Now, there's a Mr Megrahi, a Libyan person and he was convicted of placing a bomb in a suitcase that was then put onto a plane that blew up and crashed at Lockerbie, killing 270 people, and this was seen as a terrible act of terrorism. Mr Megrahi was convicted for this on evidence that was—shall I say 'questionable'. The evidence related to his supposed purchase of clothing in Malta, and that clothing was recovered from the remains of the suitcase and the connections—his timing of being in Malta, his identification of the man by a shopkeeper 9-years later, seems to me to have been rather sketchy evidence for the conviction. Nevertheless, he has spent 27-years in prison and there has been an appeal. And I would just comment that there are people who are further investigating this matter. If he is indeed guilty then they would waste an enormous amount of their time trying to see his innocence, but if he is not guilty and they were aware that he is not guilty, then they would no doubt double their efforts. I would just comment that it would be very nice for people in such a situation to receive a 'tip off' from spirit as to guilt or innocence. I guess this is not possible, but would you have anything to say about this, Salumet?

I will reply to you. Firstly, let me simplify all of these matters for you. Firstly, these are *human* events; they are being judged by other human beings, whether you consider them right, whether you consider them wrong, whether there are lies, intrigue—whatever. All I will say to you, my dear friend is this: that no individual can go without justice—and sometimes justice comes when you return to spirit. There is not one soul who can escape their own judgement and although mankind is prone to judgement, that spirit will make judgement upon themselves. Therefore I say only this to you, my dear friend that justice is always given in the eyes of spirit. So I would say this to you: do not waste your energies on considering what is right or wrong for too long.

George: Thank you—and the judgement in spirit is so much more important than man's trivial judgement.

Of course, yes—mankind sometimes is too, too judgemental.
Sarah: And you have said to us also that people do things and you think it's bad, but in their eyes it's good, so therefore, is it actually wrong?—so that's another reason for not judging.
Yes, you cannot know what is in another's heart or thinking. You cannot know whether they feel it is for their good or another's good, because you all have your own judgements and opinions. I try my dear friends to influence you to think further, to open up to that fuller picture—that is what you must do.
Robin: Can I just return to the way life plays out—if you get to a point where you feel maybe you've gone off track a bit **(Yes)** in your life, is there a way—can you advise a way to bring yourself back and maybe revisit the track of your life? Is it something that anyone can do for themselves and how can they strengthen that up?
Yes there is a way my dear friend and that is to go inward, to seek that inner knowledge, which belongs to spirit. After all, you are spirit first and foremost with a physical covering. Therefore, when you lose track of life, or life's difficulties weigh you down, you must go inward into that meditative state and find that true self and then the answers will come easily to you. That is the way forward.
Robin: Thank you, that's interesting.
Jan: Salumet, when somebody comes again with a debt to repay, is that debt that has to be repaid—is it paid back over the entire life while they are here, before they return to spirit, or is it lengthened or shortened, depending on how they live their life here?
It will depend entirely on whether they have that remembrance of what that debt is to pay. If they follow the pathway of this life, that debt will be repaid naturally. But if they are confused in their pathway and remember my dear friends, spiritually you all know which way you should go, it is only when materialism and forgetfulness of spirit is there, will there be problems. And sometimes people return to our world with that debt still unpaid—so it is entirely down to that individual. It is shown to them which way they must go and again, that is where your own individual responsibility comes into play. You understand?
Jan: I'm trying to.
Yes, it's difficult.
Jan: The person I'm talking about is close to me, who you once told me had a debt to pay and for me looking at her life, she's having a difficult time. In the job she has here, she pays back a thousand times—I know she's getting a reward for what she does as well, but she just gives so much.
Let me stop you my dear friend, but who are you to judge? Who are you to say?
Jan: I'm sorry it came across as a judgement, it isn't. I feel she's on the right path for her, although that's a judgement in itself I know, but I would love to be able to see the future and see—
You would like to make her life simple—you would like to make her life free from—
Jan: Yes! And I know I can't—
Yes, you cannot do that for another single human being. You may step to one side, you may make judgements, but you cannot walk in the footsteps of that individual, because you do not know what it is she came to do.
Jan: No, I know.
So I would suggest to you my dear friend, if you wish to help, to ask for help for her to be guided. That is the best thing that you could do for her.
Lilian: I think it comes from being parents and wanting things to be perfect for them and of course—
But you will never have perfection in this life. This planet will never have perfection.
Lilian: So even what looks perfect to an outsider probably is not?
You cannot look within another soul and make judgement, it is not possible. You can try, of course you can try, but that is no good.
Robin: Can you comment on what we call karma, in that you reap what you sow?
Yes—again it is something we have spoken on greatly. Yes, 'cause and effect,' that is karma and what should happen is that when you return to spirit, that karmic debt should be cleared, but sometimes it is brought back with people into another lifetime, because they do not allow it to be made free.

Robin: Thank you.
George: Could I refer back to a further aspect of the Megrahi case? In the case of this person, he developed a terminal illness while in prison and for that reason he has been released and repatriated. I think his expectation of life is perhaps 3-months and he has been allowed to spend that time in his own country with his own people. I feel this is a wonderful act of compassion and perhaps mankind should generally observe this kind of compassion, where imprisoned people are concerned. Would you care to speak on that?
I would. Any compassion shown to any other human being is a spiritual action; whether those on this Earth plane would agree—that is not so easy.
George: I can say that there is controversy, which is why I raised the issue.
Yes of course, because you see there are so many people who as we say, are in spiritual darkness. They do not feel forgiveness for anything or anyone that they feel has done wrong. What a big judgement that is! And that would be a karmic debt. If I return to our other friend—that becomes karmic debt, because what no one can do, is to judge another, whether they believe it to be right or wrong, and not suffer the consequences of that thinking. Every single action that you take, you are responsible for, my dear friends. It is a *great* responsibility and not an easy one. But I would say to you, and speaking in general terms not specifically of this instance, that any kindness shown to another fellow human being, results in the growth of your own spirit. And if that was to be manifested throughout this world, what a wonderful place we would have; but again, that will not be possible, because humankind is imperfect. So I would say on a personal level to each one of you, cultivate within yourselves that kindness and that love for your fellow man; and I hope that helps you and gives you a little to think about.
George: Yes that does indeed—a wonderful clarifying answer to the question. Thank you, Salumet.
Rod: It's funny because Daphne and I driving back this afternoon mentioned how difficult it was not to have judgement and without knowing it, sometimes one of us makes a judgement and the other one then has to pull the other one back and with a bit of laughter and a bit of juggling, we try to do it. But it's one of the most difficult things on the Earth I think **(Yes)**, not to have a judgement.
But my friend, the recognition of making judgement is the first step of correcting that thinking. So I would say to you, you have done well to have that recognition.
Rod: Thank you.
Jan: Judgement comes into our everyday lives as humans though **(Yes)**. I'm not just talking about judging one person against another person, but do I go left, do I go right, do I cross the road, do I use this bank / that bank—judgement comes into play every day of our existence.
Yes, but the difference is, you are making 'personal judgement' and not judgement against a fellow human being—that is the difference. What judgements you make for yourself—that is *your* own responsibility.
Jan: Which I where we started talking about pathways and fate.
Yes of course, so we have come full circle.
Jan: But in the process, you do as a human being make judgements on people, but as long as you recognise the fact—I think in this room we know—as soon as you've said something there's a little voice in your head that says 'Uh—ah!'
Yes, it is part of the human nature, it is something that human beings need to recognise and not just to judge without thinking. But yes, the recognition of the fact of judgement—that can only be good.
Jan: I've noticed over the last couple of years since I've been doing this work, I recognise when people are judging me, and I never used to.
Yes, because that knowledge goes deep and comes deep from within. That is your own spiritual self coming to the fore, when you make that kind of recognition.
Jan: And I just smile back at them.
Chuckles
Well what is a smile, but a piece of love being given out into the ether, whether it be for another person, or whether in general you just wish to smile and shine from within.

Jan: I have noticed the difference, because I used to take things more personally and now I recognise it as a judgement **(yes)** and I can deal with it much better.
That is because you are progressing in spiritual terms. Life should become much easier, the more you *listen* to that inner voice (yes)**.**
George: Yes, another word in our language is 'evaluation,' and we can make evaluations of various things and compare them and I feel that's usually a much less personal and not quite as pointed as a judgement.
Well, you may use any words you wish—
Laughs
But it is still a judgement!
George: Perhaps I'm wriggling.
Yes I think perhaps you use the words to fit your own concerns, yes—I will not let you off with that one.
More laughs
Lilian: And as you say, we wouldn't be here if we were perfect!
Of course not, it is a learning process for all of you, of course it is.
Lilian: And when we've got it right, we won't need to come back.
Well I do not intend to tell you how often you may come back!
Lilian: Oh dear—I don't want to know really!
Chuckles
Sarah: Or how many times we've been already!
More laughs
Does it not speak for itself that reincarnation exists at all—think of it—
Jan: Also, that inward pain, I've experienced if I move away from spirit—things go completely disarray **(Yes)**—completely!—and I lose myself completely! I don't know who I am, where I'm supposed to be going, and I've experienced *that* recently.
Yes, that is the same question that our dear friend has asked about finding oneself. You must then go back and go inwards to really find that spirit.
Jan: Because I've found spirit—it sounds really cheesy but you know what I mean **(Yes)**—and then deviate away from it—I almost purposefully think *'I'm not going to do that,'* and then you know that your core is just not right, just not centred, just not moving in the right direction and it's nothing to do with external forces or the choices you make, it's just how you *feel* in here **(Yes)**, and if I hadn't experienced that and then to come back, I wouldn't know what it's like to be centred—if that makes sense.
That is because you have the knowledge, you know the difference. For many people they travel through life not knowing, but in some way 'instinctively' they do know. Every person in this world innately knows what is right and what is wrong for *them.* That is why you cannot then say it is because of this or that or anything else—it is total responsibility on you.
Robin: Is it possible that there are other human beings who can help you with this getting back to the spirit—maybe close friends, maybe the person you're married to—is that a connection that can happen between two people?
Of course, it is a *spiritual* knowledge and so often—not always—so often two people will be drawn together. And remember, there are no accidents of spirit as such. People meet when the time is right for *them*—for their spiritual growth. So why then, I would hear you say, do things go so badly wrong?
Robin: Yes, it was the next question.
Yes, I know! What I would then say is that one or other or maybe both are not following perhaps their true pathway, or one or other or both have decided to experience other things, but they do instinctively know whether it is right or wrong. But also, there are people who come into your lives at certain points, who are there to help with the development of your spirit. Yes, of course, there are many people in this world—that is all they wish to do, is to help others to understand what spirit is about.
Jan: And that, if I'm right, can be a two-minute encounter and a two-minute conversation, or a 45-year marriage **(Yes)**. In spirit, that time lapse doesn't matter. Lots of people have come into *my* world and I feel, not from *my* point or view, but we've had a two-minute conversation from *their* point of view and I can

detect between the two—I might never see them again, but I just feel that that two minutes that we spent together was worth—
Has some impact—
Jan: Yes—*that* you never ever forget.
Yes of course. When there is that spiritual connection for whatever reason, then that should stay with you (Yes)**. Yes—it is a moment in time that will be remembered. Yes, of course.**
George: Yes I rather think we've all experienced these moments **(Yes)**.
Jan: Yes, but that builds us as spirit—those little encounters **(Yes)** I believe are so important.
What is happening, my dear friends in this life, is that you are not creating spirit, you ARE spirit first and foremost. But what is happening is that you are REMEMBERING that spiritual being that is all-knowing, that innately knows everything that is right or wrong. It is a remembering, a spark of knowledge, a meeting, a kind word, a falling in love with another human being—many, many things are there in place to help you all go forward and learn.
Sarah: And as you've said before, that meeting of spirit might be right at that time, but then later on you perhaps don't need that anymore, you go your separate ways or whatever **(Yes)**.
Jan: Hence the two-minute meeting **(Yes)**—that's all that's needed.
Rod: Salumet, this is another question which I haven't thought of before. As you say, we're in a tough old world and when we get up to you, it seems pretty damn good. Now, we must be reluctant to come back surely?
That is sometimes the case, but what you have to remember *(is)* **that there are many stages of existence in the spirit world. You are your own judgements and there does come a time, that if you need to return, that decision is made by YOU. You cannot be *made* to return, but you are influenced if it is felt that it is necessary** (thank you)**. You may stay in spirit for quite some time, but soon the realisation comes that perhaps you need to return to this Earthly planet to continue—**
Rod: Because that's the only way to advance!
Yes.
George: When you speak of 'instinctive knowing' Salumet, are you saying that a terrorist planting a bomb knows instinctively that this is not really the way to tackle the problem?
If that person was to go within, they would not harm a hair of another human being—they have great responsibility to answer, and again of course, it depends on the reason for the action.
Sarah: Also of course, many are brainwashed, aren't they?
Yes, all of these things have to be considered. That is why, I stress again my dear friends—that is why it is so difficult to judge.
George: Yes, there sometimes quite strong political persuasions; but in the case of a terrorist bomber one can simply say he is not going within.
Yes. Fear—it is the element of fear that exists within these human beings—that makes these actions so dreadful to the rest of humankind. THE DESTRUCTION OF ANOTHER HUMAN BEING FOR WHATEVER REASON IS WRONG. That, I will state to you now: to harm one other human being carries great debts and that cannot be obliterated in the blink of an eye.
Paul: Obviously each individual—everything is different, but I would think then that the same applies to soldiers killing other soldiers **(Yes)**—it's still a karmic debt—
It is a karmic debt, yes.
Sarah: I was thinking during the holocaust, the women who had babies and they knew that if the baby survived, they would be used in experiments or something would happen to it, so they took the baby's life. Does that fall into the same category?
That would come under a form of love, but there are many—it is not easy to have one simple answer. That is why when we speak of judgement that it is not so easy.
Robin: Can I just return to the conversation we had just now about being in the spirit world and coming back being your *choice?* **(Yes)**. Could you come back to a different world? Is it possible that we wouldn't necessarily return to Earth, but that we might return to some other material world?

I would say that it is a possibility, but mainly you would return to the world that you have been familiar with, because therein lies those lessons if you like, that you have not learned. Therefore I would say it is much better that you return to a place that is already deep within—known to you.
Robin: But I find it quite exciting to think that we might turn up somewhere else.
Laughter
Well, all things are considered. Nothing is ever categorically 'no,' because the choice is yours—as spirit, that choice is yours (thank you)**.**
George: Perhaps our friend would enjoy a Bonniol meeting.
Robin: Well that's what I was wondering.
More laughs
Well, if that is a wish or desire, who am I to deny it to him?
Lilian: I was just thinking Salumet, you've chosen to come back and talk to us, the little group that we are **(Yes)**. Is that helping *your* spiritual growth, if that's not too cheeky to ask?
As an individual—ah, I do not come to you as an individual—but yes it helps with any growth of the soul. Remember, that all of life is ever-expanding, and so too those regions from whence I come, and that conglomerate of beings that I belong to—that also is growing and moving.
Sarah: So there's no set number of beings in your group / your conglomerate. Does that expand as well?
I speak of the spiritual aspect. You my dear friends are speaking as individuals. I do not come from a group of individuals as you would understand it.
Sarah: No, but of spirit—
Spirit is always expanding, energy is always expanding—it can never be static.
Lilian: So it expands—the spiritual energy **(Yes)**.
Jan: Salumet, I understand that you've explained to us that you are from a conglomerate in spirit. How do you speak to us so eloquently in our language?
Eloquent my dear friend is not a word I would use. I use this instrument only to allow those words to come. All we are interested in, is that the truth become known, that spiritual aspects be given and to remind you all of from whence you came and where you will return. I believe I said to you, that my purpose in coming was for the truth. When we speak of language, you have to understand that in our world—and there are many, many levels in the spirit world—the more knowledge that is gained the more spiritual you become—you become all-knowing and using the voice of this instrument creates no hardship for us. When I came I wished only to use simple words, because there are far too many who come to your world with too many words, which confuse. Truth is simple, so why should not the words be simple?
Sarah: Well you've certainly made things very clear to us all over the years.
Jan: I'm just always amazed, it's as if you walk amongst us, you understand exactly our technology, every little slang word that we use—you understand exactly what we mean.
Yes, because we are not like you who takes one day, one week, one month—time means nothing in our world. Our learning abilities and capabilities are instantaneous (Wow!). **It is difficult to explain what you do not understand.**
Robin: Can you explain a little on your commennt about there being different levels in spirit? Can you give us an example perhaps, to help us understand?
Yes—when first you pass to spirit, you are not much different than you are now. You have an etheric body, which is an exact copy of what you have now. But as you grow in spirit, then you move forward—I use 'forward' only in the sense of your understanding. When your understanding is greater, then you move to another plane of existence. You may in another existence choose something familiar to you, such as a house or some occupation that you wish to take up. And then you move forward from that and if you decide not to reincarnate, then there is another level of existence. But all of these 'lives' take place, over many hundreds and thousands of your years, because *time* means nothing. What is important is that spirit grows and moves closer to that all-loving part of existence—that part of

existence which many of you on Earth call 'God'. We are all going towards the Godhead. That is what we strive for. I do not use *(the term)* **'Godhead', I use 'Universal Love'.**
George: And *you've* come to us from *beyond* those planes, Salumet—
I come from a long way.
Voice becoming fainter
There are many planes of existence, but there comes a time when you become encompassed by that energy, where there are 'no planes of existence', but you become that pure energy of Love and All-knowledge, and even so you strive to go forward—you strive to become part of that energy. And I cannot tell you more than that, because I feel that that striving is a continuous—continuous existence.
Sarah: You're still striving, because otherwise you wouldn't come back to help us, but you are also helping yourself at the same time, which is also a striving to—
Not as a human being.
Sarah: No, but as—
As spirit—yes I am. The conglomerate of beings does not exist on the level of existence *(of)* **which I speak.**
Rod: It's like a painting.
General thanks as energy now rapidly fades
I will leave you—this time.
Lilian: Thank you for staying with us so long.
Jan: Yes, we've taken up a lot of your time—thank you.
Yes—I—
Jan: The connection's getting weaker, isn't it?
Yes—
George: Thank you for answering all the questions and thank you for ending on that wonderful note that seems to convey a feeling of way-beyond-Earthly-things-*and*-the-near-planes. Thank you so much.
Jan: Our love goes with you as always.
Sensitive expressions of love and thanks
George's notes:
Time and situation of passing: Certain individuals often regarded as saints or mystics are known to have gone within and accessed this information. It is on record, for example, that Saint Malachy accurately foretold time and place of his own death—All Soul's Day, November 1148, Clairvaux, France.
Al Megrahi / Lockerbie bomb: Date of disaster 21st Dec 1988. Mr Gauci – shopkeeper, first made identification of Mr Megrahi as purchaser of clothing 27 months following that date, with formal trial identification 12-years after. Intrigue factors include claims that Mr Gauci was paid 2M $ to testify against Megrahi and another was offered 4M $ to give false evidence concerning the origin of a timing device. It is all so confusing and it is difficult to know what to believe. The much delayed trial began in the Netherlands 3rd May 2000. Mr Megrahi was we understand repatriated with terminal prostate cancer 3rd May 2009.
Fading Energy: The session had lasted 62-minutes, and in the situation of such lengthy single session it is not unusual for the available energy to fade so that farewells must of necessity be brief.

28th September 2009

Lilian: Good evening Salumet—welcome.
Good evening.
All: Good evening.
As I join with you this time, so many have joined with us to listen to all of your thoughts—not only healing, but much of what you are thinking. But I would like to just say to you, my dear friends—I do not know if you are already aware of the talk in your world about the way the mind works, the way you think and how it affects the physical body.

Lilian: Yes, I saw something today actually, on those lines.

It is being recognised at last that it is an important issue. I do not say they accept spirit, but they can see that the mind-body connection is there. To us in our world this is good progress—it shows at last that mankind is opening his mind to things other than their own physical being—that the strength of their thinking can affect their physical beings. For so long we have shown to you these connections—the connection of mind—the spirit body, as you call it in this world; because as you full well know my dear friends, MIND IS SPIRIT. It is not a separate issue—mind belongs to spirit. So many in our world have happy hearts, to think that at last on your planet Earth, many men are working towards the truth of this discovery. To you my dear friends, it is nothing new, but to the majority of all human beings, it is a big part of understanding. I'm sure you would agree.

General agreement

George: Yes, this does seem something to rejoice about.

There will be great strides made within your medical world, all over your world in many different places, they will come up with the same ideas, the same progress—of helping many diseases. And especially a little more understanding of what you call the MIND. This is useful my dear friends and I hope that in your quiet moments you will give much thought to these words I have said this evening. I do not wish to remain too long this time.

George: Yes, you certainly remained long last time—it was a *wonderful* meeting.

I am always pleased to join with you, but sometimes it is important that I have time to work quietly with the instrument.

George: Yes, of course.

But I thank you, and as always, you make me feel most comfortable in your presence, and of course, you know by now my dear friends that time is not important. But of course I am governed by many factors. It is not always possible to stay so long. But whenever the opportunity is there, whenever the energy is right, then of course, we will utilise it to the best of our capabilities. I am glad that you found it to have been of use.

George: Yes, it was certainly a wonderful meeting and we've heard back from readers of the transcripts who also thought likewise.

Yes, you do much good work my dear friend. Without you, these words would be kept within this room. But as you know my dear friends, it is important that *truth be shared*—that others be given the *opportunity* to think for themselves—to analyse or to criticise—even with criticism that is better than not thinking at all. So I say to you, even when speaking to critical people, know also that you are still sowing some seed of thought.

Rod: I'm glad to know that; that's very good. Sometimes I've thought I'm wasted my time—but that is good.

You never waste time when you speak of spirit—that time is never wasted.

George: In recognising spirit and its connections, I imagine this in time will make hospital work more successful and more effective?

Of course! When it is recognised—the power of the mind—then, a lot of hospital 'work', as you call it, will be unnecessary. Doctors will become *tutors of the mind*. Is that not a wonderful thought?

Enthusiastic sounds/wonderment

That would be doctoring in its highest degree (yes)**. But of course, that will not happen overnight. Of course, as always on this Earth, time as you know it passes much more slowly. It takes much time for all human beings to be of one mind.**

George: And it just so happens, that Lilian here has got a book from the library on the work of Matthew Manning as a healer, and I guess it might be said that that particular gentleman is well ahead of the field in the recognition and use of mind in this way?

He is but one of many. Yes, there are of course many who *lead the field*, if you like to express it in that way. He has many years of experience, but so too do a great number of people in your world.

Sarah: Yes, there are civilisations such as the Aborigines. Somebody today said to me that they couldn't believe, having been to Australia that the Aborigine people haven't changed, and she thought it was awful that they haven't changed. I said they probably didn't *need* to change, because they were already in tune with the Earth—and we've actually spoilt it for them.

Yes, they are much more in tune with their inner feelings. They use most of their senses, but so much has been lost (yes)**.Yes, again you see, mankind is quick to judge; and if people do not come to a certain so-called *standard* of living, people are most scathing, and that is why you cannot judge, my dear friends. But there are many, many peoples in this world at this time, who have much knowledge of spirit. But it is the *progress* that we are working towards. We are all working towards one thing, and that is: to go home to spirit with your knowledge intact. Now that gives you something to think about. What knowledge should you have? You *know* what knowledge you should have. But your work my dear friends, as I have said before—you are all emissaries of spirit. You are spreading the word of spirit, and it matters not whether people criticise or disbelieve you—you have done your work of spreading the truth.**

Sara: And of course, we need to be good living examples of it ourselves **(Of course)**. I think living with *joy* —it sometimes seems to me that it's a key factor in good health **(yes)**—experiencing joyful feelings on a regular basis **(yes)**, because, without that, I think everything is lowered—the immunity...

Yes, when you lack joy, you allow fear to enter, and as we know, fear is not something that you should entertain in your lives. It is something to eradicate in your lives. It matters not what the situation is, because many people have had lives of great difficulty and yet they come home to spirit full of love and joy. So it is the *way you react*, my dear friends, to what is placed in front of you.

Graham: I was very encouraged by listening to President Obama. He's beginning to—his effects around the world are being felt and he's saying some things like you've been saying, like 'decisions are really too often made on this planet due to fears **(yes)**, and he's beginning to use that sort of language, which I've found very encouraging.

Yes, and it will encourage many others. Those words are the words of a *good* leader (yes), **and of course as we have said over time, world leaders should be in your prayers—they need our love, our influence, if they are to be good leaders of countries.**

Rod: I've only recently been reading about Gorbachev—he was a leader of Russia—he got the Berlin Wall down and stopped the Cold War **(Yes)**. And I thought—what a wonderful character!—I don't know if he was spiritual, but he did a wonderful thing for the world!

Yes, you cannot isolate people from spirit; they *are* spirit first and foremost (yes)**. What actions people take within one lifetime is determined by their own freewill. They know within themselves what is right, what is wrong. But sometimes they *feel* forced to make decisions that are against their true nature and that is something they have to face when they come to spirit. But each person on this Earthly planet has 'good' within. There is not one human being who lives life in *all* fear or *all* 'evil' as you call it. There is always that light of love and goodness within every spirit; that is what has to be nurtured. Children have to be taught to be positive about all aspects of life, even those times when they feel life is not worth living for. And even children have these deep feelings and that is why it is important for parents who have children, to be encouraging and to show love and happiness as much as they can. There is a ripple effect—we have spoken of these things before—and again, I do not apologise for the repetitive nature of my words. So think about what I have said again this time, and I know my dear friends, that each time we speak together like this it raises another question—another pathway to follow, if not for all of you, then at least for some.**

Sarah: Your words are always an inspiration. I don't want to jump in Rod, but you probably heard that Daphne *(Rod's wife)* sends her thanks to you and it seems that you have really been helping her—so thank you for that.

I endeavour to help each and every one.

Rod: Thank you.

General thanks

You may not always feel that help, but let me reassure you my dear friends that my love surrounds you all, even in those moments of confusion, even when you feel lost or a little unhappy, that is the time when I am trying to help you. So, with those words I will leave you until we come together again.

General thanks

George's notes:

Mind – Body Connection: Is it as Salumet says—the realisation gaining general acceptance? At home, I looked at my copy of the Scientific and Medical Network journal and the article by John Caddy PhD that I had already marked for reading. Part of summary read—'the relationship between the spiritual and physical dimension'. It lay beside the book passed on by a friend and likewise as yet unread: Science and the Akashic Field by Ervin Laszlo. Inside the cover there are endorsements by some of the world's great thinkers, using phrases such as: '—greatest wakening of the human spirit. Not since Plato and Democritus has there been such a transformation in the history of thought—science is poised at the threshold of a new paradigm—a road to understanding the universe as an integrated entity, connecting science and consciousness, and recognising the wholeness of the universe, life and mind. So Salumet had pre-empted my reading schedule! Going to the Internet and Google-searching 'MIND AFFECTING BODY' it was a similar story. Yes, of course Salumet knows where we are heading and his words are precisely correct.

Mikhail Gorbachev: He must indeed be seen as a truly great man of our time and a few words here will be richly deserved:

General Secretary of the Communist Party (1985-1991)
Chairman of Supreme Soviet (25th May 1989-15th March 1990)
President of Soviet Union (15th March 1990-25th December 1991)

During this period of administration he:

1985: Proposed drastic reduction of nuclear arsenals East and West and began talks with President Ronald Reagan.
1986: Initiated 'Perestroika', the driving of a 'troika'—three-horse-carriage—through the old system to make way for the new.
1988: The period of 'Glasnost' which established new freedoms for the Soviet people, advocating open discussion of all problems.
1989: The new freedoms which included lifting of travel restrictions led to East Berliners dismantling the Berlin Wall—symbolic end to the Cold War period.
1990: Mikhail Gorbachev receives the Nobel Peace Prize.
1991: Russia's second largest city Leningrad reverts to its earlier name of St Petersburg.
Present time 2009: Striving with Alexander Levedev to form an Independent Democratic Party of Russia.
In the year of Perestroika, 1986, Ann and I travelled to Moscow and Leningrad. It was an interesting time to visit. Contrary to opinions formed from reading Western Press, churches were being used by the people, peace badges were on sale, a quite large peace-camp was in evidence just outside Leningrad and photography was unrestricted. And to cap it all a magazine called 'XX Century Peace' was being printed (since 1958) in 5-languages and circulated to the world with one outlet in Collet's Bookshop in London! And photos in the Nov 1986 issue included a large peace march with banners through the middle of Moscow. So do not believe all that you read in your national newspapers! Soon after my return, I happened to speak of our experiences to a forensic scientist at New Scotland Yard. He was interested but declared he would not himself dare to step out of line and go to the Soviet Union. Well, times change—and certain key people help to activate those changes.

19th October 2009

Good Evening.

All: Good Evening.

As I join with you this time, it comes to me to say just how much you people have grown, not only as human beings, but in the spiritual sense also.
Sarah: That's nice to know. Thank you!
I believe I can say to you, my dear friends, that when first we met, each one of you, with your different lifestyles, sometimes found life to be difficult, and although I say this to you, and I know that life sometimes is *still* difficult, you, my dear friends are now capable of living your lives much more spiritually, because of the knowledge and the understanding that you have. I hope you agree with me, because it is true.
Sarah: Yes, thank you; it's certainly helped us all, I think, a great deal.
Lilian: Yes it has—in day to day living.
Yes.
Paul: One thing that I was thinking about today was what you said once about 'keeping it simple'—trying to make our lives more simple. I think that's one—to be spiritual when your life's so complicated, it becomes more difficult.
Yes, of course, we now know, do we not, that the fear of life makes life complicated for you (yes). **In seeking simplicity, it also means to dispel any fear that arises within you. I do not say: have faith. Faith is not the word to use, but have that knowing within that ALL WILL BE WELL, and then the thought is reality. But , for that part of your living, each one of you that comes within this room, is learning to trust in that greater energy of life. Would you not agree?**
Sarah: Yes, certainly, and when you think positively, the fear just evaporates.
Yes, yes, it is one of the greatest lessons of life that you can achieve, and neither I nor anyone in our world would suggest it is easy—we know it is not. Human living creates many obstacles, but again I say to you: it is the way that you overcome these things. I do not wish to speak with you for too long this time, so, if you do have any questions for me, I will be happy to try to answer them for you.
Lilian: Thank you. Yes, we were a little puzzled by the meeting last Monday, especially Jan. Somebody wanted to use her, but she was reluctant, because she's had two who were 'not above board' should I say, and she'd made up her mind that she was not going to be used for speech. She didn't mind clairvoyance, but it seemed pretty obvious that she was *meant* to speak. Can you explain a little for us, please?
Sarah: I think Eileen said there was somebody with her that wanted to come through her, so that's why she spoke last time.
Lilian: Yes—it felt alright.
I see. Firstly, let me say: all communication has to be accepted, and we are most grateful in our world that anyone offers themselves to be used. Of course, I have told you that sometimes those overly eager spirits who wish to come, manage to '*slip through*'—that is the way you would phrase it, I think? (yes)**. Yes, it does not mean they are always unacceptable. It is sometimes over-eagerness to communicate, which causes such problems. The lady cannot go backwards. She has offered herself to be used and now she has become a little afraid, and here we speak of 'fear' again. Can I please hear the lady's voice?**
Jan: Yes Salumet.
Yes, thank you! Yes, it is a little fear and doubt within you, because of the occasions when it has seemed a little doubtful.
Jan: Yes—it really spoilt it for me.
***Please* do not let it do that. It has created this fear.**
Jan: I felt that I was letting the group down **(no!)**, if I had another one that slipped in—
No—we cannot let you stop now. We will encourage and we will help. It depends much on what you term your 'doorkeeper' or 'gatekeeper', whichever term you use for those in spirit who allow those to come through to you, and sometimes, as I say, they do slip through, but you must never be afraid that we are not in control of these situations.
Jan: I felt last week, we were being sent on a journey, and once somebody said to me 'open the door'—that's when I allowed it to happen **(yes)**, because I knew that, the way it happened, it was being controlled from spirit side **(yes)**, but the confusion was the *gender* of the two people that came through—I had no

doubt at all that it felt like two genders. The person came through, one moment, as a male, and then when Sarah's control talked to them, they changed to a female, and *that* was my confusion. It left me feeling a little doubtful as to why that happened, although I felt it was right!

Yes, it was right. Do not be too concerned. It is an occasion when spirit enters the human frame, and there is confusion sometimes when the 'doorkeeper', we will call them, is not fully in charge and allows them to slip through; *but the communication was definitely genuine.* Let me explain a little about spirit beings who wish to communicate. We have those whom you will recognise as 'rescues'—of this there is no doubt, and we try so hard to keep them in some kind of order; but remember there is excitement, and there is eagerness to communicate, also from our side—there are many who wish to do so, not when it is 'rescue', but as a part of communication. Before someone returns, if someone wishes to reincarnate, there *is* no gender, they are purely spirit. And sometimes, when there is impatience, they slip through—I will use your earthly term—'the net'—they will slip through. That is why there was confusion whether it be male or female.

Jan: Ah! I see!

Does that help you to understand?

Jan: It does.

It is only when the spirit is implanted into the human form that the gender is recognised (I see)**. Is that helpful to you?**

Jan: It is, and I must admit I left this room feeling much more confident and without fear, but—

We will not allow you, my dear friend, to close down.

Jan: Thank you! I don't want to close down **(no)**. It was just the experiences were somewhat embarrassing for me and I know it wasn't my fault.

No, do not be embarrassed, my dear friend, please—please just be open to what we have to give.

Jan: I will. Thank you!

None of you fully realise how much love and help you give to those in our world. You truly do—and, without you, we could not achieve what we do. So I hope that has clarified somewhat the conditions of last time.

Jan: Yes, it has. Thank you very much!

I will take one more question only, and then allow your evening to continue.

Lilian: Anyone?

Paul: I was thinking a little bit about the way our work is organised. Much of our work relates to money and the jobs, so that people's motivation is often—some people are motivated more by the work, some are motivated more by the money. I think, as we evolve, eventually, the money becomes less important, and it's the *work* that is of the main importance, and, as this occurs, I guess a lot of jobs that are there more for the money than the actual role they play, will just disappear. Eventually probably—on a lot of planets, they don't even have a money system anymore. They have some other system in place and that's probably a stage that you reach where you're much more evolved, and there's a lot more equality between people. So I guess the Earth is still at a very early stage on that one—

If your Planet could exist on love alone, it would not be Earth! Every being upon this Earth planet has a choice. That choice includes working and money, as you have mentioned. It is a very, very long way away from not having any monetary system! That is not about to happen. But you have to be sensible and not everyone has that drive because of the 'love of money'. But, as you say, some people do it for the love of the work that they do (yes)**. There is nothing wrong with money it is the *love of money*, as it is the love of anything else which becomes out of proportion with what is within. As human beings, at this moment in time, money is essential for you all to provide yourselves with food and sustenance of many kinds, and, although there is much greed in your world, it is now becoming apparent that the *awareness* of poverty and greed is high on the list of how earthly beings are living. This *awareness*, my dear friend, is what is important at this stage of evolution. It is the *raising of awareness*, and in your world, *we* are beginning to see this happening.**

Jan: —Just as *we* are. The awareness of what *we* have done and our *ancestors* before us have done on the planet **(yes)**. It is a privilege in a way to be here *now*, as we are, in this personality, to witness this awakening in so many ways.

Yes—as I have told you many times, my dear friends, there are so many of us from our world who have gathered, and we are endeavouring to raise the consciousness of your world, and although as I have said, there are many areas of darkness, so too do those areas of light seem ever brighter, and that gladdens us so much.

Sarah: You certainly hear a lot more of very rich people giving away an awful lot of their money to good causes.

Yes, so you must not always say that money is evil. You have to keep the balance, and in your world as it is at this stage of its evolution, money or goods are essential, yes.

Paul: Well, as you say, the important thing is that the awareness **(yes)** is growing steadily.

That is more important, yes. You could have someone with much, much money, but, if their awareness is one of generosity and giving, how can you judge them for having money? (Yes)**. In the same way, you could have someone with very little, but who is mean-spirited and selfish. Be always careful, my dear friends, about judgement.**

Paul: Yes, I had one thought. Sometimes the ones that are greedy, who perhaps take too much from the world, leave so much less for the others—not enough for others, but then they also create the opportunity for good learning, because it doesn't necessarily help to have riches—it probably doesn't at all—so it presents learning opportunities for others, who have to make do with less **(yes)**.

Jan: It's my experience that people with great wealth have an enormous responsibility that they sometimes feel quite burdened with, but, like you say, it's the consciousness of how they behave and how they behave with that money **(yes)**. It really doesn't matter whether you have a penny or a million pounds, it's the love behind—the person with the last penny could give it away and have a wonderful feeling of freedom and self-expression, the same as the man with the million pounds.

And, of course, freewill is always to the fore of human existence. Only when humankind finds that deep love of spirit within, will there be a change in your world—but it is happening.

Sarah: And television and the media also help, because in past times, we perhaps wouldn't have been aware of certain things, but now, especially on television, you can see what is going on in the world, which help people—it hits on their conscience and that also helps **(yes)**.

Lilian: It shows the good side *and* the bad side.

Be aware only of your own spirit. Be an example to others. Give out that love from within, and you will see your world gradually change. It begins with small steps, and grows and grows. You will be surprised when I say that the light of your Earth is brighter than you may think.

Lilian: That's nice to know.

Now, as I leave you, my dear friends, I once more encompass you within that love and light of spirit, and I leave you all this time with the knowledge that there are those close to you who love and protect you.

Lilian: Thank you, once again, Salumet.

Paul: Yes, thank you! Our love goes with *you*.

George's notes: I was unable to get to the meeting myself on this occasion—sadly, due to life's exigencies we all have to miss the occasional evening. But I take pleasure in reflecting on the points raised:

Jan's dilemma: I am so pleased that this matter was raised and that Salumet was able to be so very reassuring. And I think we had all been left confused the week before by the apparent two identities that came through Jan, clearly male and female (unreported). As stated, gender is of course only relevant to Earth life and has no significance where spiritual progression is concerned. It was left unreported because we felt the dialogue would likely be confusing to all.

Money and greed: It is the perfect time also for this subject to be discussed; a time of starvation in the world and a time when key people who are supposedly in control of the western world's banking and finance are in receipt of huge bonuses—so staggeringly enormous that a single bonus could provide lifetime support enabling many to prosper for several of their Earth lives! But as Salumet says, much depends on

what happens to that wealth. And I still rest uneasy regarding a system that declares that its own top executives should be paid that much over and above reasonable salary. Historically, some wealthy ones have been renowned public benefactors, for example Andrew Carnegie, an industrialist who endowed 2,800 public libraries in the U.S. and donated $350,000,000 to a variety of foundations; while certain others have earned reputation as incredibly wealthy misers. Perhaps I should not judge, and anyway, it is always useful and possibly necessary for us to have yardsticks and milestones that we may observe.

16th November 2009

Lilian: Good evening to you Salumet.
Good evening.
All: Good evening.
As I come to you this time I wish to say just a little on something you touched upon last time. You spoke briefly about what you call 'karma' and 'karmic debts'. So often in your world there is confusion about this subject. I have spoken to you about karma and karmic debt. Following your discussion last time—why is it some people wish to come back to reincarnate into another body, whilst others are happy to stay in our world and to work through those issues?
George: Yes, there was a very interesting one who came through last week, named Freda, and she seems to have elected to continue in spirit, and it was most interesting to hear her commentary.
Yes, as you know full well by now, there can be many explanations dependent upon the development of the spirit. Yes, but I wish to say to you, no one who returns home to our world is *made* to reincarnate. That decision comes from the individual with a little guidance from those in our world who work with them. The only difference between those who wish to reincarnate and those who do not is simply their free will—that is the only difference. Some people do not like to feel that they have left something undone and would much prefer to return to another *human* form to continue with whatever they have started, whilst others find fulfilment in the spirit world. It is as simple as that.
Sarah: So the first time that we come onto this planet—that is also free will then?
Of course—no one is *made* to do what is against their will.
Sarah: So could it be that somebody could choose if they did not want to come to Earth, they might choose to go onto another planet? Or if they were to go anywhere, they would come to Earth?
You have to remember that like gravitates to like. Therefore, if someone wishes to reincarnate back into this world you now live in, they cannot decide to inhabit another planet. It may be that they can *find out* and develop their knowledge of other planets, but you would not have that intermingling.
Sarah: No, but I meant on that very first occasion they were going to go anywhere from spirit, could they choose which planet?
From the Creative Force you mean?—(Yes.) **That is how all planets are inhabited. The choice would be theirs. But you cannot jump from one to the other.**
Sarah: No, I appreciate that—
—Because all form of life is from the Creative Force, no matter the nature of their form—you understand—that spirit within is what is important, not shape, form or planet or universe—you understand?
Sarah: Because you did say that human beings have helped create this planet—
—With their thoughts, yes, of course.
Sarah: Yes, so would it not depend on your *need* as to which planet you went to? Or, if you chose that first time to go to a different planet, you would get the instruction that you needed?
I think you are making things a little complicated. The purpose of all life is to return to that which we know. That which we know is that we are all part of the Creative Force and wish to return there (yes)**. That is all.**
Sarah: But we start off in spirit—

You *ARE* spirit. You do not begin anywhere. You *are*, you *have been*, you *always will be* (yes)**. You try to complicate it, spirit seem physical. Do you understand?**
Sarah: Yes, I do understand that, but would I was getting confused with is...
You are seeing spirit as individual entities before that has happened—you must see the wider scheme of life (yes)**. Yes, it is a much larger picture than you can see.**
Lilian: The lady who came through last week—I think I'm right in saying she had chosen not to come back any more—
That is exactly what I have just told you—
Lilian: But she didn't remember any past lives, so it's only the lessons that are important for that spirit—
As you continue in our world, there is no need of Earthly memories. You leave those behind.
George: Yes, we know that she was certainly more than a hundred years away from the time when she was on the Earth and her memory of it had faded.
Yes, because it was no longer important to her.
Sarah: She'd probably been back many times before and that was probably the last time she needed to be here.
Yes, the choice always belongs to spirit—as I said, no one is *made to* reincarnate, that is your free will.
Sara: And presumably if somebody, when they leave the Earth plane, feels fulfilled and a great sense of peace with all their relationships **(yes),** they probably wouldn't feel the need to come back.
Exactly, It is only those who *feel* that they—
Sara: Unfinished business—
'Unfinished', thank you—that is the word I was looking for. They feel that what they needed to achieve has been left undone. You are correct. Do you have any questions on this?
Lilian: I was thinking about the Buddhist religion, and the Dalai Lama comes back, time after time; but he's doing that for the good of people, I take it?
He is doing that to help others and because he feels that is his purpose in living. I do not say that is necessary, but for them it is part of their religion, it is part of their *belief system*. Therefore, that is why it is done. It all comes down to your *freewill*, your *thinking* and the way you wish to progress in spirit. Again my friends, I will remind you of the *Power of Thought*. It becomes your reality, not only in spirit, but here in your Earthly lives, as it does in any other planet which is inhabited by spiritual beings, as you are—spiritual beings. Please try always to place this thought to the forefront of your minds—YOU ARE SPIRIT. These Earthly forms are but for such a short time. Try always to remember this.
Sarah: I know I'm being awkward, but I still haven't actually quite grasped what I was asking you earlier. I understand that we are spirit with a physical overcoat, but what is it that determines which planet you go to? You've said we can't mix up once we've chosen to come to the Earth planet. Is there somebody helping us the first time to decide which planet to go to?
There are always those in our world who are there to offer advice, we are there to offer upliftment, we are there to help you choose if that is your will. Yes, there is always a higher counsel.
Sarah: Yes, because there had to be some reason why we would come to Earth—
But they cannot *make* you—that is your free will.
Sara: But clearly there is a planet that would suit you better for your first incarnation—
Yes.
Sarah reminded Emily she had a question prepared:
Emily: A few weeks ago, they launched some rockets to the moon to see if there is ice or water there, and I was just wondering what happens when we do that. Does it affect what's on the moon in terms of spirit?
I would say only that every action has some reaction. That applies whether you are here on Earth or other planets or in space. There is always an effect from any action. So of course, it makes some difference, perhaps not always anything you can be aware of, but these things are all part of the evolution, not only of your planet, but of many others, because mankind is always striving to learn more about his own modality and that of other places. Mankind is always thinking, questioning, trying hard to

find answers, answers which he possibly may never know whilst he treads this Earth, but nevertheless feels the need or the urgency to continue forward. Has that helped you?
Emily: Yes, thank you.
Sarah: I think man believes that the moon isn't inhabited and maybe it's not. It's not inhabited with people like us, but it might be inhabited with people or beings that we are not able to see—
It is inhabited by creative energy, as is every other planet, everything that exists is energy. The only difference is the form that it takes. You understand?
Sarah: Yes, so blasting a rocket into the moon could harm part of it, even if it is meant to be. We might be learning something and it is good that we're learning, but the harm is still occurring to the moon itself—
Well, until you have the fuller picture, you cannot know what that is doing or achieving.
Graham: I suppose, one of the reasons we incarnate, is the fact that we are very curious, we like to experiments and get involved with things and think about things—and the whole planet takes an interest in these experiments and things that are done. And I was thinking—our lives on this planet, and probably reason we incarnate, is this acceleration. It is a school of hard knocks and our lives here can sometimes quite challenging but we do progress quicker.
And of course you will always have those beings who feel that the way forward is to reincarnate (yes), **when in fact, perhaps at times, it would benefit them to go forward in our world. But again, as with the small children, they take many falls before they learn to walk. It is a slow progress, and that is equivalent to mankind** (yes)**. Yes, it is a good equation** *(comparison?)* **I feel. Children have so much energy, wish to learn, to grow and will do their utmost to do so.**
Graham: Yes! It is very exciting to live on this Planet, especially at this time. We do enjoy ourselves! *Chuckles*
Well, that has to do with your own positive thinking. There are many in your world who suffer unnecessarily at times, because they do not recognise that joy from within. They do not recognise the innate knowledge and understanding which is there for them.
George: It is most interesting that physicists are getting down to smaller and smaller particles **(yes)**, and getting closer to spirit **(yes)**. Equally, computer engineers are getting to smaller and smaller 'bits of information' **(yes)**, and one feels that they also, are getting closer to spirit, with their work in getting down to the very, very small. And, even microscopists who are looking at smaller and smaller particles through their microscopes see that nothing is still, when you get down below a certain level and the movement—
—that all is energy, yes.
—it's called 'Brownian movement', after the gentleman that first noticed it **(yes)**. So one feels that all these scientists are getting down to something smaller and smaller, and realising that the tiny particles behave differently, and one feels that they are all getting closer to spirit in their searching.
And where would you suppose that influence comes from?
George: Yes indeed! Spirit would be acting like a magnet.
Yes, we are fast approaching a time when scientists no longer can say: 'that is not so—that is not so'—no longer, because that information is becoming available to them. Then mankind will stop and have to consider what truly is *Life.* Do not underestimate the power of that knowledge. It is an exciting time in your World's history that these things are taking place. I hope you would agree with me on that fact.
George: I'm sure we all agree that these are indeed very exciting times.
Yes! Too often you dwell on the misery and the sadness that is your world also at this time, but, each one of you here, as there are in many, many groups around your world, have the ingredients to *change thinking* and the way that people react. After all, we have reached a time in your world where mankind is more intelligent with his brain than at any other time. Therefore his understanding has become greater. Knowledge has become available to *all* who wish to seek it. These are powerful happenings in your world. Never underestimate what is going on.
Sarah: You say we have become more intelligent—in the past, a long time ago, man was able to create all sorts of things, like the pyramids and what have you. They must have had pretty good intelligence then to have been able to do that, or was it just influence from spirit then?

They had more spiritual knowledge in those times; that is what is lacking. If only the spiritual knowledge could go hand-in-hand with the education of the physical brain, then indeed you would have a powerful source. *That* is what is lacking today.

Sara: The school experience isn't easy for children who have more spiritual awareness than other children.

It is a matter of balance—they have to find, at some stage, the balance between the two things.

Sara: Yes! The two worlds!

Yes—it is not always easy, but it is a finding of spirit, yes.

Sara: I feel that our son struggles sometimes, because he feels different and because he's very sensitive. I think he must be trying to find his balance at the moment.

Yes, sometimes there is nothing you can do, specifically for him. That understanding has to come from within the being and it may take many years of his human growth, before that may happen; but it is part of your life on Earth to encourage, to be understanding and especially to encourage any sensitivity that children may have.

Sara: Yes, I think our daughter finds it easier than he does, because she's found many of her talents already. So, for her, life is generally, much easier.

Yes, she is more comfortable in the human form (yes)**. It would be like me asking you to take the form of something else. It would take time to adapt and to adjust to it.**

Sara: Is our son unused to the Earth plane?

He is still a little uncomfortable—that is why you have these problems.

Sara: But the adapting will come—he will adapt?

It may not come until he reaches manhood—that is something he may have to struggle with, but that applies to every human being who returns to this world.

Sara: Yes, I see.

In the same way, as your gentleman husband has struggled with his health. In the same way, it is a balancing of spiritual and physical happenings.

Sara: I see.

It is just adjustment.

Sara: That's really helpful. I feel he has great intelligence—awareness and intelligence, but he sometimes doesn't apply it as easily as his sister.

No. My advice is to support and speak with him to recognise his sensitivity and just to help him in any way, and not to feel too responsible, if he does not respond to what you wish him to.

Sara: Thank you for that.

You are only the keepers for such a short time. Think of him as a spiritual being with his own lessons to address and his own life to live. Just because the human being is a child, that does not alter the fact that they are spirit, first and foremost.

Sara: Yes, we must remember that. Thank you—that does help actually **(yes)**.

Sarah: Salumet, going back to what you were saying about if only people on this Planet had more spiritual awareness—and I know you mustn't judge, but those fanatics who want to cause trouble—if they were to get more spiritual awareness, would they automatically cease their aggression? Or could they, if they had that spiritual awareness, could they use it in a negative way, because it would then be even more powerful than not having it?

Yes, I understand your question. There is always that possibility that if you abuse your spiritual knowledge for things that are not good or healthy—that is so—but you would create much more karmic debt in your life. But we cannot interfere with how that human being is going to use any spiritual knowledge. Yes, of course it can happen, but we would hope that, if there is a glimmer of light, that we in spirit can move closer and influence for the good. But yes, you will always have those instances of abuse.

Sarah: Yes, because although it would create greater karmic debt for them, they wouldn't be aware of that until they got back to spirit **(Yes)**. So by that time, it would be too late for beings on this Planet. Thank you for that anyway.

And remember my teaching of dark and light—they are both sides of the same energy (Yes), **yes.**
Sara: Could I just ask you to remind me of the spiritual meaning of the colour silver?
Silver—firstly, let me say to you that colours in your world are influenced by the person seeing them. That is the first thing I wish to say. The more spiritual or sensitive you are, you will have different feeling or vibration for that colour. Silver is not too far from white, which is the purest energy you might have. Is there a reason for your question?
Sara: My friend who I work with, asked me today, because she's lately been very drawn to silver and metallic gold metallic shades, and she asked me if I knew the meaning and I'd forgotten it, so I thought I could ask you.
Yes, metallic colour is nothing but fragments of light on a baser shade. I would say the silver colour, if it is of metallic influence, is one which is good and can be used for soothing the mind. The dull shade of silver is rather too close to the colour of grey, which is a non-colour. But, because she is experiencing the 'metallic', as you call it, I prefer to say that it is imbued with fragments of spiritual light—they are good colours to use.
Sara: I gave her a silver costume today to wear for dance performing **(yes)**, and she was very pleased and we both want to wear gold as well.
And of course, gold is a colour of richness and both those metallic colours are good colours to use for many things. I would not limit those two, to one specific thing.
Sara: Thank you, she'll read the transcript now, thank you for that.
Yes. Now, my dear friends, I would like to just work quietly with this instrument, for a short time. So, as I take my leave of you, again I say, I look forward to our next meeting, and as ever, my love is always with you.
All: Thank you!
George's Notes:
Newton's Third Law: States that action and reaction are always equal and opposite, and it is re-stated here by Salumet. Perhaps Salumet sees it as applying more widely (to include spiritual considerations) than did Newton.
Brownian motion: Scottish botanist Robert Brown noted that the smaller pollen grains (approx 0.5 micrometre) in water, jiggled about in random motion. Einstein later correctly supposed that this was due to bombardment by the water molecules, and so in turn, revealed their motion.

7th December 2009

Lilian: Good evening Salumet—welcome.
Good evening.
All: Good evening.
Firstly let me say to you my dear friends, how much it gladdens my heart to *be* with our dear lady friend.
General concurrence; Ann having spent several weeks in hospital followed by a period of convalescence
Ann: Thank you so very much—it gladdens *me* to be here.
Yes.
Lilian: An unexpected pleasure.
George: We are all pleased by her recovery.
I would say just this: never doubt that we in spirit are with you in *any* time of need.
Ann: I felt very much that you were with me, particularly when I was in hospital **(yes)** and I wish to thank you for the upliftment that I received from you—many times I think **(yes)**. It is difficult sometimes, although you know that fear is wrong, sometimes it's difficult to—fear is not necessary but difficult to control it **(yes).** I felt very uplifted and I mostly felt that all was well—I didn't fear I think **(yes)**—though I can't be sure!

It is very easy for us to say: let go of all fear, but after all, you are human and to some degree we expect this from you (yes), **although we will do anything within our power to dispel any negativity** (yes)**. But *never doubt*, even when fear surrounds you, *never doubt* that there is help available to *you* at all times. That applies to ALL of you of course, whether it be illness, whether it be fear of the future—no matter what it is, always retain the knowledge that you are being helped.** *(General thanks)*
As we are soon approaching your yearly end once again, I would just like to reiterate to you my dear friends that the *Truth of Spirit* is definitely marching forward. The forces of fear, doubt, insecurities—there are so many to name, of course they still exist, but we are pleased to say that *Truth* at last is not being denied, that the people of your world, they are at last recognising that they are more than flesh and blood. That is a great statement for me to make to you my friends, because always in the past, Truth has been available and has lasted for some short space of time and then something in your history denies that Truth. That cannot happen again and as we have said in past times, there are so many avenues of knowledge available to you, that those who wish to learn, to know the Truth have every opportunity before them.
Sarah: The internet and the television is being a great help **(yes)**.
George: And the Internet—yes, I feel there's a general progression forward, and I feel there's a very good influence also from just a few really progressive scientists who are thinking in the right direction and I feel that these few may have a consolidating effect on the progress forward.
To recognise Truth we must begin somewhere and although you may speak of your machinery as materialistic gadgets, they are being put also to very good use for the work of Spirit—and that is as it should be (yes)**. I told you when first I came, that the Truth would be spread throughout your world and that is now happening. And that my dear friends, is in part because of people like yourselves who are willing to stand up for Truth and do not deny that Spirit within.**
Sarah: But I think people are becoming much more open to listening to you. I was talking to someone yesterday about your words—about religion—and he said: well that's the best I've heard so far!
Laughs
So that was good.
Yes, but without your words, he could not have realised that aspect. So that is why I say to you: without people such as yourselves, our task would be much greater. So as always, I cannot thank you enough for the Love and the Truth that you give and spread to others.
George: I also have the feeling that this Love and Truth and the whole program of it is extremely well orchestrated from Spirit—and perhaps later, I could say something on that, but I will not interrupt you at this stage.
You may speak this evening. Although we are few in number, it matters not, but let us my dear friend, have any conversation that you may wish to impart to me. It is imperative I feel.
I certainly had an 'imperative' feeling and thoughts on what follows had been with me for some time
George: Well, thank you. There are two matters—firstly, I've heard from our dear friend William who has placed questions before. And he wonders about *'soul group'* and whether we always identify and know when we meet others who are in the same *soul group*. In particular, there is one who claims that they are both—he and the other—are of the same *soul group* and share the same master *'White Star'* who had an incarnation in our 17th-century as Francis Bacon. He *(William)* is a little bit concerned about that, and I suggested to him that if he has doubts then he should question, and he has asked me if you are able to give him any guidance on that.
Yes, I understand the question. Firstly, I am not acquainted with 'White Star'; that is my first reply. But let me speak of the gentleman's question: I feel he has answered his own question by having doubts. Remember when I first came to you, I said to *all* of you: accept only what you will—if you are in any doubt at all then to place it to one side *(Affirmations).* **Yes. Let me speak a little about what you call *'Masters'*. There are many in your world who claim to be 'Masters'. I would rather use the term 'Teachers'** (yes)**. Yes, you understand. Always in your world you will find those who are only satisfied with names that are recognisable to them. I say to you: be a little wary of those who are so anxious to**

produce a name that is known to many. I do not say that they are all wrong—that is *not* what I am saying. What I am saying is what I have said to you all in the past. Listen, read, listen to the spirit within, and if you have any doubts then you must let that information go (yes)**. I would say to the gentleman: it is not necessary to recognise others from the same soul group, because you will automatically be attracted to those people. It does not necessarily mean it will be someone of renown or some great master or teacher; but in everyday life you will be drawn to those of like minds.**

George: I know these are wise words. Yes, thank you Salumet.

Yes, the gentleman has many times of deep thinking and that is good as long as he does not allow it to *confuse* him. You understand?

George: Yes—

And that is what is happening.

George: I'm sure he'll understand that and I'm sure he'll be most grateful.

If he truly was part of this master's teaching, he would automatically know and feel that pull of love and friendship. I hope that will help him.

George: Thank you.

Now, the other matter which I wanted to raise—it is really a statement which I feel to be just right for this time. I will just refer to my notes if I may, because I want to quote a few lines from another. I want to go back to the very first time that you came to us Salumet. In our time, that was 27th June 1994. And I didn't realise then, and I didn't know the gentleman then, but Paul Bura was with a small party at the Cissbury Ring. He was a medium through whom a message was given by one who gave his name as 'JEUZ' and stating that he was from the star system 'Sirius'. Now that happened on the very next day after your first evening with us—so happened within just a few hours! And there's another gentleman, Andy Thomas, who wrote a definitive work on 'crop circles' at about that same time in 1994. Paul Bura wrote about the Cissbury Ring message in a book that *he* published: 'Stepping to the Drummer' in year 2000. That happens to be the same year as we published 'A Smudge in Time'. All three of us communicated together following that and Paul Bura wrote a foreword to our book in 2005, of your teachings, Salumet. Now, we only realised that the Cissbury Ring message came within a few hours of your first meeting THIS YEAR. In fact JUST in time to get Paul Bura's words on it included as an endorsement in the front of our present book 'The Chronicles of Aerah'. And so, I just wanted to thank you and any others involved for orchestrating these matters from spirit. And I would like to read a few lines from 'Stepping to the Drummer' that are part of the statement by 'Jeuz' from Sirius—so that we can compare what he says with some of your teachings to us:

[Part of Jeuz' statement, slightly abridged, follows: '*You have to accept that power comes from the circles* (he speaks of crop circles). *The reason that they are here is because your Earth now needs to change. The knowledge of this we have known for thousands of years and we have hinted at it through various mediums and channels for so long—so long. DO NOT PLACE SUCH IMPORTANCE ON THE PROOF! ... But the spirit of the land rises and blossoms and there will be signs in the sky. You will see this. And they will still not believe. But what does it matter? The circles are here to help with this so-called 'rising of the Earth'. She must rise up now and join us. She is like a child to us in space, a jewel and she is waiting to flourish, to become who she really is and to take you all with her. It is such a journey – such a fantastic journey! And you are part of that journey and you must ride with her ...You understand what I am saying to you? You must ride with her and keep the love of God, whatever you conceive that energy to be, in your heart and keep it alive – KEEP IT ALIVE! And the beauty will continue—lights in the sky. More corn circles. But there is only so much that we can do, only so much. You say they are miracles – yes, we ARE miracle workers – but there are limits. We cannot change the mind of Man. He must do that. You, my friends here, all changed to what you were, and it is only the beginning of vast changes.'*]

Well, those are the words of Jeuz at that time, and I feel that his message just fits into the last 15-years of your teaching and your being with us, Salumet. And so, I just felt it was fitting to read those words and to thank you for this wonderful journey.

Yes—I thank you for your words. But what comes most from those words just spoken, was the passion that we felt necessary for man to at last recognise that we must move forward. And of course, there always will be those who deny Truth, always there will be those who are sceptical of any proof (yes)**. We are not interested in proving ourselves. We know who we are. *You* my dear friends should know who YOU are.**

George: Yes, it doesn't seem to matter so much now that there are those who don't believe.

Yes, I am sure that when you first heard these words of Truth that you wanted to continue in your daily lives, to PROVE to others, that knowledge which *you* have been given. But my dear friends, as I have said to you so, so many times: sow the seed and that is all you need to do.

George: Yes, in a sense, the proof will grow from that seed—

Yes, that is all—plant the seed, the rest is up to the individual. After all, he has free will, he can choose, as I have said—only accept what you can. But gradually, Truth will prevail, as it is already doing—and we in Spirit feel that with all the problems of your world, this indeed is an exciting time for the Truth to march forward.

George: Yes, and as Jeuz says and as you say—*'we cannot change the mind of man for you'* **(no)**. And that's the part that has to grow I guess, from within—from the seed.

But from small acorns your trees grow so strong and beautiful, and each with knowledge. Mankind is still that small acorn which is beginning to sprout. That is humankind at this time, but until this time, that acorn has been redundant, it has been fed and nurtured, but it has not blossomed. But now we are blossoming, my dear friends, so I say only to you: continue—give of your love to all that you encounter, look to your world with love, pray for those who are in need, and that also includes the spiritually bereft—and you will not go far wrong.

George: Yes—a phrase you used earlier Salumet, was: *'we have to begin somewhere'* **(yes)**. I have sometimes felt that about the so many different religions in our world **(yes)**—we have to begin somewhere and I feel for *some,* that has been a beginning. Is that a sensible comment?

Yes, we do not place religion as some evil missionary. Religion for some people is a guiding light. They may at times not be fully aware of what it is that guides them, but that knowledge will come at the end of their time. Remember I have told you that is why you do not make judgements on another fellow human being. You know not their pathway.

Sarah: yes, I remember you saying right at the beginning—it was something that impressed me—that if we can't accept your words, then you're not ready for it **(that is correct)**. I think as long as they've got some religion with which they're going forward and doing good that's what matters at that time.

It is the individual and what is in their *heart!* You all have fears, you all have much in life which is different from your neighbours, but that does not make you right or wrong, it only makes you follow different paths. **And that is the way to look upon your brother—your fellow man—that is why I told you—that is why there is so much confusion in your world about what is 'Truth' and what is not. It is not wrong—it is only as good as by whom it is given, if you understand my words. And those in our world can only bring to you and give to you the Truth that they know and understand** (yes)**. For example, let us look at your world now—could you describe for me the life of someone who lived on the other side of the world? You may well have seen pictures on your televisions, listened to radios, but you do not *know* the lives of another.**

George: The standards and incentives are a little bit different.

Yes, and understanding and knowledge would be different, but who is to say who is right and who is wrong—you cannot.

George: No, as you say, it is a different pathway.

Yes. And sometimes, people become too embroiled in those religions that we speak of, but as long as their heart is true and their love is genuine, then they will not go wrong as far as their spirits are concerned.

Ann: Religions can be very comforting, can't they? I went to a Roman Catholic convent school when I was young. I wasn't a catholic and didn't join in the prayers and rituals or go to confession, but I felt I wished I

could have been a Roman Catholic and been able to confess my sins and have the comfort of all being forgiven. For a long time, I thought that was a very comforting thing.
Yes. Each one of you treads the pathway which is necessary for you at that time in your life (yes)**. We of course, know it is not necessary, and to ask for forgiveness for your sin is part of that particular religion, as in many others; but forgiveness, my dear friend, comes from YOU.**
Ann: Yes, oh Yes!
George: I was going to say the sins would be absolved from within oneself **(Yes)**.
Ann: With a child's feelings, I would have quite liked to have had that—I know that's not the way.
Lilian: They do *stay* quite childlike. I've got a friend who's a Roman Catholic. She's older than me, and she obviously finds great comfort from going to confession.
Ann: Yes, it's very structured too and they know exactly where they are.
It does not matter what titles you bear, what is important is the light which shines from within you. That is your true nature—that is what will show when you pass to our world and once again return home.
Sarah: The difficulty I think many people have with religions and the fanatics are those that create *war*, but they believe themselves that what they're doing is right, so we mustn't judge, but it is very difficult for many when you're killing people, which whatever your religion, killing people I don't think is not the right direction.
No, there should be no hurt to another, fellow-human being, but they must face those actions when they come to our world and of course, with *time* will realise that perhaps they had trodden onto the wrong pathway. Remember, again, I repeat, YOUR FREEWILL, YOUR RESPONSIBILITY—your responsibility not only for your own selves, but for those that you make contact.
George: Yes, I think it's around this time of year that there is a festival, in which buffalo are actually slaughtered in honour of one of their deities. I have no wish to be judgemental, but this is very difficult, I find, to understand how this sort of thing has come about and continues.
Yes. You must remember that people of times long past, had very little material things and in order to appease their 'gods', if you like, it was a great sacrifice to offer what they owned. So in their mind they were being most generous.
George: It was a *personal* sacrifice—yes.
Yes. For them, it was a sacrifice, for the animals sacrificed, but, in time, all of these things change. It takes time, but I am happy to say to you, my dear friends, that we in spirit, who have decided to come to help—to say our piece—are very pleased with the little progress that has taken place.
George: It's good to hear that.
Murmurs of agreement
Lilian: I've heard some of the leaders of Christianity, calling for tolerance towards other religions and I thought *that's good.*
There will be a breakdown of religion. I believe I have told you before.
Affirmations
But it takes time, it takes much love, it takes much patience, and it takes dedication from people like yourselves, who are willing to spread the word of Truth.
Sarah: Salumet, when I was talking to this person yesterday about your words and he asked if animals and humans went to the same place and if we reincarnate and could come back as a dog or whatever and I said not. But then I thought, we are supposed to have evolved from the ape. The ape is an animal and we are now human, and the ape will pass to the animal pool and we will go our way. So was there a point where the animal part stopped and the human began? It seems a bit strange if we evolved from an ape that we should suddenly go to a different place to the ape?
That spark of life, and believe me, the smallest creature in your world, insects etc. that you do not even know of yet—all have that spark of energy which comes from the Great Creative Force. To exist upon this planet, there had to be a form of evolution. We are speaking deep matters again, my friend, but the progression of the spirit does take place, as you have mentioned, but the human form and the

knowledge and love which it attains, cannot then be retrograde in its purpose. That is why there is separation on returning to Spirit. Does that make sense to you?
Sarah: Yes, so there has been a point where the two have separated—where the animal and the human have gone their separate ways?
You do now, when you return to Spirit, you will go to where you belong (yes), **which is part of the HUMAN element, because that is what you have progressed to.**
Sarah: Yes, okay, so that was possible. I found it difficult to explain to him.
Yes, it is not easy.
George: I believe there's a small degree of overlap inasmuch as some people seem to have their pet animal with a love-bond with them, for a time anyway.
Yes, of course, but that is because there has been a love-bond between animal and human. Those animals who have devoted themselves to the love of humankind will go to Spirit still, as that individual animal, and not to the animal pool. Do you understand?
Sarah: And will that remain so?
If that is what is desired, that is so. Those animals—horses—any animal—pets—dogs, cats whatever—if there is a love-bond, they will grow and grow in Spirit with you.
Sarah: Ah Right, so they will progress—
You have heard, I am sure, communicators who speak of tending to the animals.
Affirmations
They are part of Spirit, as your animals are to you here on Earth.
George: So the demarcation between human and animal that Sarah was describing—that perhaps is not quite a 100% line drawn between the two?
It is always difficult to differentiate in that way—it is not so simple. These are deep matters of Spirit which you speak of (Yes)**. Yes, of course.**
Now, my dear friends, I will say to you, that as I take my leave this time, I will not be with you until after your seasonal break. I will return from whence I came, and will, of course, always stay close by you, and until we come together once more, I leave you all, and those who are not present within this room, they also are included in that love. I will take my leave.
George: And we shall much look forward to your return Salumet.
Affirmations!
Lilian: And thank you for all your teachings of this year.
Sarah: And we're glad that you're able to go back to where you rightfully belong. Have a good time, if I can say it like that.
Amused laughs!
George's Notes:
The Hajj Festival: The Muslim festival lasts 4-days, beginning, this year, on 27th November and follows the pilgrimage to Mecca, Saudi Arabia. Attended by more than 2,000,000 people, it is the world's largest festival and a pillar of the Islamic Faith, involving much prayer and dedication. Very large numbers of animals are slaughtered—sheep, goats, cattle, buffalo, banteng, camels and yak.
Cissbury Ring: An ancient site of West Sussex where once stood a stone pillar marking a place of 'communication', and it still seems to work! And although regarded as a favourite place for walking the dog of an afternoon, Paul and his party remained undisturbed during their work there.
Masters: Masters of all-knowledge from the angelic realms are truly masters without any question. Some humans that incarnate and progress well in spirit may well become excellent or renowned teachers, but we should really see them as of subtly different category to the angels. Perhaps, as we make our various ways in spiritual matters, our vocabulary will improve!
Many Religions and 'a need to start somewhere': It may be seen as illogical that we have so many very different religions, and that they so often hold onto ideas generated in their remote past. We have seen

during the course of our evenings, glimpses of the greater scheme that evolves—how cultures throughout this universe acknowledge ONE Creative Principle / One God—a God of Love and Creation. But 'we all have to start somewhere'—but then it becomes time for us to rationalise to develop a single understanding of love and recognition— to fit into the grand scheme of things that all beings share throughout the entire creation of that one God.