3rd January 2011:

2011 began with a small meeting with just four sitters. One spoke via Sarah who gave her name as 'Josephina': ***I am so happy to have been able to join with you this time. I have quite often waited but my time has not come; so I am very pleased that I have at last been able to talk with you.***

*She went on to explain that she has been 'around' and feels she knows us well, and she had noted that the group was smaller this time—****And I have been told by those who have visited that this is a special group to come to, and there is certainly a very warm feeling to this visit.*** *Josephina could not say when she had been on Earth but noted that clothes are now different. It seems she was in an English village at a time when poor people wore short clothing, about half way down the leg, and the rich wore longer. Skirts were gathered at the waist and aprons worn. The rich had horse-drawn carriages that would sometimes pass through the village. Poor folk walked everywhere and only very rarely ventured outside the village. But they were happy times. Whilst speaking she seemed to become aware that one of the village had travelled to Scotland for work and did not return—and there is a past-life family connection to Eileen, who is indeed of Scottish ancestry. As awareness further increased, she declared that that must be why she has come—to see her relative!—and to bring to her greetings from her English family!*

17th January – 2011

At the outset Eileen received an impression—she was in space and viewing our planet. There seemed to be a huge slim smoke-stack gushing forth—symbolising much negativity pouring from the Earth. It was a very positive impression and Eileen 'knew' it to be about 'negativity release' from Earth.

A few minutes passed and then a lady with Eastern accent (Indian?) spoke through Eileen to say that our teacher would not be with us this evening—he would delay a further two meetings. She explained: ***He wishes you to be fit and well.***

[In fact, seasonal 'flu has been quite an influence in the South of UK, resulting in the 10th Jan meeting being cancelled and a few coughs were noticeable through the evening.]

Lilian: Thank you. We look forward to hearing from him.

Yes—may I ask who your teacher is?

Lilian: Salumet—we call him Salumet.

Ah yes, I am being told...

We explained about the name being assumed for purpose of recognition and that he has come to us from Angelic Realms for the past 16-years. She was in no way phased by this information and they in spirit also receive such teaching.

George: There are just five here tonight—sometimes as many as ten. What size group would you have in spirit?

How do you mean—to listen?

George: Yes, to listen.

Oh, there could be thousands. The numbers do not matter. We do have teachers who come down to our levels—then it is a big occasion, and you would find many, many come to listen. We have much to learn also (yes) ***and it is always pleasant to just hop back and speak with you kind people here and to try to help you understand the world of spirit. And I am being told that this group is quite a leader.***

George: Although we are quite a small group, we record everything and pass it on to many more.

Yes, I have been told that you do that. They say to me: they spread the word. So it is delightful that I have been chosen this evening just to give you that simple message that your teacher's visit is delayed.

Sarah: It's always nice for us when people from spirit come to visit. So when you were on Earth, did you believe in spirit?

No—I just had not thought about it.

Sarah: So it was a surprise for you!

It was a very pleasant surprise!—I still recall that time—yes. It was accompanied by the most beautiful singing—I did not know where it was coming from. I could not see anyone and I could not hear anyone, but there was this most beautiful singing—it was just beautiful! And I was taken to the 'healing waterfall' and that was my first encounter.

Emily: Were you met by a guide?

I don't believe so, I don't remember, but of course my memory has faded somewhat—that is part of the process also, because you do not want to be immersed too much in remembering what has gone and passed.

Next the lady was saying: ***If I could just leave you with a message from me—to always try to keep your thoughts as pure as possible—then you will have no regrets—when you come to this world.***

Our comments included 'wise words' and 'not easy for us'.

George: It has been interesting to some of us that there have been two styles of thinking in recent years—'spiritual thinking' and 'scientific thinking'. But the two are beginning to merge a little, which is interesting. And I think science cannot make too much more progress without taking in spiritual matters—

I think I can say with some honesty that science would not be able to progress without spiritual influence. That has always been the way. I think you would agree.

George: Yes, indeed. Were you aware of scientific thinking when you were on the planet?

Me? My memories are quite depleted I'm afraid.

George: We understand.

I could not possibly say I remember too much about Earth. But I know more in spirit than ever I did whilst I was on the planet Earth, because the knowledge is available to you if you so desire. And that is why it is wonderful to go to these meetings when teachers come to our levels—you can learn so much.

Sarah: Salumet has told us that we are here on Earth to learn—so I suppose it's just the beginning of our learning, and we can continue when we go on to spirit?

It is the beginning of your journey.

And more quietly: ***It is a step back to where you came from. So, I have to leave now. And you must remember: try to keep purity of thought.***

George: Yes, indeed.

Sarah: Yes, we've been told that before. Thoughts are like a boomerang. Bad thoughts come back on you.

Yes, I know that not everyone can be perfect, but it is in the trying that you succeed.

George: Yes, I think you would say that 'the purer the thought the purer the connections that become available'—

That is very true—if you wish to make a good connection, then you only attract what you are capable of. That is my last word for you.

Lilian: Thank you very much.

George: It's been very nice to talk with you. Thank you for coming to join us.

I hope that some time I may be able to return.

We assured she would be most welcome and asked if we might have a name so that we recognise when she returns.

Ah yes—Saati. My English is very good?

We were able to assure that her English was indeed good. And as Eileen returned, she was able to say: "Before it goes from my mind—'Saati' is with two 'A's."
One followed via Sarah briefly, who had not been back to Earth for some time, declaring he had forgotten what it was like to take in air in the process of breathing. There then followed the rescue of an elderly one who found speech difficult. But she accepted help and guidance and was able to move forward to those waiting to receive her.

SALUMET – 7th February 2011

Our opening prayers this time included mention of the several 'troubled zones' around our world and those who suffer in consequence
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
It brings me great joy to be with you once again, my dear friends.
Collective warm responses
I feel your own joy, and as I joined with you this time, it comes to me that you people, who have been so dedicated to this task of truth, are surely true followers of all that the Creator would wish. Again, I will say to you, my dear friends, that your Earth has many troubles at this time, but I would like you to think about these, as you call 'problems'—to think of them as a time of change and a time of learning.
George: Yes I imagine changeing consciousness embraces all these, what we call 'troubles'.
Yes—after all, in time of trouble, does not the human soul come into its own? (Yes.) **Does not that swell of love and kindness shine forth, no matter which part of this Earth plane you are residing on. Languages do not matter, the differences mean nothing when it comes to the love of the soul. Therefore, I would say to you, look upon these changes as parts of the evolution of your Earth plane to the change in consciousness of its people, and, know that from that growth in consciousness, comes true knowledge of truth, and after all, that has always been my purpose in coming to you, to remind you that truth is always there. Everything changes and yet, nothing changes—you must look upon the whole picture. As I have said on many occasions, look to the fuller picture, and your understanding is greater. I know sometimes, as human beings, it is difficult to picture the whole, because, as human beings with faults, it is natural that you allow the heart to rule sometimes. But life upon this planet is no different than when man first came to step upon it. The way of existence is to allow yourselves just to 'be'. Those are simple words, my friends, but their meaning is great. So I remind you, dear friends, allow yourselves just 'to be'. That will be my words to you this coming year of your Earth lives. No matter your circumstance, no matter your feelings—be true to who you are, and in so doing, you will allow that inner being to come forward. Have you any questions so far?**
George: I think we're all beginning to feel that bigger picture. One also feels compassion for people who suffer within it, but I think we're all appreciating that the world is changing and *has* to change.
Yes, have compassion, but do not become—I use an Earthly term here, for your understanding—do not become too 'bogged down' in individual situations. I know that what I ask of you is no small feat, but I do have the responsibility to remind you, my dear friends, that truth is simple. It never changes, it will not change, it always has been and it always will be—no matter the situation on this planet or any other. You understand? (Yes.)
Sarah: I think it's getting easier to step back a little bit and not get quite so involved, not get quite so emotional about things—so I think the understanding is beginning to come to us.

Yes, I almost feel that I repeat so often the same words, but my purpose in reminding you is that you are striving for the same goals—that you are beginning to understand what your lives are truly about. So much is happening in your world, I am sure you have been aware, at times, that words I have used in time gone by, have materialised at some point. Yes?

George: Yes, indeed! And it's so nice for us to become aware that your teaching to us is spreading much further afield. In fact, we've mentioned the scientist Dr. Ervin Laszlo, and we've had further communications with him, and I feel he's a wonderful scientist. And his personal assistant is a Hungarian lady, named Gyorgyi *(pronounced 'Georgie')* and she plans to fly over from Italy to join us one evening. She would very much like to experience your teachings, Salumet. In connection with that, I would like to ask you: do we need to arrange a date for this or will you simply 'know'? Perhaps, you already know that this is under way—and will you simply be here on the evening that she arrives?

I will be happy to greet her with this group. Yes—no pre-dates are necessary. I will be here.

George: Thank you!

And whilst we speak of scientific matters, I wish to say: much progress is being made in scientific and medical fields, even although, you may not be aware of these advances. Let me assure you dear friends that much is being given from spirit at this time in your existence. There are many things which will come to light.

Sarah: Well, I was just reading the other day again about something they found in fish. I can't remember what it was now—they think it will help one of our diseases, and I did think of your words, Salumet, because you said we would find much from the sea.

Much more! Much more! But of course, always the problem is the time factor, because although I know these things *(will occur)* **in your world, there is always the restriction of time; but it pleases me when you recognise that my words are bringing truth.**

George: Yes, indeed, and we are very happy that both the scientists that we have mentioned by name, have read the Bonniol book and their *theories* have much agreement with our *findings* **(yes)**, so that is part of this picture.

Yes, always, always, I told you from the beginning, that words would be verified from other sources around your world.

George: You have indeed!

This is not a singular quest; it belongs to many from my world, who come to your world to help mankind.

Lilian: Coming back to the cures coming from the sea—if the cures are coming from fishes, would it have been their purpose to cure?

It has always been—it is just that recognition comes at the proper time.

Lilian: I see—it doesn't matter if it's another creature.

Only the Creator can answer that question for you!

Lilian: Right.

Paul: Could I mention that on my travels recently, I came across what was called a 'Pyramid Water Temple' in Thailand. One of the monks, the head monk, claims to have been inspired by extra-terrestrials to construct pyramid shapes—small stone pyramids, pointing at water circulating through pipes, and using the pyramids to energise the water for drinking—and also for sleeping under. Can you say anything on that?

I will say this to you, my friend: 'pyramid power' has been on your Earth for as long as the Earth has existed. The energy of pyramids and the water is twofold, and it is not a new happening—it has existed on the Earth planet for a *long* time. Mankind has been given this information, especially since what you term 'New Age happenings'; it has suddenly become more acceptable. It is almost like 'an ionisation of the

water', to be used in conjunction with the pyramid shapes. Yes, there is nothing unusual about using this method.

Paul: So this particular monk is—

He is more aware of what is being given to him.

Paul: Ah! That's very good! Yes, I purchased one of his pyramid beds so I will try to set it up to use it.

Yes, if you think—I give you a very simple example—how often people speak of the Red Indian people of past time. What shape were their tepees?

Paul: Cone-shaped, yes!

Yes—not quite a pyramid, but you can see the closeness.

George: Yes—that general form!

Yes—you have great structures in your countries that many people feel great power from—your pyramids have been used as energy sources for a long time.

Lilian: So the connection with the water—

Water has its own power.

Lilian: So, even people who do water-divining—is that a similar thing?

Not quite, no—they have the ability to find water. Water plus pyramids is a different energy—yes.

Lilian: I know my father did water-divining **(yes)**.

Sarah: Does the water change in any way or just give out—is it a source of extra energy?

Both can be altered in structure—the structure, the element of water, depending what the pyramid shape is made from. The gentleman has spoken of stone, which is a natural resource—which each has its own energy. To unite these two elements gives a much stronger force, you see?—together they create an energy field which is much stronger. Does that help you?

All: Yes!

George: And you would agree that to treat water in this way would make it more health-giving to drink?

Yes, you are ionising the water. You are purifying it in a sense, but also giving more power and strength to it. If you think—I am simplifying things as always for you—if you go to your mountains anywhere on your Earth and you see natural streams of water, are they not always flowing over stones and rock?

Agreement

Can you see, always in nature there is this connection? (yes)**—But the shape of pyramids has a natural energy field, not belonging to anything else. Yes—I hope that helps.**

Sarah: Salumet, when you said the pyramids were as old as the Earth, are these gifts that we were given with the Earth?

You all are gifts of Creation. All of mankind is a gift of Creation. What you have to remember—all that is material is only here on the planets. All material returns to where it came from. You understand? (Um—) **No.**

Lilian: It goes back to spirit?

Yes.

Lilian: But not in a solid form?

Material matter is only a certain density.

Sarah: So when it's been used, when it's had its use, then it can return back to um—

Lilian: Energy?

Pure energy—yes.

Sarah: Thank you! Could I ask another question on a slightly different tack? I've been reading a book by Lorna Byrne, and she's still alive. Ever since birth, she's been able to see angels and she sees peoples' spirits—their

guardian angels. Is this a 'one-off' or are there other people who can see just as much as she can? She has tremendous contact she says—all the time there are spirits there—she calls them angels who are there and talk to her. She said there was one time—and it has happened before—where they put her body to one side and take her soul/spirit to other places and then she has returned back to her body. She is taken on these journeys—

Yes—these things are possible for all of you. It is only that she has become more refined in allowing her own soul energy to release from the physical body. Of course, many people are capable of seeing angels; but remember, my dear friends, angels come in many guises (yes)**. Do not assume they are all winged and beautiful creatures. We have discussed this on many occasions.**

Sarah: We have—it's just that she said she saw peoples' guardian angels as well. Is that quite right?

People can see others' angels—yes. It is not unusual.

Sarah: She said, right from a small child **(yes)** she's always been able to see!

Yes, she came to this life with that vision still intact, as many people do who can see spirit. For most of you, it takes hard work to re-align yourselves with your true spirits—but yes, many, many people can see angels.

Sarah: I knew angels could be seen, but it was just that it was *her whole life*—it seems, daily, it is taken with angels being with her, talking with her and telling her things.

Yes, she needs to guard against living too much with them, rather than living her life here—there is a subtle balance. After all, you all come to the Earth plane to learn and there is a fine balance between allowing that unity with your spiritual self and your physical self. You have to live your lives here. So I would say, perhaps she is allowing herself to be too involved in allowing her spirit to be free.

Sarah: Ah yes—it seems like she's being guided—

She is not properly grounded, I would feel.

Sarah: Ah, right!

Although, I have no doubt she would dispute that remark.

Sarah: Anyway, thank you for that, Salumet.

George: Could I mention that great teacher, the Indian gentleman White Eagle, has actually materialised through a materialisation medium in Australia—David Thompson. And it must be wonderful for many people to actually know that that Indian gentleman once had Earth life and has now materialised, so that his form has been accurately seen **(Yes).** Have you any further comment on that?

Yes, that great Indian is one aspect of the spirit from our world, and yes, materialisations are still looked upon by people in your world as an ultimate expression of spirit. Yes, I am aware of the one you call White Eagle. His mission to Earth and his teachings are still revered by many in your world, but I can tell you White Eagle is one aspect of a greater spirit—yes.

George: Yes, so it would be that one particular lifetime **(yes)** that would have materialised?

Yes, much good work has been done by him with that particular medium that was used, and of course, as I say, materialisation is not so much used today as it was in past times. But it is something to behold for you human beings (yes)**.**

Sarah: But why is materialisation not so common now? Is it to do with us?

It is not the easiest way to communicate, but it is the ultimate way, because all of your senses are satisfied—you see, you hear, you feel. There can be no doubt and not all mediums can be used. It takes much work from our side and from your side to achieve this; plus there is too much, I feel today—too many comings and goings of people within a group. There needs to be years of dedication to have the true satisfaction of materialisation. All visitors need to be true before this will happen—so there are many reasons why it has declined.

Sarah: We have been hoping for a materialisation from Bonniol, but I don't think we've been doing all—
That is different—apports are different—
Sarah: Ah right—
—not really classified under materialisation. We see materialisation as the reappearance of a person.
Sarah: I see, yes.
But there are many apports. Of course, it *is* materialisation, but you have to distinguish between the two.
George: Yes, I think we've been talking about materialisation using a medium's ectoplasm.
Yes, it has to be a particular medium who produces this for the materialisation of a person.
Sarah: Are apports easier than materialisations?
It is almost the same, but—this sounds like a contradiction, but it is not—the same methods are used, but on a much smaller scale, and more people are able to produce small amounts of ectoplasm as opposed to the amount needed to materialise a whole being. You understand?
Sarah: Yes, thank you!
Lilian: What exactly is ectoplasm? Is it an energy of some kind?
It is an energy—it is life! It is what you are!
Lilian: I see—that's interesting
Now, my dear friends, I feel that I will leave you this time. I hope that, as we have re-united once more—
George: It's been a wonderful evening, Salumet. Thank you for all the information given and it's so wonderful to be re-united again for the coming year.
I thank you, my dear friend, for those words, and of course, our wish would be that we meet again in love and joy and harmony—all of the things of the spirit. And I will leave you now, as always, cloaked in my love and the love of spirit.
Thanks and farewells from all
A rescue followed via Eileen, wonderfully conducted by Lilian. This was a heavily handicapped, blind lady. Lilian talked her through while she managed to nod an inclined head with hand held to it. She was able to see the light ahead and go forward to friends who waited to receive her.
George's Notes:
Gyorgyi Byworth MA: Personal assistant to Dr Ervin Laszlo. International Relations Associate – Club of Budapest. In London 2009 – Global Coordinator of WorldShift 2012 event. Has been International Relations Coordinator – University of Florence Medical Facility—coordinated implementation of bilateral agreements between participating European Universities of the Socrates / Erasmus program. Currently studying for PhD in field of consciousness in relation to Akashic Field, metaphysical aspects and how it effects healing. Gyorgyi is fluent in English, having lived part of her life in UK. We very much look forward to sharing a Salumet evening with this lady!
The Pyramid Water Temple: Suan Buddhannarakdham in Maerim, Thailand. Located 4.8 Km from Samoeng-Fang intersection beyond the orchid farm. Head Monk: Pra Ajarn Ratana Rattanayano.

The original water used is natural well water. Two types of energised water are produced: 'Prana (P) water' and 'Mind (M) water'. The P water arrangement has a heating element and four 'strengths' are produced depending on the number of cycles through the pyramid structure:
P-10—to suit detoxifying the digestive system
P-7—to energise the body by stimulating blood circulation
P-3—to relieve aches in muscles and tendons
P-1900—this should strengthen immune system and protect from infections.
Mind Water: M-1900—just the one category, produced from a cold installation. Good for internal organs, emotions and mind. It has a good effect on the heart and is said to heal heart disease.
There are precise recommendations for drinking for each water / quantity / time of day etc.
WHITE EAGLE materialization: What follows is an extract from Victor J Zammit's 'Friday Afterlife Report' giving the news that White Eagle has materialized via David Thompson:
SENSATIONAL MATERIALIZATION LAST WEEKEND:
A MAGNIFICENT SPIRITUAL EVENT: THE GREAT MASTER WHITE EAGLE MATERIALIZES THROUGH DAVID THOMPSON:

Last Saturday 22nd January we, the sitters who participated in one of David Thompson's materialization sessions, were extremely privileged to have that great spiritual master White Eagle materialize and give us all a most wonderful, most profound message - not only for us, but for the whole world.

His message was the same as the message of Silver Birch (who came through David on several previous occasions) - the same as the message of William and all of the Circle of the Silver Cord spirit team - that 'there is no death, only transition'.
This was the very first time, as far as I know, that White Eagle materialized anywhere. Millions of people are familiar with the wonderful books of White Eagle, a great spiritual master who used to come through the English deep trance medium Grace Cook until her transition in 1979. Like many people, we the sitters in David Thompson's materialization sessions had read the books of his teaching and Wendy and I had even been many times to the White Eagle Lodge retreats in Maleny Queensland. They were all most wonderful experiences, most spiritual. http://www.victorzammit.com
Thank you Victor for that good news!

Lorna Byrne. Irish mystic: Angels are non-denominational—they are here for everyone. Website instruction: 'Put your disbelief to one side and take a look!' Books: Angels in my Hair / Stairways to Heaven.

14th February 2011

On this occasion Eileen was not with us but we received two visitors who spoke through Sarah. Firstly it was an exercise designed to assist those having difficulty with transition.

Circle of light: One spoke through Sarah of another in spirit who would be arranging a 'circle of light'. This would involve both our own energies as well as energies of those helping in spirit. Initially we were asked to give thanks to all those involved. Our spokesperson went on:

You should feel around your heads a slight pressure. This pressure is the concentration of energy that is being given forth for this light circle.

Pause

And now the circle is beginning to form. It has taken from each one of you a bonding energy, and this bonding energy is flowing through you all and is including all those who are standing by you.

We were asked to create more light by placing our hands together so that the finger tips just touch. And that light was then being distributed amongst the many having still to acknowledge their death and passing to spirit:

She continued: ***Those who are near the Earth energy and who refuse to move away. They will be able to see this light, and because it is light that they do not understand on the Earth plane, they will question, and this questioning will help them to move away from their ties on your planet, and to move on in the direction they are meant to go. This circle of light has produced such a dazzling spectacle that it will be impossible for anybody who is looking at it, not to wonder what it could be. This energy can be taken up by those who are questioning and it will give them renewed hope for a journey they would otherwise find so difficult. I have been asked to come to you by those Gatekeepers who have had so much trouble trying to convince those who have refused to move in a direction that would benefit them. And I am already getting the message that your help is already achieving some success.***

That one was thanked and withdrew; then next, one from an Amazonian tribe from times past spoke via Sarah. The tribe was known as the Black Feather Tribe and they were 'Fire Readers'. He addressed us with a powerful male voice, befitting a chief:

Lilian: Good evening—welcome to you.

I wonder why you sit so. I always had my tribe with their legs crossed sitting on the floor.

Lilian: Yes, I know—we're sat in chairs. It is what we are used to. Our older people find it quite difficult to sit cross-legged, but you never did—

Well—let's put it in a different way—we did not have chairs!

Lilian: Yes, but even in old age you could still cross your legs, and that's what you have always done—

We were very comfortable sitting close to the earth surface and warming ourselves around a fire. In the fire we could see many things. Much was given to us from the flames. We could always be prepared for anything that might not be as we would wish it. And the flames would give us a warning to any danger that was likely to befall us.

George: So the flame was an aid to your meditation—could we put it like that?

Slight pause

I would not quite put it like that, because we were not seeking 'meditation' but simply sitting around the fire as was normal in the evenings.

George: I see—that's interesting.

It formed part of our conversation, and those who could see what was going to happen could then relay it to all in the circle—but there were times when we would sit quietly by ourselves and take stock of what we had done and what we hoped to do; and this I think you would call meditation. But the camp fire was a group exercise—not even exercise—it was a group meeting where we would all join in and be glad for all that we had.

George: Mm, and nice to experience that togetherness.

We were a most sociable group but we had also to be so, because had we strayed from the group, we would not have lasted very long. Each member of the group needed the others to survive.

George: Were the dangers from wild animals?

—Not only wild animals, but also other tribes. So it was most important to stay together.

Lilian: Yes—can you tell us the name of your tribe?

We were known as 'Black Feather Tribe'.

Lilian: So when you looked in the fire, did you see pictures in the fire or did you just have the feeling of the messages?

The flames would form into outlines of whatever the danger may be. We could perhaps see a spear being thrown and we would know that we could expect some unwanted visitors.

George: Would this have been that part of the world which we call today 'North America', or are you not able to say where this life took place?

I can tell you that the river you know today is—to be the Amazon.

George: Ah—South America.

We had many treks along this river—always going south, because the energy of the river pulled us south. So I can perhaps say to you that I do not know how far north our tribe existed before they started moving south.

Lilian: This was women and children as well?

This was the whole tribe—always moving south.

George: Did you have canoes or any form of boat that you were able to use on the water?

We did use rafts on the water, yes; but we also trekked many long distances along the edge of the river.

Lilian: And did you use tepees at stopping places?

We did indeed have tents.

Lilian: Did you realise at the time that shape of tent would have encouraged energy?

We were aware that there was a renewal of strength when we entered the tents, but I am not sure whether we actually knew it was the shape of the tent or whether it was just something that we knew: when we went in that we would regain more strength.

We are aware from several sources that pyramid or cone shapes, such as with Native American Indian tepees, enhances energy

George: What material did you use for the tents?

The tents were made mainly from the skin of animals. The main skin was from firstly, crocodiles and secondly, from monkeys. These tents had to be sewn together, and we would use some of the very sharp reeds that grew along the banks, as needles, and the vines that grew up the trees for what you call 'thread'. We were in no rush to push forward, so there was much time for renewal of tent skins. This was something which was always, as you would put it, 'on the go'.

Lilian: Did you have horses?

We did not have horses.

Lilian: It was interesting about the tents.

Slight pause

I am being taken to one of these tents now, and it is a reminder of how small they were and how many people sit in them.

Lilian: The whole family in one tent?

It would depend on the family, but I would say there was more than one tent to a family (I see)**.**

George: And was it cool at night—did you need to cover yourselves for sleeping, or was the tent by itself warm enough?

Sometimes it would get a little cold, and then we could use the tents that were being prepared, as covers. So there was always a use for them whilst the work was in progress.

George: And what did you use for food. Did you use the animals and fruit?

It was mainly the fruit diet, but we did manage to catch some fish from the river, and we also ate the monkeys that we caught.

Lilian: Did you grow vegetables?

We did not grow anything because we did not stay too long in any one place.

George: So it would be a jungle situation and the jungle provided, and you kept moving through it—

That is correct, yes, and we also trapped birds which we also ate, but the main purpose of this—or should I say—the by-product was the meat, but the prize was the feathers. We prided ourselves in making our headdresses from these—most alluring—especially the men folk. Yes, it was hard work, but I would say: a most fulfilling and happy time.

Lilian: So money was never needed as we have today and that was a good thing.

No, we did not have any, and we did not exchange goods with other tribes either. But sometimes, if we were attacked and the tribe were to lose, we would collect what they could not take back with them.

George: What would be the purpose of another tribe attacking?

Slight pause

Now, I look back, I can see it was 'fear'. But at the time, we just knew that if we got too close in our movement south, to another tribe, they would think we were attacking them. And it is most difficult when you do not speak the same language (yes)**. *You made yourself understood that you do not wish any harm, and sometimes you have to defend yourself.***

Paul: Did you get ill much, or were you a fairly healthy tribe?

We were most healthy. Very rarely did we get ill.

Paul: And did you have a medicine doctor in the tribe, you saw if you got ill?

Yes, there is always one who looks after the sick, and there is always one in the tribe for every aspect of life—for those who have questions—for those who provide the food—for those who wish to help with any work that has to be done. Each one had a post and everyone was able to be advised.

George: Were these people who had knowledge in this way—are they also the people who could see things in the fire?

Everybody could see in the fire. It was something we—we all could read in the flames, yes.

George: So some in the tribe were simply recognised as having this knowledge or this skill?

Ann: Everyone could read the flames.

Yes, the flames were our friends. They were almost part of us. It was something we could all do, but not everybody saw the same thing at the same time, but each could read the flames.

Lilian: How did you light the fire—stones or wood rubbed together?

Yes, we used to rub wood together, and because there was so much dry material, it was very easy.

It seems they did not preserve fire or transport it with them because it was so readily produced by rubbing sticks together

I think it is time I returned, but I have been most happy to speak with you.

George: Well, It's very interesting to us to have your description of how things were, living with the tribe. So you've advanced much further in spirit now and you are able to look back and understand how things were at that time?

Yes, I can see some changes, but when I return to the Earth planet I become aware of how it used to be. It is a nice feeling, but at the same time I am ready to return back to where I belong now.

George: Yes, I thank you for being with us. We've much enjoyed this meeting and your words. It's an education for us. Thank you!

It has been my pleasure, and I would like to offer each one of you one of my black feathers.

Thanks from all

Lilian: When we see a feather in the garden, we'll think of you.

I have put one in each back-of-your-head, to sit there, but I have not given you a band that goes across your forehead to tie at the back where the feather sits, because I do not need a leather band any longer. The feather sits most proudly and it will send you safely back home when you return.

General thanks

Lilian: Please come again another time.

George: Yes do.

I will not say no.

George: You will be most welcome to come again, and is there a name that we can remember you by?

Pause

I am not aware of the name I used to have.

Lilian: If we say 'Black Feather', will that do?

I was about to say that you could call me 'Black Feather', 'Black Feather from past'!

Thanks—wonderful!

George's Note's

Anthropologists would no doubt find this type of material to be of great value, if of course it were generally accepted and fashionable to involve the ongoing lives and ways of spirit. We have received a number of such accounts through the years from Africa, the Americas, Atlantis and hunter-gatherer peoples.

SALUMET – 21st February 2011

Lilian: Good evening Salumet—welcome.

Good evening.

All: Good evening.

As I join with you this time, it touches us in spirit to hear such heartfelt thoughts and compassion for others. Those thoughts are given in love, so those thoughts are some of the strongest that we receive. It sometimes seems that your thoughts and prayers are never answered. I am here to tell you, my dear friends, that is never so. All thoughts are received and all thoughts are gathered and all thoughts are answered. You know that sometimes it is not always the answer that you would wish, but it is the answer which is part of the evolution of that life. This, my dear friends, is what you must remember. I also would like to say this time the love and compassion that you give out, when together in these meetings, is admirable, but that love, that compassion, should be used in your daily lives. You should, my dear friends, be shining examples of living a life of love and compassion. It is easy, in situations such as this, when all

seems well and good and your purpose is to help, but not always so easy in everyday living. I would like you, my dear friends, when you go about your daily tasks, when you come across a situation which is not quite right, then I would like you to stop, to think and to send out love to those people much in need. It is easy to be compassionate about people you know—not so easy when the person is unknown to you. I know, in general, my dear friends, you ask for many in your world, but I would like it to be your task, before we meet again, to seek *one* from a distance, who is in much need of help, and to offer that help, with love and compassion. You understand? (Yes.) **You may be surprised by the response and the feeling that you receive—not so easy to love and forgive one who you feel does not deserve it—**

Lillan: Yes, I see what you mean—

That is true love. Not easy, and you are only human after all, but it is a state which all of you should try to achieve. I do not wish these words to seem like a criticism of you—that is not meant at all. I wish to instruct you just a little more.

Sara: Yes, I've been trying to work on this myself recently **(yes)**, with one or two people whom I felt a bit cross with **(yes)** and I've found it has been an interesting process, because sometimes I've been able to send them love and then another time I need to send love to the part of me that feels hurt **(yes)**, because you can't really send the love wholeheartedly until you feel healed yourself of the cross feelings—

Yes the frustration is high in these times (yes)**, but at least, my dear friend, you recognise that within yourself** (yes)**. And indeed, as you have said, that also is a healing. And what you all sometimes forget to do, if I may say so, is to forgive and to love yourselves** (yes).**You are happy to *give*, but you forget that to give truly, and honestly and with great love, you need, my dear friends, to begin that purification of your own being—yes that is true.**

George: I can understand your words concerning the extremes of difficulty in loving. In the past, in my work, I have met imprisoned terrorist bombers **(yes)**, and, yes, I guess that is an extreme example.

Yes, there are many examples in your world, and of course, we know and understand that the human element of every single being, struggles, at times to have true love and compassion, but as with many things in your lives, it is a *learning* process. We do not expect you to be angels—that is not your purpose, but what you have to realise and understand, is that you have great opportunity to grow yourselves, and to become better human beings. You can only *strive* to do these things. After all, you would not be here if you were perfect. But that should not stop you trying to achieve that higher being that you truly are. You understand?

Affirmations

Have you any questions about this?

Lilian: I was just thinking about the part of the world where the people are standing up for themselves—I'll put it that way—against the leader of about 40 years, Colonel Gaddafi—that's his name, but there must be a lot of hate being felt towards this man. Would that affect him in any way?

Of course, any emotion of hatred is not good (no)**, but again, I say to you, all of these matters are part of the *changes* within your world; it is part of the evolution of your world. Mankind has always strived, especially nation against nation, has always tried to have the upper hand, until such time as they realise that what they are trying to achieve is not possible through the means of *war*, but when it is people struggling against the terror of being subdued in their lives, this basically is *'good against the bad'* that you would say, although I would say *'darkness and light are two sides of the same coin'*. It has always been and Earth is still struggling to this day to change for the better. So, you cannot take an isolated incident and make judgement upon it. As always, my dear friends—and you must surely, be tired of my repetitive words, but try always to look at the wider picture. Your world is changing, and I am happy to say, 'it *is* changing for**

the better'. My love for your world and for *all* who live within it, is ever hopeful, and, I am sure, my dear friends, you will agree, that in such a short time, even within your own lifetime, there have been many changes for the better (yes)**. Nations have come together.**

George: Yes, indeed, and when you first came to us, I recall you saying your mission had two parts, and the first part was to steer us away from nuclear oblivion that we were heading towards **(yes)**—that was a very big change!

Yes, yes—as I say, your world has to evolve so much more, and it is difficult, I know, not to take one section of your world and to feel what the dear lady calls 'hatred' towards it; but right will always come to the fore. These things do not happen in a second, or a year, or a hundred of your years, it is a gradual process. But be optimistic, my dear friends, because, I say to you, 'we feel optimistic for your planet'.

George: Well that's good news. I think you've said before that we should stand back and see the situation in overview **(yes, yes)**, and then it is clear that there are improvements.

I am happy to stand by those words, and yes, it is not always the easiest thing to achieve.

George: Well that's very nice, because I have had some feedback on this very subject, and it's good to re-iterate that we are moving forward when seen in overview **(yes)**.

Sara: Could I ask a question?

Yes.

Sara: There's a lady called Keisha Crowther , known as 'Little Grandmother', and she speaks about 'Love' and the importance of being loved in these troubled times. She's a Native American Indian shaman and I think she makes a lot of sense. She mentions a short period of physical darkness for the planet, and I just wondered if you could comment on that. She mentions this coming in the near future.

You could say, my dear friend, that in your world—your planet—there are always areas of darkness (true!)**. So, yes, I would accept her words, but again, I say, this is nothing new, it always has been that way since man has trodden this Earth plane; but as long as there are greater areas of light, the darkness will always be dissipated. You understand?**

Sara: Yes **(yes)**. And she doesn't have an alarming message **(no)**. She's not a scaremonger—so she is worth listening to.

Anyone who offers love is doing good—yes, yes. (Thank you.)

Now, I will leave you this time, but I hope my few words have given you a little more to consider, once again.

All: Yes

George: They certainly have!

Yes. And as always, my dear friends, we thank you for your thoughts, we thank you for your presence, and we thank you for your ever-increasing knowledge of yourselves. Do not forget yourselves, but know always I am close by, if you should need me.

Thanks from all

George: That's very good to know. Thank you, Salumet!

A period followed, of Eileen giving clairvoyance, firstly re Sara's family and secondly re Lilian's family. And Lilian's husband Roy (in spirit) wished to let her know that he is still around.

One briefly spoke via Sarah who had experienced some unhappiness in her last Earth life

Lilian: Welcome to you.

Thank you for your welcome. I take great pleasure in visiting you. And the feeling of so much love draws me to you. I am always happy to be able to join in with such people, because I never had that opportunity

whilst I was on this Earth. I take the opportunity of coming for this short time just to feel how good it can be. I know that I do not have to come to see how things are, but I cannot help myself when I see a window of opportunity to call back and experience 'love', which was so missing in my Earthly life.

George: Well, you are most welcome to join us. Can you say when it was that you were on the Earth?

I believe it was in the 1800s, when the ladies wore long dresses.

Lilian: So was it your family that lacked love?

I had a step-mother and my father was not interested in his children.

Lilian: That must have been hard.

So, I was not the only one in the family who was unhappy, but I am the only one who needs to come back from time to time … I have been told on many occasions that I do not need this visit, but it always brings me such joy when I feel the love of you good people.

George: If we can help in any way, we are very pleased to do so.

Sara: If it helps you, that can only be good.

I know that you have already helped me, just by being kind. And now I am being told I must return. So I thank you for your time.

We invited the lady to return another time if she wishes and she withdrew happily.

Finally, another seemed to be with Eileen and Lilian approached

Lilian: Good evening.

The was no reply but much creaking came from Eileen's (wicker) chair

Lilian: Are you having a good look round?

More creaking

Lilian: Do you wonder where you are?

A very deep voice and more creaking:

How! I come to you another time. No time now.

Lilian: I see. What would you like to talk to us about when you come another time?

I will tell you another time.

Chuckles

I stay if I come another time if you like me.

Lilian: Thank you.

My name: 'White Feather'.

We declared that we were sorry 'White Feather' was unable to stay longer and looked forward to next time. On repeating the name, it seemed to ring a bell.

On checking our records, 'White Feather' is a North American Indian gentleman of large build and deep booming voice. He last visited on 10th March 1997 when the group met in Leslie's house. He will have noted a few changes! Being so large, it is likely he would have struggled a little to get comfortable, and it would be very reasonable that he look around to take in the changes. And we certainly look forward to this one returning—hopefully soon.

It may be of interest that our group has past life Native American Indian tribal connections, described in some detail on one occasion by Chief Gran Mancha. It is our understanding that we were of the 'Gor-rukka Tribe' within the group of many tribes known as 'Baa-Ba'—around 2000-years ago. And we have received over the years from such names as High Waterfall, Great Elk, Moon Feather, Running Dog, Silver Star, White Horse, Red Fire and Nahashiwah (a more recent past life of Eileen, meaning 'small body – great spirit').

SALUMET – 21 March 2011

Following our prayers, there was some talk amongst ourselves about world disasters and problems, especially the earthquake / tsunami in Japan. And Jan had described how a Japanese lady on a train had been quietly sobbing into a handkerchief in such a serene and dignified way.

Good evening.

All: Good evening.

As I joined with you this time, I have been listening to all that has been said. I feel this time it is important that I say a few words of comfort for you all. There is so much happening in your world at this time—so much fear, so much love—that may seem a strange word to say to you, but my dear friends, it is true. I am here to tell you, your world is not coming to an end, as so many people in your world are so quick to tell you. No human being wishes to see the hurt and the anguish of others and that is the thing that brings into being the love for your fellow-man, that in times of what you term 'tragedy', gives the opportunity to many to come together in love and to help those they do not even know—to give help and love as much as they can. Mankind, no matter what their race, come together to help in these times of crisis, and that is the energy, which those of us in spirit, try to encourage. So I will say to you, my dear friends, all of these happenings are part of your planet's evolution. I cannot sit here with you and say that there will never be more of these crises, because of course there always will be; you cannot stop the evolution of your planet. You can, of course, help in any way that you can. Mankind can change their views on all that is wrong on your planet, but you cannot alter the evolution of your planet. It has been going on since your planet has existed. The whole of the Earth planet has many faults within it—as in all planets of many universes. This cannot be altered, but what can be changed, is that love and that comradeship that exists between people of all races and creeds. So my words to you, my dear friends: continue to offer your thoughts and your love to those in need, but let me tell you that all those who have lost their human lives are now looking to the spirit world for their love and existence. Give them your thoughts, give them your love, but ultimately know that they are safe. That is the knowledge that should be spread within your world. I heard you speak of the nation and its people, who you feel are so calm and so serene. Is that not something, my dear friends, that all of your world could strive towards?

Affirmations

Yes. So all I wish to say to you this time is to think of my words and to strive as much as you can, my dear friends, to be better people, and of course, whenever the opportunity arises, to speak of that spirit within. It is a simple message, but a most powerful one.

George: And we remember, Salumet, it was fourteen years ago, when you spoke with us in a predictive way, and you said there would be another nuclear accident. I think it's on our minds—is this the one to which you were alluding?

When you use the term 'fourteen years', of course, it seems but 'a blink of an eye' to me (yes)**. Yes, of course, and as I have told you on previous occasions, it is not my purpose to predict or to give advice, but only to bring the philosophy of spirit.**

George: Yes, of course.

—the truth that has always been and of course, there will be other disasters in your world, as you call them. To us, it is a natural occurrence, and that cannot be changed. You do not have the power to alter the course of what has already been set, but what you can do is improve each and every one of you. Individually, take responsibility for what you do and say with your planet. But of course, in saying those words, sometimes I have given to you a few snippets of information that provide you with something that can be verified.

George: Yes, indeed!

I have done this on occasion, not to show you how much I know, but, in order that you can clarify for yourselves that my words are spoken in truth.

George: Yes, I think we appreciate that your purpose in being here is not to predict, but nevertheless, as you say, you have given us little interesting snippets **(yes)**, and another one at that time, was regarding the Aids illness, and I think it has, as you indicated then, I think it has peaked, and there are several channels of investigation which could lead to a cure, and—

***WILL* have a cure—not 'could', *will* have a cure—**

George: I think the most promising of the cures that have been examined is one based on 'colloidal silver'.

Yes—much is still unknown about this, but I assure you much more information will come to light and you may be surprised at what will happen following this pathway. That is all I can say at this moment in time. But yes, that is something to follow.

George: Yes, and I think there was just a hint of a possible space connection **(yes)**, and I note that colloidal silver filters—water filters—are used in our space shuttle.

Yes—yes, it is used for good and has to be expanded for the good that it can do in many fields. You would find, if you delved a little deeper that this is being allocated for different uses in all manner of things.

George: Yes, I appreciate that it is quite effective against viruses, bacteria and fungi.

Yes, because viruses in your world cause many problems for you human beings. Therefore, it is something which has come from us in spirit in influencing those who are trying to deal with these viruses.

George: Yes, I found it quite exciting to read about how that research is progressing.

Yes, you will hear more, my dear friend—there will be more.

George: And you also mentioned on that occasion, about the troubles in our Middle Eastern countries continuing, and yes, they certainly continue at this present time, but, as you also suggest, this is all part of our progress forward—I think?

Before there can be knowledge, sometimes you find that mankind is confused—I prefer to use that word 'confusion' to those countries who you would call—'not understanding in the way of love'. Again, I would say to you dear friends: send up your thoughts and love for those in spiritual darkness (yes)**. They will, in time see the light of their wrongdoings—because some are wrongdoing—do not cloud your judgement that all is against them. There are, I'm afraid, some people in your world who are following the wrong pathway** (yes)**. But, out of confusion, comes knowledge and truth.**

George: There is certainly much confusion at the moment **(yes)**. Yes, if we send love to those in spiritual darkness and I think that love has to be very widespread **(yes)**, embracing those Middle Eastern countries.

Yes, all the peoples who are in spiritual darkness, all governments who are refusing to listen to Love and Truth—we are trying from spirit, to influence all of these people.

George: Wonderful!

But again, as always my dear friends, we call upon the help of yourselves and others who are more knowledgeable in the things of spirit—of spiritual love and existence. So give a thought to those people in trouble.

George: You also spoke of extra-terrestrial communications and how others will be *accepted* by those in our world **(yes)**, and of course, we've since had the joy of the Bonniol conversations.

Yes, I am always—I almost said surprised—that is not a correct word for me, but I listen and am still amazed that humans, on this planet, still find difficulty in accepting the life force from other planets.

George: I think we can say that we, in this group, are surprised.

Yes, so much evidence has been given, and yet governments, I feel, are fearful—I feel that is the problem, because it is such an unknown subject for most of your people on the planet.

George: Yes, I think you suggested that the key would be the acceptance by governments, and when governments accept then the people will accept.

Yes, people sometimes need to be guided by the laws that govern them; if this is not forthcoming, then the people live in doubt and in fear.

Jan: I've always felt that the more governments hide things they make it worse for themselves. They're just fearful of the reactions of the people on this planet, but I think any among the younger generations now would accept it far more readily—much more readily.

Yes, yes, I agree there is a fear that the public will panic, but as I have said many times, Earth people are much more open to what is happening around them (Yes)**.**

Paul: Is it that there's also a bit of fear of their own loss of power if we acknowledge, probably a technologically more advanced civilisation, than our own. Politicians are also often businessmen as well, and they've much wealth and business interests and there's a tendency to want to protect all that from any kind of change.

Yes, many people are fearful of any type of change, and of course, governments are made of men with human failings and they will be coloured by their own thoughts and feelings and of course, their own religious beliefs. Many will deny any existence of other beings, even when the proof is placed in front of them. *(Affirmations!)* **As in all walks of life, there will always be the doubters and the fearful, so again, I would say to you, my dear friends, give some healing thoughts for these people, that they become more accepting—that they are not only inhabitants of this planet, but they are *'Beings of the Universe'.***

Jan: It's going to happen, so it really is a case of **(time.)**—time—it will happen and we are very privileged I think, to know that information.

Yes, visitors have always been aware for a long time, but they know also that the human being is very young in its understanding.

Jan: Yes, we're still in our infancy really, aren't we?

Yes, so they are patient; there is no need for rashness of any kind.

Sarah: When we go back to spirit, are we all then aware of other beings, or not necessarily so?

—Only if you desire to know.

Sarah: Ah right, thank you. Could you generalise a little bit by saying that those that are the most fearful are the younger souls?

I would not class them as more fearful. No, you cannot generalise in that way—not necessarily. If anything, what you term 'new souls', and I am not one to use that phrase too often—are more likely to be the children of *knowledge*—not fear. You understand?

Sarah: Yes I do, thank you.

Now, I feel this time, it would be good for you to discuss amongst yourselves, what you feel and what you have grown to understand from what is happening in your world today.

Pause

Sarah: Will you stay with us or will you go?

I will stay with the instrument a little longer—yes.

George: And might I say, it's been a very helpful talk that you have given us, on this occasion **(Yes)**. Thank you, Salumet.

Yes, I felt it was necessary this time to come and speak with you. As I said, I was aware of your discussion, and I just wanted to re-iterate my thoughts on these happenings—that you might assure your understanding of what is happening, and there is much work in spirit when we have so many people come over so quickly in great numbers. There is much work on our side of life. So my dear friends, until we meet

next time, I will say only: know that I am aware of you all—no matter your daily lives, I am aware of you, and try to help and support you in any way that I can.

Thanks from all

George's Notes

1. *End of World: – There have always been doom prophets. There have been thousands of articles claiming the world will end on Dec 21st 2012—all utter nonsense. But a much needed steady change in consciousness is happening.*
2. *So Much Aid: – It is wonderful to see so many countries of our world responding to help the Japanese people at this time.*
3. *Colloidal Silver: It looks like there's a big future for colloidal silver applications!*
4. *Extraterrestrials – So we should be seriously getting to know some soon. If only our governments would respond!*
5. *Amazed not Surprised: – Salumet is amazed at the reluctance of most humans to believe in our space-friends, despite so much evidence. Of course, having 'all-knowledge' does take away the element of surprise for those from the Angelic Realms!*
6. *Fearful of Change: – As suggested, fear of change has a number of aspects. These would include: fears of changing monetary values, loss of income, loss of prestige, religious conflicts, disbelieving majority—and how will it be if others from another planet have superior technology and the correct presentation of the one true religious belief, from which has emerged THE CREATION!!!*

28th March 2011

The evening began with Eileen giving clairvoyance. This period was followed by a rescue—one with facial injuries whom Eileen sensed had died in an explosion. Lilian firstly removed the pain that was being experienced and then she was able to talk the one in transition through the experience. Next, one with a strong male voice addressed us via Sarah, giving further insight into a previous group incarnation as Monks:

How nice it is to be with you once more!

Lilian: You're very welcome.

George: *Most* welcome!

I have been wishing to come back before, but there have been many obstacles in my way, and it has taken rather a long time in your time-scale. Yes, I have been wishing to explain to you one of the lifetimes that I had whilst I was on your planet, which, I think you may find of some interest.

We were of course, all ears!

Lilian: I've got a feeling you promised us that the last time you came.

Yes, but, as I said—

Lilian: It's opportunities—

It is, yes—finding that gap where I can come in—that is the most difficult.

Murmurs of understanding!

Well, you know, I have experienced much in my times here, but the one I wish to tell you about this time is the time when I was a monk—and I believe that you also were monks.

Lilian: Yes, we were too.

Yes, and I have to tell you that this is where we have a connection.

Lilian: Oh, that's interesting!

I was in the same group as you.

We were delighted at hearing this!

I was a very lowly monk and it was a time when I was most unsure of my life on the Earth. I was much afraid and I felt that going in to the monastery would be a hiding place for me. I know now that this was

not the correct intention for going into a monastery, but, I have to say, that whilst I was there, I learnt much, and I also understand now that it was part of our bonding that I should be in this monastery with you.

George: Oh wonderful, so that was the 'Myddle' monastery—

It was indeed, and, when I became aware in the monastery that there was much more to being a monk than hiding from the problems I had outside, I began to find a path. And I believe that each one of you, also found this same pathway. It was a pathway that led us all to a lifetime of searching for what is true.

George: Yes, well that's wonderful to have this bond together.

It was this bond which brought me on my first visit to you, but at the time I was not completely aware of this, but I have now found that aspect of me that joined us all together. So, it is with a pleasure—I cannot explain to you—

George: Well, it is certainly a pleasure for us—

But I am so happy to join with you, particularly on this occasion.

Lilian: Can you tell us what you did in the monastery—such as looking after the garden or whatever?

I did not have a particular job. I was what you might term in your words, a 'general dogsbody'—yes.

Laughter

George: Well, I think I was a gardener. *Chuckle*

Well, I'm sure you also took advantage of what I could do for you. I helped everybody, and I have to say, I was more than happy to do the tasks that were asked of me.

Lilian: Well that's most useful, I would say—a job like that—helping everyone.

Yes, and I can tell you it makes you aware of what everybody has to do and gives you a chance to talk one-to-one with each member of that community.

George: Yes and the abbot sits beside you here—*pointing towards Paul—Chuckles*

Eileen: Was he a good man?

More laughter!

He was a strict abbot—

More chuckles

Eileen: Strict?

—strict, and he kept the monastery running most smoothly—

George: Oh!

Lilian: Well, that's something.

Because each one knew they had to do the task that was befitting of them. But I would also say that there was not one in that monastery that I wished would leave. We were all most happy together.

Pleased murmurs!

Lilian: That's good!

Yes, it was a very happy time, a very happy and organised time.

George: How sharp is your memory on these things? Do you happen to recall the year date?

I am quite clear on what was going on and I have in my head a date of 1365, but I do not know if that is correct.

Lilian: I think we are right in saying that it was in Tudor times.

Eileen: We did have a date, didn't we?

I can tell you that the community outside was quite thriving. It was quite a commercial settlement, and they, too, were organised. The settlement outside and the monastery within worked quite separately, but each was aware of the other, and was prepared in any way to help each other.

George: Yes, I believe there was a certain amount of trading between the monastery and the settlement outside.

Yes, it was a very amicable arrangement, and I can tell you also that there was a business venture in clothing with the outside settlement—

Eileen: Clothing?

—which was helpful to those within.

Lilian: Did they make the gowns or whatever the monks wore?

***I am not sure if they made the actual clothes, but they certainly made the material*.**

Lilian: Was it the time of the Reformation? There were problems at that time with the Roman Catholics—

I was not aware of any problems of any kind. All I can say is that it was a most happy time for me and, I believe, all those who were in that settlement, both inside and outside the monastery.

George: Yes, and the one who made the wine—he led our group here, until he passed to spirit himself. He was a very genial one who led our group for a number of years.

Yes I am aware of this one, and I am also aware of him in spirit—

Sounds of delight from all

He was also part of this bonding.

George: Please give our love and very best wishes to the one we know as Leslie, if you have the chance.

I will indeed! I will indeed—yes!

Lilian: You must have had some interesting chats with him?

I am becoming very close to him at this present time (oh!). ***He IS coming very close, and he is most overwhelmed that we are joining together.***

George: Wonderful! Love and best wishes to Leslie, our group leader!

Paul: The work he started goes on!

Lilian: Yes, he started us on the pathway we are on now.

Eileen: But now we have a lady in charge!

More chuckles

I am being drawn back, because this one, Leslie is so close, but is not able to speak to you at this time.

George: We understand.

He wishes to say to you how happy he is that the group is flourishing and will be coming through to you in a very short time.

All delighted at the thought

George: Wonderful! Yes, he will be most welcome, MOST welcome. Thank you for that!

Paul: We'll get the kettle on!

Laughter—thanks from all as the evening came to a close.

George's Notes:

1. *Visitor: We have had the pleasure of receiving visits from several aspects of this soul, via Sarah—living in ancient Egypt and South America.*
2. *Myddle Monastery (at Myddle Wood, in the county of Shropshire): We received much information on 30th June 1997. The small monastery was destroyed during the Reformation. It has brief mentions in ECL English Monastic Archives and in Richard Gough's 'The History of Myddle publ. 1834 and Penguin Books ed. 1981.*
3. *1365 Date: We think the date given would not have been the date our visitor was there, but might well connect with the monastery's history.*

SALUMET – 11th April 2011

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As I joined with you this time, we hear your thoughts, your words, and your offerings to help other people. We accept with thanks all that you give for others, but my dear friends, I would like to take this opportunity to thank each and every one of you—those who are here, and the others who are absent. We in spirit, wish to offer *our* thanks to *you*. We do not often say those words to you, but I would like you, my dear friends, to understand the importance of the communication that you make with us on behalf of others—those who are lonely, those who are ill—so many people in your world who need help, but do not for some reason ask for themselves. Without your prayers, it would be a little more difficult to reach many people, so I will say once more, with much love from those in my world who stand by to help and to listen to you—we thank you always.

George: It's very nice for us to have that recognition and for all of us and for those who read these transcripts of the meetings I'm sure it all brings it to the fore and shows the reality of the help and the oneness that follows.

Yes, the power and strength of your prayers should be noted. Not only are those who you ask for *helped*, but also each of you is helped to some degree, because of that selfless love which you show for other people. Do not forget, we love you also, and although you do not often ask for yourselves, we are ready and waiting close by to help each and every one of you.

All: Thank you!

I have said. On many occasions, once the connection is made, it is not so easily broken.

Sarah: And we're glad it's not. We're very happy to have the contact with spirit.

Yes, so many come who wish to be involved—so many leave and we are not allowed to interfere in anyone's life whilst on this Earth plane, but we can be very influential, if we are allowed to be.

Jan: I'd like to share with the group—two occasions recently. You've often said Salumet, that we're never alone, that you come close to us **(yes)**, and we have to learn to be able to recognise that. There are two occasions just recently—one was today, when I asked before I went into my office for help, because I had a difficult task to do, so I'd like to thank the computer technology expert who helped me, because my task just went so well, and yet I had come back to that task three times—and I felt that I was being guided. And the other time was at the dentist recently, when I asked for help before I went in, and I had no fear, no pain, and it was a nasty operation that I had to have—and I just felt that I was surrounded then **(yes)**. So, I'd like to say 'thank you'.

We are always happy if we have achieved help for anyone, but of course, if you do not *ask* we cannot *give*. So often, you people on Earth feel that it is wrong to ask for *yourselves*. Let me reassure you my dear friends, that is not so. You should ask, because in asking, you are making that close connection, and although we are always close to you, that impetus of asking for help is all that we need to come even closer. So, I am happy, my dear friend, that you are now a little *more* aware of our presence around you.

Jan: I had a different sense after both occasions—I was asking for, but I had a sense that I was 'being helped' **(yes)**, which is rather different—but a very nice feeling afterwards, especially today. I did give thanks that they had been there to help me.

You, my dear friend, have been helped, and I am sure you will agree that you are becoming a much more placid person (yes)**. Yes, because your understanding goes deeper—yes.**

Jan: I feel it. Step-by-step, I get much better.

Yes, that verifies what I say about recognising that contact—not *belief*, but *knowing* that we are always with you.

Jan: Yes, it's the non-doubt **(yes)** that you need and that leap of faith that it is so **(yes)**, and once you've made that leap of faith, things seem to happen—

It becomes a bit easier, yes—

Jan: —because you are not fighting against it—

I do not say life becomes easy—

Jan: No, not at all!

After all, what would this Earthly life be if all was so simple? What would it be like if you did not learn? I would say to you it would be a life not of much use.

Sarah: Also, you said, Salumet, and I did give thanks this evening, which I'm sure you heard—you told Emily, my daughter, that she knew the answer to her problem, and she thinks she *has* found the answer, and she's very grateful for your help for that, and I think she's maybe, on the road to recovery. So, thank you!

She is like a beautiful bud that is slowly opening.

Sarah: Ah, thank you! I'll tell her—

Give her time.

Sarah: Yes, thank you!

George: Yes, I think all of us have had these feelings of presence, and I certainly have good feelings sometimes during periods of writing when just the right words seem to come along. I feel I'm getting help, but there's also this business of synchronicity which we've spoken about before—and this is quite fun sometimes. Quite recently—well when we moved into our house twelve years ago, it had the name 'Ruyton', which seemed quite a strange name. We kept it, and I discovered only this last week, that there's a village called Ruyton, quite close to the old 'Myddle Wood monastery' that we had in our past life. It's a little strange, the way that synchronicity has come about.

Yes, I believe that the topic of past life arose some time back, and this, my dear friend, was, for you, a little reminder of those times,

George: Yes. We've recently had a gentleman come through who was with us in those monastery days.

Yes, I see, but, of course, as you know, I have again told you, on many occasions, that nothing happens by chance. So, still it makes me happy when I see your excitement about these things—yes.

George: That's nice! Are you able to take questions, Salumet?

I will—yes.

George: Well, one who recently came through to us, introduced himself as being of 'The Black Feather' tribe of Amazonian Indians **(yes)**, and he described how they all sat round the camp fire of an evening, and could read messages in the flames—I think the word for it is 'scrying', but, all the tribe, apparently, could sit there and read things in the flames—little warnings of danger, perhaps. Would you care to say something on this?

All I would wish to say about this has already been spoken about. We speak of peoples of long ago in your time, whose awareness was much, much greater (yes)**, and because their awareness was so much greater, it was used for the good of the whole people. It was not unusual for all of the people to use what today you would call 'spiritual gifts'—it is not a gift, it is your right that you were created with—it is just that today, mankind has lost the use of these things. I can tell you that, even today in your world, in the remote forests of your world, there are peoples who still use many methods of spirit. They can hear the coming of the rain, they can hear the footsteps many miles hence, and it is quite natural for them.**

George: Ah, yes, so the flames—

That is only a focus—

George: —A focus, yes, I understand.

Yes, the same way today people use your cards, people use your crystals, people use what you call balls to see what is to come. My dear friends, you need none of these things; all that you need is what is within you. You can see what is ahead, if you look closely enough. You all have the ability—you all have it—why not try it for yourselves. Make it an exercise, and we will discuss it next time—but I do not recommend fires *(Laughter)***, but what about some beautiful candle flame?**

George: Yes, I guess the fire just suited the tribal situation.

Yes, because that was their way.

Jan: I've noticed—I'm only around domestic dogs, but it's so apparent that five/ten minutes before somebody arrives at the house, both the dogs that I have know that that person's coming **(yes)**. It's wonderful to watch and you think: 'Oh she'll be here in a minute', because he's got up and is waiting by the door, and she's nowhere in sight, but he knows.

In the same way as many animals are aware of spirit presence (yes)**. But you my dear friend have an affinity with one of those animals.**

Jan: Yes. I do—a strong one!

Yes, you do and you should, if you developed it properly, be able to know what that animal is thinking (Wow!)**—but it is up to you to use those—what you would call *gifts.***

Jan: My word! Thank you! I will definitely work on that **(yes)**. Is it just the one dog?

Just one, yes, but, have an exercise, my dear friends, with the flame, and you might all be interested in what you can see.

General thanks

It will not happen in one instance. You have to focus. You may have to do it for many evenings before anything happens.

George: We have the experience of thinking of a friend and that friend then appears—

Jan: Or telephones—

Affirmations

Yes, which is an indication of how apt the mind can be, if it is used properly.

Jan: Yes, and so many of us in this room and Mum and I have done it to each other when you say: 'I was just thinking about you', as the other telephones'. You hear it so much! **(Yes.)** People don't realise, I suppose, that that is what is really happening to them. They think it's just a coincidence, but, as we know, there are no coincidences.

That is true.

Sarah: Before you go, Salumet, there's just a light hearted thing—I thought you might like this wording: I had a mechanic came to the house today, and I always take the opportunity of dropping something in something about spirit if I can and it seemed that he was actually on the same sort of wavelength and he said about our bodies being here*: 'You take a lease out on your body, and when the lease is up—that's when it's time to go'. (Laughter)* —and I thought that's a rather a nice way of putting it!

Yes, there are many ways are there not, but yes, you would be surprised by how many people in your world, at this moment in time, who truly believe that there is something more than that which is spoken about (yes)**. And you have given a very good example. So, continue to use your words to try to influence others, but not to try to make them *change*—that must come from them** (yes)**. But you can, as I have often said to you—you can sow the seed of knowledge.**

Sarah: Yes, you get a feeling when you know you have got to stop—when you can't go any further.

Yes, that is because your own awareness has reached that point where you understand where to stop.

Jan: That's when your own spirit comes to the fore.

Yes, of course.

Paul: Can you take another question?

I will take just one more before I leave.

Paul: Yes, I was reading a book about this Llama from Tibet whose body was getting so weak, and he knew of a way—he called it 'transmigration' **(yes)**, where he agreed with another man who was a bit younger, I think, who actually wanted to depart his life before his body was ready to go, and they arranged it—I think, on the astral plane, if you like—their higher selves considered it. He came to a point where he felt he had more of a mission left in life, but his body, for various reasons, wasn't going to last much longer, so before his body died—before the lease ran out—*(amusement)*—he, with the help of two other llamas, who, I think were astrally projecting—helping in the background—it seems that this one died, the cord was severed, and he returned to the spirit world, and this llama then took over the body, for the rest of that natural life. Part of me felt that if you can do that, surely you could have healed your own body to survive a bit longer. I don't know, I felt the book was true, but part of me wondered—and it would be nice to have it confirmed or not confirmed.

Yes, I understand what you are saying. There are people in your world—people such as llamas as you call them, who are so in-tune with spirit and their own physical bodies that—they are so in-tune that they know when the time is right for them to depart the physical body—to leave behind that shell of Earth. This is not unusual. Many people, as all of you here could do, if you would but allow yourselves to *let go* of the physical body. It is nothing unusual—it is only that the spirit is so strong that it can allow this to happen. But the instance you speak of—of changing a body to remain longer on the Earth—would have to be arranged in spirit and not in this world. But it is possible that these two people had made agreement that time to do so. It is possible, but not usual.

Paul: No, it seemed unusual, but—

Yes—but it is possible.

Paul: I felt the rest of the book seemed to be truthful for me, so—

Yes, it is unusual inasmuch as it is *not* usual. Do you understand?

Paul: Yes.

It is not something that happens often, but I will say only that it is possible, but the communication and the idea of doing such a thing—the contract would have been made in spirit, not on Earth.

Paul: I'm pleased about that, because I looked on the internet and lots of people said: 'it's not true, it can't be true, that's impossible', but I felt nothing is impossible, and I'm pleased and feel now yes that book was written by a good llama.

Yes, you see—their attunement to spirit—their attunement with their own bodies, is so great that to dispose of their body holds no terrors for them. In the same way, as most people upon this Earth are afraid of passing to spirit, so they cling to diseased bodies, they cling to life, thinking that that is what they need to do; when in fact, sometimes, if healing is not available, they should allow their spirit to soar—they should allow that spirit to be free. But mankind, again unfortunately, has lost many of these abilities, and it is left to a few people in your world who are capable of doing such things. You understand?

Affirmations

Yes, so, my answer to you, my dear friends, it *is* possible, but not common.

Paul: We're lucky to have the Tibetan race!

Yes, they are much in tune, but of course there always will be the disbelievers, because it is not something they fully understand. As in anything, where you have no knowledge, there is doubt—but they must be forgiven of any doubts, because it comes from lack of spiritual knowledge.

Lilian: That's interesting, because, as Paul was telling his story, I thought no, that can't happen, but you say, 'yes', and I believe that **(yes)**. That's changed my mind in a second.

Amusement from all

Yes, it is something that, as I have said, will not occur just like that—that is not the way it would operate, but it would have been a contract between two spirits (yes)**. That's what it is.**

George: Could I add that even a mouse can have amazing abilities, and I had a little mouse in my greenhouse, and he was very fond of sweet peas seeds. (*Chuckles*) He ignored many flower pots, but he knew which one had the sweet pea seeds and he dug them up.

Is that because you did not wish him to touch it? Was it *his* ability or your ability of mind to try to steer him from it?

George: I was surprised that he knew which pot had the sweet pea seeds and ignored all the pots with other seeds.

Yes—do not give him all the credit!

Much mirth!

I would say that you had a great deal to do with it (ah!)**.**

Paul: George's own *sort of* fears of that happening—**(yes)** created a sort of energy flow.

More laughter

Yes, that's right—which the creature would have picked up on.

Sarah: Mind you, I think they have got a very good sense of smell **(of course)**, because a friend had a mouse in the house and she had some packets of sauces, and one of them was a cheese sauce and it had eaten the cheese sauce and left the other ones. It could smell it through those packets.

Do they not also have freewill?

Sarah: Yes.

Yes, because it is a creature, it does not make any difference. They are part of creation—part of creation.

Rod: I've probably got a stupid thing to say, but I must say it. Daphne was rough a couple of months ago in bed, and she kept asking for help **(yes)**. I think she felt embarrassed, because she kept asking Salumet, and I said, well he's probably swamped anyway with other things. *(Chuckles)* That was it—I mean, surely you get overwhelming requests from all angles. How do you deal with that?

Because I am not human!!!

Understanding laughs!

Rod: Okay!

You cannot look at that from a human viewpoint. She must ask—that is what brings us closer to them—but that dear lady has the ability to feel the closeness of spirit to her—she must ask, please. And with those words, I feel, my dear friends, it is time for me to take my leave. As always, I hold you dear—I will leave you with the love of spirit, and know always that we are most grateful to you all.

Thanks from all

George's Notes:

The mouse: I must confess a mouse had dug up sweet peas two years earlier, so it was probably on my mind. That mouse even harvested the stalks to build a nest! That one was trapped and transported to a rural hedgerow, 2-miles away—to start a new life!!! The latest one left of his own FREE WILL.

THE RAMPA STORY: T. Lobsang Rampa, Souvenir Press 1960, Corgi editions 1962-1975, pp 224. Read by many in the West as 'entertaining fiction'. We would not classify as such, since the book contains many spiritual truths as well as awful but accurate warring misadventures of the early 20th century. Its author, Dr Lobsang Rampa claims 'truth' and Salumet affirms the real possibility of 'transmigration'. Some phrases picked out: "I

write the truth in order that Western people may know that the Soul of man is greater than these sputniks, or fizzling rockets. Eventually Man will go to other planets by astral travel as I have done!" "If scientists would investigate astral travel and auras, instead of meddling with fizzling rockets ... they would have the complete key to space travel." "...three huge mastiffs ... their snarling fangs slavering ... I sent friendly thoughts to them ... suddenly they were upon me, tails wagging, licking and slobbering over me and nearly killing me with friendship, for I was very weak."
RECOMMENDED READING

18th April 2011

The evening began with one who had been a nun in Earth life, speaking via Eileen on the nature of healing and the need for patience and how action may take a little time, depending on the nature of illness, spiritual connections etc.
Next, another via Eileen, had some personal messages for Sara, before asking her to take us on a guided meditation, which she did:
Sara's guided meditation: (Audios available on website)
I keep feeling that they want us to reflect on what it means to be a part of 'spring'. We're walking into a beautiful spring-like scene, full of beauty and colour and lots of that beautiful blossom—you see the blossom everywhere, white and pink, and so many beautiful flowers, their petals are opening, and we see ourselves in this garden. You ARE the flowers that are blossoming, and all the beauty inside you, you feel coming to the surface. The sun is shining. It is easy to feel glad to be alive, happy, inspired—full of joy. You look around you at all the colours and you feel such joy in life—you feel an excitement welling up inside you, and all the problems and all the difficulties that you have been experiencing—all the challenges—they just fall away with the strength of the sunlight. And the beauty, the instant beauty that you see and feel all around you and within you—such is the power of light and colour and beauty on the human soul. So, just spend a few moments absorbing the colours around you into your being, and consciously think about the challenges that you have been experiencing this winter and allow them consciously to just fall away—all the feelings, all the striving, feel it fall away—feel the strength that you have attained, but enjoy this new lightness and freedom that you can now feel. If you want to dance—if you want to twirl around—maybe you want to skip—but express yourself freely as you feel moved to do. And feel the gratitude and thanks within your heart for all that you have been given—understanding that it's all been given with a purpose, and feel how far you have come and celebrate the springtime—celebrate with the birds, with the flowers, the blossom on the trees. Celebrate YOU—celebrate YOUR ACHIEVEMENTS—be proud to be WHO YOU ARE. Feel that it's good to be YOU. Feel that confidence that belongs to you, because YOU have earned that confidence by staying on the path and doing what you have known inside to be the right thing in the face of challenge. Appreciate yourself—feel esteem within yourself. Like a child might say "I'm very pleased with myself"—without self-consciousness. I want you to think in that way. "I'm very pleased with what I've done—I'm very pleased with how I've coped—I'm very pleased with how I feel I have progressed", and it's not immodest. You are allowed to feel some triumph. You can feel "I like myself for who I am. I like what I have done—I like the way I've handled things and I'm pleased with the results, and I will go forward happily, peacefully and confidently, and these feelings belong to me. They don't belong to anyone else. They're my private feelings and they are good feelings, and perhaps I will express those feelings in my happiness and my goodwill towards others". And, as you look around you, once more at the beautiful flowers and beautiful springtime display, feel that you are a part of nature. You are one with all creation—and, if you want to sit quietly and see if there is any message for you personally, you may do so now—

George's Notes:

Further notes on LOBSANG RAMPA:

There have been interesting exchanges following our mention of this author last time. His books were very understandably controversial at time of publication, especially in the matter of 'transmigration'—more acceptable in Tibetan philosophy than in the Western World. These facts may assist in understanding / evaluating:

(1) Cyril Hoskin was born 8th April 1910 in Devon, and began life assisting his father who was a plumber. He is said to have fallen from a tree in 1949, and that is the date given for the transmigration that would have been agreed in spirit.

(2) The books published under the name 'Lobsang Rampa', were all published in the period 1956-1980—all post transmigration; 'The Rampa Story' first edition being published 1960.

(3) 'Astral travel' with viewing of faraway places has been known and practised by Tibetan Lamas from early times. US military / espionage have known and practised 'remote viewing' (same thing) from 1974 (term first coined in 1974, becoming popular in 1990s). Therefore, the ability is scientifically proven, but in his 1960 book, LR quotes Tibetan-Lama-knowledge and not US science.

(4) *Materialist critics have claimed that the books have been written by a West Country plumber with a vivid imagination, but perhaps they contain rather too much spiritual truth for that to be so? And his secretary Sheelagh Rouse (Buttercup), gave up much to give 25-years service, finally publishing her own book about it all.*

SALUMET – 23rd May 2011

This was the first Salumet meeting at Eileen's house, as Lilian was no longer able to hold them at her house. New curtains had been ordered, but with the existing curtains, more light than usual was entering the room. Paul was prepared for this rare opportunity to video Eileen in full trance. There was just sufficient light—so video from this meeting can be seen on www.salumetandfriends.org and on U-tube.

Good evening.

Lilian: Good evening.

I am happy to be with you this time.

Lilian: Yes, we're very happy to have you join us again.

George: A big welcome to you at our new location. Apologies if it is a little lighter than usual. I think we will be darkening later. I hope this is not too much discomfort for you to have this amount of light.

Thank you. I ,of course, am aware of this and I have made adjustments for it, but of course, the dimness of your light, not only makes *me* more comfortable, but helps you all to relax a little more.

Lilian: That's very true!

Of course, I would like to say, it is not the location that is important, but having the instrument to use. I would like to say to you, my dear friends that because of the slight adjustments, my words may seem a little more laboured this time. Therefore, I will say what I wish to say to you: we have been aware from our side of life, how much distress there is in your world at this time. All too often we hear people say: 'what is happening to our world?' So many 'catastrophes', as you call it—so many forces of nature being destructive, so many of your people coming to our world. I hasten to add, my dear friends—do not be afraid, it is all part of your evolution. Although, at this time, it seems that life is not as it should be, I am here to tell you that it is the structure of your world to experience these things at this time. So I say to you, my dear friends, do not allow fear or despair to cloud over you—be positive in your thinking, and continue to ask help for those in need.

George: Yes. Could I say, some of us have been reading more of the author Lobsang Rampa, and the Tibetans—their culture that he writes about—they have a so much stronger realisation of life's continuation, whether on the planet or in spirit, and I think I'm right in saying that there is much less fear in that Tibetan culture as a result of this.

Yes, I would say to you all to strive for that way of living, where fear becomes obsolete, where positive thinking and knowledge is to the forefront of your thinking. This, my dear friends, I have always tried to tell you—never to live in fear, because you know what lies ahead of you, and as you know, 'fear' will only attract more fear. And I am speaking about not only your world, but all of those other worlds that are inhabited with beings. Fear has always been the root of unsettlement. It has always made people afraid of what is to come. What is to come is a life in spirit which is full of love and goodness. That is what you must focus on. I have told you in past times that even to *believe*, is not really strong enough, but you must have that *all-knowing—that* is what you must strive for. So many people in your world at this time are afraid of their own footsteps. They live in the shadow of fear.

Sarah: And that's where a lot of the trouble comes from—

Yes—fear creates more fear. Send love to those people—give of your love and your time to send thoughts to all those in spiritual darkness; not only here, but those in our world also, who are afraid to move forward.

Pause

There is much good on your planet. Focus upon the beauty which the Creator has given to you. You may live in a world of fear, but you also live in a world with great beauty, and also, you should have the knowledge that you are completely surrounded by those of us who come to you to keep you safe, and in that knowledge, you will move forward

Paul: At the moment, it seems in the world, there's a lot of 'People Power', breaking through in different countries. I *think* the idea is that everyone wants freedom and democracy. It's a big word, 'democracy', and not everyone has the same idea of what a democracy should be, and I was wondering whether there is any need for a democracy in the spirit realms at all, because everyone finds their own level—their own place that's perfect for *them* and, maybe they don't have to struggle alongside people with very different views. One of the problems is living with people with such different views, and the fairest way seems to be a democratic process where the majority-view is what takes place. I wondered if there are any political struggles, if you like, in the spirit world, or is it just a human thing?

Of course it is human—yes. You will not at this time, reach a point where all governments or all people are in agreement. It is part of your evolution—that each person, each nation, struggles to find the truth of their existence. I would suggest to you Earth people that firstly, you must go inward and find your own democracy. You must be free—you must be true to yourself, and that my dear friend, covers all of humanity, no matter what creed, what race, what colour, what country—no matter. *Until* each individual goes inward and finds that spark of divinity of which you all are—there will always be striving for power.

George: Yes, unfortunately, we don't have a 'Love-Your-Neighbour Party' in our politics.

General amusement

No, but that responsibility, my dear friend, belongs to every individual. You must have encountered someone whose language you cannot share, but yet there is a bond of unity, which can make you understand one another. That is the bond of 'Love', but as I have said, at this time on your Earth planet, there is not unity yet.

George: Yes, I can see that we have much learning from the 'evolutionary disasters', if I could use that term, so I guess 'disasters', in a sense, have their purpose. And there is some indication that the earthquakes and

physical changes to the Earth relate to our planet's passage through the galaxy, and I guess there are forces from without, acting on the planet in some way or other all the time, and these relate to the disasters. So in that sense, the stresses on the planet have to be.

Yes, the stresses of your planet, as you call it, come from within and without. You are not a *singular* unit in all of these universes. Every planet is connected to the other. You cannot separate this Earth planet from any other, and say that you are special in any way, because you do not know the wider picture of life. It remains difficult for the human being to fully understand the working of the Great Creative Force.

George: And we are so grateful to you for introducing us to other planets and other planetary beings, and this helps in our realisation of our part in a much greater system.

Yes, until that realisation comes, you will always struggle with what is happening on the Earth planet—yes; but firstly look inwards, find yourselves within, and you become that greater part of the universe. When that happens, your understanding of your neighbours—your neighbouring countries—your neighbouring planets—neighbouring universes, will all become much clearer for you.

George: Could I have a brief word on that? We have the understanding that the universe is infinite—*our* universe that is—so any *other* universes would have to be equally infinite, but I guess on a different wavelength or a different vibration. Does that make sense?

Partly—your universe is connected to all other universes and you all vibrate, yes, at slightly different rates, depending upon the universe. We are going much further than we have to this point. I want you to understand, my dear friend, that all-of-existence is inter-connected—is a mass of energy, which pulsates as I have said, in many different ways.

George: The different universes are inter-connected themselves?

Yes—yes. All—all life is connected—you cannot separate them, but at the same time it is a different rate of energy. This is further than we have ever gone and I do not think, at this particular time, your understanding could encompass the details of it.

George: Yes, we understand that, but there are many others with whom we communicate, and it's always nice to make some connection with the teaching and the advancing science or scientific theory **(yes)**—so thank you so much!

But what you do not want to do is to be 'bogged down' as you might say, by data and information that is really unnecessary for your knowledge (yes)**. You understand?**

George: I must confess, we have much—very much unnecessary data **(yes)** for the way we think.

Energy fading

Yes, existence is simple—existence is love—existence is unity—existence is 'going within'.

Now, I feel I must leave this time—

And on this occasion there was a marked fast fade-out of energy, so that our usual farewells were in thought only and not voiced.

George's Notes:

1. *Filming: We had rather jumped in with both feet, hoping that, if Salumet deigned to speak in the half light of the room, he would accept our filming. No formal permission was sought, but then he of course is fully aware, knows the situation and knows our minds.*
2. *Planetary stress and earthquakes: So the forces are from without and from within. It has been pointed out to me that Comet Elenin (a heavenly body which may not in fact be a comet) has had Earth alignments at the times of recent earthquakes in Chile, New Zealand and Japan; and there is some concern that further alignments destined for 26 / 27 September, 16 / 17 October and 23 November do not bode well. But then the forces from without are not the full influence upon this*

planet. So perhaps we should be as Prime Minister Neville Chamberlain—observe developments but 'wait and see'.

3. *Universes: We might note that Salumet, modern science and the earlier writer of recent mention Lobsang Rampa, all acknowledge 'multiple universes'. And it is good to see such agreement on this fundamental matter. It would appear that they are all connected in some way and we have been encouraged to recognise more than this one universe in our thoughts and prayers. And it was during our meeting of 10th November 2008 that we were staggered by the announcement by a guide: 'We have brought to you many who have been on other planets on other universes.' Each of us on that occasion was over-shadowed by beings from other planets in other universes. We each felt a presence and were able to give descriptions. Wow! That was indeed a cosmic party to be remembered! Earlier, on 25th April 2005, Salumet had said:*
   "For so long, individuals could see nothing other than what stood before them, but all that is changing. You know that 'universes' exist—your astronomers would confirm that there is one so far that they can see, but they believe that there are other universes."
4. *Messages: So the messages here are profound:*
   (1) Think beyond one little planet and just one single universe
   (2) Look within to find that spark
   (3) Realize to the full life's continuity and put an end to fear
   (4) Focus on the beauty of nature
   (5) Love thy neighbour—and all creation!

SALUMET – 13th JUNE 2011

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening,

I am happy to join with you this time.

Lilian: We're very pleased to have you.

I have been listening to you speaking about birth and also the prospect of dying. I have been, my dear friends, helping you with your energies this time.

George: Yes, thank you for that. Were we a little depleted?

No, I on occasion, like to join with you and feel your energies—no particular reason why this time, only that I felt it was necessary for us. Are you all able to hear me speak this time?

All agreed it was fine!

George: You are coming across very clearly and I hope the light isn't too difficult for you.

A little, but it only means more adjustments.

Sarah: It's certainly much better than last time.

Yes, thank you!

George: And, last time, we did fade out rather at the end. I imagine that was an energy loss and apologies for that.

My dear friend there is no need for apologies amongst friends—

Rod: That's true—

Yes. I feel this time that if you have any questions for me, I will take them and hopefully next time I join with you, I will have more to say.

General thanks and Lilian turned to Sarah, being aware that she had one concerning her daughter now living in Australia—

Sarah: I would like to ask, Salumet—you told Emily, my daughter, that she knew the answer to her question—to her problems; and she feels that she has got the answer. Her father, on the other hand is telling me quite the opposite, and I wondered if you would be able to—or wish to—just confirm that Emily is believing the reason she had had so many problems, is the right reason—

Your daughter has found her answers. That is why I gave those words to her.

Sarah: Thank you, yes, she believes she had got the right answer.

Yes—now I will address *you,* my dear friend, because within your heart, you also know the truth.

Sarah: Yes, I thought I did—I should go along with what I knew **(yes)**, but when you're being told something very different, it's sometimes, it's—

You know the truth—

Sarah: Yes.

Lilian: Sometimes it's very difficult.

Sarah: It's difficult when somebody tells you something and you think they *should* be telling you the truth.

But that is why it is essential when there are troubled times, no matter what those Earthly troubles may be, you must 'go within' (yes)**, and that spirit will always guide you.**

Sarah: Yes, that is true. Yes, thank you very much for those words, Salumet.

I hope it has helped you.

Sarah: It certainly has helped me and your words have helped Emily too, because she didn't know what the reason was—when you told her those words at the beginning, but, when she found out, she understood what you'd said to her then.

Yes, she will go from strength to strength, **but you must allow her that *thinking time.* Human beings are always in a hurry, you do not see the benefits of quiet times, and you do not *see* that by slowing down and 'going within', all the answers of life are there—you understand?**

Sarah: I do understand—yes, thank you! I think Emily, actually, has been dealing with it very well, and she is taking her time and she is making headway, so thank you for that—and she's already got some petals opened from her bud.

Yes—and there will be acquaintances that come into her life at the right time in order to help her go forward.

Sarah: Acquaintances— yes—they have already, actually begun. My cousin, who is over there, has been absolutely fantastic to her **(yes)**. He's been so helpful and kind.

Yes, but not only people that she knows, but what you might call 'strangers' (yes)**. It is an onward journey** (right, thank you!)**. But tell her to be patient.**

Sarah: I will tell her, thank you!

Lilian: It's been a tough journey.

Why do you say so? It has only been a tough journey in the physical sense. In the spiritual sense, it has been a great *'learning'* journey.

Sarah: Yes, that is true!

Yes. That can only benefit the spirit.

Sarah: Yes, thank you! She's already had—she feels very much that people are coming into her life, and they all seem to be there helping her—even medical people seem to be very understanding—helping her on her way; and Paul, here was, I think, the first to help her on this particular journey, so you think, well, he started off on another little journey of his own which was all meant to happen—all meant to be.

Yes—there are no coincidences in life. Each step forward you take has always been for a reason, and again to repeat myself, which I know sometimes you must think 'no not again'—but I say: you all have helped

other people at some stage, just by the knowledge that you have passed to them. So you are all emissaries of spirit—you understand?

Sarah: Sometimes, maybe we've passed on things—we've helped them, but we don't realise we have, and maybe they don't realise it either.

Yes, yes, that is true.

Rod: Sowing the seed—

Yes, that is one way of describing it, sir, yes.

Sarah: That's been very helpful, Salumet. Thank you! I know Emily will be very pleased to hear that too, especially the bit about the physical and the spiritual.

Yes, she is making progress.

George: As we go through life, there is so much learning, and so often we are not aware of what is happening and why it is happening.

Again, any of you here now look at another and see the love that emanates from them. Can any of you?—you should be able to, but because you are so busy in your physical lives, you do not allow what you call 'instinct', and what I would rather call your 'True Self', to look at what is around you.

Paul: You can certainly see it with the smaller we are—the smallest children it's as clear as anything—the goodness within **(yes)**.

Murmurs of agreement!

Paul: It's more of a challenge with some of the older adults, but I know what you mean, we all still have that goodness inside us.

And, you should develop those *feelings* that you have all experienced from time to time, and you know *instinctively* that those feelings are correct, do you not?

Affirmations

Sarah: Yes, you do meet people and you think: what a really lovely person that is! **(Yes)**. So that's probably what we're seeing, isn't it?

Yes, that is your spirit self speaking.

Paul: But when it's say, Christmas time, you tend to look around you more and smile at everyone. But you can have that Christmassy feeling any day of the year **(yes)**. We forget this.

It is like, for example, when you have what you call 'disasters', or 'tragedies' in your world, you have to see the love that comes with those occasions, and to feel the love and help that others wish to give, in those what you call 'terrible times' (yes)**.**

Jan: Those—I often call them 'light bulb moments'—when people emanate the light. Talking about disabled people—one particular person that Cheryl, my daughter works with—one of the patients—tried to commit suicide when she was in her thirties by taking a huge dose of insulin for her diabetes—this is what they *think* happened—and it left her extremely brain damaged. And when I first met her, I had one of those 'light bulb moments', as I call it, where the person that she was, I believed I could still see; it sort of shone through this shadow of a person— this shell of a person that's left—but that was a wonderful moment to actually see what I think was probably her spirit or her soul that I was observing, but that's one of those occasions.

Yes, I would say that you can have the most disabled person, who is unable to see, hear, whatever the problems, but in those eyes, shines through the spirit or the soul, as you have called it (yes)**. Within those eyes, you see the real YOU—the Spirit.**

Jan: The real 'us'—It was a kind of all-knowing feeling **(yes)** that she was giving me and I suppose there was a connection.

No, it was an all-knowing experience from you—because you were picking up her vibration.

Jan: Oh, I see!
You understand?
Jan: Yes, that's nice to know.
Yes, and that part of you, is what you should try to develop—all of you. I hope that has helped you.
Rod: I do find it strange—I was telling Daphne, a lady went by two days ago and she turned round and gave me a wonderful smile, and it went on for seconds and I thought she must be an angel!—that doesn't happen very often. Then I get a bloke come up, probably coming back from work and he looked quite miserable, and I thought—well, I'll try and get something from them—but they don't give it. Well, I suppose what I should do is give it—well that's what I've just thought of—**(Yes.)**
Sarah: Well, if you smile at them—
Rod: But they don't look—
Sarah: I do find when you are walking along if you smile at people, they can be looking as miserable as anything, and if you smile at them, their faces completely change.
Agreement
Or you smile anyway, whether they respond to you or not—that smile from you is enough to spiritually trigger some feeling.
Jan: Yes, it's very powerful.
Yes. So don't be too concerned about reactions from another. Just know what *you* are about. You understand?
Sarah: Yes that's interesting that it can just trigger something off in them **(yes, yes)**.
Rod: It's the love aspect that I realise is so much more important than I realised in the past.
It is powerful, yes, and if I may re-iterate again, your thoughts are the most powerful things, you will ever possess (yes)**.**
George: Perhaps, I could refer to a book that is having quite a *powerful* influence at the moment. I was looking at a copy earlier today, and it's a book by Professor Brian Cox and Andrew Cohen, and it is called 'Wonders of the Universe'. It's a beautifully produced book and we can certainly compliment them on it, and they have a nice way of putting over the known information about the *physical* universe with its galaxies and planets. But, I think I should have a word with them about two statements that appear, and perhaps I could quote:
Some anticipatory amusement at this point
They say: 'Light is the only connection we have with the universe beyond our solar system, and the only connection our ancestors had with anything beyond Earth'. Well, I think, thanks to your teaching and your introduction to Bonniol and Planet Aerah, Salumet—we know different from that!
Yes, *you* may know differently from that, but the gentleman, in question, does not.
George: The gentleman in question is, shall we say, a traditional scientist and the book refers entirely to space-time, and I think we can say, not about anything beyond space-time **(yes, yes).** That's putting it in *their* scientific language.
Yes, and to put it into your simple language: no one person knows everything.
Sarah: I've heard Brian Cox speaking on more than one occasion, and I think, actually, he's got to be quite spiritual, and I think he wouldn't be averse to hearing Salumet's words, George, so maybe, that's something you could pass on to him.
Rod: He's a lovely gentleman.
Sarah: I think he would accept it.

George: Yes, well, that's what I'm saying—we should have a word, compliment him on the beautiful book, and point out what is missing, and see if we can stimulate his interest.
Sarah: I'm sure you would actually.
George: And he goes on to make a statement about light, and he says: 'it is the only way we will ever be able to explore the universe beyond our galaxy'. Well again, we know different to that! **(Yes.)**
Jan: I think for the purpose of this particular book and programme, it's whether or not he believes there to be any further truth behind it. It's appropriate for the time—the time of the book and the programme—it's appropriate I think, that's as far as he goes.
Sarah: You might be right there, because, if he starts in the book referring to spiritual things at this time, people may not take anything he says seriously.
Jan: No, although I take your point of view, George—it's a good point of view—I think the book is appropriate for the moment.
Sarah: I still think it would be worth letting him know.
Jan: Yeah—I think he'd be open to it—email him George!
George: My feeling is he is young enough to begin thinking in that different direction.
Jan: Absolutely! I think Sarah's right. He would be open—definitely.
Sarah: Well, he's certainly changed course. He started out as a pop star, didn't he?
Well, perhaps we all got a bit carried away and salumet got left out for the moment, but Lilian brought us back down to terra firma
Lilian: Do you agree with this, Salumet?
It makes me smile!
Much laughter!
Rod: Well, that's rather nice.
My dear friends, I have, I hope, taught you much about your existence and you know my views on those people with closed minds, but it would appear to me that this gentleman may well be ready to *listen*—I do not say accept, but to listen to what we have to say.
Sarah: That's the beginning, isn't it?
And all truth and knowledge has always begun somewhere and moved forward—to be moved forward by people such as your selves and throughout your Earthly world.
George: And the other gentleman who is the co-author, Andrew Cohen, he is head of BBC Science unit, and Brian Cox, being a professor—they are both in very influential positions, so it would be a nice thought if they began thinking in the spiritual direction.
Yes—I will never discourage any one of you who wishes to move forward, and to spread the truth. That is all we have ever tried to achieve in your world—that the truth, eventually, is recognised for what it is. That humankind realises that he is not the only 'people' who exist in the many universes that we have.
Brief pause
And, now I feel, that for this time, I have said enough.
Sarah: That's very interesting. Thank you very much for coming through.
George: We very much appreciate your words, Salumet.
I hope they have helped you.
Sarah: Very much! Thank you and thank you for making the adjustments so that you've been able to come to us.

Yes—it has been okay, I feel, but now, my dear friends, I must take my leave. I leave you with love and I ask that you take that love, divide it amongst you, and that you may, in turn, spread your share of love to others.

General thanks

George's Notes:

1: Andrew Cohen: He ran the very popular TV 'Horizon' programme from 2005 and is now 'Head of BBC Science'. In this 21st century that is quite a responsibility!

2: Professor Brian Cox OBE: Born 1968, he has achieved much and is an inspiration to the current Earthly generation. He first became noticed as keyboard player for the rock band 'Dare', and then the rock band 'D:Ream'. Their number 'Things can only get better' was adopted by the UK New Labour Party as they sought power in 1997. The group then disbanded and the keyboard player had to make a choice between continuing in music or develop a career in physics. He chose the latter and he has since been quoted as saying that careers tend not to last long in rock, and he left to do physics at the right time. How very true! Now he is a Research Fellow of the Royal Society, works on the Large Hadron Collider (Atlas Experiment) at CERN, Geneva, presents science programmes for BBC including 'Wonders of the Solar System' and 'Wonders of the Universe', is a Manchester University Professor and received his OBE last year. He has clearly done much to popularise physics. And he was quoted in the Observer Newspaper as not having a strong view of religion other than illogical religion. That's fair enough!

SALUMET – 11th July 2011.

Our new meeting venue now has dark curtains to better facilitate our exchanges. So it really is now business-as-usual:

Good evening.

All: Good evening.

As always, I am happy to join with you this time *(thanks).* **How far you have come! my dear friends that you have progressed so in such a short period of your Earth time. I know that you are well aware of the subtle changes which have occurred in your individual lives; no matter what that daily life may be, each of you has moved forward.**

George: And I know we all thank you so much, Salumet, for your teaching which has been highly instrumental in this—thank you!

Our thanks go to you all. Without your dedication, without your striving to give the truth and knowledge, it would not be as simple for us. So therefore I thank you all, and to you, dear friend, for the many hours devoted to putting into written word all that has been given to you.

George: Thank you Salumet. I try in that respect.

Lilian: He's done really well.

Ann: Yes he has.

All of you are responsible for these happenings, and I would encourage you my dear friends to continue, not only in spreading the word, but in your own self-development. That is important also, and we have endeavoured to help each and every one of you in that course.

General thanks

I am sure that if we were to speak individually, you could all name one powerful change in your lives that you are aware of since becoming much more knowledgeable about spirit.

George: Yes, speaking for myself, I certainly find in writing, that ideas come from spirit and it makes that part of my work so much more interesting and refreshing.

Yes, we will always be close by whenever there is dedication to our work. Does anyone else wish to say what they feel has been their greatest asset?

Lilian: I think for myself it would be knowing the power of thought **(good)**. It probably has impressed me, among other things as well, but that one perhaps, especially.

Sarah: I think you telling us not to judge, because we can't see the whole picture—that's had quite a big influence on me too **(Good).**

Paul: And a sort of *freedom* when you feel that the only real thing that matters is the awareness you gain in this lifetime and the help you give with it. All the other daily matters are far less important than this Truth and Love that we're seeking **(Good).**

Jan: I feel, on a daily basis, that my life is still very complex physically—the things I have to deal with on a day-to-day basis—and I don't always feel in control of those thoughts, but I *think* I've become more placid and I think I'm less fearful—I think that's the biggest one—I'm less fearful of the future. I put my trust more in *spirit actually*, and look at it more through spiritual eyes, rather than physically being fearful of what's going to happen in the future.

Daphne: Well, I can say the same as Jan. She's taken the words from me actually, because I'm not as fearful now. I have more faith and I trust in what comes to us from spirit, and especially with healing. And I feel that since I've been coming here, which is not all that long, that I have grown somewhat to be a better person all round. Thank you!

Ann: I think I'm less anxious than I used to be and, like Lilian, I'm very aware when my thoughts are wrong and I seem to get a tap on the shoulder and 'delete' them, if I feel they were bad—they were wrong—not always I know...I know when I'm 'out of kilter' and not on course I think.

Jan: I think we all feel that Ann. That's a good way to put it.

It is wonderful for us to hear each of you speak and I give back to you the credit for *that*; because without your love, without your openness and willingness to listen we could do very little. Therefore, I say to each one of you, my dear friends: Please do continue along your pathway, because you are all on the right pathway now.

Murmurs of thanks!

We will always try to influence, we will always try to protect, but ultimately whatever happens in your Earthly life is your own responsibilities, and although we can help, we are limited in what we might do for you. That is *why* it is essential that you *voice* those needs for healing, for love, for guidance, for all of these things. I can only say to you that it brings to us great joy, to know that there are within a group of such diverse peoples, a unity of love and knowledge; and I do thank you all.

Pause

Sarah: I think I've said this before, but you've thanked us for listening to you, but in actual fact, it's helping *us* to lead an easier life I would say, because we've had the teachings. It's nice of you to thank us for listening to you, but in fact it's very much to our benefit to do so—so our thanks have to go back to you, even though you say you don't want any thanks. Without you, we wouldn't have gone this far.

I thank you for your words. It is ...of ... I am adjusting some energy—please bear with me.

A pause while Salumet made adjustments

You cannot see, my friends, the transition that occurs in your own daily lives, because you are too involved in that life; but from spirit we see that wider picture, so I can say to you, each one of you is on a pathway of deep knowledge and love. I am sure you are all aware of the different types of love that you encounter each day of your lives—you are aware of the many problems which are placed before you—but that is part

of life. No one said that your lives would be *easy*, because in overcoming difficulties you gain an inner strength. I am sure you would all agree.

Agreement all round!

But with that spiritual knowledge, comes a much deeper responsibility on your part, because the more you know of spiritual truth, the more responsibility it places upon your shoulders, and that is not always an easy thing to accept.

George: Yes, the progression that is necessary to have a certain a amount of, shall I say, suffering—several of us are continuing to read the Lobsang Rampa books, and that gentleman suffered so much!—and overcame so much!—and had such spiritual development **(yes)**; that it makes our little problems seem trivial by comparison.

Everyone's problem is individual to *them*. To overcome and surmount any difficulty in your life can be lesser or greater on the spiritual growth pathway. What is important, no matter the problems, is that you do understand and overcome them. Then you are feeding that greater light within—you are becoming brighter each time you take charge of any difficulty. So although there are many people on this Earth plane, who would seem capable of much, do not denigrate your own abilities—no matter how small the problem, the important area is that you overcome them.

Sarah: I do think, well speaking for myself, that your saying that we don't realise how we're developing, and I think that is true—but what I have found is that, when you're not doing the right thing, you become very aware of that. *(Affirmations)* So that in itself helps to put you on the right path, I think.

Yes, that is part of the responsibility—the recognition of that responsibility. That is why you have that great awareness, because it is your spirit speaking, not the physical being. And I know you all understand these words, but sometimes we feel we must reiterate these things for you, not only to repeat those words, but to encourage and to uplift you—to know that you are travelling your pathways in the correct way.

Sarah: Thank you!

Paul: Relating, to what Sarah said that you know when you're *not* living your spiritual truths, is it like when you feel bad inside—that's when you haven't been doing it right. But when you're feeling good that's when you probably are making the right choices.

Yes—we do not expect you to be perfect beings.

Jan: Oh good!

Laughter!

Yes—I am aware of your doubts, but you have come far, my dear friend. Don't be afraid—don't be afraid of what is to come.

Jan: No, as I've said, I'm trying not to anymore. But there's one person in my life that you have mentioned before, but that's where the fear is centred around **(yes),** and I worry about—I'm getting emotional, but I'm among friends so it doesn't matter—I worry monetarily **(yes)** about our future. I worry about him leaving me and passing on early like his Dad, and he works so hard that I sometimes feel that although I support him, I know I do, that I don't do enough and that's where most of my fear comes from.

Yes, but you cannot fear for another, because they have to live their lives as they see it. You can support, you can encourage, but you cannot change another's life pathway. So my dear friend, you have to try to understand your own self, you have to go deep within; only there will you find the strength and the encouragement to go forward. You must—it is the only way. Life upon this Earth is but a fleeting moment in all of existence. You can never lose someone that you truly love.

Jan: I know that—sensibly, I know that—but...

I know your fear is great—that is one of your life's challenges—is fear. You know this, we have spoken before.

Jan: I know it.

But you have to change that pattern of thinking.

Sarah: Because, fear doesn't help yourself, but the fear doesn't help the one she loves either, does it? Her fear is a negative thing and that surely must be influencing the one she's talking about?

There are only two ways—'Love' and 'Fear'. They are the two sides to the same coin—'Love'—'Hate and Fear'.

Jan: But, it's because I love that person that the fear goes with it.

Yes, but you cannot put upon that person—

Jan: I don't think he's aware of my fear.

No, you cannot put *him* forward as being the cause of your fear.

Jan: That's a way of putting it.

Yes, you have to take that responsibility yourself, and the only way you can achieve this is to go *inward.* You can influence with love by going inward (yes)**, you can change, to a certain degree, his way of thinking, with love and with quiet solitude. You understand?** (Yes)**. That is the best way to deal with your fear.**

Jan: Right. It *has* got better.

Yes, you have become stronger, but it is a very deep fear, and I will say something which I do not like to do, but this fear is not of this lifetime.

Jan: No I've already sussed that one out for myself.

Yes, so now is the lifetime that you have the capability of changing those thought patterns. You understand?

Jan: Yes. Internally, I've had that conversation with myself many times.

Yes, you know—you all know really when there are problems. You all have the answer to put them right.

Jan: But the fear is what causes that spiritual emotion to tumble like it just did **(yes)**. In a normal everyday setting that doesn't happen, but it's like going to counselling, when that emotion is allowed to come out of the box, it's overwhelming.

Yes, but you have been true to yourself. You have allowed those feelings to be *expressed* and in some way, relinquished.

Jan: That doesn't happen very often.

Yes exactly, so do not be too harsh on yourself. Recognise your fears and try to deal with them. You understand?

Jan: Yes, yes I do. Thank you!

Now, my dear friends, I feel for this time, I have spoken to you long enough. I feel great joy this evening in being with you, in being part of each one of you, and know always I endeavour to help and encourage you at all times.

George: I'm sure we all feel that joy, Salumet.

Thank you.

Lilian: Yes, thank you, once again, Salumet. You've helped us again.

General agreement

George's Notes:

Diversity within group: Scientists/busy mums/hotel pianist/co secretaries/ex military/gardener/school teachers, computer-conversant ones and Chief Chemist at the factory of a very well known firm (That was Jim, now in spirit).

Lobsang Rampa hardships: Left home aged 7 for Lamasery training, long arduous further education working all hours, lost dear ones in Chinese invasion of Tibetan homeland, two periods in Japanese prisoner-of-war camps, periods of torture etc.

SALUMET – 18th July 2011.

Gary, who has a guided meditation and channelling group, sat with us for the first time this evening. As ever, Salumet was quick to spot the newcomer and give appropriate words:

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As always, I am happy to join with you, my dear friends. I would also this time welcome the gentleman who sits with you this time. As I joined with you, I feel a little apprehension. Although the gentleman is well aware of spirit, still he feels a little unsettled. All I will say is that the people within this group offer only love and help to all who come within this group.

Short pause

If the gentleman has any questions, I will be happy to answer them for him.

Gary: That's very kind. The main question I have is that for quite a few years now, I have had a condition which is termed 'Chronic Fatigue', where I get quite drained **(yes)**. It started when I joined an organisation called 'The Brahma Kumaris', and I became very sensitive to energy then **(yes)**. And that's when the condition came about.

—Because you did not fully understand the lessons of grounding oneself. That is where your problem began, and I have to tell you, my dear friend, that it is something you can work on with those spirit friends that you have become acquainted with. I will not tell you that it will disappear in an instant, but it is something that can be remedied. What you must do, is speak to those who guide you, because as you well know, those who come close to you, from our world, want you to be healthy in the physical state. You understand?

Gary: Yes.

Yes—with the help of your own helpers, this can be achieved. You do have to, my dear friend, go inwards more often. You have to rely on the help of spirit, if you are to achieve health in the physical being. You, my dear friend, were not ready for the activity that you took. It would have been wiser for you to have gained a little more spiritual knowledge. Many people, I have to tell you, are aware of many energies, but so many people do not know *how* to handle these energies. It is something that should be growing slowly within you—so I say to you, my dear friend, you *can* be helped, and I will endeavour to come to you and try to uplift you whenever I can.

Gary: Thank you.

Although you feel those close to you on many occasions, you are not completely blending with them—it has to be said. I would say to you: look deeper within, continue with your channelling, but as I have told all of these dear friends within this room, you have to know and to love yourself. I know those words are used freely in your world, but to truly know yourself, you have to go deep, deep within, and that is not an easy task. You can speak with any of these dear friends here, and they will tell you that it has taken many, many years to reach a point of understanding. I will leave you with those words, and I will try to help you.

Gary: I appreciate that, thank you.

Now, for this time, I will take another question, and then we will see what the rest of the evening will bring.

Lilian: Anyone have a question? George? Graham?

George: Yes—I'm a little bit disturbed by the nature of the industry that we have made from 'milk' on this planet—the milk of the cow. Yes, this has been going on for a very long time, but it's steadily grown, and my own feeling is that it's rather disrespectful, the way we use the milk of another species. And it seems to be in these modern times, a *growth industry* with a huge number of products being based on the milk of the cow. In our communications with Bonniol on Planet Aerah, it is clear that he has knowledge of ten other planets, and he knows of no other planet that imbibes the milk of another species! I just wondered if you would care to make comment on this.

I will indeed. Yes, you have to know that these things that you speak about are much realised and known of, on other planets. They are more advanced than this Earth planet that you all inhabit. You cannot separate milk products from all of your food chain, because upon your Earth planet at this time, the use of animals and their by-products is very much *mis*used.This is something which mankind will gradually come to see as being a foolish way forward.

George: Yes, this is part of our learning.

Yes, it is, and until such time, mankind will continue to worry and to concern himself about the feeding of the Earth population; and for many, the argument will be that they are doing good by all people—by feeding and by watering in whatever way they see proper, and of course, we have to acknowledge that the *profit* from these goods is an indicator of how much it goes on. So I say to you, my dear friend, it is an individual task to steer away from anything that you feel is not right in your world.

George: Yes, and this would clearly include the eating of meat and becoming vegetarian.

It applies to all manner of things, yes, but until mankind begins to open his eyes a little wider, there will always be struggle—yes. Are you happy with that answer?

George: Yes, that does very much help to clarify, and I'm sure that will encourage a large number of people who read about these meetings—I'm sure it will encourage a large number of people to think on this **(yes)**. Thank you Salumet!

Yes, if only, mankind could think more clearly for himself, without having to be nudged constantly by those more knowledgeable than they—but we must be patient. We cannot rush too quickly, but I must say to you, my dear friends, that I am happy by the progress that is being made. All is not doom and gloom.

Graham: There was a recent statistic on the television the other day, saying that 20% of young people in this country are now vegetarian, and this figure is rising and there're older people now beginning to eat less meat **(yes)**, and looking for alternatives—so it is happening.

Yes, as I have told you in the past. But again, one of the downfalls of mankind is impatience (yes)**. Yes, but I will not dwell too much upon that, because each one of you knows and recognises their own pitfalls in life. It is not for us to constantly chide you, but to allow you to open up to all that is available** (yes)**.**

George: It's good, Salumet that you encourage us to look within and think. Thank you!

Yes. You see, you all have the answer to life's problems, but what you do not recognise is that it is all entirely within your grasp. It is too easy for people to constantly ask us in spirit for help, but I want you to remember you are all here for a purpose and to grow spiritually—and to grow spiritually, you must, *must* go within.

Now, for this time, I will take my leave—will allow others to come forward, and I say to you, my dear friends: Be open to those forces of spirit that stand close by, and as always, I will leave you cloaked in my love, and until next time, I will take my leave.

General thanks

Next, one named Belinda who was a nurse whilst on Earth spoke via Eileen to give several messages, concerning health, to be passed on to relatives. She also had a message for Paul, who was travelling to

Belgium the following day, saying that there would be much discussion and a good outcome. Finally, regarding indigestion, Rod was advised to be careful about what he eats (he had in fact taken a bicarbonate tablet earlier that evening!)

Sarah then noticed that there was one with Gary:

General welcome from all

It's good to come through from our spiritual realm—my name is Harry. I was a policeman in old times—and I am overseeing what is going on in this country at the moment. I'm trying to see the good in the change. We don't like to see it as a corrupt system, like in other countries at the moment—I feel very British.

George: I feel there is *some* corruption—we do have these resignations from high positions.

Yes, but corruption always kills itself in the end—even in my time when I was in the forces—I was in the war—the 1st world war. Then I joined the police force. I survived—I was posted behind the lines fortunately. I was sad for all the injured on the Somme. They always haunt you—those images. I learnt from it and served the force with those experiences. I served for many years in the ... oh...

George: The Somme must have been a terrible ordeal.

Oh it was, yes. It was very traumatic. I served in Canterbury—that's where I was based—the Kent Force. But I moved around. I started there then I went to Oxford, yes. I was there for a while—it brings back the memories—in spirit you forget. Then we talk about it and memories flood back—I remember the images.

Lilian: So what do you do in spirit?

Well, I try and prevent crime in your world. I try and save victims. I try to stop events happening. It's a very difficult task I have really—to stop murders taking place.

George: Are you able to warn people?

I do, I attempt to communicate—instead of going by a particular route—guide them off of that route. Yes, it's still in me to prevent crime.

Following more talk about the difficulties:

Lilian: So are there circumstances where you are not allowed to interfere?

Oh yes, we do have a strict system in place. Sometimes, we try to stop the criminal—that is harder still, if they are hell-bent on committing a crime. They have all these toxic substances that affect the brain balance and they commit crimes without being fully conscious.

George: Are you talking about drugs?

Yes—bonded to drugs. The old time was more natural in a strange way. The drugs are synthesised now—from a leaf to a powder. The drugs—powder from a foreign land.

Paul: So it damages the brain—

Yes, and it affects the mind—the ego mind—the alter ego, and it breaks through—the dark side, the shadow side, takes hold. So I'm continuing the work of the good—yes.

George: Sadly, we haven't got on top of the drugs trade. There's still a lot going on.

Indeed.

Eileen: So how do you try to help? Do you try to impress? Are you able to transmute your energy?

Sometimes, I become like a wall—produce a shield.

Eileen: Oh, like an energy shield?

They are incapable of movement—I have stopped people. There are few like me with my skill. I can come quite close to stop these activities. It is permitted to stop. I am not permitted to get into their heads. But I can stop their physical body—that is permitted.

Paul: I suppose you've got the question of free will—the free will of the victim—who doesn't want to be killed.

Yes. There is a complex interplay of rules—there are regulations in spirit—what we can do and what we can't.

Graham: Yes, interference must be an issue, mustn't it?

There is repercussion. I may stop it, but it may create a greater problem.

Eileen: So people would call you an angel, wouldn't they?

Well—I think they may.

—If you are able to stop crime.

—A force for good—yes (yes)***.***

Paul: Occasionally we get the feeling that people are murdered for political reasons to silence them. Do you ever get involved in those?

Slight pause

It is not wise for me to comment on that at present. I do not wish to attract negative things into the group (mm—thank you!)***. It has been good to speak. I will now bid you farewell.***

General enthusiastic thanks

George: Thank you for your words and I think we've all learnt something from them.

Paul: It's nice to know that there are people like you around, keeping it a bit safer.

Neighbourhood Watch!

Eileen: May I ask your name again?

Harry, Harry Walters—yes.

Eileen: Thank you Harry.

One then spoke via Sarah to introduce a very difficult rescue:

Good evening to you.

All: Good evening.

We are very happy to join with you and to be able to take those who are troubled by what has been a traumatic passing for them. They are being helped by so many, but there are a few who will not accept what is being told them and, if you will be agreeable, we would like to bring one through to you with the lady in the corner, because this one has been for a very long time in between spirit and Earth, and we have had much problem trying to bring her over to us completely; so, if you would be willing, we would like to bring this one through.

George: Yes, please do!

Could I please advise you that I think it will not be easy.

Lilian: Right! Did she have no understanding of spirit at all?

This one had a most troubled life on Earth planet, and she has brought with her all her problems, which she cannot let go of, and it is for this reason—the fear—that she cannot move forward, so we would be most grateful if you could help us this time.

George: Of course! Thank you for coming through and paving the way.

Lilian: Yes—that will help.

Rescue begins via Eileen:

Lilian: Hello! Would you like to talk to someone? My name is Lilian and I hope I can help you in some way.

No response

Lilian: Would you like to tell me your name?

Go away!

Lilian: No, I can't go away. My job is to talk to you. I think you will be happier if you can talk to me.

I said, GO AWAY.

Lilian: No. There's a whole group of us sitting here waiting to help you on your way—you're just wasting time aren't you? Part of you would like to move on.
George: Lilian is a very kindly lady who would like to help you. Please listen to her.
Leave me alone and GO AWAY! GO AWAY!
Lilian: But surely you would like to be happier. You don't sound very happy at all. Well, I know that you had a tough life, but you've got to try and put all that behind you and move on. You've got to now move on into the spirit world where you can have lots of help, and have a fulfilled life again. It's what happens to all of us. You're not the only one who has had problems. We've helped a lot of people like you and that pleases us, and hopefully, it pleases them too.
Go away, because I'm not listening.
Lilian: Well you are, because you're talking to me, aren't you?
But I'm not listening.
Lilian: Don't you think you are just wasting time?
What's it to do with you?
Lilian: Quite a lot actually. I just want to see you happy.
George: We're all part of a very big family, and there's a wonderful life waiting for you in spirit.
Who are you? *(Said indistinctly)*
Lilian: A lot of us make mistakes in our lives—big mistakes, smaller mistakes.
Not me.
Lilian: Not you?
No, no! Just go away!
Lilian: No we're not going to go away. What's your name? Can you tell us your name?—to make it more friendly.
No!
Lilian: Well that's a shame. There are a lot of lovely people on the other side of life waiting to help you. Can't you feel the love and the warmth around you?
No! *(Stated firmly)*
Lilian: I'm sure you can! There's a little chink there somewhere wanting to do that.
No!
Lilian: Yes there is!
George: If you look ahead, there's a white light.
No, no, no!
Lilian: Can you tell us why you keep saying 'no'? Surely you don't want people to *keep trying* to help you?
What's it to do with you, anyway? What's it to do with you? It's none of your business!
Lilian: It pleases us if we can help you. Surely it's nicer to help somebody than just walk on.
George: It pleases us if we know that you're happy, and I think if you look ahead to the light, to the wonderful light, you will begin to feel what it is all about.
I've heard all this before.
Lilian: I thought you might have! *(With a chuckle)* Well just please us—listen …
Why should I please you? I don't know you or you. Why don't you leave me alone?
Lilian: We don't know you—but we just like to help people as they go along.
Why?
Lilian: Surely you must have that feeling yourself. ***No!***
Lilian: You liked animals, didn't you?

How d'you know that? How do you know that?

Lilian: Well that's a surprise isn't it; but you liked to help the animals, and you really had no time for anyone who didn't help them or be nice to them, and we're doing the same sort of thing.

What!—are you saying that I'm an animal?

Lilian: Oh no, no, no—of course not! *(With gentle amusement)* If you listened to me, you could go on into the spirit world, and still help animals.

George: And we have a love of animals as well.

Somehow, I don't believe you. I don't believe you.

Lilian: Well, there are a lot of animals that come over, missing their owners, and we look for someone to love them.

So what are you saying?

George: If you have a bond with an animal, then that animal can be with you in spirit.

Lilian: in fact, you may find that they are waiting for you—some of the pets, animals that you were friendly with and helped.

They never hurt me.

Lilian: No, they don't, do they? I think you'll find quite a lot of them waiting, and your job could be to help the ones back on this planet that are cruelly treated—and when you get there, it will be explained how you could do that. At the moment, I just don't know how that works—because I'm still on the Earth.

Well, how can you know? How can you know then?

Lilian: Intuition!

Intuition?—balderdash!

Some general amusement

Gary: Somebody broke your heart, didn't they?

Yes! How do you know?

Gary: I do!

How do you know that? I didn't tell anybody.

Gary: It's just the thought is put into our minds. You have to heal that broken heart. The heart that is broken can always be healed again. You have to believe that.

Why should I have to believe it?

Gary: Why do you wish to stay in a state of brokenness? Is that really what you want?

But it's my business, nobody else's.

Lilian: It is, but I still think you are wasting your time. You could do so much good.

You lot know too much!!!

Lilian: Well there! So could you, you see. You could get to know more than we know.

How?

Lilian: Because in spirit they will show you. You will become much more knowledgeable.

George: You can make a lot of animals happy as well, if that is your wish.

I love the animals (good). ***Don't like people.***

Lilian: You must see some animals waiting for you.

George: Did you have one in particular that you had a bond with—a dog, perhaps?

Gary: A horse?

Much emotion—sobs

Yes.

(Lilian to Gary: Thank you!)

Lilian: A bit of a shock is it—part of you doesn't want to know, but I think we're on the right road, don't you?
Continuing deep sobs
Sarah: If you look into that light, I think you might see that lovely horse. Oh look—just see if you can see.
Much emotion!
Can you see anything?
I do feel lighter.
Lilian/George: Good!
There's something there. I can't quite see...
Lilian: You will.
George: keep looking!
Huge sobs
Lilian: What do you see waiting?
Huge sobs continue
George: It's a time of emotion, but that's good.
Sarah: If you start moving towards that light now, you can get closer.
Gary: Just let it draw you up—don't resist it.
Whispering sighs as a hand (Eileen's) reaches forward!
Lilian: Do you see the horse?
Yes.
This and other 'rescues' are available as audios to listen to on our website: www.salumetandfriends.org

SALUMET – 25th July 2011

I (George) missed this meeting and, during the course of the evening, Salumet saw the opportunity to have a quiet word with my daughter Sara to indicate a need for me to slow down a little. He is so perceptive! And in fact, it turned out to be a general evening surgery, presided over by Salumet, at which valuable advice re family concerns was dispensed. Sarah, being unfamiliar with starting the recorder, took just a little longer at the outset as Salumet raised his (Eileen's) arms, as is his custom:
Lilian: Welcome to you Salumet!
Pause
I was waiting for the lady to be ready for me—
Lilian: Yes--with the recording machine!
Chuckles
As I come to you this time, I am happy to see how much each one of you listens, all the while listening to our dear friend talking about her daughter. The rest of you were listening and not interrupting as she spoke. This, my dear friends is an advancement for you—a spiritual advancement, because, all too often, people in your world wish to speak, but never to truly listen. Therefore, I say to you how pleased that each of you has come this far. I would like to just ask our gentleman friend, who is new to this group how have you been feeling since last we met?
Gary: Yes really, I have felt complete energy shift and I felt like it's bringing about a new shift which I've been wanting for quite a long time **(yes)** within in my spiritual path **(yes)**. I feel very pleased about that.
I promised to try to help you and the help is available to you.
Gary: That's very kind of you. Thank you!
Now I would like to say something about our dear friend who is absent this time. He works so hard for spirit (yes)**. Yes, and he wishes to continue, at a steady pace of work. At this moment in time, it would be**

advisable for him to pace out what he does, not only in the spiritual work, but in his own daily life. I know we have one who is related to him, so perhaps a gentle word from you might just encourage him to rest a little more

Sara: Yes—slow down a little

Just a little, nothing sinister (no), **but he needs his rest also.**

Sara: Its more rest he needs (**yes)**, not so much exercise, more rest?

Whatever makes him feel good about himself.

Sara: Balanced?

Balanced—yes.

Sara: I understand. Thank you for that.

I feel he would probably not listen to his dear wife.

Sara: I agree! *With general amusement!* I agree. I will have a word.

Sarah: I'm sure he'll listen to you though, Salumet.

Yes, but I wish to encourage *all* of you to recognise that balance in yourselves—to not overdo the physical aspect of living (yes)**.**

Lilian: Especially when we're older—would that be right?

Well you people on this Earth plane like to think that as you become older, you become much wiser, but let me tell you, this is not always the way (no)**.**

Sara: I think the balance is important for any age—to feel at your optimum best?

Yes, but when you are endowed with the spiritual knowledge that you already have, it is even more important, because you *have* that knowledge, whereas there are many people in your world who have no knowledge, and are spiritually bereft of these things. Therefore, as I have said before, responsibility comes to you—the more knowledge that you have—yes.

Now, I do not intend to stay with you too long, so if there are any questions that you have, then please ask me now.

Sara: Could I ask about my daughter, Salumet? I know some time ago, you did tell me that she had some 'vibrations of fear' within her. Is it something we can help her with? She seems very fearful. She feels as if 'something is wanting to kill her'—this is how she has expressed it. She feels somebody is following her, if you like **(yes).** Would it relate to a past life?

I would say not—no. What better way for manifestation to take place than when there is fear. We have spoken so much about this aspect of your lives. All of you—fear is something that you do not want in your physical life, because not only does it undermine the spirit self, but it creates so many forms of illness and many other conditions. I would say to you only this: As the young lady whom we speak of, I would say to you that there is indeed an energy around, but she is helping to feed that energy. Therefore, yes, you must help her, because she is too young to help herself (yes)**. We in spirit will try to help also, but I would suggest that you have someone with knowledge who can speak with her and who can feel that energy around her.**

Sara: Yes, it's difficult—I have asked a few people to speak, but they haven't been the right people, I think.

You have already—had help?

Sara: I did ask a psychic person and asked him to speak with Carrie.

That is not enough.

Sara: I need somebody who can actually feel…

You need someone who will feel the energy (yes) **and of course, her fear is helping to manifest** (I see) **and give strength to that energy** (yes)**. Yes.**

Sara: is it some entity?

There is energy around her, but her *fear* is creating it.
Sara: I thought that.
She *feeds* that energy.
Sara: I can't seem to break through her fear of it, by talking to her. I've tried.
You will not do it just by talking. It needs someone who can feel the energy and help her to dissipate it.
Sara: There must be someone, perhaps I can find **(yes).** Would Gary be capable do you think?
Yes, I understand. I do not feel—and I hope I do not cause offence—but I do not feel the young gentleman is quite ready for this kind of situation.
Sara: Maybe a female might work better.
It matters not—male or female. It needs someone who has coped with this type of situation before. You understand?
Sara: Yes, I do.
Yes—but her fears are magnified of course (yes)**, because of her own fears, you understand?**
Sara: Yes.
Gary: I know somebody called Linda Consella who lives near Sara. Would she be able to help? She's a very gifted woman—Linda Consella—what do you think, Salumet? Would that be good? She's South African. She's got that toughness about her.
It would need someone who would not be too emotionally involved. They have to—yes I will accept this lady—but there is a gentleman I am trying to find a name—
Sara: Tom Smith?
No I cannot see that one.
Sara: There's a couple who do crystals—healing and teaching.
No, no, you must have a medium.
Gary: What about Peter Fowler?—the one I go to the channel to. Would he be able to help if Sara and her daughter came to one of the meetings?
Would it be possible for both to be together?
Sara: Peter Fowler and Linda?
That would be more suitable.
Sara: That would work? Could they come to our house do you think, Gary?
Gary: He only works from home generally. He can't get around.
Sara: Perhaps I could take Carrie to him.
You can, but it needs someone to go to the source of the energy.
Sara: In the home?
Yes.
Sara: Right, so we need someone to come. We could pick them up. Would Peter come if we brought him?
Gary: I'll have a word and see.
Sara: Yes, I am quite concerned. I think she needs help soon really, because she's disturbed by it.
Gary: Yes
Yes, you see you need—like this group is—who has worked with all kinds of spiritual energies, who have worked with rescues, because the energy around this girl has to be dissipated (yes) **and you need someone strong and who is not afraid or emotional** (yes)**.**
Gary: There's another lady called Belle Fuller. She's a spiritualist medium in Bournemouth. Would she be any help?
Sara: Belle Fuller? I don't know her. We have a vicar next door, but I think he's traditional!

Chuckles

Yes. No, you need a medium.

Sara: It has to be a medium.

Yes, you need a medium who can sense and feel and see.

Sara: Yes, it's difficult to find really good ones, isn't it? I'm trying to think—who do we know? Do you feel Tom Smith, if I said the name Tom Smith, Salumet—an Irishman?

I feel the combination of a gentleman and a lady together—I feel this combination of both is what is needed.

Sara: Maybe Tom and Linda—yes, perhaps.

Yes.

Lilian: Would Paul, you know, your brother.

Sara: I don't know whether he would be.

No, he would not be enough.

Sara: Do you think Tom Smith has good abilities? He talks a lot, doesn't he—Tom Smith?

I do not feel his energy—I have to say, so I do not want to commit to that name, because I am not feeling his energy at this time.

Sarah: Peter and Linda would be the best.

Yes.

Sara: We might be able to use Peter and Linda together.

Yes, I feel that speaking those names—yes I would say allow them to help.

Sarah: Maybe if Peter heard these words, Gary, he might be more susceptible and willing to do it.

But it is possible to help without being there, but I would suggest that in this instance that it would be more beneficial to be at the home where she is so fearful.

Sara: Yes and also because she doesn't want to sleep in her bedroom, it would be helpful if they were to go in the room **(yes)** and perhaps show her that it's clear.

She would feel instantly if all was well. She is a very sensitive young lady.

Sara: Yes, she has strong gifts, doesn't she, with this kind of work?

Yes, but, as in all things, that energy needs to be harnessed in the correct way.

Sara: She's a bit too young to do any sort of training isn't she?

She can be guided, yes.

Sara: Perhaps I could take advice from Linda?

Yes—there should be people around. The help is available to you, but it is up to you to take these steps on her behalf.

Sara: I'm quite happy to do that **(yes)**, but I haven't really known so much what it was about, until perhaps more recently **(yes)**.

Yes, she needs your comfort and your help.

Sara: Would you say that her gifts are more spiritual than musical, or do you think it is both with her?

Her music would help her spiritually.

Sara: Yes, that's what I feel.

Yes, but there is plenty of time for her, but really she would do well to be guided by someone, who knows and understands.

Sara: Yes—thank you Salumet!

There are many gifted mediums in your world, but not all are suitable for this kind of thing. You understand?

Sara: Yes I do, yes—finding the right one is all-important.

Yes.

Sara: Thank you!

Lilian: On a similar subject—my youngest granddaughter is interested in anything I tell her that you may have said, but she's also interested in hypnotism, past lives and so on. She's a very fearful young lady, with anxieties. Would it help her if she was—what word am I looking for—when you're hypnotised.

'Hypnotherapy' can help many conditions. I would not suggest to you that anyone so anxious should undergo regression—

Lilian: Thank you—

—Unless they are in the hands of someone who knows exactly what they are doing.

Lilian: Yes, thank you!

I have already told you, my dear friend, that there is no reason for regression, unless it is to *release* a person from these conditions which hold them back in this life (yes)**; and it is not always wise to assume that conditions in this life, always come from a past life—that is not always so. But, I would have to say to you that, because your granddaughter has quite a few *emotional* problems, regression is something I would not advise at this moment in time.**

Lilian: Yes, thank you very much. I will let her read the transcript when it comes. Thank you.

Sarah: On the subject of daughters, I would like to say: 'thank you' for the help that Emily's been getting, and you said that people from, not just family, would be helping her, and she's already finding this. People are coming into her life and helping her on her way. I'm sure she's said 'thank you' to you herself, but I know she is very grateful for your words, Salumet.

Yes, she will be fine. I know with this young lady there have been problems, but, because she has made the contact with spirit, we will not leave her on her own. So I say to you: Continue to encourage her and, as I have said many times in the past: nothing comes by accident. She will be well.

Sarah: Thank you very much for all that.

Lilian: It's interesting that—some things seem so horrific—but they are meant to be.

Yes, let go of all fear. That is my parting words to you all, my dear friends.

Lilian+Sarah: Yes, thank you.

I know it is not an easy task, especially in everyday life, when there appears to be so many problems, but it is possible.

Sarah: I always remember your words, you saying: negative attracts negative.

Yes, if you can remember that, you are on the right road, not only to good health, but to spiritual growth.

Sarah: Thank you very much.

And now, I will take my leave of you, and allow whatever is going to happen here tonight to happen; and I can tell you, there are many waiting to speak with you.

General thanks

There then followed a number of personal messages delivered. Next it was a North American Indian medicine man—Grey Eagle—via Gary. It seems that Grey Eagle spends much time visiting groups such as ours; explaining that it is in his nature to travel—he enjoys being free to wander beyond the tribe. He spoke of the use of herbs:

There is a certain sage—the burning of the sage cleanses bad spirits. One can eat it, but I refer to the spiritual use. It would be a white flowered sage—grey-white—California sage is good. Californian sage can be bought in certain of what you call 'New Age' shops .You can buy the oil, but the smoke has great power.

It is what we used to use for our dance rituals—invoking the ancestors. My tribe settled in Arizona—Nevada with another tribe the Navaho. I was a son of their medicine man.

He went on to speak of animal spirits and how they were able to link with them. Linking with the eagle spirit enhanced their seeing into the future. Their tribal chief was 'Standing Bear'. Then, speaking of the world situation today, he described how he and others can be close to Earth with helpful influence. He said of our group:

You keep a candlelight going in a troubled world. It will improve, and we must be optimistic for the future. Fresh ones will return *(incarnate)* ***in the future and bring new knowledge.***

He attends spiritual groups elsewhere, including one in Brisbane, Australia, stating that we have some kind of link with an Australian group.

[That may be the Circle of the Silver Cord, with whom we have communicated, knowing that we do similar work—with indeed, Emma Hardinge-Britten having visited both groups.]

1st August 2011

At the start there were clairvoyant messages via Eileen, including (following on from last time), further useful information concerning the nature of the 'presence' in the room of Sara / Graham's daughter. A small, delightful but frightened little spirit boy is involved (possible candidate for rescue) and the scary presence is poltergeist-like in that it is fed by fear energy, and so builds. Next, we were treated to a little over one minute of very loud and clearly articulated pre-Incan, now extinct language, as we had heard on a previous occasion:

Pause

George: Would you by any chance be the one from the South American tribe who spoke to us once before?

A lengthy pause followed, during which we recalled that earlier visit. In fact, on since checking records, this one was with us on 26th September and 17th October 2005. Sadly, his people were enslaved by the Inca and their language lost—which is why he loves to physically articulate it.

George: Welcome to you!

I am most pleased that you are still meeting together, and I wish to tell you that my people are still keeping in contact and keeping the tribe alive. We know how much your world has changed, and it has saddened us that you have in many places disregarded nature and all spirit that it contains. But we know that you are aware, and it is for this reason that I come back, because we have much enjoyed reliving what was taken so unkindly from us.

George: Well, you are most welcome, we love having you with us and we in this group—yes, know the wonders of nature, appreciate them, and we do our best to spread the word.

Ah yes—we know what good work you do, and we have been around when we have heard you talk about us.

George: That's good to know.

—And we had the opportunity to come back to you this time.

Sighs and another pause followed

Another speaks much more quietly: ***I am just passing a message to you—the one who was with you has not been able to continue this time, but he wishes me to tell you how happy he has been to be able to give you some words that he knows you will be able to keep for future generations.***

George: We much appreciate his effort in doing this.

Paul: We shall keep the recording of the language.

He will come back again another time.

George: He will be most welcome.

And one via Gary:

Hello!

All: Hello!

I've been travelling—with a circus—acrobat—Chinese acrobat.

It seems that entertainment continues in spirit—both adults and children enjoy the circus. On Earth, he travelled America in the 50s and 60s. There was then more optimism in the United States:

Not the problems they have today—auspicious time—a good time—sad to see not so good now. Time is like that. And I toured the United States.

Lilian: So you were with a group were you?

Yes—from Shanghai yes—Shanghai acrobat. I did enjoy Toronto in Canada—and Mexico City as well, and I was in South America—North and South, yes.

George: And you still perform as an acrobat in spirit—

I continue to, yes.

It seems he is able to do more elaborate feats in spirit. It is more beautiful—more artistic

I do Kung Fu and Tai Chi, yes—so I combined acrobat and martial arts—in combination in the act. And I see changing times in your world. China became big economically—if it is too big too quick, not so good to the environment, as you might expect. You have to be more aware of the environment, otherwise trouble looms—yes.

We spoke of 'carbon footprint' and our friend said: some don't believe that—

Lilian: So you are working together now?

We are always together, yes, travel together.

George: China is a major world power. Did you have any thoughts about Chinese politics?

They should respect the Tibetan people. The Chinese, they are different—not the same.

George: Yes, many of us were saddened by the Chinese invasion of Tibet, in 1950.

Yes, some hold it against us that I can understand. We have to respect their sovereignty eventually.

George: Yes, I think there was a consideration that Tibet is a Chinese province—

There is argument and debate. It is not—they are definitely genetically different (yes)***. We do not look quite the same, and our belief systems are also somewhat different, but there is similarity between our ancient philosophy—Confucianism and the way of the dharma—a bond, yes. We are all brothers really.***

George: Yes, the Tibetan philosophy and religion go back a very long way.

But there's always the divide of the great mountain ranges- a natural border, yes.

Paul: And, as you said China is, in a way, not all one people, the Han, are, I think the biggest group.

In Ancient time, there were many small tribes. Modern China was a small province that expanded from little kingdoms, factions. If you look at the old map, there are many little kingdoms, not united as they are now.

George: Several of us have read books by the Tibetan lama, Lobsang Rampa.

Ah Lobsang Rampa, yes.

George: Do you know of him?

Not directly—'The Third Eye'—I know one.

Paul: That was his first book.

Popular—a bestseller!

Pause and time now for our visitor to depart

I will give you many blessings.

Lilian: Thank you! It's very nice to have you visit.

George's Notes:

We are aware that Tibet holds a valued place where Earthly spirituality is concerned, and it is distressing to many to see such spiritual endeavour invaded by the militarism of materialist powers. The Chinese invasion of 1950 was bloody and destructive and is to be deplored. And the Dalai Lama—'The Inmost One'—still remains exiled from his native land. But neither does this 20th-century invasion stand alone. In 1904, the British invaded, using Maxim machine guns to force their way to Lhasa. At that time also, the Dalai Lama went into exile, so that reincarnation links can remain accounted. Being British, I feel shame that this should have been so—also that our world governments continue to have belief in the warfare principle in preference to upholding the superior doctrine of spirit: "Thou shalt not kill". But, within the Tibetan spirituality, the future is known—hence, the Dalai Lama's safe exile always in good time. And we must remember that evolution's details will take their course in their own good time—preferably without harsh judgement from one to another.

SALUMET – 8th August 2011

There was a virus going around and several could not make it. There were just six of us present to enjoy another wonderful meeting:

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I join with you this time there is a lightness in the energy of this room. There is at this present time on your planet, a lightness of energy which is spreading throughout your world. You may feel that with all of the hurt and wars and disasters within your world at this time, that this statement just made, does not seem to fit. But let me tell you, my dear friends, there is a new chapter beginning on your Earth planet (wonderful!)**. It may not be in the next five minutes of your Earth time, but it is ahead of you and there will be a great change in the emotional makeup of human beings.**

George: I think we feel something of that change and there seem to be signs going around the world, in the shape of people sometimes challenging officialdom and the economic climate changing quite substantially. I suspect these are signs of big change.

Sara: Can we say that people are becoming more emotionally literate—able to communicate?

I have always told you that people of your time are now beginning to think for themselves. That is the beginning, but I have to tell you that from the beginning of time, the beginning of time of mankind, that there have always been challenges to authority. That is the *spark of life* which will *ignite* within all peoples in time to come. This is not to say there will be no problems—of course there will, because your planet has to evolve in a natural way; it has to function and deal with all of the negativity which has been created. But again, I will say to you all, my dear friends, that you should rejoice in the knowledge that all will be well. Do not despair as we see so many in your world at this time despair—they lack in spiritual knowledge. So, give out your loving thoughts for them—those in most need of spiritual knowledge. And of course, I do not have to say to you, to give love and support also for the physical bodies who are suffering at this time. It may seem an insurmountable problem—all of these things—but with the love and support of those of knowledge, we can help many. Would you wish to ask anything about this? Have you an opinion about the state of your world?

Sara: The light that you speak of, has been partly created by those who are working to raise the energy of the planet?

It is never achieved solely by one person.

Sara: Yes, I would think it must be the group effort that is causing this light to spread.

Yes, we have endeavoured to spread the light of spirit for many thousands of years, but at this time in your history, we *have* begun to make some advancements; whereas in time gone by, human beings have tended to *fall by the wayside*—I believe that is one of your expressions (yes)**—yes.**

Gary: Much has been said about time speeding up—what's called 'quickening' in the Mayan calendar and all that—is that relating to the changes?

All of the information that is given and is gathered within your word is spoken in many different ways by many different tongues, by many different settlements. I always speak to you, my dear friends, in simple language. Without the help and knowledge of you human beings, we in spirit are almost like people having their hands tied and not being able to help—but yes, that quickening or speeding up of time, is just another way of describing the quickening of spirit. Do you understand?

Slight pause

I do not hear (yes) **the gentleman—**

Paul: Is it more our own energy vibration that's speeding up?

Yes—it is the spiritual energy which creates all of these things—it is just the understanding of humankind to what is round and about him, and what he is able to achieve in a spiritual way. You have to remember that in your world, there are many ways to describe one situation. So I say to you: yes, the quickening is not of time but of energy and humankind.

George: You mentioned 'negative energy', Salumet, and I wonder, at this point if I could put to you a question that a friend has sent in **(yes)**. He has recently joined a meditation group, and the leader of the group is proposing to take an expedition to Egypt to dispel negative energies from the Great Pyramid and Sphinx. The questions are: Is this necessary? Are they out of their depth in doing this and can it be done from a distance anyway?

He has answered his own question. Of course, the dispersal of negativity can be done from a distance—of course it can, in the same way as you ask for healing help for others (yes)**. How would you suppose we help those people? We are not present with them, but we are able to help; in the same way that if you are trying to dispel/disperse negativity, it can be done from wherever you are; sitting here or going to wherever the negativity is.**

Sara: Could I ask a question?

Well, I will allow you to, but I wish to just finish this point with the gentleman. If the lady in question feels drawn, that she must go, then so be it, but I would say to the gentleman who asked the question: there is no more or less negativity in that place than in many others in your world. Therefore I would say, and of course he has his own freewill and is able to think for himself, but I would say to him, there is no need to travel many miles in your world to do something that can be done from his own armchair.

George: Yes, I'm sure he'll be very happy with that answer. Thank you Salumet!

Yes. Now, I will take your question please.

Sara: Thank you. On the subject of dispersing negative energy, I was wondering how you feel the lady who has been helping from a distance with the room in our house—whether you felt this room energy was now clear? My daughter seems happier, but we're going to allow her to sleep in a different room, so that she doesn't have to think about it. And I plan to sing in that room, which I hope will raise the energies further.

Yes, you need to *clear* the remnants of the energy—there is remnants but not much.

Sara: Am I right in thinking that it relates to the land below the house as well, because we've been told that it's something to do with the site of the house.

I am not aware of that. I will reserve my judgement on that for now. I would say to you: yes, dispel any energy left within the room, either by music or singing or whatever form of happiness you can take to the room. I do not feel fear around at this moment. I will speak to you again about your question.

Sara: Thank you! We're hoping that she will be able to sleep in the other room, but that remains to be seen.

She must now dispel her own fears.

Sara: Yes, that's what I feel **(yes)**. We've certainly tried to help in a practical way, hopefully I can find someone to guide her, but it must be the right person—

Be guided by your own intuition.

Sara: Yes, a lady suggested a gentleman named Tom Smith, because he does have gifts himself. I don't know if that name resonates with you?

No, I am not picking names—there are many people that you can choose from.

Sara: I think I'll just wait and see who comes—

You will know when you speak or see someone—you will know if they are suitable. Please be guided by yourself.

Sara: I will—thank you.

George: And it's so good to have your words on world change, Salumet; because there are doom prophecies **(yes)**, especially with regard to what is thought to be a roaming planet named 'Elenin', and earthquakes resulting from its close passage—its relatively close passage to Earth.

You have to understand, my dear friends, that much of these happenings have always occurred, but your scientists or whoever, have not been able to know what has been going on. Therefore, when something happens, there is 'scaremongering' as you call it. Your Earth is going through a time of change. Its evolution is still taking place. Allow it to do so without fear.

George: Indeed, yes these are precisely my own feelings. In relation to the Earthly upheaval—as you say, there must be the ongoing evolution, and what will be will be—we must be accepting of that.

Yes, yes. So many people are afraid—they are afraid, and I believe this to be one of your sayings again: to be afraid of their own shadows!

George: Indeed yes!

It is true, unfortunately, but I will continue to tell you to be positive, to view all of your life as being positive, and then, my dear friends, will you discover, not only change within yourselves, but change throughout your world (yes)**.**

Paul: It almost like a *weaning off* process. On the television they seem to gauge—they use terms like 'economic growth' as a gauge to a country's calibre. When the economy is growing, they're fixed on that still, when that's not what it's about at all. So, if they could get away from this idea—'economic growth' being unimportant—the growth of the people—that's the important thing.

Yes—as you do with children, you must be patient with those without knowledge. Their fear is real to *them*, but you can help them with your thoughts. Always you have done this, my dear friends, I know, but when humankind forgets to go inward and find his own answers—that is when fear grows. If only we could encourage each and every one of you to go into that meditative state, then your world would be so much stronger; but that will not happen suddenly, but how much the people have grown on this planet, from some time ago when all was so negative! It is one of the reasons, as I have told you before, why I came to help you; and that is still my struggle, but without your help, my dear friends—how much you have spread 'Truth', and for this we will be always grateful to you.

George: The gratitude is two-way, I can assure you Salumet.

Sara: But we have a long way to go still. I think that all of us feel we have a long way to go—much more work to do still **(yes)**—at least, I feel for myself, anyway.

A lifetime is such a short time in your world. Why should you be living that lifetime in constant fear? It is something that you all regret—that so much of your human time is spent worrying about needless things. So, before I leave you, I just want you all to know, I am always with you. I will endeavour to uplift you, to hold your hand when needed and to leave you surrounded with the love of spirit.

George: And this is a good time for me to say thank you for the advice given two-weeks ago regarding myself, who had been overdoing it a little. Thank you so much for your advice, Salumet.

When you do not listen to that whisper in your ear, then the words have to be spoken (yes)**.**

Now I will take my leave of you and allow the rest of your evening to continue.

General thanks

One followed via Gary to add his thoughts on 'changing times' as seen from spirit; explaining that there are many different approaches to Earthly spirit:

We are all one big family and work together. Our differences dissolve and become unimportant—this is what 'the change' is all about—bringing harmony and unity so that all the light-workers can allow the great light to shine in the times to come. So it is easy for me to communicate with you—I was a spiritualist as well, when I was on the Earth, as my mother was—I was brought up in it—born into spiritualism, so I was very fortunate to be a small lad sitting in séance. My mother was a trance medium—she did platform and held her own circles as well. So it feels like home here.

George: Yes, your mother was a platform medium—

Yes, I was as well.

George: Really! Are these names that we would know?

Well—my mother was a friend of the one who was charged with the witchcraft act in the 50s.

Eileen: Helen Duncan!

Yes—Helen Duncan. They knew each other and they were close—Florence.

Eileen: Your mother was Florence—

My mother was Florence—yes—London—Richmond—yes. I was in the navy—that was in the 30s—yes. I went all over the place in the wartime, yes—battle of the river Plate. Our ship was blown up and I was lucky to survive really. I had some injuries—I recovered though.

George: There was rather more interest in a way in the war years ***(yes)***—people were so keen to have news of their loved ones who had been lost.

Ah yes! You do rescues here don't you? My mother did a lot of that during the war—that was one of the things she did—those on the battlefield, yes.

Eileen: Could I ask your mother's surname?

Born as Smith—then Kiers was her married name.

Eileen: Florence Kiers—

Yes—it was hard work, because of the volume of soldiers who were lost.

George: It has occurred to me that the one and only good thing to come out of warfare has been the increased interest in spiritualism.

Yes!—death has a way of awakening you! It does have an effect on the collective psyche (yes)***. When one sees much death, one can become enlightened by it in a strange way—awakens spirit. That's what the Rosicrucian's say—and the monks and the Buddhists—death is an illusion.***

George: I suppose we could compare the Earth life with a single page in a book—

It is a chapter that has its beginning and end—the soul journey becomes a book.

George: Yes, I suppose the planetary aspect could be compared to a library containing all the books—
Yes—do not fear that Planet X, as they call it—
George: Ah! Planet X!—also known as Elenin! ***Elenin—yes***.
George: Can you tell us anything about that?
It will come and pass (yes) ***and it will bring certain disturbances, but it won't be long lasting. It will not split the planet in half or anything. It will not reverse the Poles as some suggest.***
George: Yes, there was some doubt as to whether it is a planet, an asteroid or a comet.
It's more like a comet from what I can see of it (right)***. It is not the usual comet—it has a strange feel to it. It feels a bit like it's an 'angel of death', but it is a metaphor really. It will bring a certain 'death', but only to the old ways. It will only—so don't worry—it will not destroy all that is positive, you know?*** (mm)***. Beyond that, there is more to come. There will be some—it's a new sub-cycle really—it's much in our interest as spirit.***
George: Yes, some feel that a close pass from Elenin would create earthquakes—
Earthquakes you have anyway.
George: We have those anyway—yes.
If you will have any more—I don't know.
George: But if it is a comet and not a planet, then it's likely to be a much lesser effect anyway.
Some think it's a spaceship don't they—a masquerading spaceship—yeah. The thing is not to be gone into now (mm)***. But you will have—the electromagnetic rays of the sun will—may cause some computers to dis-function in this next year*** (ah yes)***. That is a possibility—it will bring a lot of solar activity—solar storms will be quite intense, so be warned. But it won't disrupt human society too much.***
George: You seem very knowledgeable—are you able to say how you come by your knowledge?
I access it through the cache of great universal—knowledge is there for the taking of—once you seek it, it comes to you. Knowledge is always there in this universe.
George: Are you speaking of the Akashic Record?
Yes, one could call it that, but there is knowledge beyond that, which is within yourself (yes)***. You have your own knowledge.***
George: So this is going within—
Yes, this is our unity with the Godhead if you like—we are a part of the Godhead—we all have a Divinity spark in us—that is 'your' knowledge—your memory. And we combine our knowledge, and then we have a 'universal' knowledge. We have what is called 'cosmic—those beyond the sphere of the Earth—space-beings', share this with us.
Sara: There are some individuals who do not need to go within to access certain knowledge—they are linked to universal mind—
Their mind can link up to many—like a big 'search engine'—based on the Internet—a cosmic search engine—yeah.
Sara: When children are born with certain talents—would you say that they have certain links which can be made stronger?
They have 'access capacity' . ***Like yourself, with your music. You are accessing the 'bubble' as we call it, the information. It's been good to communicate with you. I'll not take too much of your time.***
George: It's been interesting for us to listen to your words. Thank you very much.
Sara: Thank you for coming.
It's a pleasure!
Sara then took us on a guided journey:

I want everyone to be aware of the love within them, you are made of love—that is your real nature. Just feel that beautiful energy, which knows no fear. It has a lightness to it. Feel that beautiful warmth and that beautiful light that is your true energy. Whenever you feel a loss of that lightness and warmth, try to be in the habit of observing that loss within yourself, and try to be aware of why you are experiencing the loss. You may find it's something in your own mind that has caused you to lose it, or it may be something in the mind of someone else near you that causes it, but try to identify when you lose that beautiful and warm, light feeling which is your true nature. And when you lose it, try to sit quietly, if you are able to and bring your thoughts back to pure thoughts again and bring your mind back into balance—peace, gratitude and happiness again. Now sit quietly and experience that pure love energy that you are. Feel the expansion of energy when you sit in a state of pure love, with an open heart. Feel the expansion of energy from your heart. And notice when you are in crowded places, notice the different feeling that you have there, but when you're in situations that are perhaps less peaceful, still try to maintain that openness and that energy of love. Remember that the more love that you generate yourself, and radiate yourself, the more you receive, and the stronger your energy field becomes. Think of yourself as a radiating sun, shining your light and your love.

George's Notes:

1: Battle of the River Plate: 1939—the German battleship 'Graf Spee' was scuttled and British ships damaged, especially HMS Exeter which nearly sank.

2: Helen Duncan: Wonderfully gifted Scottish materialisation medium, who brought comfort to many during WW11 with messages and materialisations of loved ones who had lost their lives. The battleship HMS Barham was lost, November 1941 with 861 lives. The Admiralty, to maintain false morale, decided to withhold the news. But one, with the logo 'HMS Barham' came through in séance saying: "My ship is sunk." And the Admiralty got to hear of it. Two years later, as D-Day approached, it was decided that Helen Duncan's accurate spiritual information might pose a threat to security. She was 'tried' in the most farcical circumstances under the then still-existing 'Witchcraft Act', and sentenced to 9-months imprisonment in Holloway—this despite 41 people testifying as to her authenticity as a true medium (including one RAF Wing Commander). This must have been one of the most ridiculous examples of 'unjust justice' in recent history. But, on reflection, the Admiralty and the Law courts between them, have really proved the reality of materialisation mediumship. And the sad story does not end here. Sir Winston Churchill later repealed the Witchcraft Act; but the 'powers that be' were still not happy about Helen Duncan. During a séance in 1956, there was a police raid. She was seized whilst in deep trance, strip searched and flash-photographed. We all know that trance mediums must never ever be treated thus! Sadly, Helen Duncan never recovered from this. She was later rushed to hospital, where she passed to spirit 5-weeks later.

3: Planet X / Elenin: A Google search currently shows more than 1.6 million results, so there is huge interest! We've probably much overdone the Earthly conjectural interest, so how good it is to have some commentary on the subject from our friends in spirit!

SALUMET – 5th September 2011

There was some discussion prior to Salumet joining us. We chatted about many things both terrestrial and extraterrestrial:

Lilian: Good evening Salumet.

Good evening.

All: Good evening!

I have taken a little longer to speak this time, because it gladdens us to hear you speak so openly about all manner of things. I have been listening, my dear friends, to your conversation this time, and it is good that your hearts and your minds are open to all that exists, and although, you say you would wish to have contact with other beings, may I just say to you, my dear friends, it is important that you make contact and get to know your own fellow beings much better. Then the natural course of things will take you to those meetings that you desire. But firstly, it is important that you *explore* yourselves and other beings on *this* planet. Understand them first, and then the understanding of others will become much easier.

Paul: Do you mean understanding other beings on this planet—other humans?

Yes, your fellow man, yes. It is good to want to understand those from other planets—of course it is, and I applaud your openness. But firstly, become more aware of the being who sits next to you—to the human being in the next room, in the next town, in the next city. Encourage that knowledge to grow—that is important, and I know you understand, and I know it is in your nature to wish for other things, but firstly, *know yourselves.* Could any one of you make contact with someone many miles from here? Not yet, because you have not put yourselves to that exercise. So my dear friends, you see it is important to become aware of that being within yourselves first and foremost—then all other happenings can take place.

Jan: I personally, don't think the planet is anywhere near. I think we're all too busy putting ourselves first **(yes)**, and at the moment, the condition in which this planet finds itself, I think it would only be detrimental at the moment, and that's why we won't be shown anybody for some time—I think.

Only those who are truly *believing* and are wishing to extend their knowledge, will make this type of contact. After all, why should those beings with superior knowledge entrust themselves to—not lesser beings, but beings with less *knowledge*? They would, of course, be cautious.

Jan: Very— **(yes.)**—mistrusting of humankind/mistrusting of each other—so until they overcome that as a populace—

Yes, so I say only to you, dear friends, to develop your own inner being. I have told you this on many occasions, but it applies also to this topic that you have been discussing.

George: Yes, these are very wise words, I know, but our brief taster of extra-terrestrial matters has nevertheless made it easier for some of us—for me at least—to endeavour to contact scientists who are very often very material in their thinking **(yes)** and I think there is a lightening of this condition. Some scientists are beginning to feel more that there's much beyond materialism **(yes)**, and with our brief encounter with Bonniol, it makes it easier for us to talk to them about things that go beyond space-time **(yes)**—if I could put it like that.

Yes, if you remember, the reason for Bonniol coming was to demonstrate to you all, mind projection (yes)**—which is part of your own being. It is to help you to continue to develop that—what you *are* here on this planet** (yes)**, and when you adopt these attitudes to who and what you are, then you become much better beings—spiritual beings, who would then be able to encourage many people in your world—by your words, by your actions, by your demonstration that there is more to living than just this physical body.**

George: Yes, and mind and consciousness **(yes)** is something that we have so misunderstood.

Yes, and there is still so much to learn, yes. You are still, if I might equate it with a school—you are still in the infancy of teaching (yes)**.**

Amusement!

But the very fact that your hearts and your minds are open gives us much, much hope.

Paul: So you would encourage us to certainly, continue to try to develop our attempts at mind projection with each other **(yes)**— and telepathy.

Yes, and then that will enable you to go further—of course, yes.

Jan: I was listening to a radio programme late last week and I was so compelled, I nearly telephoned them. This chap draws and paints in his sleep. He's been to lots of doctors over the years, and they have no answers for him, and it suddenly came to me: I wonder if this is psychic artistry—he's being used by artists from spirit? He can only paint when he's asleep. In waking state, he can't draw—he draws very little—he draws like a child in fact. I just wondered if you have any comments about that.

Yes, of course, you realise that in sleep state, you return home to rejuvenate the spirit, and of course you are much in tune with spirit when you are in the sleep state—of course, that is what is happening.

Jan: I thought so **(yes)**. I nearly rang in and wanted to discuss it on the programme, but a little bit of self-doubt, I think, crept in, and I missed my opportunity. Part of me wishes I had, but, unlike George, the choice of my words might not have been appropriate for the radio at the time.

But, you know in your mind and your heart what is happening (yes)**. You cannot always persuade another person, as we have said on many occasions—you can sow seeds, but you cannot *make* people believe.**

Jan: No—I had a feeling though that he wanted answers **(yes)**, and I believed, in this instance that I probably could have helped just by sowing that seed and thought that he may not have had before **(yes)**, but anyway, I'm sure the opportunity will arise again, because I don't think it's the last time we've heard of this. WE KNOW it exists, but this phenomenon is going to be talked about a lot more.

Yes, you must realise and recognise that many things are talked about in your world today, and it is widely known, but still there are so many doubters, but it *will* come, the time *will* come when the tide begins to change; but, as always, my dear friends, I tell you: patience. It is happening, maybe too slowly for some, but I can assure you that that tide is turning.

George: Wonderful!

Jan: Yes—Just a funny little thing that he said that just amused me really— was that he decided he wouldn't put oil beside the bed, because it was too messy on the sheets. I thought that was really quite funny. He used pencils and watercolours, but certainly not oils.

Amusement!

That is his own freewill, coming into play (Oh right—of course!)**, yes, and why not?**

Yes—well that really, my dear friends, was all I wished to say to you for this time, unless you have any questions for me, I will leave you.

Lilian: Thank you.

George: There is one **(yes)**. You have spoken to us about EVP—Electronic Voice Phenomena **(yes)**; and I received a letter from one of our readers, and he says that he was able to examine the background sound from one of our meetings **(yes)**, and he manipulated it—I think he expanded and changed the speed, and was able to hear a large number of commentaries going on. Now, I've read that in this type of situation, some people seem able to hear these things, while others cannot **(yes)**; and I'm not sure as to how accurate the claims of this gentleman are. So I wondered if you could say a little more about manipulation of background sound and the extent of conversation that one is likely to hear.

Yes, I understand your question my dear friend. Let me say only this to you. This phenomenon, as you call it, does exist (yes)**—in the same way, as within this room, there may be people who can hear or see, whilst others do not, even though they are within the same situation. It is the same with the mediums upon your Earth, who hear the voice of spirit. Why should it be that they can hear, while others do not? It is a matter of their capabilities, of their development and in the same way, the more you listen to these voices, the clearer they become to the listener, but the listener has to know what he is looking for.**

George: Yes, I notice some scientists **(yes)** have produced enormous quantities of recorded sound **(yes)**, and found just one or two phrases that they could identify.

Yes, you have to remember that mankind is not aware of all levels of energy, and it is the frequencies of the energies that are being tapped into; but yes, I can tell you voice phenomenon does exist, and those who are using it at all times, become much more acutely aware of those background energies.

George: Yes, and I suspect that the gentleman I have been hearing from has become acutely aware.

Yes, yes, it has probably come from listening many, many times, and developing his own acute awareness.

George: Yes, he is a musician, I know **(yes)** and that possibly helps.

It helps, yes—it would.

George: That clarifies that beautifully. Thank you!

Jan: Just quickly: Richard, my son whom you know, Salumet—he's heard voices all his life. While he was growing up, he could hear voices all the time **(yes)**—since birth. He's learnt to shut them out, and cope with them now he knows what they are. So is that a similar thing to what you were talking of?

It is on the same level as the mediums who can hear clairaudiently. In the same way people are clairvoyant—not everyone has the ability.

Jan: Richard has numerous conversations—all at the same time, as if he's in a party situation—

Yes, but it is slightly different; what the voice phenomenon is, is levels of energy in the background—

Jan: Like a radio frequency?

—yes, whereas 'clairaudience' is direct hearing from spirit. You understand?

Jan: Yes, I do. **(Yes)**.

Graham: And this would be the same for seeing the human aura, as well—if you try and try, eventually you'll be able to see more and more?

Yes, the more you develop your senses, the easier it becomes.

Graham: Yes, I think to be able to see the human aura must be a wonderful experience, and it's certainly something I've tried to start to work on.

Yes, but again, my dear friend, have patience!

Graham: Yes!

You all have that ability. It is whether you have the dedication, because unfortunately, most of you human beings are *very* impatient. Remember that time is of no importance.

Jan: No, I think we try too hard, actually **(yes)** on one level **(yes)**, rather than as you always say, going inwards—on a conscious level, we try too hard.

Yes, it will come, but you must be open to it (yes)**.**

And now, my dear friends, I will take my leave. As always, I leave you cloaked in my love and protection, and we will await and see what else there is to come this time.

Thanks from all!

George's Notes:

Misunderstood Mind and Consciousness: In scientific circles, there is still a reluctance to acknowledge that mind identifies with spirit and is external to brain. But recent experiments concerning EVP (electronic voice phenomena), RNGs (random number generators) and a very recent statistical analysis of cognition tests that has been conducted, are posing deep seated questions that materialist doctrine cannot satisfactorily answer. A paper is in preparation that it is hoped will help clarify this important development.

There then followed one Rudolf Steiner speaking through Gary:

Good evening.

Lilian: Good evening.

It's Rudolf Steiner from the higher dimensional plane, yes.

Paul: Welcome!

I go up to different levels.

George: Wonderful!

I work with this communication. I have been working for some time—trying to—we have to be like your selves, very patient in spirit to develop the channel—the medium. We, in a sense, have to be tested with more patience because we have all the knowledge and want to share this with humanity. We become excited in spirit to share this, but the difficulty is, what is termed grounding this knowledge in its purity without it becoming tarnished by the lower dimensional influences. Throughout history, it has always been a challenge for us in spirit to achieve this. It is our spiritual development to master this—to create a high quality communication that gives you a pure source of knowledge that humanity has built up throughout history, from the past—all so much knowledge to share—not just the future.

George: Certainly, we all have this feeling of wanting to share knowledge here, and in this modern world, there is the Internet, and websites**,** which are, perhaps, an aid in this. Are you aware of these things?

Very much so! We even try to influence it. It can be used like anything, like a tool. It can be used for manipulation—can be used for sharing higher knowledge and wisdom the—what is called 'spiritual information' can be passed on through computer / Internet, yes. Much is being shared on sites.

George: Yes!

Much of it can be considered 'conspiracy sites', but there is an extension of that where it is more 'higher knowledge Inter-dimensional' communications. Channelled sites—where there is information from spirit, being passed on, through this powerful, global medium, so we support that. But unfortunately, it can also be manipulated by the lower levels. It is an open channel really, the Internet—it is very open to influence, and so much information, so much thought. Being on the fifth dimension, we can see how this intense energy of the Internet is growing bigger all the time—expanding—like an ocean, a bit like the Akasha—it's become overtaken—its own Akashic record, isn't it?

George: Akashic record?

Yes, it is a source of holding information—storing knowledge.

George: Yes, so are you saying there's a sort of comparison here?

Yes, I believe there is, yes. There is a natural, higher dimensional record—library, and now there is on the Earth level through the Internet. It holds everything, good and bad—purity, impurity, yes.

George: When you were on the planet, I believe you did some very interesting work with burying cow horns, loaded with material which became a wonderful fertiliser, which could be spread over huge areas.

Biodynamic!

George: It's biodynamic—yes!

And it came up with some interesting—I suppose it was ahead of its time, but it's been filtered through since I passed over, yes.

George: Yes, it seemed to be much more effective than one would expect from the amount of material used.

Yes, in places like Israel and Egypt, the concept is being used, and Australia, yes—and South Brazil. I keep an eye out on the various communities, but it is quite spread out—Japan, yes.

George: Yes do you feel that, in principle, this is a process that could be used to advantage on the Earth today?

It is an ancient knowledge that I tapped. It is one that was done in ancient times—the Egyptians used similar methods they knew how to grow on the Nile. They mastered these techniques, and I managed to access this in the Akashic records—a vision of old Egypt, and their methods of farming, and that's the basis of my biodynamic inspiration. It goes back to the Ancient Egyptians. They were true masters of growing

food. They had to be—and in India, yes. As I said, the past holds much knowledge as well! The past sometimes goes through decline that has a way of being resurrected from time to time.

Lilian: Yes, so we've been told—

It evolves; it develops— a bit like a painting. You start it and then you add to it and it becomes more complex. Sometimes, it goes through a process of looking worse, before it looks brilliant again. Adding layers, sometimes takes the beauty—until the right amount is added. It's been good to communicate with you.

Graham: Yes, thank you for speaking with us.

Paul: Yes, it's a shame that more of the planet doesn't use the biodynamic approach.

In time there will be more advanced levels to come, yes. It will have to come. With the new energies coming, it will come. All to do with the sun—it will instigate higher wisdom—the trigger.The sun is going through a huge shift at the present.

Paul: Right!

Your scientists know this, yes.

George: Changes in the sun will benefit the planet?

It will benefit the planet very much so. It will spiritualise it—purify it.

George: Yes, I think it is realised amongst scientists that changes are about to take place **(yes)** in the sun, but I don't think it is understood terribly well about what those changes will, accomplish.

The sun is a spiritual entity ultimately. The ancients knew this. It has a spiritual dimension to it *(mm)****. Once science recognises the spirit of the Sun—the Logos—then transformation is guaranteed. The beginning of an advanced society can be realised.***

George: That's very interesting.

What we also can term Ascension—the raising of the planet and how high is humanity.

Jan: So we should turn our attention more spiritually to the Sun, then, should we?

You can worship it, if you wish. There's no sin in that.

Jan: But surely, that would have a positive effect on the Sun if it is a spiritual entity.

It will recognise your calling. Part of it has a consciousness, as does the planet.

Jan: Whereas we've lost everything—

Sarah: It hasn't lost anything has it—consciousness?

Jan: Ancient civilisations worshipped the Sun, and, as a modern civilisation, we don't.

It is worship in the physical sense in creating and beautifying in the body—

Jan: Yes, exactly rather than having a detrimental effect.

—Absolutely, yes.

Jan: So with every positive, there obviously comes a negative. Yes, that's very interesting. I shall look at the Sun in a different way tomorrow.

See it as being alive.

Jan: Yes.

I will finish on that note.

Jan: Okay, Thank you!

Graham: That's given a lot to think about!

Lilian: I was just laughing—Jan, you will be lucky to see it, but it's definitely there!

You need psychic vision to see it—go beyond the clouds!

Laughter!

Paul/ George: Thank you for coming

Jan: You *will* come and talk to us again?

If I am invited to do so, that is fine. It is not my group, but I am a guest.

Jan: Well. You're very welcome

All agreed!

Yes, thanks!

George: Thank you for joining with us. Wonderful to have you!

George's Notes:

Rudolf Steiner. (1861-1925): Austrian philosopher who founded the spiritual movement known as anthroposophy—an esoteric philosophy. He developed the system of biodynamic agriculture that can convert arid infertile areas to agricultural productivity etc. Biodynamic agriculture is a specialised system of organic growing, involving buried horns filled with cow manure 'maturing' through the winter—then one teaspoon is stirred with 40-50 litres water for soil treatment etc.

Solar Changes: There is a current period of strong solar activity. This involves a sun magnetic field reversal and powerful solar flares directly facing Earth. Flares do not usually face Earth directly—this time they do.

Science recognising spirit: Again we hear of the need for our scientists to recognise spirit. It is imperative that this happens. And a detailed article, in scientific language, concerning this has been prepared for circulation. If only a journal would publish!!!

SALUMET – 19th September 2011

Our evening began with healing prayers as usual. There then followed an impromptu freely-ranging discussion between ourselves on the curious state of Earth's formal religions—erroneous beliefs conflicting with scientific proofs. And many people until relatively recent times ignored fossil record and believed the Earth began in 4004 BC! Sadly, denial of the obvious truth still happens today, with little or no desire for update. The confessional seems such a complicated way of countering bad thought. In this week's TV 'Question Time' feelings about religious controversy were so ridiculously passionate, and priest's infidelity with young children is distastefully unacceptable. We know that the true spirituality concerns thought / mind / prayer connections; but formal churches seem to have converted this to material objectivity—crosses, cassocks, pulpit, icons etc. Perhaps there was once a need for this hardware if people could not grasp the intangible nature of spirit? The Roman Catholic Church, under Constantine's guiding initiation, has had a very, very sad and questionable history with huge numbers of unfortunates murdered and tortured along the way—500-years ago, the erudite philosopher Giordano Bruno had good understanding of God and Creation and had written that Earth goes around the sun—the Inquisition had, for stating this truth, gagged and then burned him at the stake! In today's world, the new 'GlobalShift University' in Tuscany is named after that illustrious one. And today, some schools are dropping 'the holocaust' from curriculum, because it offends the Muslim Faith—it even being claimed as a non-existent part of historic record? Yet many church car parks are seen to be filled and church-goers are frequently good, nice people. Well, perhaps our conversation points to a bizarre historical backcloth that continues to bend or colour the basic spiritual truth.

Via Eileen:

Lilian: Good evening.

Good evening!

Paul: Good evening.

Hello!

Lilian: Welcome to you!

There's a lot listening to you tonight. Don't need religion—don't need religion, to be good.

Lilian: No, I'm sure the people who came with those messages meant well and it was good, but it's all been twisted and turned.
George: Yes, you don't *need* religion. Religion is an Earthly way of looking at it which isn't quite right—an Earthly way of looking at spirit which isn't quite right. Does that sound correct?
I don't know. I didn't follow any religion.
Lilian: Right!
I didn't know anything.
Lilian: You weren't aware of the spiritual side of things?
No—no!
Lilian: So, you had a bit of a surprise!
Yes, but I was a good person, actually.
Lilian: Exactly--yes, well that's interesting!
George: Did you just not know, or did you have spirit connection?
No, I didn't know anything—couldn't read nor write—tucked away in the countryside—yeah.
Lilian: What year would that have been?
Oh goodness—I8—I can't remember—five and a two, I think—not sure—forgotten now.
Lilian: It's the life you live, isn't it?
Yes.
George: Well, I was brought up on a small farm in the 1930's, so I have some idea of what it's like to be tucked away in the countryside.
Yes—not with a wicked old man—no. He was wicked—he was. He used to beat my mother.
Lilian: Oh dear!
Yes, and I was made to look after the animals. His belly was always filled with ale.
Jan: That's still a problem today with some people.
George: We still have a few with their bellies filled with ale—yes.
Yes! My mother lived a life that was really hard.
Jan: Yes, I can imagine—in fear most of the time, I would think.
Yes, we used to hide from him yeah. I used to hide in the old shed, yeah.
Lilian: Were you the only child?
No.
Jan: Have you seen him in spirit?
No, I wouldn't want to—no.
Jan: No—not even if he'd changed, which I'm sure he has.
I don't really want to even now.
Jan: So the memories are still quite raw, are they?
Only sometimes—like now.
Jan: Yes when you talk about it, they come back.
Lilian: What do you do in spirit now?
I help those who can't read or write.
Jan: Ah, those who can't read or write properly. So *you've* learnt to read and write since, have you?
Yes.
Jan: Do you enjoy reading?
Yes.
Jan: Are the books similar? Are there classics for example? Are you able to read Shakespeare or Wordsworth?

I can read anything I want to.

Jan: What are you interested in?

Paul: You've probably got a much bigger library than we have.

Yes, I like to read about people—what people who used to live like—not my kind of life—happy lives (yes)**.**

Paul: Are they similar books to what we have down here, or are they a bit different?

They're replicas.

Paul: Replicas!

Only yours are the replicas!

Paul: Oh yes—yes!

Jan: Yes, of course! They're written in spirit first, aren't they?

Yes, I had a really kind gentleman, who taught me to read and write, because I wanted to.

George: Was that in spirit?

Yes!

George: Good!

Jan: Is it easier to learn in spirit? Is it quicker?

Yes, once you, know how to use your mind.

Jan: Ah, yes, I see. It's a different way of learning.

Yes—I like to help children here as well.

Lilian: Oh, that's good of you.

So I kind of—how would you say—sit by them and try to help them.

George: Oh, that's nice! Is that because sometimes parents are caught up in the fast ways of living today and they don't really get time to sit with their children?

Could be, but some just have a natural block to learning. I like to help all children.

George: So the children—do they have awareness that you're there?

Sometimes, (yes) ***and I am going to come back as a teacher one day.***

Jan: A great idea!

Yes!

Jan: Is that your freewill? Is that your choice, or is that something you actually do?

We've discussed it and I have agreed.

George: Mm, that sounds nice.

I think there's about another twenty of your Earth years first to go.

Jan: Before you come from spirit—are you able to watch part of yourself, then reincarnate? Are you able to watch that journey, or does that not happen?

No, I cannot see—it just happens. I go to the level where it happens, and then I'm born.

Jan: I see. I've always been inquisitive about that—as to whether we're actually aware when we're in spirit of the next life.

Yeah, you have to agree to reincarnate.

Jan: So, you don't have any influence over that next life at all, do you?

Yes!

Jan: You do!

If I didn't want to, I don't.

Jan: But when you say you want to come back as a teacher **(yes)**, you must already be aware of what's going to happen.

Yes. I know that's what I'll be my next incarnation, because that will help me, it will help others; and it's been talked about by some that I call 'Elders'.

Jan: That's interesting, because I have a great wish while I'm here in this life to come back as a Doctor, so when I do pass over, if I still have that enormous wish that I could help, then I can make that happen.

You will be trained in spirit, if the desire is strong enough, and that is what you really wish to do, and it is a way to move you forward, then that can happen.

Jan noticed a change:

Jan: You're Salumet now aren't you?

I'm being overtaken by someone.

Lilian: Yes your voice has changed a little. *Surprised murmurs*

Yes, I don't know what's happening.

Jan: Oh well, we do! We understand.

Lilian: It's been lovely to talk to you.

George: It is a teacher who comes through to us sometimes with your instrument. If we don't get the opportunity—it's been very nice to have you, and thank you for coming.

I'm being told to leave.

Jan: Yes, yes.

Rod: Bye-bye!

Jan: Bye-bye then. That was really helpful, Thank you!

Pause

Lilian: Good evening, Salumet

Good evening.

All: Good evening!

My dear friends, it is as always, good to join with you this time.

Jan: Likewise!

Lilian: It's good to have you too.

My intentions were not to speak, but I felt it necessary to help the soul who came to speak to you, because although they have been in spirit with us for some time, *he* is still quite a young soul, inasmuch as his knowledge of spirit goes, so he was beginning to feel a little confused by the questions.

Jan: Yes, right! We're sorry if we did that to him.

No, it was meant to happen for his sake, for his understanding, so that he could take back with him an understanding of how you speak and think today.

Jan: Ah I see, right.

Although, he has contact with many children, it is on a very *childish wavelength*, you might say.

Jan: A very simple wavelength—

Yes, and although he knows that he will reincarnate, he still needs that time to grow a little more spiritually.

Jan: As we would say here, it's almost like 'immaturity' in some ways.

Yes, yes. Therefore I felt it necessary to step in and to overshadow him just a little.

Jan: I can see that.

But your awareness of me is pleasing to us—that we are now recognisable to you in the way we present ourselves to you.

Jan: It was very clear to me—yes. It was as if you were sat behind him.

Yes! You have seen this evening the growth of a spirit who came to us from a lifetime of poverty and deprivation—a soul who innately was good and kind, and felt strongly the injustice of that lifetime.
Jan: Yes, that was his initial conversation to us—I think he must have been listening to our initial conversations about religion.
He was, as many, many were. This evening has been a time of listening and learning for many.
Jan: That's wonderful!
So, if the need to speak feels great, please do that amongst yourselves, because there is always a reason for it, within this room.
Jan: That's been proved—well, we don't need proof, but that's manifested itself in that one visitor—when we came into the room, there was a need between us to speak of the things as we did.
Yes, it is good—it shows many that to be able to speak on various subjects, even to disagree with one another, is acceptable (yes)**. Yes, and for many, even in our world, that is necessary for them to know and understand.**
Jan: I see. We really are a two-way connection, aren't we?
Indeed—indeed we are. So, my dear friends, that is all I needed to say to you this evening.
Lilian: Thank you for popping in.
Rod: Could I just ask—do you get disagreements, Salumet on your side? Is that what you're saying?
Not disagreements, as you would know, but differing points of view.
Rod: Differing views—yes.
People come to us with many ideas (yes) i**nstilled from an Earthly life—**
Rod: Ah yes, the Earthly one, yes—
—and you do not suddenly become, as you would say, 'spiritual'. **They have to work through many issues.**
Rod: Yes, we have so many different religions, don't we?—as we were already talking about.
Yes—their beliefs can be so strong sometimes, that it takes a little while for them to recognise that it is like an unwanted coat, and they can easily discard; **but that recognition does come.**
Rod: That could take, in our time, some years, I imagine.
Many, many, many of your years, yes.
Rod: Good gracious!
George: I imagine the hierarchy of the religions would find it more difficult.
Yes, sometimes, but there have been many who have known, but not spoken verbally whilst on Earth about what they know, because sometimes, you have to understand that these people—what you call meditation and they call prayer, are one and the same thing.
Jan: That's something that's always struck me, because they are spiritual beings **(yes)**, and they ask for help and they're praying for people **(yes)**. They must receive—they must have received the truth and—yes I can understand that entirely.
It is just their dogma (yes), **they have to release, but yes, many of them *are* spiritual people.**
Paul: Also, you wonder if, sometimes, there's such a strong social—where they feel they belong to a social group, and, within that social group, there are certain rules and norms, and they don't want to 'rock the boat'. For them, the social side of it is more important than actual Truth.
Yes—it, in time, with many religions grown to such a status, that they do not know how to let it be. Many of these, what you term religions have started off with very good and pure intentions, but whether by greed, or money—
Jan: —or control.
—or control, it has gone astray—

Jan: —and fear—fear comes into it.
Unfortunately, fear has been a big part of many, many religions (yes)**.**
George: Many religions and our wars, I think.
Yes, and it is so hurtful to many in our world to see those suffer with those fears and so much disharmony in your world because of the religions that are with you now.
Jan: We're sad for that too. It will change!
It already has begun, but you cannot take thousands of your Earthly years and change in a moment of time.
Jan: No, you can't compress it that much. You can't condense all those thousands of years.
No, but be generous of thought to these people within those religious groups, because, I feel I can say to you, that the majority of those people are good human beings.
Agreement!
Jan: Yes they are. We recognise that.
Yes, so always keep that in mind, and, as the gentleman said, it sometimes is the hierarchy in all of these things that is wrong.
George: Yes, we're aware of the various—shall I say—'campaigns' that have been mounted from spirit to try to steer things in the right direction **(yes)** and that includes the Mary visions at Fatima.
There have always been, my dear friend, instances where we have tried to help those on Earth to become better people, more loving and generous in their daily lives.
George: I would like to refer back to that question of the third prophecy of Fatima **(yes)**. You would probably like to talk about that another time, because it's quite a lengthy matter.
Yes, I will be happy to discuss it with you, of course I will, but not this time.
George: Right!
Rod: A little while back, you mentioned that some children that are being born are going to be spiritual children, and come through in a spiritual way. Was that right? Did I get that right?
All children born are always spiritual (yes)**. They are closer to spirit than they are to your Earthly lives. What, probably I said, was that the world in general, *is* becoming a more spiritual place, but it is a very slow progress.**
Rod: Oh, yes!
George: I think there was mention of input of new soul material.
Yes, that's right, but all of these things take time, and I probably said to you that patience is a very big word.
General amusement!
George: Yes!
Rod: Apparently, men haven't got much of that—so the girls tell us—
More chuckles!
Yes, well I am aware of Earthly troubles, and I do not intend to make any comment.
More amusement!
Now, I really must take my leave of you, my dear friends, and until we come together again, I enclose you always with my love and my protection.
All: Thank you!
George: Our love goes with you.
Paul: Thank you for popping through!
George's Notes:

<u>The Marian visions at Fatima (1917):</u> It is a tantalising thought that, had the series of visions been adequately reported by media (which it was not) and then sensibly heeded by world population, then World War 11 might have been avoided! The Third Prophecy / 'secret' was made known to the world in 2000, and I'm sure Salumet will help us to understand its complex meaning, next time.
<u>Last Week:</u> One we know as 'Bill' came via Gary and reinforced some of our information on 'world change'. He spoke on 'money', describing it as an illusion indoctrinated into the human psyche—not all planets have money. It is not essential. Resources and skills may be bartered (that would of course avoid taxation excesses). He works together with Rudolf Steiner in the communications. We can expect new energies that will make telepathic communication easier. The Mayans knew all about the SUN cycles and the alignments taking place. We should be prepared to expect the unexpected! Solar flares could temporarily disrupt electronics / Internet. With similar flares in the 1800s, the Earth was without vulnerable sensitive electronic systems. Our sun has its 'spiritual' aspect—Logos. There might be seismic activity and we should expect some chaos—philosophically, chaos has a place in our way forward, it is part of progress. Visits from others in the universe also got a mention. Some are harder to see and comprehend, because their matter is based on different frequencies—different densities. Bill makes no claim to be a philosopher like RS, but is clearly very aware of all that is happening.

SALUMET – 26th September 2011.

<u>Lilian:</u> Good evening Salumet—welcome.
Good evening.
<u>All:</u> Good evening.
My first words this time are directed to the lady next to me.
<u>Lilian:</u> Yes.
I am pleased that at last you recognise it is okay to ask for help for oneself. We cannot come close to you, if you do not ask for our help, because if we do so, it would be classed as interfering in your life, and as you know, we cannot do that. So, I am happy, my dear friend, for you to ask for help.
<u>Lilian:</u> Thank you!
You are all so eager to ask for others, so why do you feel that you cannot ask for yourselves. Of course, that is what we are waiting for—to hear your cries.
<u>Lilian:</u> I'm glad you have pointed that out to us (**Yes)**.
<u>Rod:</u> I think it's probably that there are far worse than we are, Salumet.
<u>Lilian:</u> Yes, I think that's some of it.
<u>Rod:</u> That's what I feel.
It is an unselfish act that you do each time you meet to offer your prayers for others—of course it is—but if you are not fully well, then your spirit suffers, because each goes hand-in-hand. Remember that your physical body is your temple—your temple for that spirit which you all are; so you must keep healthy as much as you can.
<u>George:</u> Yes, thank you for that advice.
<u>Rod:</u> Maybe, it might be the right time for me to ask: I've got a page and bit of prayers for ourselves, the family and all the different people that are in need and then there's the whole world and the universes—it goes through the whole lot. Is it still just okay to do that each night? It's quite a lot!
Yes, if you wish those people to be included and you take the opportunity each evening, then we are aware of this and we will take action accordingly. By having your list, there is no need to verbally express each name individually, because we are aware of the time and the place. Do you understand?

Rod: I do and that helps me a lot. I was hoping that you would say that, because each night I do it, I think, well, I know it's a repeat, but—

Yes, what you don't wish to do is to become repetitive in the way that many of your religions in your world say prayer. Prayer is individual, and you, of course, must still ask for our help, but when it becomes so repetitive, it then is meaningless.

Rod: Oh right.

Yes, but we are aware of your lists for all peoples.

George: Yes, I imagine it is important that the feeling is there **(yes)** with the prayer.

Yes, you have to give of yourselves, yes.

George: And the feeling tends to be lost with repetition.

Yes, you must have that spiritual sense of what you are doing, of what you are asking.

Rod: Oh!

It is important. There are so many who stand by each one of you, not only you people within this room, but all people whether they are aware or not that many stand close by waiting to be asked for help, and of course, as I have told you previously, those in the angelic realms are only too willing to come closer to uplift and to help. I think it is necessary to again remind you, my dear friends, of these things.

Rod: Right, I will read the transcripts and I will try and improve my system. Thank you very much!

Thank you, my friend.

Sarah: And while we're doing thanking, I will just say again with Emily: she said the other day, she suddenly realised from within what her problem was and she said there's no going back now—and George reminded me of your words that any problems you have, 'look within' and that's exactly what she'd done and seen—and thank you very much for all your words Salumet **(yes)**. She really looks like she's going forward this time, and not going back again, so thank you very much!

Yes, I will say: do not worry for that child. She will survive.

Sarah: Yes, thank you very much.

Yes, you must all be more aware of who you truly are, because with that knowledge, so much can be achieved.

Sarah: Yes, thank you. I think she's worked quite hard on it, and she's now got the results, so thank you.

Yes. Does anyone wish to speak with me this time, before I leave, because this time I have someone who wishes to take you on a journey.

George: Oh, can you take the Fatima question?

I will, yes.

George: Thank you. It was a wonderful series of visions in 1917. What is known as the Third Prophecy or Third Secret, was entrusted to the Vatican, and it was after being kept in the Vatican archives for several decades, its content was released to the world by Cardinal Ratzinger, who is now the present pope, in the year 2000. It was not well reported by press at the time, and one didn't really know what account to take of that prophecy; but the precise content has since been published, and the first part of the Third Prophecy—well it is all in symbolic vision—and the first part concerned an angel with a sword, and flames were coming from the sword, and those flames were going towards the Earth, and they seemed to be countered by the radiance of Mary. I want to compare this with our sun and the solar flares that will be coming very shortly towards Earth, and I suspect the radiation within those flares will, in some way, react with the Earth's spirituality, and I couldn't help but wonder, if that part of the symbolism should be examined in that way.

I understand your question, my dear friend. When this event took place, it was indeed symbolic. It was symbolic of the goodness of Mary, as you have called her, and the flames towards the Earth, indicate a time

of worry, of anguish and destruction. That was the symbolic meaning of the flames. You can, if you wish, make a parallel for happenings of today, but I would say to you, it is rather an optimistic viewpoint; and I would also say to you, my dear friend, that whatever occasion helps mankind to think for himself, can only be good.

George: Yes, well thank you for that.

I wish only to say one more thing—that the Vatican and the Catholic Church always feel empowered by happenings of this kind. So I would always be a little cautious as to what they tell you, and that is my words, my dear friend, on this happening.

George: Thank you! There is a second part **(yes)** to this Third Prophecy, and again, it takes the form of symbolic vision **(yes)**, and it concerns a white-clad cardinal figure walking up a mountain, and through a ruined, or part ruined city with corpses, and there are other cardinals and other figures of churches following him, and at the top of the hill is a cross and two angels beneath it—and he kneels at the cross and is killed by soldiers firing bullets and arrows; and the other church people are also killed in that way. The angels collect the blood of the martyrs, and sprinkle it over those still making their way towards the top of the hill.

Why do you call them martyrs?

George: In the message that was released, that is the name given.

Yes—they are not martyrs. They are symbolic of the church's following on their downfall (yes)**. I have told you in past times that religion, as you have known it, will crumble; that is symbolic of what is happening. The angels that they walk towards are the angels of Truth** (yes)**. The cardinals who fall are the symbolism of your religions. That is the true meaning of these images.**

George: Yes, some have suggested that it is symbolic of the attempted assassination of a previous pope.

Yes, always there will be those who put their own storyline to these things, when in fact it is a much more simple matter.

George: I was wondering if it is, in part, a prophecy of the demise of the formal church.

Yes, yes, indeed—there it is, yes. It is the demise of the churches and their representatives.

George: This would be in line with the prophecies of St. Malachy.

Yes—yes. I would always say to you, my dear friends, to use your own spiritual thought and mind, and *feel* for yourselves what you feel to be the truth. There will always be many theories—there will always be those who argue as to the reasoning why or what it means. Again, I say to you all, my dear friends: Go within and answers will be given to you.

George: Yes, well thank you for clarifying that, Salumet.

I hope it helps you and I hope it helps you to realise the power of your own minds.

George: Yes, and I felt the whole series of Fatima visions to be so very important **(yes)**, and it's a sobering thought, that, had the visions been well reported worldwide at the time **(yes)** and heeded—then World War II might have been averted.

These messages were meant for *all* people (yes)**, not only the Catholic Church**, **who engendered them for their own power status—you understand?**

George: Yes, the message—for *all* people **(yes)**. Unfortunately, I don't think it was sufficiently well reported by the media at the time to reach all people **(no)**, and *many* today have still not heard of the Fatima visions.

No—I agree with you, my dear friend.

Paul: It's interesting to observe now, how these institutions seem to be falling on their own swords everywhere **(yes)**. Many of the priests are straying from what most people think they should be doing. Even the media moguls are having problems—and bankers. It seems like these people who are in positions of

power, where probably they aren't quite meant to have such power—it's part of the old material world that's beginning to crumble.

Yes. If only they could only see and realise the great fear that they spread amongst the ordinary human being, they would hold their heads in shame; but things gradually are being recognised for what they are, and people now will not accept the *Church's* word as definite proof. They think for themselves and that is what we in spirit are trying to instil in the human being of this age—to go within and find the Truth.

George: Our heartfelt thanks for that.

Now, I will take my leave this time. Again, my dear friends, it is a joy to speak with you like this.

George: And Salumet, if you have had some hand in arranging the link—the beautiful link that we now have with the new 'GlobalShift University' established by Professor Ervin Laszlo in Tuscany—it's so wonderful to have that link, and we feel most fortunate. If you had any hand in that, then thank you very much!

As I have said many, many times: there are no accidents!

Quiet chuckles

And I will leave that one with you.

George: Wonderful.

Lilian: Thank you again Salumet, and it is a joy to have you, that's for sure!

General thanks

And do not forget, my dear lady, to ask for your help—

Lilian: Yes, I'll remember what you said.

—and you will receive—if you do not ask, we cannot help.

Lilian: Thank you!

Now, I will leave, because, this time there will be someone to take you on a short journey (yes)**.**

Eileen then took us on a beautiful guided journey, the audio of which can be found on our website:
http://www.salumetandfriends.org/resources/2011_09_26-journey-Eilleen-12mins.mp3

George's Notes:

World War I: 'FEAR' was its underlying cause—fear of the increasing militarism and naval power; with huge taxation sums being assigned to development of the 'Dreadnought class' battleships. This led to the two triple-nation-alliances and their warring. History books say much about the assassination of Archduke Ferdinand and his wife, of Austria; by a Bosnian-Serb teenager. In retrospect, this factor has to be seen as an excuse. Obviously, the fear and the underlying cause for that fear, was engendered by the major powers—the powerful lead nations—the aggressors—and they must clearly shoulder the full responsibility.

Mary's Visions: Some of the more firmly recorded visions / manifestations have been at: La Salette in the French Alps, Lourdes in South West France, Knock in the Republic of Ireland, Llanthony Abbey in Wales and at Mary's house at Ephesus (restored in 1951), where Mary lived following the crucifixion. Nearby in Ephesus are the tomb of St John, the first basilica dedicated to Mary and the amphitheatre where St Paul confronted Demetrius. The house—Meryem Ana—has been a place of healing and the build-up of discarded limb braces, crutches and votive offerings is testament to that.

Meryem Ana – Efes (Ephesus), Western Turkey.

Inside – Lovingly maintained with floral tributes.

<u>The Fatima Visions (1917):</u> The series of visions at Fatima, Portugal, initially to three young children tending the family sheep—Lucia dos Santos and her cousins Francisco Marto and sister Jacinta, was spectacular. Mary explained that she had come from heaven and would come again to the children on the 13th of every month for 6-months. The doubters of their acquaintance showed little respect. On 13th August, the children were abducted to the city jail at Ourém for insensitive questioning. But it is said there were convicts there who comforted and said the Rosary with them. So Lucia had good reason to ask Mary to work a miracle to convince others of the happenings. Mary's reply: 'In October, I will work a miracle to make everybody believe.'

Mary's accurate prophecies during the various manifestations include:

1. *World War I to end soon and soldiers will come home.*
2. *Short lives for Jacinta and Francisco—I will take them to heaven. (They were both claimed by the flu pandemic of 1919.)*
3. *Long life for Lucia, (died 13th February 2005 aged 97).*
4. *The rise of global communism.*
5. *The bringing upon ourselves of a second world war, unless the world change its ways.*
6. *A portent to announce the outbreak of World War II would be a 'great unknown light' in the night skies. And this would happen within the span of the next Pontificate.*
7. *There would be a need for a third world war, unless Russia turns away from communism—1991 saw the completion of Russia's change process.*

In the evening of 25th January 1938, within that next Pontificate, the skies of Western Europe assumed a strange light. The media reported: Unknown phenomenon, and in some parts, night-shift workers had no need of lamps. But no connection was made to the former prophecy—all that forgotten by media that sadly remained inadequate.

<u>13th October:</u> The miracle was enacted before a gathered crowd of 50,000. The children saw Mary, Jesus and Joseph in the sky. The crowd saw the sun as a coloured pinwheel. It dived, giving out coloured lights. And

flowers descended that some in the crowd tried to catch. The more sedate newspapers reported: 'A mysterious solar occurrence'. The more imaginative reported: 'The dancing sun'.
Fatima: The Third Prophecy (1917): What is known as The Third Prophecy was entrusted as a written missive, to Lucia, to be passed to The Vatican later. The text as released:
"I write in obedience to you, my God, who commands me to do so through his Excellency the Bishop of Leiria and through your Most Holy Mother and mine. After the two parts which I have already explained, at the left of Our Lady and a little above saw an angel with flaming sword in his left hand; flashing, it gave out flames that looked as though they would set the world on fire; but they died out with the splendour that our lady radiated towards him; to the earth with his right hand, the angel cried out in a loud voice: "Penance, Penance, Penance!"
And we saw in an immense light that is God: "something similar to how people appear in a mirror when they pass in front of it" a Bishop dressed in white, "we had the impression it was the Holy Father." Other Bishops, priests, men and women Religious were going up a steep mountain, at the top of which there was a big cross of rough-hewn trunks as of a cork tree with the bark; before reaching it, the Holy Father passed through a big city half in ruins, and half trembling, with halting step, afflicted by pain and sorrow, he prayed for the souls of the corpses he met; having reached the top of the mountain, he was on the knees at the foot of the cross when he was killed by soldiers firing bullets and arrows, and in the same way there died the other bishops and priests and various lay people of different ranks and positions. Beneath the two arms of the Cross there were two angels each with a crystal aspersorium in his hand, in which they gathered up the blood of the Martyrs and with it sprinkled the souls that were making their way to God."
St. Malachy: The 12th-century seer received in trance a Pope list which seems to indicate that there will be just one more to follow the present Pope.
[These various matters and more recent visions are described in greater detail in Chapter IX of 'A Smudge in Time'.]

SALUMET – 3rd October 2011.

As always, our evening had begun with healing prayers. And one within our number was joining with the group for the first time—Carol Ann. Lilian usually welcomes Salumet, but she could not be with us on this occasion:
George: Good evening Salumet. Welcome to you.
Good evening.
All: Good evening.
I am happy to join with you this time.
Sarah: We're happy to have you back again.
I would like to say to the gentleman who sends thoughts for his father.
Graham: Ah yes!
He is lacking in B12.
Graham: B12? Thank you!
I also welcome the lady who comes to us this time. I am sure you will feel much love and warmth from those within this room. You, my dear friend, are indeed on a pathway of seeking, but you have been seeking from within for a long time. Yes—yes, please let me hear your voice.
Carol Ann: Yes, Salumet, I'm listening.
Thank you! You are seeking, and, my dear friend, you will find the pathway that is right for you.
Carol Ann: Thank you!

As always, whenever someone seeks the truth there are always doubts and questions, but that is natural, and that is as it should be, because, if you remember, my dear friends, I have always told you, you accept what you *feel* to be the truth, and if you reject anything that is said—that also is correct—for you. We do not come to you from spirit to demand attention—to insist that you accept every word that is spoken. You know and understand, that is why you have your own freewill. Have you any questions for me this time?

George: Would you wish to ask Salumet any question Carol Ann?

Carol Ann: There's so many questions that I'd like to ask, but, nothing specifically now. We were talking about that on the way here.

Yes, she would be better just to absorb the atmosphere for now.

George: Right!

Graham: Okay, I was going to ask a question, Salumet, about freewill—that on this planet of Earth we have—

—I have led you to it, yes.

Graham: Yes—is freewill—does that exist throughout the universe on all other planets? Do all physical forms have freewill?

Yes, there is some dispute about this, but I will say to you that any form of energy which is part of the *whole* has freewill. It may not necessarily be freewill as you understand it, or as it may occur in human beings. After all, plant life has freewill, it has freewill whether to grow or not. That is a form of freewill.

Graham: Oh gosh! Yes, I'd never thought of it like that **(yes)**. Yes!

You need to look again to the wider picture (yes). **Yes—so yes, it is most definitely, 'yes' to your question.**

Graham: Right, that's interesting. Thank you! So Bonniol and Planet Aerah—they have the same freewill that we do then?

Of course (yes)**, yes—and even when you return to spirit, you retain an element of freewill.**

Graham: Ah—yes.

It does not just disappear.

Graham: But, as you ascend spiritually in spirit world, then that freewill gradually diminishes?

Only as you go forward (yes)**. No, you will remain the same as you are here. Your counterpart in spirit still has all that freewill to use, but freewill would not be allowed in any negative way in spirit** (Ah!)**. That is the only difference, whereas upon this Earth and in other planets, your freewill can be used for good or bad; but of course, in spirit, things are much different.**

George: I think it's perhaps easier for us to understand freewill in the case of a being such as Bonniol, than in the case of a plant; but I think you amply demonstrate that there are numerous versions of freewill **(yes)**, and many we just haven't thought about.

You have to look at the fuller picture of energy. After all, everything that exists is energy. Would it make sense that some should have freewill and not others? Would that not create an unfairness?—or a distance between? That cannot be. So you see, my dear friends, it takes your own freewill to begin to think about all of these things. No one will force you to think for yourselves, but it is always your choice while you are here upon this Earth.

Rod: Tonight Salumet, I see we have some new telescopes and they have just been opened up and they showed a shot of two galaxies colliding. Wonderful I thought, but there's life on there, and not only that, but I just wondered about the spirit world. Would the spirit world be able to get away from this calamity that's happening—that happened some 12 billion years ago–I think that's the time it takes the light to get here—but I just wondered whether the spirit world could get away from that collision?

You cannot think of spirit as being like another galaxy or planet. You have to begin to realise that *all* energy *is* spirit—it originates from spirit, and you cannot separate in that way. You have to look to the wider view

of what spirit is. Spirit is *here and now.* You *are* spirit as well as human beings. You cannot separate them, except on what you call death. Then the body and the spirit separate, but spirit world will confuse you if you see it as a separate thing.

Rod: Yes, I did. You're right—yes.

I know I am right!

Hearty laughter!

George: I've been wanting to ask a rather philosophical question **(yes)**, which may connect here. A long time ago, you said: 'spirit has always been'.

Yes—always will be!

George: Yes, so presumably, there was spirit *before* the creation of space-time **(yes)**. So I've tended to think of the universe as being in two parts—the space-time creation and spirit, which scientists only fairly recently have been thinking about—and according to their approach, they've given that non-material part of the universe various names **(yes)** such as 'quantum vacuum' and **(yes)** 'ψ-field'.

It always makes me smile—

Chuckles!

—So, I've been thinking of the universe in two parts—the 'space-time creation' and 'spirit' or whatever name scientists care to put to it; but, that's perhaps an over-simplification **(yes)**, because there is a feedback from the space-time creation to spirit.

Yes, it is a much complicated subject for any of you upon this Earth to understand, but you cannot simplify it like that. If anything, spirit is everywhere. Spirit is within everything. Spirit *is!* You understand? (Yes)**. When you begin to separate, no matter what name you give, you are giving yourselves problems. Spiritual energy is all-consuming.**

George: And I wanted to get a little personal, but I assure you, Salumet, it's purely in the interest of gaining a little more understanding; but you, yourself are part of spirit realm **(yes)**, of course; and I think you, yourself have a certain amount of feedback from humans living in space-time, if I could put it like that **(yes)**. And, perhaps, it's inappropriate for us to think back to the time of the creation, but I couldn't help but wonder if you existed before the space-time creation.

Again, we begin to touch on very deep matters. I will say only this to you, my dear friend: *part* of what I am, did exist before what you call 'The Creation'—a very *small* part—a part of energy as I have said: *has always been*.

George: I'm pleased to hear your answer, because that fits beautifully with the picture that I have.

Paul: And that would be true of a small part of all of us as well—if spirit has always been, and we were also here before creation. Is that right?

But you must realise that it was a different form of what you call creation. These matters, my dear friends, go very deep (yes)**—too deep really for understanding, and, as we speak, I am feeling the pull to that energy that you speak of. I commend you for reaching this point of understanding, and, that my dear friend, is why you belong here—to help in that understanding.**

George: Thank you!

I hope that has clarified for you a little.

George: It has indeed! Yes, thank you very much for that.

Pause

Sarah: Yes it's something really to think about!

That is always our intention—that you allow your physical and spiritual thoughts to be stretched a little more each time we come across these deeper matters. I can only say to you, my dear friends, how much I

admire this seeking of more knowledge from you, and this time, I really do need to take my leave. Know that my love is with you all, and I will be with you soon.

General thanks

George: Thank you, Salumet**,** for being with us again. Wonderful!

Sarah: I know you're leaving, Salumet, but, I know you will be able to hear this. Because, we can accept your words, it does make it so very much easier when you say something, even if it is perhaps a little too deep for our physical understanding, but it just seems easy to accept what you say, because we just feel it is right, and that's what makes it so much easier for us. So, thank you for that—for all your words—for your teaching.

George: Certainly these things feel right. Thank you!

Next, attention focussed on Gary, who channelled someone called Bill, who said a few words, preparing the way for the wonderful Rudolf Steiner. Then he was with us, and seemed to launch straight into one of his lectures—typical of his previous Earthly character?

Rudolf Steiner speaking!

George: Welcome to you! Wonderful to have you with us again!

Good to come down from the—what you call the spirit realm—many names given to the spirit realm—but it is pure energy—light. Spirit is light more than anything. The definition—a word given for light itself—the deeper we go into light, the more we go into spirit—the more value is our journey within our own light. Light can sometimes be contaminated by the illusion of darkness—that can be externally seen or internally felt within one's own spiritual journey. So, the journey to light is the ultimate journey that we seek to make, as a human—as a spiritual being; and the challenge is to not allow the perception of darkness to taint the light—to confuse the journey. That has always been our challenge—my challenge, your challenge, everyone's challenge. The Earth's evolution is based on that as well. A planet evolves on the basis of how much light it holds—how much light it can absorb. But this is changing as the end of the Mayan calendar comes in what you call '2012'. Ultimately, it's a phase of more light. It is a phase where darkness cannot overshadow so much. The deception will begin to lift, like a mist—

George: More light—you're talking about spirit—spiritual light

Yes, more light, spiritual light of the sun really and the solar energy. The sun is the nearest light—emanation of light in this part of the universe. It is our spiritual battery; it comes from our local sun—Planet Earth to our yellow dwarf—yeah ('Yellow Dwarf' – a category of smaller star to which our sun belongs)**.** ***So many have always worshipped the sun, because it's the light that they worship. Call it 'Ra' or the 'Christos'—'The Christ'—that is a term I like to use—Christ energy is the light. 'The Christ' means 'The Light'. That which Jesus experienced is the illumination of the light body.***

George: Yes, I think we're aware that there is both physical and spiritual light that comes to us from the sun. Yes—are the two blended together?

It is one, yes. The separation is—on the lower realms separation is always seen—the higher you go, the less—separation ceases to exist *(Ah!)****. Everything becomes one, and ultimately, you reach the Godhead—the Source. The Godhead is—everything is born from the Godhead, the Elohim—so we are drawn ultimately towards the Source. We are going towards the Source. And within ourselves and as a greater collective, and behold a bit of the Source, the Godhead is within us. Going within is discovering our connection with the Godhead, with the one Source of Creation—where creation is ultimately born. The Great Creator, the Architect—there are many names given to—if you like—God. And one's prayer is to the Source. That is everything—everything is contained within the Source, so that is my journey and it is also everyone's journey. The fascinating process of discovering, learning, enhancing oneself through challenges of Earthly***

life—one becomes more aware of the Creative Force, and understanding the destructive force of chaos as well—'Theos' and 'Chaos' being the 'Cosmic Unity'.

George: We have to see chaos as part of progress—

Chaos exists next to Theos. Creation and destruction are there. You could say opposing each other, but are they ultimately opposing each other? I don't know. Is it really a breaking down of the greater dividing process, where ultimately Chaos and the Creative Force become one? It is an evening of deep thinking is it not?

George: It is indeed! One could see the centre of the sun as a ***(yeah)*** creative centre, but to we humans, it would also appear chaotic.

Yes, I'm always thinking, always try to learn more of creation. When I was on the Earth plane, this was basically my lecturing.

George: There's a question, I wanted to ask you about that. When you were on the Earth plane, you had a teaching centre built just inside the Swiss border—

The Goetheanum yes—

And it burnt down.

It did, yes.

George: It has been rebuilt—um—

It's there still.

George: And when you were first in spirit, were you able to enjoy seeing it *being rebuilt* and completed?

It was a great joy—and a great learning occurred also. I had many opposing forces on the creation of the Goetheanum at the very start. I will let you into a secret: It is easy to see the image of myself as one that nearly succeeded, but it came at a very high cost—and I did not live so long, as you may know. I had to go through many dark days within myself to get to where I did. That is the nature of establishing anything on the Earth plane. The prophets, the saints—

George: Well you did so much while you were on the Earth plane. It must have been very hard work.

Yes, but I was so driven. I felt a lot of support, a lot of help—Celestial beings were—well I had contact—Archangel Michael and that—My inspiration was Archangel Michael—that was my power, if you like. I would seek his strength to keep me going in my spiritual work, so Archangel Michael, if you are working with spiritual forces, is a good one to seek help from—

George: Archangel Michael—

—In establishing any centre—and the others as well. When you had the Nazis, at the time, opposing my teachings, I had to have a stronger protection.

George: Yes—were you listening in when we were speaking with Salumet?

Yes, um, I had the permission to listen, yes.

George: Yes, and I think we understood from what Salumet was saying that these Angelic Beings—a small part of them were in existence before the space-time creation.

The servants of the Elohim—of the Godhead do the work of creating. The demonic aspect does the work of chaos—so they are each opposing each other. Sadly, some even fell, but that is the nature of the thing—fallen angels—yes. But, in the end, it all works out. It all returns to the Source to do better.

George: It all seems connected. And, as we progress a little on Earth, there's a certain amount of feedback to those angelic beings, I believe.

Yes, you will come into more contact with them in the near future. Communication with beings of light will become easier than it has been. I will finish on that note—that you are in interesting times. Communicating with spirit and light beings will become easier and easier as the years go by.

George: Well, we do appreciate you coming through to us—

It is a great honour—

You always have been the philosopher and your thinking is probably way ahead of ours. Thank you for coming through to us.

Yes, you never cease to know it all, you know. You think you know, then you do not know, and then you know again and then you do not know—a constant process of recalculation.

George: Yes, I think we learn a little more each time. It's a slow process for us.

Bill was then through again to close down, with: ***Thank you for inviting us.***

George: Thank you very much for coming through—wonderful!

It is a very good group here—it is quite rare to have such harmony in a group, it really is, so we value it—each time we come, we think this is a very special group.

George: You may be interested that we are in touch with Dr Ervin Laszlo, who is one of our present great thinkers on the planet, and sometime in the New Year, he plans to come over and sit in with us.

Oh, that will be very good, yes! A very good thing for the group! It will get known, especially in the new energy phase. It will attract more—men of science will come, yes. It will be open to the New Year information. You are instrumental in doing a very good job—

George: Well, we try, we try.

You are a link between spirit and science.

Bill went on to say that I had a past life link with a student of Socrates. This feels comfortable, and it is true that what is known of Socrates comes to us largely via his students. A treasured photo of the bust of Socrates, taken in the museum at Selçuk, Turkey, hangs in my computer room and I have on occasions quoted Plato, who was one of his students. Socrates and his students have certainly had their impact on western philosophy and it is on record that the Oracle of Delphi stated there to be none wiser than Socrates. Mutual farewells concluded the session. The evening was then concluded by one speaking via Sarah, thanking us on behalf of a group in spirit that had benefited from joining with us on a prior occasion. **Goetheanum:** Rudolf Steiner (1861-1925) had been an admirer of Wolfgang Goethe and had lectured on his thoughts concerning thinking and perception. And he named the cultural centre at Dornach, Switzerland after him. It was one of seventeen buildings for which he was the designing architect. Please note: I referred to it as 'a teaching centre'. Our visitor supplied its correct name—some may see this as a neat piece of 'evidence'! It was constructed largely of wood (1913-1919) with much volunteer labour, and through the war years, cannon fire could be heard across the border. On New Year's Eve 1923 it was destroyed by fire, possibly arson. RS immediately began designing a replacement, largely of cast concrete. It was completed in 1928—a remarkable building, fitting well into gardens and landscape. As stated by RS, it still stands today—a wonderful and unique work of art with not a single right angle within its design.

George's Notes:

*Nazis opposing my teachings: **Nazi** is a contraction of **Na**tionalso**zi**alist. As a political party in Germany it was strong through the period 1919-1945. It was anti-bourgeois and anti-Semitic. Adolph Hitler became prominent in 1920 and the party regarded itself as Aryan Master Race. It was suggested in their literature that RS was a Jew. One RS lecture was interrupted by Hitler Youth throwing stink bombs and further lectures had to be cancelled.*

Theos and Chaos: It is said that, during lectures of which there were thousands delivered across Europe, RS constructed his own terminology. Well, theos is not a dictionary word (apart from abbreviation for theosophy) so I guess he still continues to do that!

Anthroposophical Society: The Theosophical Society had been founded by Helena Blavatsky and colleagues in 1875, to advance spiritual principles and seek truth. RS became head of its German section in 1902. He and some members were to break away and form a separate society, The Anthroposophical Society—anthroposophy being seen as an esoteric philosophy having links to both theosophy and transcendentalism, sought a synthesis between science and mysticism, leading to the term 'spiritual science'.
And it was the belief of RS that all could experience spirit world.

10th October 2011.

No Salumet this time. The evening had begun with rescues—two via Eileen, one a very distressed and remorseful lady who had taken her own life and was now just so concerned for her young children. She now has a much better understanding of her position and how she can be positive and watch over them. A third rescue came via Sarah. This one was all stressed up about the pig that was out of the pen and thought that was still the situation. (Rescues are available for listening to on our website: www.salumetandfriends.org) Bill then introduced Rudolf as we now know to be their customary arrangement; Bill's task being to ground the communication as there are so many different levels in spirit—some high, some linked much more closely to Earth than others. Bill said that the zone close to Earth used to be a more temporary zone but it has become more complicated—the new energies should be a help:

Rudolf Steiner here!—coming through again.

Lilian: Good evening!

George: Oh! That's nice!

It is always welcoming in such circles. It interests me that you do 'rescues' here. 'Rescue' is not so common nowadays, but they need it—they need mediums to come through. The astral is often a bit confusing at a certain level. It needs more light to shine on it on that level and then they will not be troubled souls. They will be released from their—in a sense they're still asleep still. The lower levels of the astral are in a deeper sleep—the ability to reflect clearly is limited. But on the higher astral levels, the ability to see clearly is like a sight—a vision—it's a bit blurred, the frequencies are more blurred. But I'm beyond that, on the ascended level. Once you ascend, then you see things totally differently—and clarity comes, all the lives fit in, history begins to make sense, and confusion goes. One sees the challenges as well. The Earth is in some ways a troubled planet. It needs to rescue itself. The whole planet needs rescue and that is what the highest spiritual forces wish.

George: It's interesting that you say that history begins to make sense. Yes, one feels there are periods on the Earth when what is done *doesn't* seem to make a lot of sense.

Yeah, there's progress—setbacks—progress—setbacks. Humanity goes forward a bit, then it has periods like the 'Dark Ages', where it seems to revert backwards, and the lower annihilistic ways of the Earth come back. Then you have a 'Renaissance' with a push forward towards the realm of spirit. It's like a magnetism, and this is an age of being drawn back into spirit realm again—dropping the lower physicality—the material domination—not to be trapped by the illusion of materialism. I tried to convey this on my short time on the Earth. It is much— Sara: Could I ask a question?

Yes, fine!

Sara: I feel a bit guilty asking a personal question ***(no you're not),*** but I know you understand about education, and you can probably see the problems currently in our world ***(big problems, yes).*** I'm trying to decide whether to move my son to another school, because he's really unhappy where he is—

The problem is somewhat in his self as well.

Sara: Do you feel that?

So the problem may continue.

Sara: You think it wouldn't go away.

It will not clear—it happens to everybody. If there is an issue, it has to be resolved internally—internally resolved.

Sara: What do you see as the big issue?

The big issue is: he doesn't—he feels troubled by communicating with some of the others.

Sara: Yes, yes. Do you feel it is because of—

He is trying to express himself fully with them—young men have that issue—yes.

Sara: Is it a typical issue?

Trying to find his place in the world, isn't it?

Sara: So, it's a sort of growing up issue?

—Part of maturing into adulthood.

Sara: Right, so you don't see it improving in a smaller environment?

It depends on where you can find locally.

Sara: Yes, I see. So, if you had to look at the scenario we have, would you advise sticking with it and working with it?

Yes. I would say: see it as a challenge.

Sara: See it as a challenge to overcome? ***(Yes)*** Okay!

Then, you always think there's another option. Sometimes, the option is to overcome the situation you're in.

Sara: Well. That's helpful to me, because, at least I know we can—perhaps we can overcome it. It might be possible.

Oh, it is not easy at any level, especially in your modern schools. There is too much external interference going on in their minds. They are influenced by television, computers. And they play these games that express—encourage an aggressive streak, which I see as unhealthy for their minds.

George: Yes—aggressive streak—that's a good term in relation to computer games.

War games—war games really, aren't they? (Yes)—***which are allowed to be played—yeah.***

Sara: It's difficult in our environment, because all of the boys are doing this, and the way we see it is that if we ban it from our home, he'll probably go to another home to do it

A lot of the problems he has are due to these games.

Sara: Do you think so? **(Yes)** Ah! Good! I can tell him that!

I see it in his—he's absorbed in it (right, okay!) ***It can possess them, you know. It can take them over*** (right)**.** ***A lot of these children are overshadowed by the characters of the games. So really they become psyched into the games so much they develop certain traits of the characters of the game—being a Ninja or a soldier, and they lose their own personality within it. That upsets me, certainly—a great deal. They start worrying. They do not understand the higher influence of the mental aspect.***

Sara: If we were to remove it completely, do you think that that could help him, or do you think it would cause more problems.

Well, he would react initially, for sure, and you will find his behaviour a bit difficult, but it is your challenge to consider that option.

Sara: That would probably bear the most fruit? ***(Yes.)*** Yes, okay! I like the sound of that.

I do not like these games at all.

Sara: I don't either.

They are poison to their minds.

Sara: That's exactly how I feel.

And it's like, yeah, it's like 'an opium' to them isn't it?

Sara: The problem I see is that I don't think he knows anyone who doesn't do them.

There's an addiction issue with them. They're becoming addicted—

Sara: I know—horrible games—

—what I would call 'satanic games'. I have to use such a term because that is applicable.

Sara: Of course!

George: These are good words. These are wise words to set down and circulate.

Sara: Yes, I'm quite happy with this. This resonates!

I am not some—I'm quite happy to express my views on that in the strongest terms.

Sara: Good, thank you, for that!

They are dangerous and unhealthy in society, basically.

Sara: I would agree with that.

And those in power should know this, but they're so weak.

George: Right, these words will be circulated to our correspondents.

Okay, that is fine!

George: I would like to say, that I heard today—only today, from one of our correspondents who began his education in one of your schools.

Ah, that's good!—yes.

George: William wrote in, and from the age of five to seven, he was actually at one of your schools—the one at Ilkeston, in Derbyshire.

Ah! Much has been established since my passing over—yes. I look over them from spirit, of course. Yes they have been very instrumental in assisting the continuation of my work on the Earth plane, and I thank them for that. One man cannot do it all—only with the assistance of others can you establish a movement—a spiritual order.

George: Yes, he has good memories of that, so I think he had a good start in life.

But, the downside is that some of your original teachings can get lost on the way. You cannot continue the flow in spirit so easily. There can be movement in certain directions. It's a bit like trying to tame a river, isn't it? You can only do so much—then it finds its own course. What I wish to do before I go is to put down the Christos—the Christ golden light for you—to assist you in your lives.

Lilian: Thank you!

If you wish for that, I will provide it.

Sara: Thank you.

That of the sun—the divine love of the solar Logos. So, you will be blessed with that.

Paul: We will be very honoured.

So that is what I will do now. So just open your heart centres to the Christos light.

George: Wonderful!

It is a beautiful light of divine celestial love which heals and removes troubles within you. It is a cure for many ills—yeah.

Rod: Thank you!

I wish you to share this—for it is my strongest pillar of my teaching—the Christ impulse. I will share that with you at this time. Okay, so I will put that down and I will bid you a good week ahead.

General thanks

So just receive it now. I will transmit it—transmitting!

Pause

It has been put down—yeah

Sara: Thank you.

It will protect you and guide you also, and I will assist on the rescue issue, also—see what I can do to help. There's Bill again, come in there to close it down—

Oh! I saw that—a good bit of light there, yes. Thank you for receiving us, yes.

George: Well, thank you for coming through and it's been very nice again. I *feel* for you, in some ways. You had difficulties at times when you were on the Earth—when the Hitler regime—

Oh, he's gone now—it's Bill!

George: Oh! Bill now!

Laughter

I've had my troubles as well, you know, not just him.

More laughter

George: Oh well, farewell Rudolf *and* Bill.

George's Notes:

Rescues: The nature and need for 'rescues' is made clearer. The majority that we receive are insufficiently aware, or insufficiently knowledgeable, to realise that they have passed over. They think they are still in physical life on the Earth—yet something is not quite right. Some simply do not believe in any 'afterlife' and have closed their minds to that possibility; these can be the most difficult. Occasionally, we have drawn their attention to rings on fingers or to character of hairdo to convince that they have 'borrowed' the body of a medium so that they can speak with us!

Electronic Games: Our philosopher friend provides a powerful message from higher spirit on the decadence of the warring / Ninja games and their bad effect on the minds of youth.

Mind: Again the all-important nature of mind comes to the fore. There is much value in youth guidance. And clearly, when we pass over to spirit, the 'rescues' are only necessary when mind has remained closed or has become a little lost in some way. But such hiccups can be overcome and it seems that the new light frequencies will assist.

Planetary Rescue: This aspect of rescue also gets a mention; and perhaps we should think back to 1994 to recall that this was the first part of Salumet's mission to Earth.

Humorous note: The voices of RS and Bill are alike, so one has to listen hard at times to know who is speaking. Anyway, that similarity gave us a really good laugh at the end of session!

SALUMET - 24th October 2011.

Lilian: Good evening Salumet—welcome—nice to have you here again.

Good evening.

All: Good evening.

As I join with you this time, it is noticeable how peaceful that you all are. There is, my dear friends, much love surrounding you and those who are absent this time. As another one of your Earthly years comes closer to its end, I wonder how often you think about how far you have come since that moment of curiosity—that moment of trying to find Truth; how far have you come? *I know* how far you have come, but tonight, my dear friends, I would like to ask you individually what you feel, and how far you feel you have travelled in your own special goal. How far do you feel?

Lilian: A long way! It's strange I was thinking about it this morning—earlier this morning when I sat down saying a few 'thank yous', and I thought: well to start with there were Ruth and Les Bone , as you know, and, from there, it's just been a wonderful journey.
Sarah: —and on the way, you've made a very good friend of Salumet!
Lilian: Yes!
Chuckle
George: Yes, we mustn't underestimate the help and encouragement that we've had. For me, I think this journey began in 1989 in Mexico on a Mayan site when I seemed to get the message that the greatest thing in all the universe is *Love*; and I feel that to become more loving and feeling for humanity and the universe—the whole creation—loving and appreciative—I feel *that love* has been my journey **(yes)**.
Lilian: Yes, another good thing on the journey has been talking to Bonniol. I thought of that as well this morning.
Paul: Part of my journey—I was thinking this week about the *fears* that keep us imprisoned throughout our lives. Part of it is simply working through all these fears, which sometimes they can be nothing more than a little bit of tension in you that carries through your day and affects the way you live your life each day. And so trying to work through these fears, some of which are childhood based, some of which are insecurities and things. It's partly my own communication—I guess that was some kind of fear of communicating myself as 'how I am', to people. It's sort of a journey of working through those fears, so that you can sit back and really *see* and experience that beauty and love.
Sarah: Saying about the fears—I must say—yes, obviously you get times when you get a bit tense and stressed over things, but I would say I'm not nearly as fearful as I was. I very much feel that as long as I do the best I can—I was going to say 'nature will take its path'—it will all work out right in the end, so I think I am less fearful than I was and I try not to be too judgemental—I do have the odd moments in the car, maybe this evening which wasn't quite so good, but mostly, I think, I try not to judge people too much, which I think perhaps I did more in the past. So, I think that's the thing—probably lots of little things that have happened and you don't even realise that you are moving forward—yeah, I think it's a good life.
George: Could I just come back on the judgemental thing and say: we did leave one person out in our prayers, which I tried to put right mentally, afterwards, and that was Muammar Gaddafi and—
Sarah: I did actually ask for him George.
Graham: He was asked for.
George: *(Apologies to all—I should have tweaked my hearing aids up earlier!)* I would like to ask for him in his journey forward. It is no doubt a lengthy journey, but I wish him well in that.
Lilian: I guess like all of us, he'll have to face his own problems.
Rod: Well, mine seem to tie up some years ago—I'd done about four courses with the police to improve my driving, because I used to do a lot of driving with my work, and at the end of this course, a policeman came up and he said: what have you learnt? I said that I feel that whatever comes up in front of me now, I can deal with—I'm confident that I can deal with it—I make up a plan and I can deal with it. And it's funny now, in my private life, I feel that whatever comes up now, I can deal with it. It sounds a bit big-headed, but I feel that I've got all my friends in spirit who help--yourself and everyone around—and it's given me more confidence, and I feel happier that I can do it, and I'm much happier to help other people, and I suppose the whole thing's you make a happier person, out of me anyway—and thank you very much for that—from my heart.
Daphne: Well, I think—well I know—I've become much more caring and loving towards friends. I've always been that way towards my family and now the family's grown into grandchildren and great grandchildren. We've had some worries over the little one, Harry, for the past five months, but thankfully he's holding his

own at the moment, although he's still in hospital, but I feel confident that he will pull through, and go on to be a normal little lad. But I'm much more loving and caring to my friends and I like to meet different people and I find that I'm not so judgemental about people as I used to be and I hank you for that. I've been working on it and I have been helped a lot, and I think the consequence is that I feel better in myself and I am much happier, I think and I know Rod feels so too. We are very, very blessed, and we are grateful for all the gifts and prayers that surround us at all time and the love, of course—so thank you!

Graham: I think when I was a little boy, or perhaps a bit older than a *little* boy, I can remember being very impressed by the teachings of Jesus, where he loved everybody, and I thought: how could you do that? Because some people seemed to be so awful! And yet, as I've become older and particularly, since I became a member of this group, I've looked at that again through totally different eyes. I really do now believe that I'm closer to feeling that I love everybody; and since I was approached by somebody who, although it seemed very unlikely—but you get the love back! And it's a wonderful experience when that happens. And putting your fears aside—and we are fearful when we don't understand people—we become frightened of them. If you can put that aside and forget about your fears, then what's left is just love.

Murmurs of agreement!

Rod: Well said.

Paul: Yes, it's kind of working out that there really is nothing to fear. I don't know what it is, but it's beginning to finally click that this physical body really is just an overcoat, and it's that spirit that's the only important thing.

Sarah: I think that Salumet's words that if we believe what you say, which we do—then if you just take that all on board, then you can relax and go ahead, so yes, thank you, again, Salumet!

Yes, do you see, my dear friends, how when you express yourselves and speak of *physical* feelings, and how it affects you *spiritually*, can you see that connection with each one of you? I would like to say that each one of you is approaching something that I would call *acceptance.* The curiosity and the intellectual stages have passed, and now, my dear friends, how you recognise that love for your fellow man is all important—love, not only for each other, but to recognise that you ARE *units of love*, each one of you, and it is up to all of *you*, as individuals, to express that love, in the best way that you can. But, by speaking openly to each other, it gives you recognition *to* each other, of who and what you are, and that you are not so different from one another after all. It gladdens us all in our world to hear those such as you. We know you have struggles and we know that you fight fear and many of its companions, but we are so happy to see those spiritual lights grow ever brighter. So, my dear friends, I say to you: for once, feel happy with who and what you are, and accept our thanks from spirit, because it is a great thing to watch that spirit grow and unite. If only all of your Earth plane could have the understanding that you have gained, what a much better world you would live in! So, continue on your way, question whatever you must, but always, no matter what you do, that it is done in the name of Love. That, for this time, is all I wish to say to you, but you are surrounded this time, by many who love you—not always those you would recognise, but nevertheless, those who love you. Absorb their energy and their love, and with those words, my dear friends, I will take my leave.

General thanks

Sarah: And, I hope, as you leave, Salumet, that there's somebody there with you who will encourage you as you encourage us, because you said: you also are growing, so I hope there's somebody who can let you know how well you are doing as well.

Thank you.

George's Notes:

CURIOSITY: As stated, that time of curiosity generally comes first. We cannot continue through life without thoughts of—why?—for what purpose? There has to be some kind of a reason! What about those strange dreams and compelling feelings? What about all the wisdom and philosophy that has accrued through history? Surely that is not just the imagination of freaky people? No way! And forget for one moment this potty little planet, what about that universe out there?—its details of construction? Explain that! Why the 'red shift' (element absorption lines shifting towards the red end of the spectrum of light according to distance of distant galaxies)? It has to be that either the universe is expanding from a time of 'big bang'—OR—in its journey across the unimaginably huge distance from faraway galaxies, light actually slows down—this due to the way it negotiates its passage through the 'energetic void'. I favour the latter far simpler explanation; and of course, the big bang theory was developing while the void was thought by many to be merely empty space. It now becomes clear that there is no such thing as empty space. That was one of the many examples of wrong thinking of modern mankind. On that magical Mayan site in Mexico, I was turning over such thoughts, when the message just zapped in from somewhere:

'It's alright to tinker with the mechanics of the universe—to try to figure things out—as did Newton, as did Einstein—It's a kind of appreciation, a kind of homage—BUT—the—most—important—thing—in all the universe—is—LOVE.'

That for me was a special moment!

LOVE: This is something that seems to get extended and can go on expanding. Love of family comes easy. Then there are friends—some becoming special. Then there is patriotism, but that can have its flaws. There's a whole world of people out there—we can love them all (so long as we stop the nonsense of warring). Sometimes we like people for being different! Some people are especially fond of a horse, a cat, a dog, a parrot—and vice versa. But there's all nature out there—animals, birds, whales, trees, plants, insects—all creation is lovable. And if we love the antics of bees as they visit and pollenate the flowers, resulting in good crops, then we must play our part and stop poisoning them with insecticides! That's all part of loving nature. But love extends beyond this planet and embraces the entire universe. As we have seen, we can communicate with many others, not of this planet—all one big family. But that's just the physical creation—there are all those in spirit too!

FEAR: As we have seen, in opening up to the many aspects of love, there are fears to overcome along the way. Largely, it is fear of the unknown and the imaginings that go with simply not knowing. In order to get to know, we must firstly of course, have the curiosity; so we have now gone full circle back to note 1 – curiosity! And curiosity really takes hold when it is realised we are not just here for the beer!

ACCEPTANCE: Perhaps what Salumet means by 'acceptance' is the full acceptance of the spiritual basis of life and the oneness of universal community, without hang-ups or reservations.

7th November 2011

Those of us who have watched on TV 'Upstairs Downstairs' or the more recent production 'Downton Abbey', may wonder how the strengths and foibles of yesteryear's upper class show up in spirit. Rebecca's clear refined voice was easy-listening via Eileen:

Lilian: Hello.

I'm here to tell you that your friend will be with you next time. I am told you will know who I mean.

Lilian: Yes, thank you for that!

Pause

I wonder if you will permit me to stay just a little while?

Lilian: Yes!

George: Yes, please do—welcome!

Thank you!

Lilian: do you want to sit quietly or would you like to talk?

I'm fairly new at doing this, so it's important that I practise.

Lilian: I see, so you would like to talk.

Yes, please!

Lilian: Yes, do. Is there anything we can help you with?

I don't think so.

Lilian: Can you tell us a little of your life where you are?

Of course, I will. My name is Rebecca.

Lilian: I'm Lilian and at the other side of you is George and we have other friends here as well.

As I am speaking with you, I am aware that my problem in life was 'vanity'.

Lilian: Yes, yes.

George: Well, yes, I guess there's quite a lot of that about!

Lilian: Yes, I was going to say—'quite common'

I was so in love with my hair. I thought it was beautiful, but it became a stumbling block for me, because I became so vain. I can see it now, but I didn't then.

Lilian: No, I can understand that.

So, in a way, I wanted to do this work in order to learn humility, and to understand the problems of others.

George: So when you were on the Earth, did you have social graces?

I suppose you could say I did.

George: Were you an aristocrat?

Not quite, but I aspired to be (ah!) ***yes. So I have much to learn and I felt that in doing this work, I have come a little way (yes) in making changes.***

Lilian: Well, it might interest you to know that I've been told one of my lessons in this life, is *tolerance.*

Tolerance—really?

Lilian: Yes.

Well, I know we all have a cross to bear—like I say. Do you all have something that you carry with you?

George: I'm sure we do and we well recognise that this is a learning planet.

Yes, indeed! But it is well that you recognise it (yes)**.** ***I unfortunately did not.***

Lilian: No, I was told by the friend that you mentioned was coming that one of mine was tolerance in this lifetime.

I must say that I'm most interested in finding out who your friend is.

Lilian: Ah well, he's a teacher from your realms. We call him 'Salumet', but he teaches, obviously, spiritual teaching.

George: He is from Angelic Realms.

I see!

Lilian: I think you have them—you can go and listen to these people.

Yes. They come to our level (yes). ***Yes, we do not go to them.***

Lilian: Well, we were lucky enough that he came to our group ***(ah!)***—very lucky!

Do you know why?

George: I understand it took a very long time to prepare the way ***(yes),*** and much depended upon the lady whom you are using now.

I see. I am aware of teachers who come, but there are many I am not aware of.

George: your instrument—she can go into full trance which is necessary when the one we know as Salumet comes through.

I see. It is most interesting—

Lilian: it's fascinating—absolutely fascinating ***(yes).*** The man who started the group—he and his wife worked really hard with healing and rescues ***(yes)*** and they deserved something really, so that was another aspect of it, but we're not the only group ***(no).*** There are lots of groups that have other teachers.

I have visited other groups. I like the feel here. I don't know what is different—

Lilian: Thank you for that—

But it feels calm. It feels comfortable.

George: Good! I think we're very well bonded.

Ah! Perhaps that's what it is—yes.

Lilian: we have our faults and all the rest of it, and it doesn't matter. We're all very different.

It doesn't matter?

Lilian: No.

What faults do you have?

Lilian: *With laughter!* I couldn't tell you offhand, but we're all so different ***(yes),*** but it doesn't really matter.

If I might just add a word and say to you: do not leave it, try to alter your ways whilst you live on the planet, because it's so much harder when you come to spirit. It is harder because you feel that you have let yourselves down. And it causes some grief, I believe.

Sarah: We have been told that before.

Lilian: And, also, say we smoked cigarettes—if we can get rid of that habit before we come over, it's better, because otherwise you are going to want—

If you could see the people who crave these many things, it pulls you in the direction of anxiety, might I say—so I would suggest to you to think about your faults and to rectify them if you can. Not always easy!

Lilian: —Or a bad habit—

Yes, I am feeling some faults within the group—

Knowing laughter!

Lilian: I'm sure you are!

Perhaps you need to address them.

Rod: Mine's too long to list for you—

Chuckles!

—I know they're there, ***(ah ha!)*** and they are difficult to get over, especially on a bad day.

Ah well that's the opportunity given to you to change—yes. May I ask with whom I am speaking?

Rod: My name's Rod!

Yes, you do have a few faults, do you not?

More laughter!

Rod: I do—I have a few ***(yes).***

Lilian: So you—can you see those faults?

Rod: Can you feel them?

I feel them.

Rod: Oh! Golly me! Is it that obvious?

Chuckles again!

Not only you—

Lilian: All of us!

—you all have some.

Lilian: Well we're human aren't we?

But I have to say, don't worry too much, because there is a calm feeling here, so perhaps you should take the feeling you feel now, and use it in your everyday lives.

Jan: We do try since Salumet has been coming. That's what we endeavour to do, in our daily lives.

Yes—is that what he teaches you?

Jan: Yes!

Yes. Well, I'm sure that, with a teacher from our world, you cannot go wrong.

Jan: Of course we're still human, still got all the faults that go with humanity.

But you need to strive to dissipate them. Do you not agree?

Jan: Yes, totally!

Rod: I'm surprised that its difficult to get over the faults when you come over to spirit. I would have thought it would be an easier realm to do that.

But it is much easier to do it while you are here—*Agreeing murmurs*

—Because you then recognise your faults. If you bring them to our world, you suffer because you realise they are things you should have disposed of—

Agreement from all

—you understand?

Jan: Also, we're taught that if you recognise a fault, the recognition is half the battle ***(yes),*** but, with recognition, sometimes comes regret, but we've also been taught not to hold on to that regret.

Yes, yes, I quite agree. Firstly comes the recognition of the fault. That is the first thing you must do. Recognise the fault within yourself, and, then it can be dealt with. I'm not saying that you can think about it and it will disappear—no, no, no!

Jan: It's how you deal with it.

It is how you deal with it and how your heart is, yes.

All agreed

Yes!

Jan: I think I've been learning that I'm a great one for living in the past and having regrets—that's how I've lived my 52 years so far ***(yes),*** but, if you're not quite hard on yourself, and you realise that you've made a mistake and that was wrong which is what we've been taught, if you then live by that lesson—

Yes, let it go—yes—

—and you try to change, the regret isn't quite as hard to carry along with you, if you know what I mean. You become softer on yourself.

Regret is very negative, so you have to let it go, yes, because, if you don't let it go, it is one of the causes of your illnesses in your world.

Lilian: So we've been told.

I have learned that since I came here.

Agreeing murmurs!

Paul: You can't regret really—because you only do what you can each moment ***(yes),*** and, of course, ten years later, you know a lot more, so you would have done things differently, but back then, you didn't know.

What has gone—has gone; and you must live in the moment. If you are to be true to yourselves, you must live in the moment.

Jan: That's been one of Salumet's biggest lessons for us, hasn't it—to actually be true to ourselves.

That is something that you do learn, I suppose, if 'learn' is the correct word, when you come to spirit.

Jan: Because you can't be anybody but yourself in spirit can you?
Yes, you are open for all to see (yes)**.**
George: Yes, 'living in the moment'—that is spoken like a philosopher, and I would say you are very well-spoken ***(thank you).*** Does that mean—when were you on the Earth—in the nineteenth century?
Yes, you are correct—yes, you are quite aware aren't you? But time is of little importance. I do not live by time or what happened when I was here. Those things should be left behind. We need to move forward, and, in the same way, as you need to move forward.
Rod: Did you have a family here?
Well, of course, no one is a single entity.
Rod: Did you have children?
No! No, I did not—um—not a regret for that lifetime, I have to say. I was much too vain!
My vanity really was my downfall.
Rod: Tell me Rebecca—this lovely hair—what did it look like—what colour was it?
It was the most beautiful golden-brown that shone like the sun.
Rod: And you washed it with what?
I washed it with natural water and perfumes.
Rod: You'd have a good choice now if you went to Tesco's. You've got all these products!
Chuckles!
Tesco?
Rod: It's our supermarket.
Ah, yes, I am aware of a great range. But, of course, you know, in my time, I did have a lady who brushed my hair always, and that is one of my regrets—that I expected her to do this task for me, but my true failing was my vanity. I can't stress that enough to you.
George: That was quite common in those times ***(yes).*** There were the upper class and lower class. One who was possibly on Earth the same time as your self was one who has been through to us three times recently and that is Rudolph Steiner, who was a philosopher.
Yes—I am not aware of him.
George: No, he might have been a little later. He left the planet in 1925.
Yes, I do not recognise who that might be. It is impossible to know everyone, although the blending here is amazing.
Lilian: Talking of faults and things, have you ever been anywhere close to the dark regions where you are?
Have I? Never! No! I know that they exist, but, no, I fortunately have never been close to them.
Lilian: I would say that there would probably be quite advanced souls that would help in those places. Is that so?
There are those—I believe the gentleman mentioned the Angelic Realms. There are angels and there are those who work towards helping those unfortunate people, and it would be very difficult to get close to those regions (I see)**.** ***Yes, you would not be able to approach them.***
Lilian: Ah right! Yes, they must suffer, really.
They are lost souls for a while, until recognition comes to them (yes)**.** ***Anyway, I am being called.***
Lilian: Well, it's been a pleasure to have you.
And I am so pleased you have allowed me to talk with you.
George: Well, we've much enjoyed the conversation, and your voice is very pleasant—a very pleasant one to listen to. Thank you!

Well, I thank you. I am never quite sure what I sound like when using someone's voice. It's not easy to gauge.

Jan: The instrument you are using has a very nice melodic voice anyway, so you sound very, very pleasant.

Well, thank you very much. You are all most kind.

Rod: have you got your hair in curls tonight?

Ah, now you really are making me think about 'vanity'.

Jan: No, she doesn't want to think about vanity. ***No!***

Rod: I've got mine to get over.

Jan: What your curls?

Rod: No, my faults!

Laughter!

Yes perhaps when you all reach your homes, you can think a little about one of your faults, because you do have more than one each of you—*Chuckles!*

Yes, now I really must go. I am being called.

General bye byes

A rescue followed involving one who was paralysed on one side and brain-damaged. Communication was difficult, but there was some response to Lilian's healing hand and understanding of our encouragement to look to the light. She was then able to move forward to those waiting in spirit, declaring with much feeling: 'I am happy.'

George's Notes:

Planetary Progress: There are of course many indications of planetary change. We know for certain from conversations with Bonniol that an important practical step is to harness an energy that is available to all and which does not pollute and so ruin our world. The days of the oil-based internal combustion engine are thus numbered. And you don't need to be a financial expert to realise that the demise of the motorcar and present transport systems will cause a huge hiccup in high places. But the change will come, and like most changes, there will be resistance from some.

Stop Press: *According to AFP News Agency, Earth's Pt/Ir 1 Kilo standard of weight, established 1889 at Sevres, has changed by 50 micrograms and scientists do not know why. But we know why, don't we!—Bonniol 8th August 2005 / The Chronicles of Aerah, pp 89-90, 96.*

SALUMET - 14th November 2011

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

Pause

I hesitate in speaking with you this time, because I was feeling your individual energies, to create something which so far has not happened. There is some positive energy with you *all* this time, which has not always been available to you; so from our point of view, it is most interesting to watch each one of you glow as a candle would glow. As, my dear friends, we approach the end of another one of your Earthly years, I would suggest to you that you look back just for a short time to see just how much you have grown. We know sometimes that some of you feel that not much progress has occurred. That is *not* true. Each one of you—not only those here, but those who have been within this group, have grown so much; but I wish tonight to reiterate some of my previous words to you. You have to ask, my dear friends—you have to ask for our *help* in your unfoldment of spirit. It is not enough to know that we are close by. Without your

permission we cannot help you further, so it is imperative that each one of you thinks deeply about who and what you are—but not only that, but where it is you are heading. You could all stay still and be pleased with what you have achieved, but it would, my dear friends, be in your own interests to ask for that help in your spiritual unfoldment. There are so many who stand close to each one of you, ready to help in any way that they can. So this time, I want you to think just a little more deeply about what you wish to achieve. It is all there before you, my dear friends, but it needs your freewill to become *activated*. I hope you understand my words (yes)**. Would you wish to comment on what I have just said?**

Sara: Yes, thank you Salumet—that's just what I needed to hear, because I had been wanting to progress myself, and sometimes feeling that what I want to achieve is quite a big task, but now you've said the words, I feel I can achieve it. But I do need the help—so thank you for that!

Yes.

George: Yes, I'm sure we all give thanks to that. I feel that we are all moving forward within this group. I feel also that the planet is moving forward and there is an interesting fact that has recently emerged. The one kilogramme platinum planetary standard in weight that was set up in the year 1889 has lost a small amount of its original weight, and scientists cannot explain this. I feel we have covered this ground in our Bonniol conversations, and we have learned that, *as the spirituality of the planet increases, then densities decrease—* and I feel that this is an important event and possibly a trigger for the scientific community to think more deeply.

I understand what you say, my dear friend. Let me just say this to you. Always, you are so surprised when something is said that we have already told you. You never cease to be amazed in the most human of ways, about these small matters. All of energy is forever transmuting—changing in many, many ways—in ways that you may never understand. And of course, I would say, it is always welcome news when your scientists have some proof of what is happening.

George: Exactly!

Yes, I understand why you feel that this one detail is so important.

George: Well, I feel delight **(yes)** in that there is proof, which they are likely to see as tangible.

Yes, it is a long time coming—it has happened in the past, and it will continue to happen in the future—but your *infantile joy* gladdens me.

Amused chuckles

Sara: I get lots of infantile joy from synchronicities, sometimes **(yes)**, and I had a very nice one this week. I took a book from the library by David Wolf. He's written about 'Super-foods and Nutrition'. I don't know if this is a name which resonates with you?

It matters not.

Sara: But anyway, I phoned a friend in my enthusiasm who likes him too, and she said: 'Oh he's coming to give a talk in our shop tomorrow'. He travels all over the world, so that was quite synchronistic for me, but I do get excited about these things.

That is because you are only human. Only the human species allows themselves to become so over-excited by what to us is quite normal. *(Chuckles from Sara)* **I'm sure you understand** (yes). **But your scientific community will always discover many facts, which previously they had denied or doubted in many ways. So yes, continue my dear friends, to feel your joy at these happenings, and know as I have always told you, to accept that not all things can be proved to your scientists, because their hearts and minds are sometimes too closed. You understand?**

George: Yes, we certainly understand that!

Sarah: Emily was reading an article—I think this is right—she read that as you progress, your energy within you slightly changes and that can actually affect things around you, and she said she does feel that she's moved forward quite a bit and in that particular week, three electrical items of hers had broken, so she thought that she had perhaps, after all, really moved forward and her energy had slightly changed.

As I have said, all energy can be transmuted, which, of course, have either positive or negative ways to them, but I am going to use one of your Earthly sayings: *'No man is an island.'* Of course, whatever happens to any of you has some kind of repercussion with others, because you are all formed of the same energy. So how can you *not* be connected?—not only to other humans, but, as you have said, my dear friend, to objects, which, too, have energy. So does it not make a little more sense that the connection that all of you have with this *beautiful* planet should be respected a little more? (Yes) **Not only this planet, but as you know, the many universes thereof.**

George: Yes, I feel with illness too, there can be so many connections between people; and I wonder if I might ask a question about yet another of our illness conditions? **(yes)** It's a general problem, because it's something I feel that our medical people don't seem to know the answers, and it's brought home to me by the fact that my wife has suffered with sciatica for several months now, and the doctors seem to hand out painkilling pills, but they observe that the condition may last a few days, it may last a few months or it may last several years. There doesn't seem to be any serious move to *cure* the condition—just kill the pain that arises from it, and this so as to interfere as little as possible with sleep pattern. So I wonder, Salumet, if you may care to say anything about the condition of sciatica?—the trapping of the sciatic nerves?

Yes, I have to be a little more general in my reply (yes)**, because what you call 'sciatica' or 'arthritis' or any of these conditions, is indeed the showing of *unease* within the body** (yes)**.Throughout your time, there have always been illnesses, there has always been *disease* amongst mankind.We have spoken about this on many occasions, I believe, and I have told you that any disease within the body will result in a condition whether it be affecting bones or flesh or whatever the body is made from. I would like you, my dear friends, to just consider what your physical being is. You know that you are first and foremost spirit** (yes)**, clothed in physical garb made from flesh and bones and blood, and you know what a human body is made from. I have to say that throughout time, there has always been some discomfort with the human condition throughout your Earthly history; and always, from our side of life, we have helped to solve many conditions,** (yes) **yes. I would say to you, at this moment in time, the condition that you call sciatica and arthritis, and after all, sciatica is trouble with nerves** (yes)**—I have to say: it takes many of your Earthly years before this condition shows itself** (yes)**. It is not something that happens in a second, a minute, an hour, a day. It is a build up of tension within the body, which then creates the nerves to become trapped—to become jangled—that is another one of your Earthly expressions which I would like to use—the nerves become *jangled*. In other words, they are not happy within that human garb.**

Lilian: That's interesting.

I can only tell you at this time in your world, that many and much help can be given, but there has to be an alignment between spirit and physical body. It is not always easy, I know, because, as I have said, you are dealing with something which has taken probably many years to come to that point (yes)**. So, my dear friend, I cannot give you the answer which you are hoping for—only to say that the more the spirit comes forward, the less the physical body reacts—and I know, as the body becomes older and older, that too the mind loses that energy to make itself better.**

George: Yes, and this connects with 'going within' no doubt.

Yes, it is something that all of you, all of you who are well, can work upon. Any illness or upset of the physical being lies within. We can influence doctors, which we do all of the time for help with the diseases, and you must know there are many diseases which you now do hear very rarely of.

George: Yes, many diseases, and many dedicated doctors I must say, and so many do a wonderful job.

Of course, but ultimately, I have to say, my dear friend, all illness is the responsibility, hard as that may be to take—illness is the responsibility of that soul.

George: Yes—yes, thank you for that, Salumet.

Lilian: Whereas, I imagine, the majority of us, myself included, would think that a back problem comes from something we've done—like a bad fall that we've had—

That may be the trigger, but it comes from much longer back.

Lilian: I see, yes.

Jan: Trauma tends to bring forward **(yes)** to the spirit, things that are waiting to come forward.

Yes, thank you. I hope that has helped you just a little.

George: Yes, thank you.

Rod: Could I just go back to your statement about individual progress **(yes)**. My learned friends seem to know what you were talking about, but I'm not too sure. Does this mean when you talk about 'going within' is this something that you've mentioned before—I'm willing to be reprimanded—but is this what I should be doing—'going within'?

All of you should 'go within'—yes, yes.

Rod: Right! Thank you very much, Salumet.

Lilian: Did you want to say something, Gary?

Gary: Just reflecting on my own condition of my immune system and the tiredness I get **(yes)**. I've been told it's accumulation of past lives, and I see that I don't really feel comfortable at this physical level and I'm partly trying to escape to a higher realm.

But, you cannot escape, my dear friend, until you have dealt with the problem now. Escape is not the way. If you have a problem now, it may well come from past times, as it does with many, but you have to deal with the problem *now* by 'going within' and strengthening that spirit. Then those outer results will follow. But you cannot escape what you have come here to experience. Do you understand?

Gary: Yes—

No, you do not!

Laughter!

Gary: I thought—I'd been a very *long time* on this planet and I suppose I felt a bit tired and wanting to go to another planet. That's how I feel.

But you cannot always have your wish.

Gary: I don't feel bad about feeling that way—I just feel that's how I feel.

Yes, but that is what you have to let go of, and to *deal* with your time here. All of the time that you spend wishing for other things, is that *moment wasted*—if I could use that word. I advise each and every one of you, as I have done for many occasions—to live *NOW*—not a time gone or a time to come, but *now*! And you will find, or you should find, if you are going within also, that your health would improve.

Jan: I think I can vouch for that—living for 'here and now', certainly does help with certain conditions. Simple things like hay-fever, which I know is an environmental problem, for many on the planet, but—

But why is it not a problem for all people? You all live in the same environment.

Jan: But I cured mine.

Yes—yes, that is what I have been trying to tell you.

Jan: I was reiterating really what you were saying **(yes)** that certain aspects of health I think we hold onto—feeling that we have to—and once I let it go, it went. I've had two years now completely free of it, but I was completely debilitated in the summers with it, but it's gone. Yes, I'm just confirming really what you've been saying from my own experience.

Sarah: And also this business of 'going within—Graham, Sara's husband, is another example.

(General agreement)

Jan: Yes—certain illnesses confuse me on this issue though, because you've talked about and I can only talk for myself—I do believe that some illnesses are obviously meant to be—that people are born with an illness, either out of choice before they come here, before they reincarnated this time—I can think of several people that I know that have got the most awful diseases or conditions but with such spiritual light energies, always smiling and they never complain. So those conditions—I'm not sure whether they've come to learn a lesson from that disease, or whether that's a condition that other people can learn *by*.

We are speaking of something slightly different when you speak of someone coming with a condition. That spirit, that soul has chosen to enter life with the opportunity of those conditions being there. That is why I have said it is not parents that you choose, but the opportunity and conditions that those two people will bring to a life (Mm)**. And of course, if those conditions exist from birth, that is slightly different, because free*will* has a much stronger part to play**, **but still, they can free themselves from many of those conditions** (ah right!)**, as life continues. Not all, not all, by any means, but—**

Jan: Some of them don't have to hang onto the condition as long as they do.

Yes, they can improve with a lifetime. It is not an easy subject for you to understand, because most people feel: I do not want this condition; but are they happy to have the results in a spiritual sense from those conditions? I can tell you, my dear friends, that when they come to this side of life, those experiences will have been invaluable to them.

Jan: I can imagine.

So again I say to you: look to the wider picture.

Lilian: Yes, because if we never had pain, we can't appreciate other people's pain.

That is one way of looking at it. It gives you an empathy with others—yes, of course. But that does not mean that you have to hold onto pain. Release it and release yourselves. You understand?

Jan: I'm not sure if I'm on the right line or not, but I've often said, especially to Mum sitting next to you—my mother-in-law, on the phone—that, after a while, if you have been in pain, the pain becomes part of you, not in a negative way, but in a positive way, whether or not that's because you're actually learning through the pain—but it's not that you want to hang onto it, it's because it becomes part of your physical spiritual being, and sometimes the pain will disappear because it's part of you. That sounds really contrary, but that's what I've experienced.

It's because you have recognised it and let it go.

Sara: It's a bit like when you give birth to a baby, the more you embrace the pain and allow it, the better it is and then it ceases to be a problem.

Yes. Pain, as you know it in this world, is so individual to each one of you—that what is right for one, may not necessarily be right for another.

Sarah: Yes, that's true.

But what is right for each one of you is that you live every second in the 'now', that you 'go inwards' each and every day until you unite with that spirit within, which has the power to strengthen and uphold you

through all of life's trials. And finally that you give thanks to all of those who surround you with love and are there to help in any way that they can. And with those words, my dear friends, I am going to leave you.
George: Yes, well thank you for that Salumet—and to use another of our expressions, I think you have dotted all the 'Is' and crossed all the 'Ts' on these matters. Thank you very much!
For those I have not dotted, I would say: think more deeply.
General thanks
As always, I will take my leave. Know, my dear friends, that you are loved by many. There are so many who stand close to you. I am always telling you this, but it is now time for each and every one of you to begin to recognise those who are close.
George: I think we sense this—we do not need scientific proof for this!
General thanks and farewells from all
George's Notes
1: 1 kg Standard Weight Decrease: When Bonniol spoke of the 'density' of things and how density decreases as spirituality increases, I had pointed out that, on inspection, there was no difference between sets of atomic weight tables spaced 20-years apart. His response was: don't hold your breath—it takes longer! Well, the Earth's standard kilo at Sevres was very, very carefully arranged, using platinum-iridium alloy which is very, very stable; and it has had 122-years in which to show a change—long enough it seems to show a 50-microgramme reduction. Conventional scientists cannot understand this. But the fact is now with us that, whether acknowledged or not, those who set up the standard in 1889 have:

(1) Proved the universal principle that densities decrease with increasing spirituality
(2) Proved our material world's connection to spirit.

Q. E. D.

CERN Claim that their Neutrinos exceed light speed: Whilst on scientific matters, perhaps some mention should be made of this topic. The neutrinos should have taken 0.0024 sec to complete the 732 Km journey but arrived 0.00000006 sec ahead of schedule, a small fractional increase of 0.000024 / 1. The 1 kilo weight standard has a fractional decrease of 0.00000005 / 1. So, if my arithmetic is correct, the two fractional scientific 'anomalies' are in ratio 1:500—similar orders of magnitude one might say; so I wonder if there is a connection? Perhaps we shall discover in due course.
Illness and Body Condition: An important part of Salumet's teaching seems to be that we are all very much architects of our own situation. It is easy in retrospect to see our errors with illness arising from a toxic material such as asbestos. The sad asbestos story goes back a long way. Pliny, writing in 1st-century AD, noted that slaves working in Roman asbestos mines die young of lung disease. (They wove it into napkins and clothing and flame-laundered—also used as lamp wicks—those of the Vestal Virgins never wore out!) In more recent times (1918), the Prudential Insurance Company in New York refused to sell personal life insurance to asbestos workers. They knew the score! In the early 20th-century, several notaries drew attention to the known hazards. But still we made a huge industry of asbestos causing widespread distress throughout the world. A learning for unthinking commerce no doubt! When we discussed cigarettes and smoking with Salumet, he was quick to point out that, although toxic, not everyone succumbs, or not all are affected in quite the same way, because there is also the spirit connection to be considered. But smoking is nonetheless unwise, and we should of course respect the human body that is a home for the spirit. But when we consider conditions such as sciatica and arthritis—these differ in that there is no external toxic material involved. It relates much more to mind-play and how we think, and this makes it so much more difficult to understand—for ourselves as well as medical profession. The doctors and nurses can assist, but meditation and looking within will often alleviate.

21st November 2011

There was some conversation beforehand and mention was made of the people of India. Then our old friend Emma Hardinge-Britten spoke via Eileen:

Lilian: Good evening.

Good evening—it is I, Emma.

General welcome

George: I thought it was from the way you sit, with a straight back. Welcome to you!

Thank you. The mention of India captured my attention, because of course you know, I have been helping the suppressed women.

We recalled Emma's previous visit

So of course, the mention of India was enough to bring me here to you. I have to report that the suppression of women in your world is slowly being unravelled. After all, as spirit, you are both male and female energy, therefore, why should females be suppressed in your world? I have continuously supported women by using subtle energy to persuade them to take control of their lives. It is not always easy as you may well know, and there are still many places throughout your world where women are still not superior to men.

Jan: Or equal.

Yes, equal.

George: Yes, unfortunately there are traditions that are upheld—this putting down of the womenfolk—

But these traditions have to be dissolved.

George: Yes, I like your word 'unravelled' ***(yes)*** because I think it is good to unravel deeply held traditions. Within the Moslem—I think it is called the 'Shariah' system, which must be quite a problem as seen from spirit.

Yes, not so much a problem as a need to educate, I would say. That no one should in any case, in any place be subservient to another human being. This is the teaching of spirit. As I have always been involved in the way of the women of the world—not because I feel they should be superior, but there should be equality between men and women of all nationalities. And again I say to you: that is always what I strive towards.

Jan: I think with the Arab countries at the moment, fighting for their democracies—I think that will be the next step.

Yes, it is, slowly, slowly, but progress is being made.

Jan: Yes, because, obviously they can't give democracy just to the men ***(no)***. They have to give it to the women as well.

Of course!

George: There's considerable unrest in the Middle East at the moment **(yes)**. One feels that, eventually, there has to be a good side to this.

It is their time of evolution—perhaps that is the kindest way to say it, rather than think of the discord that exists amongst these people. I'd rather see it as a form of education—their evolution.

Jan: Mm, so you're educating the females as well as the males—you are impressing both?

Yes, in effect, in a very subtle way. Yes, it will not happen overnight. It will take much time, but the fact remains that we are making progress (Good)**.**

Paul: Where do you think it comes from—this lack of equality, because we understand that before the big religions of today's world came, feminine qualities were respected a lot more.

Yes, many females were regarded as priestesses and higher, but you see, all of these things take their course. I cannot give you one definite answer to that question. I do not personally know that answer, but of

course, men in your world have always been physically stronger, and I feel that perhaps in many cases this has taken precedence, and of course, when you speak of religion, that is another matter.

Jan: I was thinking along the same lines as Paul who asked the question, It's the male throughout our evolution, who has picked up the arms first ***(yes!)***. And, as women bear children, men don't like to see them physically fight. They actually can't handle that spiritually—to see a woman bloodied and injured, and I think history along the way, has twisted that somewhat. That's just my viewpoint.

But any idea is open to change and that is what I look to. I look forward to seeing women becoming stronger in their viewpoints in these countries where they are downtrodden—and be assured they are downtrodden.

Jan: Yes, we know. I think though, women have a universal power that extends to every sisterhood of the planet and we're very good at coming together as a whole.

Yes, I do not even strive for a sisterhood. I strive for 'equality' and a 'oneness' and a 'wholeness', which is the spiritual aspect of life.

Jan: Yes, but first of all, because you are talking of the female form that—

They have to be recognised as a whole, yes. I do understand what you are saying, but I need to tell you that my objective is that equality of spirit is paramount (Mm—yes)**.**

George: And with equality, there is the matter of 'team'. Male and female have developed different qualities, and these qualities can work together as a team.

Yes, as they should—one should complement the other. That is the purpose of male and female. Of course, there are always exceptions to rules, but you have to think I feel, of the spiritual nature and quality that exists in all humankind.

Jan: When you look at it through spiritual eyes, to be reincarnated as a female when your previous life was a male, and to be treated in that way—what actually happens to the spirit—the soul?

It is abhorrent—yes.

Jan: Yes, I can really understand that.

That is why most people wish to experience both female and male energy at some time. This is why reincarnation is important for that very reason, because we are all male-and-female energy, and it would do well for this whole world to recognise that. But anyway, I did feel that I had to come and say a little about the progress which is of course happening around the world. You may not hear of it, but it is creeping very slowly towards change.

Paul: I notice that some of these countries now have female Presidents and female Prime Ministers, as leaders.

Yes, and why not?

Paul: Exactly!

Equality should be there should it not?

Paul: I think India has a female Prime minister.

They have—they have indeed, but they also have many castes, where women are suppressed—as in all areas of your world (yes)**, *even in your so-called dignified countries.***

Jan: Yes, the western world has other problems such as trafficking and all those sorts of things which are still suppressing, so yes, we're not exempt from it.

And there are many ways to suppress the spirit of another, so it's a delicate issue I feel, and one that keeps me extremely busy.

Jan: Yes—a very worthwhile. Would you call it a project, Emma—your quest—is it a quest?

It is! It is something I feel I have to do. I have always fought for women, and from spirit, I can see the larger picture, which encourages me to go forward, and, also, I have to tell you that it is helping in my own spiritual growth.

Jan: Yes, of course!

George: Yes, I think when you came to us before you used the word 'project'.

Yes, you may use any word that you wish, but to cap it all, it means going forward and soul growth.

George: and to remind us all that we are each of us both male and female energy—that's a good message to impart.

It's something that you should always keep in mind, and I know in your world you will say, men are so different, and women are different from men. No, you are not! You are all part of the whole, and if it takes a little understanding, then, so be it! That is another part of spiritual growth in recognising others and recognising within yourself what is wrong in your thinking.

Paul: It's very noticeable with the younger children—up to a certain age, the boys and the girls do similar things. They play together—you get tomboys—basically they're just doing what boys do, and boys sometimes do what girls do. At a certain point, suddenly, they become aware that they're not supposed to be doing that—'I'm this' or 'I'm that' so they start to move away from what they actually want to do, and adults then either become either one or the other, and we are, as you say, much more similar than we realise.

I have to say it is only human beings who put so much emphasis on gender. If you are both male and female, then you should accept yourselves and each other for what and who you are.

George: Yes, I'm afraid this problem is exacerbated by the advertising firms which advertise items for women and items for men, and there's the connection to making—some people *so committed* to making large amounts of money, and this is a complication which attaches to the male /female thing, I believe.

Yes, if, as the gentleman has said, young children were left to their own devices, they would find their own way, their own pathways whether it be towards male or female, as long as there is love within that soul, how does it matter? That is what is important—love—love for one another, to help one another—that should be your goal in life.

George: Yes, unfortunately, there's a few who have sidestepped into this as a means of making money, when it should really be a love of one another.

Yes, that sullies the word' love' does it not—when it is for such things as wealth and such things as ego shall we say? I do not like that word to be used with those things. One's love should be pure.

George: People are recognising that a minority of population is making too much money, people are reacting to this and this is another revolution that is going on at the moment.

Yes, inequality has always existed in your world and I have to say it will continue for quite a long time to come, but mankind is at least aware that there are these inequalities, whereas at some point in your history it was not recognised—it was just part of living.

George: Yes, I think this is a time of growing awareness of these things.

Yes, in many areas of your lives, there is a growing awareness. Anyway, I do have to say, it's been a pleasure to come and talk with you all, and now I really have to go.

Lilian: Well I'm glad your work is going well with the Indian ladies.

General farewells

Thank you and goodbye!

George's Notes:

1: Emma Hardinge-Britten (1823-1899): Last with us 30th May 2011. It is of course always good to have news of old friends and their work in spirit. Whilst on Earth, Emma founded 'Two Worlds' magazine. It continues,

and in fact, in its August issue, appeared a favourable review of 'The Chronicles of Aerah', leading to a few book sales via the magazine. Thank you Emma!
2: Islamic Law – Shariah: As with Christianity, there are many variations according to sect and country. There has been harsh interpretation of original teaching with much criticism, for example: severing hands as punishment for theft. Shocking! But then, 'Christians' have burned at the stake, and some US states still operate death penalty. All is horrible! But where religions are concerned, there is one certainty: West cannot judge East and East cannot judge West.

SALUMET – 28th November 2011.

We gathered and chatted in the conservatory / lobby as usual before going through to the room used as our 'temple'. Eileen had been listening to a compact disc recording of Salumet's voice. We chatted about world news and how leaders and politicians seem to be faced with serious dilemmas. I read a passage from Chairman Mao Tse-Tung's Little Red Book:
"We are advocates of the abolition of war, we do not want war; but war can only be abolished through war, and in order to get rid of the gun it is necessary to take up the gun."
The statement is of course self contradictory, but would appear to well demonstrate present day political thinking. I suggested it might be good to read the quote to Salumet and seek his thoughts on the matter. We then moved into the inner room and proceeded with prayers for those in need—and then Salumet was with us:
George: Good evening Salumet. Welcome to you.
Good evening.
All: Good evening.
As always, your thoughts have been directed for all those people in need. So many in your world are in need not only of healing, but spiritual upliftment and enfoldment. To unfold those spiritual gifts which are within each and every one of you, it is important, my dear friends that you understand and know yourselves. I have used these words on many, many occasions, but I feel it important enough that they be repeated from time to time. If you do not know yourself, how can you come to know and understand others? So do you see the importance of getting to know yourselves? It is all too simple at times to say: *we are all one, we are of the same energies*—that is to simplify matters too much. But rather than think of yourselves this time, I would like you, my dear friends to focus upon some words that are used in your world today, especially those of Christian denomination. Those words are pure and simple, and they are: *'Peace and goodwill to all men'.* Simple words, but words which mean so much; and I ask you that each and every one of you ponder upon these words until we meet again, and I will be most interested to see what they mean to you individually.
George: Yes, it's one thing to say the words, another thing to *feel* them strongly inside, and just feel that they spread.
Yes, they are words that are used freely, especially at this coming festive time of your year in your world, but I would like you, as you say: to *feel and understand* what those words mean—not only to those you love, but to every man who has his feet firmly planted on this Earth plane—not only physical man, but also those in spirit, who are in need of your understanding, and your love.
George: Of course, with goodwill towards all, there cannot be any wars—would you agree, Salumet?
There should never be war, but I have been listening to your conversation, before we entered this room, and of course, the ideal in your world would be that no man should go against another, but again, I have to say to you: until mankind uses his freewill for the good and betterment of mankind, there will always be

problems, but as I have told you also, on many occasions, the most powerful thing that you can do is to use the power of your thought. *(Agreeing murmurs)* **I hope that you understand and agree with my words.**
Paul: Yes, it's a tricky situation when you get a bully—knowing how to deal with bullies can be a problem. It's sometimes almost more effective to stand up to them.
***Never* more effective—it is always better that those who are bullied give out love and compassion to those who do wrong. In that way, energy can be transmuted. I am not saying it is easy, but that is the way to go.**
Paul: Yes, that is something that needs to be practised more.
If you *believe*, my dear friends, that thought is the most powerful asset you will ever have in this world, then why not use it?!
George: Yes, Ig think you are saying, Salumet, that in a sense, the best way to stop wars is to use power of thought and love, and I think the thought and the love work together.
Of course! Thought producing thoughts of *Love*, you can almost see grow in our world. Mankind is at this present time, unable to see the effect of those powerful thoughts; but I can assure you, my dear friends, there is no stronger force than the thought of love. *(Agreeing murmurs)* **No matter the situation, the thought of love for another, and especially those who wish to do wrong, and hurt another human being—that thought becomes so powerful, that as I have said, that energy is transmuted.**
Sara: So it's the best thing to teach our children **(yes)**, when they're being threatened. I have always said this in the past to my children—
It is not easy—
—that you send thoughts of love—but, it's quite hard sometimes, when they're feeling very victimised.
Yes, I know. It needs to begin from a very young age (yes—yes)**. But, I understand that it is not always easy, but show by example.**
Sara: Yes, I'll keep trying.
You can also help your child by sending thoughts to *him* and to those that you feel are not so friendly towards him (yes)**. Good thoughts are always *used*.**
Sara: Thank you, yes.
George: Yes, it seems to have been the policy amongst politicians and leaders to feel that war can only be stopped by war, which is ridiculous really.
I have to say when I listened earlier—I have to say, it made me *smile.*
George: Yes, I'm so pleased you were listening Salumet. i
Yes, you were not aware of me, but I have been listening—yes, because it is an important topic that you chose to speak about in a sensible manner. So many people when they think of wars and disagreement become so irate with other people that they do not always realise that they are harming themselves.
George: Yes, and during that earlier conversation, I know I mentioned your name Salumet. Did that attract you to the conversation, or were you there anyway?
I was already there. What attracted me was the instrument was playing *(a recording)* **and my voice came through, which helped me to be with you—so no, my answer is: I was already there waiting for your conversation.**
George: Wonderful! I'm so pleased about that!
Now, I do not intend to stay long this time, because if the lady is willing this time, I feel it would be beneficial to all of you to be taken on a spiritual journey.
Sara: Yes, that's fine!
Yes—I will, my dear friends, be with you one more time, before we come to your festive season.

As always, after my next meeting with you, I shall be returning to where and whence I came for just a short time. So, until we come together again, I cloak you all in love, and I hope to endow you with much thought of peace and goodwill to all men.

George: Thank you Salumet. We look forward to a further visit this year. Thank you.

General thanks

And so, our teacher was already present, aided by the CD recording that Paul had prepared. Salumet remained with Eileen whilst Sara delivered a meditational journey—audio version freely available on website: www.salumetandfriends.org

Sara's meditative journey:

Following on from the theme of peace and goodwill, I'd like us all to go on a journey, in which we're going to focus our energy on perhaps someone—there may be someone currently in your life who you have been in conflict with or felt in conflict with—or perhaps if there is no one currently, you can think of someone who perhaps you have had those feelings towards in the past.

Try, if you can to think of someone who has at some time caused you some aggravation, either recently or in the past, and what I want you to do is—I want you to imagine that you are in a beautiful circular room, and the room, itself is filled with gentle light—a white light and rose-pink light—a very sweet, very warm, very beautiful place to be. And I want you to imagine that that person that perhaps at times you felt in conflict with, currently or in the past, is sitting in a large white, comfortable chair opposite you on the other side of this circular room. The room itself—it feels very spacious and very light, but also very peaceful—beautiful, warm , peaceful, loving energy in that room—a bit like this room here now. Imagine that in that beautiful, peaceful space, this person that you felt perhaps unhappy with is sitting in that chair opposite you now.

What I want you to do is, encompass and enfold them with your love. Look deep into their eyes, and, if they have treated you badly, try to come into touch with the sorrow and the pain in their eyes. Try to see and feel something of their soul and the state of their mind. Try to sense how it feels to be them with the life they live and the pathway they tread. Just sit with that feeling for a few moments.

Try to absorb or learn what it is you might need to know about their mental state. Try to connect with that person. Now imagine that your heart is sending out light rays—beautiful light rays—white golden light, and these rays are transmitted towards this individual, and they encompass this person completely in a cocoon of pure love and pure light. If you are a mother, try to imagine a maternal feeling towards this person, a protective, maternal feeling of unconditional love. If you are a father, try to do the same, and, if you are not a father, just think of it as a protective, unconditional feeling of love and support for that human being. No matter how justifiable your annoyance may have been, forgetting the rights and wrongs, and who has got the upper moral ground. Just think of it as giving to that soul what that soul actually needs at this point in time, which is more love and more light to sustain them—to stop them flailing around in an agonised state.

Try to bring that peace to them in an energetic way through these light waves of energy and love. And, as you transmit that powerful love of which there is no higher vibration, feel yourself raised up in the process to feel at one with peace. And when you feel that the connection is total and complete, and that you have given as much as you can to that soul, then you can say 'goodbye' and leave the circular room, and hopefully feel much lighter than when you entered.

Next, Eileen gave clairvoyant messages for those sitting, and indicated that a large 'A' seemed to be with Gary.
Finally, Bill spoke his thoughts via Gary, referring once again to 'World Change'—a world changing fast, and the change being felt in spirit as well as on the planet.
So we'll be coming closer to you—we'll be quite near to each other in the future.
George: Spirit world is coming closer—***(yes)*** Right.
A merging of dimensions—in ancient times it was like that, and again it will happen—a dimensional absorption—call it 'Ascension' if you like. Ascension is to do with merging—you can ascend physically as well, you can be in both camps. You can be in the physical realm and also with the higher cosmic realms—can exist in both camps. That is what we encourage in you—harnessing cosmic light into the physical realm, so the light can spread. And that is called 'Planetary Ascension'. The great sages and prophets prepare us for this.
George: 'Ascension'—so that is the significance of the 'A' that was mentioned in clairvoyance earlier.
Yes—it is all to do with stopping wars and conflict—honouring the planet, and each other and respecting all life forms—no need to hate. When you see yourself as everything, then everything is a part of you.
Bill went on to say conflict becomes impossible—you can only blend and merge—no separation—any hate is in separation from the oneness—the condition of 'love' is a united one—all is in a state of joy and happiness. It was suggested that this might help reluctant scientists to accept the reality of spirit world.
Sooner or later they will recognise spirit—all is changing—so I bring you the 'good news'—well someone has to, you don't get it on your news!—all gloom and doom, yes.
Fond farewells

SALUMET – 12th December 2011.
Lilian: Welcome to you Salumet.
Good evening.
All: Good evening.
I am happy to join with you once more. As I join with you, I am aware of some depleted energy within some of you. As you approach your festive season, take the time dear friends, to recuperate, to feel uplifted and to realise how important it is for each one of you to renew that spirit within—as I do when I leave you—I return to that place of upliftment, and so too, my dear friends, should you always also take the time to focus upon that spirit within. Last time we spoke, and I mentioned a few words to you: 'peace and good will to all men'; and I asked my dear friends, that you thought deeply on those words—and what it means to you. Words are easy, but is the realisation of the meaning of those words a little more difficult? I think so.

Agreement

Yes, so I feel that as we have come to the end of another one of your Earthly years that it would be appropriate for you all to discuss: 'peace and good will to all men', and to what it means to you personally. So, shall we begin? Have you thought deeply about those words?

Pause

George: I feel that there is a double-aspect in some ways. There's our personal interpretation and a more general widespread interpretation. 'Peace and goodwill' to me personally is quite simply bonding with others in such a way that you wish them no harm, you wish them a good life and enlightenment—peace is perhaps more mystical—that lovely feeling that goes with relaxed living without recriminations of any kind, and in the wider context, it means that humanity cannot possibly indulge in warfare or indeed bad thoughts concerning those beyond this planet—all must be entirely accepting of all creation and its wonders.

Yes, I am pleased that you have mentioned other planets, other peoples and not just to people of the Earth plane. That is all that I will say to you at this time. Who would like to speak?

Mark: I was going to say that when I dwell upon somebody in a negative way, I do feel I'm cutting myself off from something—a vital part of myself. I don't feel at ease, and I feel like it's quite damaging.

So, you feel the recognition of your own spirit. Yes, I will accept that from you.

Sarah: Well, I didn't hear your words last time Salumet, and I have to confess I haven't read the transcript, but just thinking about it now, when you said those words, I just think of an inner peace. So, if you have that inner peace, then 'goodwill to all men' would, I think, come automatically, because you're at peace with yourself—you wouldn't want any conflict to disturb that—so I think that would be a lot of the way to having goodwill towards others.

So, you are speaking of peace in the physical sense that would allow you to be more open to others. Is that what you are saying?

Sarah: Well, yes and No. It would be a physical peace, but if you go further in—search—so you've tapped into your spirit, going deeper within **(yes)**. I was thinking of a *deeper* sense than just the physical, although if the spirit is at ease, then I think the physical would become at ease as well, so the whole thing would become more relaxed **(yes)**, and it would become a more automatic process.

Yes, thank you, thank you.

Rod: Well, I feel that I cannot put much into this. I came back from that meeting a fortnight ago and, for a start, I sat down with Daph and I said 'Peace and Goodwill to all men'—what about you women?—of course we had a lot of laughter. But I don't think that over the last fortnight that my mind has altered a great deal on that—but I suppose I'm too set in my ways. The other thing is—I suppose, it's not a good time to say it, but I'm on some tablets for blood pressure and there's one that can give you a bit of depression and a bit 'niggly at times. It's not very good really—I'm very ashamed of that. But, if you push that aside, I like to spread the word around about spirit as far as I can with different friends. It doesn't always go down well, but I think you said if you can plant a seed, then so be it—and I think we must do that—I'm sure we must do that. But I'm not a good example Salumet, I'm sorry.

You must not put yourself down. You may not feel that there is anything to contribute, but I will say to you, my dear friend, it has opened up recognition of *yourself*. So you see, even when you feel there is nothing to give, *you are learning* and that is most important. Thank you!

Rod: Thank you very much!

Yes, who is next?

Daphne: Well, it's only very short, but I try each day, and it's a very simple maxim that I try and hang onto—it's just to treat everyone as I would like to be treated by them—with kindness and all the loving feelings. I'm

not the best, because I do have people that I just cannot get on with, but I just try and put loving thoughts out to them, and I hope it does some good, but I feel that to treat others as you would be treated yourself, is, in my eyes, anyway, not a bad thing to do.

Indeed, it is not a bad thing to do—the striving for good*, that* is what matters, and the very fact that you *recognise* your faults is good. Thank you!

Jan: I too wasn't here when you had the last discussion, but I'm sat here thinking that lots of people have said how they feel and that's not a 'cop out'. 'Peace and Goodwill', to me—when I'm at peace with myself and the world around me, then that's the feeling that I would wish upon my fellow men; without conflict, and I think the internal conflict that we all deal with, is a tremendous battle as human beings. It's part of our make-up—part of our generic make-up. But when you are at peace with yourself and everyone around you, I think it's one of the most wonderful feelings that anyone can have. So my thoughts would be—for those on this planet and all the others, like George has said, that we all strive to feel like that all the time, and hopefully, one day we will.

Because you see, to offer these good thoughts for others, you are in fact, using your *spiritual* self, and it is the *spiritual* self which must *feel* that love and peace and goodwill to all. You say that these feelings that have to be suppressed are part of your nature, but it is not your *spiritual* nature.

Jan: No—I understand the difference between the two.

Yes, thank you. Now we have one more to speak with.

Lilian: Yes, I've given it a lot of thought, but no clear answer—but Jan just mentioning the feeling that can come on very rare occasions—with me it's just been a wonderful feeling and you just feel a great love, and if only we could hold that all the time, then yes it would be marvellous. Obviously, the spirit comes to the fore, but I'm afraid we've got a long way to go.

Yes—can you, my dear friends, see the connecting link that you have all made?

Jan: Mm.

You can, I know—yes. You have come to recognise your own, what you would term 'failings', but which I would call striving to know yourselves (Mm). **They are not failings, my dear friends. They are happenings in an Earthly life which need to be *changed* in order for the spirit to *grow* even more. You are *beings of love*. Therefore, feelings of peace and goodwill towards all men should be natural to you, but of course, being human beings, makes it a little more difficult—but that is why you are here. But I would like you to always retain those words in your minds, and whenever you encounter upsets and troubles in your lives, remember those words, and automatically, you should find that that spirit within will come to the fore and uplift not only yourselves, but all of those people you know. So my message to you, at this your festive season, my dear friends, is to shine within that love which is eternal. *Feel* that love, *feel* the peace which emanates from that love; and I will tell you, now, my dear friends, you will experienced the utmost love and joy in this your everyday lives.**

I hope you understand my words this time and I am saying to you and to all of creation: *PEACE* AND GOOD WILL TO ALL!

George: Yes, wonderful!

If there is anything you would like to ask me before I leave?

George: Yes, as a matter of fact Salumet, we received a question today from one of our readers of the website, and perhaps it would be good to add this question on to what has been said. The lady has said she knows that there are various spirits around her, including her son, and she acknowledges those spirits. She

would like to feel their presence more, and is wondering if there is something she might do to increase her awareness of those spirit friends about her. Would you care to speak on that, Salumet?

Yes. Firstly, let me say this to you. You cannot always have what your heart desires. That is the first point. But that is not to say you cannot expand your own consciousness and awareness to spirit. Again, I say to you, my dear friends, you *are* spirit. The possibilities for all of you are to become more aware—more spiritual than human, although that sometimes takes great sacrifice on your part. The lady is aware of those around, but it is not just a one-way system. There has to be from our side of life, a willingness to show yourself, and let me say: not all are ready to do this. So no amount of calling from the human side of life can make another come closer. That is my second point. What I would suggest for this dear lady, is that she continues to open her mind, but to learn more patience.

George: Yes, and might I say, she thanks you and the group here for all that has been made available for general reading; and perhaps I could add: perhaps we should extend our wishes of peace and goodwill to include those about us as well—in spirit.

Yes, thank you! Tell the lady that they will come closer to her, but, as in all things, it is a two-way system.

George: Mm, yes, thank you.

Jan: I would like to mention—I was asked to mention by Richard, my son, that he feels ready—they are his words—to write his book, and he's asking those that come close to him to help guide him with his book. I don't know what he wants to write about—it's on spiritual matters and that's for him to know, but I just thought I'd ask you Salumet or to let you know that I think he's beginning to want to work for spirit. And that was your quote: when he's ready he'll want to work for spirit.

Yes, when the pupil is ready—I will leave those words with you—

Jan: Right, thank you—

You know what I am saying?

Jan: I do—I'm just the messenger tonight **(yes)**. Thank you very much.

Those who open to spirit, will in whatever way—will be used for the good—and there are different ways that you are all used, as you well know. But it is up to each person to direct their pathway, and I can tell you that those in our world are only too happy, and usually overjoyed, to help one of you here on the Earth plane.

Jan: Thank you.

Now, my dear friends, I feel I will take my leave of you. I wish you much love, not only from me, but from all those who stand close by you every day of your living. And I know that you may not always be aware, but you are becoming better at seeing those little synchronicities that happen in your lives; and I know that you are more aware of the signs of spirit (yes)**. So, with those words I take my leave and I will look forward, my dear friends, to our meeting in another one of your years.**

George: We look forward to that meeting also and I'm sure we wish you well and send our love with you. We can't imagine where and how you will be—

And I can't explain it to you—

Laughter

—in the coming weeks, but we send our love and look forward to your return.

Thank you.

Jan: And thank you for the upliftment tonight. I think we all sensed that our energies were completely depleted when we walked into the room.

Yes, I did feel that, but hopefully that love will uplift you in the days to come.

Lilian: Thank you!

Jan: Well, like we say here: *Safe journey!*
As a blink of the eye!
General amusement!
Prior to our meeting, there had been healing prayers as always—this time, one included for Ann my wife, at home with a difficult sciatica problem:
We spoke amongst ourselves a little following Salumet's visit, then it became evident that one was with Eileen:
Lilian: Good evening and welcome! You've been listening?
It's so lovely to be with you.
Lilian: Well, thank you for those words, Nice to have you with us.
It's been a long time—a very long time. I've been with you before.
Lilian: Yes, can you remind us of your name please?
I am Sister Agnes.
Delighted murmurs!
George: Sister Agnes! *Yes*, I do remember the name!
Yes, I was so attracted to your energies tonight and I wish to come just to wish you all a beautiful Christmas.
Sarah: Thank you very much.
Although, I don't need to honour the Christian religion anymore, I still do enjoy this time of year because of the love and the singing—I don't call them 'hymns' now—singing of love and joy and what you were speaking of—peace. It's just so beautiful.
George: And it goes beyond any single religion, no doubt.
Hold on, I wish to give you these beads. I want you to give them to your lovely lady wife.
As Sister Agnes' hand—Eileen's hand—reached across, I cupped mine to receive the beads ... and later transferred them to an envelope. Both Lilian and Jan declared that they could see them.
George: Oh! Wonderful!
Please accept them from me.
George: Wonderful! Thank you so much!
Each one I have blessed. Please make sure she has them.
George: I will, I will. These will be treasured—much treasured ***(yes)***.
Lilian: She will be very, very pleased!
Yes, I used to be most fond of them. They are most beautiful, but they are imbued with not only the love that I give, but all of those sisters who are standing behind me (ah!)**.**
Lilian: Are they the colours of the rainbow?
You can see the colours?
Lilian: It just came into my mind ***(yes)***.
George: This is wonderful, and, going back in time, Ann was educated at a convent.
So, she will appreciate the rosary bead, yes?
George: She will, indeed!
Yes. Oh, I can't express to you my pleasure at being with you again. I really did not think I would ever visit you, but it is my great joy to be with you tonight.
Lilian: It's been a pleasure!
George: It's wonderful for us too, to receive you Sister Agnes; and you are now beyond any single religion? Could I put it like that?

Of course, but as you are well aware as a group, we do sometimes return in the old garb that we became so used to and, my goodness, was it not garb—so itchy!!

Laughter

I was so pleased to dispose of it.

Laughter

Although, it took me many of your years to even allow that thought to enter my head.

George: Yes I can imagine.

Yes, but it is wonderful the freedom that you feel.

Sarah: Do you ever go and visit nuns who are still wearing the garb?

Not too often. I have really gone past doing that. This has been a very special visit—this one—

Lilian: We're honoured!

—yes, because our acquaintance goes back such a long time—your time I mean, not ours. And I just felt I needed to just say 'hello', and because of the teachings that you have had, that I felt it appropriate tonight.

Sarah: Well that's lovely, thank you!

George: We're so blessed with all those teachings, and it's a wonderful, if I could use an expression 'icing on the cake' for you to come through to us again.

Much Laughter

How generous of spirit!

Sarah: I think the last time you came to us we were in the other house. We were at Leslie's house **(yes)**. Have you come across Leslie since he's been over?

I have encountered that dear gentleman, who spent so many hours speaking with us. Yes of course, his contact with, not only with myself but the other Sisters goes back much longer than you would know.

Jan: Oh, that's interesting!

Yes—yes I have met him. I believe he keeps himself very busy.

Sarah: I am sure he does.

Chuckles!

And now, I really don't want to go, but I have to. It's been lovely. I don't know what else to say, but one of my old sayings—'God bless you all'.

All: thank you very much!

George: It's been a wonderful treat for us to have you with us again, and, if it is possible for you to come again, you will always be *most* welcome.

Thank you!

Sarah: We send our blessings to you too.

Thank you, and now, I really have to go.

George's Notes:

1: Leslie spent much time speaking with many Sisters: Our regular records date from June 1994 with the start of Salumet's mission. Since then there have been visits from Sisters: Anna, Marian, Marietta, Rosetta and Veronica. The visits of Sister Agnes were pre-June 1994. Lilian remembers, and several older members are aware of Sister Agnes, simply because Leslie often spoke of her visits. He had fond memories and was clearly much impressed by those communications.

2: Beyond Religion: This communication helps to make clear the place of 'religions' in our world. It might be said that they have become increasingly enigmatic. Some devotees follow in good faith, while others (often younger people) are apt to criticise. To some, the repetition of service is questioned. Did those, such as Jesus and Buddha, who delivered 'the word' ever intend that it should be cloaked in ceremonial ritual and split into

hundreds of different sects? Such presentations seem only to make sense if, on becoming more aware, we see them as 'jungle pathways' that eventually lead to the 'main thoroughfare'. And, of course, the main thoroughfare is what it is really all about. It is clear that Sister Agnes is on that 'main thoroughfare', having progressed beyond any single Earthly religion.

3: PEACE AND GOODWILL TO ALL: It seems clear, from Salumet's words and his commentary on our feelings, how we should regard this traditional wish. And I think we can see that 'peace' arises out of 'good will', at least the terms are well connected. That means: no wars, no munitions stockpiles, no thoughts of hostility, and always honouring that principle which is embodied in the original teachings of EVERY Earthly religion:

'Thou Shalt Not Kill'.

Ideally, our wish extends across all international borders, datelines, class groups, age groups, ethnic and monetary divisions; it also permeates nature and all Creation—not just this one single planet, but the entire universe—other universes too. And let us not forget all those in spirit—associated with all planets. The Creation—of God, or Creative Principle—extends so much further than just one single religion, or indeed one single little planet of our most immediate knowing!

PEACE AND GOOD WILL ★★★ TO ALL ★★★★