

SALUMET – ON MEDITATION + QUESTIONS AND ANSWERS

11/07/94 THE IMPORTANCE OF MEDITATION & PRAYER

Before we begin the questions, I want to say to you all about the power of prayer. It is only through your meditations and prayer that you begin to open up spiritually. I know some people dispute this, but it is an eternal truth. And so, I say to you all, please use the power of your prayers. I will teach you all the proper way of prayer another time.

28th November 1994. – SOME BASICS

Good evening my friends. I listened with much interest, on your talk about your meditation.

Les: I hope I was right in what I said. If you can amplify it, we'd appreciate it.

Yes, you must begin somewhere, yes. It is an exercise which must be done, if you wish to raise that consciousness, to that which is your very selves. I would say to you, it is a very individual thing. You cannot be guided by another, only in the elementary stages. But I say to you all, find that element, which you find is LOVE, and focus upon that area. It may be, as you have spoken upon, beautiful singing, if that is your heart's desire. Many have found the peace and stillness, within the background of beautiful music. (For) others, this would be too intrusive, so I say to you all, find that quietness and stillness, which suits you best. Sometimes it is better to, say focus your attentions upon the flame of a candle. This serves more than one purpose. With this exercise, I can say to you, so too would the use and development of your 'auric vision,' be expanded.

Les: Thank you, that's interesting.

For another, it may just be, that they focus upon something as simple as one of your beautiful earthly flowers. I say, find your own thing. Do not be concerned, if at first you find, not very much happens, this is not to be worried about. Take it slowly, slowly and you will find that that consciousness will be raised. There are many around you, who wait only for such opportunities to occur. But this is not new to you, but to some within the group, it is an exercise, which should be followed. You see, once you begin to meditate, then you have control over your everyday thoughts; your thoughts are used at your will. I have spoken on this before, have I not?

Les: You have indeed.

How can you exercise full control, if you do not know how? It must be done and I say to you, please endeavour and stick to it.

Les: Yes, I wish I could make everybody here experience what I have experienced by doing that and I can only agree with you absolutely, in what you say and I hope that each person here, will experience the upliftment, which I have had.

It is better that they do not go into their meditations, with such thoughts of expectancy. It is much better, that they develop in their own individual ways. You are after all, unique, therefore so should your experiences be such. That is why I say, you cannot be guided by someone else's experience. Of course you can listen, you can listen and you can take it in, but that does not mean, that is the way forward for yourself. Do you see what I mean?

Les: Yes I think everybody does and I have frequently said at these meetings and to newcomers, that we would never presume to say that we could 'train' a medium, we can only offer them 'opportunities,' for their own development.

There is much spoken of training. I would rather that you all, each and every one who treads this Earth plane, remain as individualised as you all are. We have people who wish to use them. How can they come close, if they are using exercises to be trained? It creates blockages, it cannot be right. So I say, listen and look always to that individual part of yourselves and thereby will come your individual guidances.

Les: Am I right in thinking that you said just now, 'there are people wishing to use them,' meaning everybody in this group?

I mean not only in this group, I speak generally of your world. Each one of you, comes here not alone, not to be left to fend for yourselves. How could that be? Each one, when the time is right, has helpers, has guidance at hand. It is only when you become aware of it that it can become sufficient help to you. If you do not open the door, you cannot go forward, can you? (No) And that is what in fact you are doing, with your meditations.

Les: So you would agree no doubt, if I said to everybody here, that thought they are individuals, they should always keep in mind that there IS somebody close to them, willing to help?

I say to you all, there will be throughout your lives here upon the Earth, many who'll stand close by, many who will come and go. But to each and every one of you, there is someone who remains with you, throughout your lives. But although you may not be aware of them, they are your inner helpers and guidance.

30/01/95 STAGE 1- THE AUDIBLE SOUND

Let me speak on this. When you meditate, there are many degrees of meditation, you would agree? (Yes.) One of the first things you will notice, when you become used to meditation, is I believe, some of you call it the 'audible' sound. I believe you may know what I am speaking of sir? (Yes) It can take many forms. It can sound like a hum, sometimes a ringing as you have described it. All it means is that you have reached a particular level of meditation. What happens next is that the consciousness becomes raised even higher and all these sounds, which are within you, not without, will stop and from the 'AUDIBLE SOUND' you go to the 'DARKNESS WITHIN.' I'm sure you can explain this to him a little fuller, if he so wishes. It is just a different level of meditation. You are reaching along that power line, if you like, of sound. You are tapping into it. The sound is within your head area, is it not? (Yes.) Yes. Don't be concerned, it is, I would say, the SECOND STEP of meditation. Most people would not even be aware of it. The very fact that you are, shows your own sensitivity to that audible life force. I say to you continue. Allow these noises to happen. Be happy about it, and eventually you will be taking that one step further.

Mark: Thank you.

When these noises stop, it does not mean that you have not meditated properly, it means that you have moved forward. You see, you are all rather like the radio waves. The frequency of the radio waves and you are tapping into that sound power. That is all. Is that helpful to you?

Mark: Yes thank you. I do quite like it actually, I enjoy that state.

Yes, because you see you are raised, you are slightly away from your physical being. It is the 2nd stage of meditation.

Mark: Which is the 1st stage?

The 1st stage of meditation is to go within and try to rid yourself of all everyday thoughts. The 1st stage for anyone beginning this meditative state, is I think probably the most difficult.

Les: Yes I believe you are right in that. I found it so.

But he has moved beyond that now. And you are just a power source, tapping into an even greater power. It is as simple as that.

Mark: There are some places that are easier to meditate in than others, aren't there? I wondered if being on the ley-line helped.

There is much power within the Earth structure, as I have said before. If you find that your meditation is greater within these areas, then please do so. But I would say to you all, it really should make no difference to the progress that can be made. After all, you need to go within, within, that is the true answers of life. But if you feel happier to meditate on the Earth's ley-lines, as you call them, then please do so. I would say to all of you, find your own little niche, be happy with what you are doing for yourselves, that is what is important, that each and every one of you, seeks and finds that inner spark, no matter where, that is not the important issue. The important issue is that you find that quiet time, to find, find that stillness, to find that love that is there for all of you.

23/01/95 –LINKING IT TO TAI CHI/YOGA ETC... IT'S ALL ABOUT ENERGY

It is no different, if you sit still and meditate or if you do a Yoga exercise, or if you sleep and let your mind be free. Let me say, it matters not what you call it, it all comes down to the same thing, using the energies that are available to you.

Les: And being aware that they are there to be used, that is the important thing, I think.

And you see, by these movements that they use, they are attuning themselves to the higher realms. It is something as simple as that.

20th August 2001. MEDITATION IS 'SERVICE'

Have you my dear friends, considered that your meditation time is not only good for you as individuals but meditation is a service to our world? That is why it is important for you to consider not only your own

development, but also to consider what you are giving to those from our world, because in your state of meditation, we can come close, as you well know, (and) you give the opportunity to those who need to (to) work through you. In that way you are devoting your time to service. I would like you to consider these words. It should my dear friends, give another dimension to the word 'meditation.'

25/06/01-ON UNITING WITH CREATION/GROUP UNITY

Why do you suppose that we asked you to concentrate on this meditative time? I will tell you. You have reached a point, my dear friends, in your individual developments, when it is important to recognise the unity, which you share, not only with each other, but the creative force to which we all come from. That is the purpose of your meditations. I will say only this to you, my dear friends, that it is now up to you whether you continue, or discontinue these quiet times together, with that creative power. But I would say to you, that should you continue, your wisdom and knowledge of energy would be great, your understanding would expand and your spiritual knowledge would therefore come to the fore. I wish now for each one of you, my dear friends, that you begin to recognise yourselves, not in the human form, but that bundle of energy patterns that you truly are. That is the purpose of your meditation. I will not speak to you as individuals, I will leave that with you and the free will which you have been endowed with. But what I would say to you, is that not only would you blossom individually, but you would gain in being within this group, you would grow as one. So I ask you, my dear friends, to think upon these words, think deeply and you will have your answers.

Lilian: I'm sure we will all sit in our quiet times.

I have been with you all at many stages of your living, with your many questions, with your fears and your worries and yes, my dear friends, you do still have these fears, these worries of human living and constantly you are knocked backwards by them. But that is part of the soul's growth. But a question I hear quite often is: 'Why must there be so many reincarnations and how does it work?' My dear friends, I could use few words or I could use a great many words in explanation. But what you can achieve in your meditation time, is to recognise within yourselves, the energy patterns that belong to you, at this present moment of your development. Remember you are but constant vibration; energy which is never still and like human living, the soul is often knocked backwards and has to regain itself and go forward. Perhaps I can explain it to you a little, by making some comparison to the waves in your oceans. As the waves come forward, they are moved backwards constantly-forwards, backwards. Until it gains such an impetus, that on going forward, it gains new ground. That is what the soul is trying to achieve. That is why you reincarnate into many lifetimes, in order that you can gain the momentum of the spirit to grow and to go forward. Do you understand my dear friends, what I am saying to you?

(Agreed)

Are you aware of the importance of your meditation quiet times?

Yes (tentatively)

You do not seem too sure.

Yes (more forcefully)

Lilian: Is there any explanation for as I sit quietly, I get this very heavy feeling from the energy?

It is a recognition of the energy, which is both you and those who come close to you. It is as simple as that. But it is the awareness, my dear friend, which is important. You will experience no doubt, many sensations, whilst in the human form, but it is the awareness of what you truly are, and the unity with that great power, which is important. Once you have recognised the unity, then all things become possible. Are there any questions my dear friends?

Graham: Meditation is new to me and it's quite an interesting experience. About a week ago, I meditated one evening and I really felt I was in a different place and it was very exciting and I haven't yet managed to be disciplined as I need to be, but it's certainly a very encouraging experience and it is something I haven't forgotten and will be with me and I'll certainly do my best to meditate in the future.

Yes, may I say my dear friend, you say it is new to you?

Graham: Yes.

That, it is not. It is innate within you, because you see, you are spirit and what you are doing, is allowing the true self to be exposed. So although you feel that in this lifetime it is new, it is not, it is connection to your own soul.

Graham: Yes, thank you.

But the more that you can do this, the more will be that your understanding will grow. In fact, I may go so far as to say to all of you, my dear friends, that at some stage of your quiet moments and if you have united with your own spirit, it can also become a little painful, because everything becomes so much clearer, that sometimes the truth is rather shocking to you. And I do not mean that to make you afraid, but it is to be helpful to you, in understanding what you truly are. Do you understand?

(Agreed)

So if this should happen to you, then you will realise, my dear friends, what is your purpose, because nothing can be hidden from you that is what I am trying to say.

01/05/00 ON LETTING GO THE PHYSICAL THINKING

You have listened to my words wisely and for this I would say to you, there are many degrees to what you call meditation. You can have a group of people who will speak to you of different experiences during what you call meditation but true meditation in the spiritual sense, of course you would always be guided by those friends, helpers and, yes, teachers of awareness at times. You are correct in your assumption. Meditation to be true, you need to give of yourself with love, with openness and to offer yourself to the Divine Creation to be used, to be use not as you will but as that Divinity would have you do. Do you understand? If you want to achieve meditation on the highest level, then you have to forego the physical traits of thinking, you understand?

15/05/02 KNOWLEDGE COMES WITH PRACTICE...

Yes, always my dear friend this is the difficulty encountered by all who inhabit the human form. What I would say to you is this: the still, quiet voice that comes from within you will repeat itself in such a way as not to be ignored. Imagination, as you term it, is just another form of the thought energy but what I think you mean is how do you know that when in deep meditation, as you call it, can you be assured that you are linked to your own soul. Is this what you mean?

James: Yes.

Yes. This knowledge comes with practice and with time. There will come the point when you know that it is not your own imagination, as you call it, but in fact you have reached that point of awareness when you seek the comfort and knowledge of your own being. I would say to you this: practise, give love, ask for help and it will be given to you, that your understanding becomes greater and in this way you will achieve that satisfaction of knowing that when you go within you are indeed in touch with your own soul. It is as simple as that my dear friend. Does that satisfy you? You doubt what you feel? Yes. I know but you must push doubts to one side because when you allow the energy of doubt and fear to raise its head, then you are blocking that union which you seek. Do you understand? I cannot offer you more than to say it is only time which will help you, time and practice, and meditation will come easily to you. You have eyes to see, you have spiritual eyes to see. Have you not seen, my dear friend, and doubted what you have seen?

James: I don't quite understand.

You have seen with physical eyes things which you have doubted. Yes. Yes. You must free yourself from all doubt and then more can be achieved if you so desire. As my dear friends within this room know too well, all can be achieved. Each one of you is a source of energy and power. You are indeed energy to the highest degree but it is the human form and the human thinking that brings fears and doubts into your minds. As much as we talk about fear and doubt, humankind seems destined to always find fear in many aspects of his living but my dear friends I say to you, what is there to fear when you have the knowledge which you have been given? You are power points of energy who can achieve whatever you so desire. You are from the source of all things, therefore all things are available to you but each one of you has the responsibility to work for those things. If you allow fear and doubt to creep into your thinking energy, then that is what you will attract because as you know, like attracts like. Therefore if you have deep fears and doubts, then that is what you will attract to you. Again I will say for the benefit of our young gentleman, that thought is the most powerful thing that you possess. Thought is creative energy which, in your hand my dear friend, is governed by your own freewill. But as my dear friends in this room know, I have told them on many occasions that if thought is creative energy, then the use of that thought has to be for good then, in that way, only good will come to you.

09/12/02 QUIET TIMES & SELF-EMPOWERMENT

That you do my dear friends but what you must also understand is what that knowledge has done for you as an individual, as a spiritual being. You must fully understand where that self-empowerment comes from, and it comes from the very fact that your self-awareness has grown so much. Only in understanding yourselves can you then help others but what I wish you to do is to look in hindsight at what you as individuals have achieved. Each one of you in your own individual style are always helping others but my question to you my dear friends is 'do you understand why?' That is something for you to go inwards to find. I have spoken many words in these past months about your own self-development, about meditative states, about your own seeking. I hope now that as you approach the end of this earthly year that you are able to recognize full well all that you have achieved. Can any of you tell me what you have achieved? Please put your human modesty to one side, allow those true selves to come forth.

Graham: I like to think about my life as almost like becoming a meditation as you go through the day, think many things and try to apply them and as I said it is a tremendous companion and I like to try and think about my life as being a meditation in a way. In quiet times I go cycling because it gives me an opportunity to think and it is very, very useful and I can understand what you mean about quiet times.

In you quiet times the spirit comes forth, the true self appears. In those quiet times those who are close by you have the opportunity to help you, to uplift you, to guide you. That is why during these past months that I have repeated many times about meditation. I have stressed also that we cannot make you meditate, we cannot force you to take quiet moments: that responsibility lies with each one of you. But I know as you also do know that in seeking these quite times, then the self-awareness and self-empowerment becomes so much stronger.

22/04/02 MEDITATION/BRAIN/SPIRIT

True meditation my dear friend excludes the human brain. If you are in what you call meditation in the proper sense, then all human thinking should be quiet.

Graham: This must be a good thing to do for us.

Of course because then comes forth the spirit, that true part of you, you understand. That is why we always encourage you to have quiet times, not only for your benefit but so that those in our world can come closer because what happens to you is that your energy is quickened and ours lowered in order that the two can communicate. But that is where you will find your true self in the state of deep, deep meditation; not the meditation of the light kind because the human thinking is still rather close. The meditation I speak of is the one where you do not exist in the sense of feeling. Do you understand? Where the human form no longer belongs to you but only that energy is left which we call spirit. That is true meditation my dear friend.

15/10/01 ON INDIAN SAINTS/YOGIS^+

Yes, I will say this to you that names, positions mean nothing to us. What I will say to you about these people is this: they have not achieved greater things. What they have done as a group or a nation of people is that they have retained, which should be natural to all of you, those spiritual gifts that all of you could have if you but spent the time and the dedication to the spirit rather than to the physical living. They have not gained but retained. In the same way as I have told you, many, many people that have existed on this planet at many times, they have gradually lost all those spiritual gifts which are natural to you. These people have retained the knowledge and have bettered themselves with the use of it. I would say to you, because they use what you call 'Yoga' and different positions of sitting, etc., it matters not because this can be attained in any quiet moment. It is not the position of sitting which creates that which they achieve but it is the deep meditative state which achieves it. It is the inward knowing of who and what they are. It has been passed from one to another. The knowledge of this has been retained. That is the easiest way I have of explaining it to you. It is not that they have anything special or created anything special, it is just that they continue to use that knowledge which has been lost to most of you on this planet.

31/01/00 MEDITATION & PHYSICAL TIME

As life is within your planet at this time of its evolution, time as you know it has become part of your every day living. This we know and understand but as you also know, in your meditation states, are you aware of time? Perhaps then you begin to realise that the blending with spirit eradicates the need of physical time.

17/01/00 THE EGO 'I' & THE DIVINE 'I AM'

To dispel, shall we say, the confines of matter, of living, once divine inspiration comes to you, as it has to many people upon this earth, then what has to be achieved is a spiritual unfoldment which allows your lives to help others and to allow life's experiences to show you the way to spiritual growth. Do you follow?

Maureen: I do follow you, yes.

I keep my words simple in order that each one, after all you are fully aware that each one treads a slightly different pathway. To you my dear friend I say this: There is something that you must understand. You are fully aware of the communication in meditation but what I wish to say to each one here and which puzzles many, how do you know the difference between the ego 'I' and the Divine 'I am'.

Maureen: Very difficult.

Yes, this sometimes puzzles you, is this not so? Yes. Let me say just a few words about this. The Divine 'I am', the voice of Divinity is quiet, is humble, is gentle, is loving. Bear this in mind when each one sits quietly. Remember too, my dear friends, that if in doubt, remember that I have taught you that that inner voice, that Divine voice will always come forth, time after time after time after time. The ego 'I' will let go. Can you see the difference? Sometimes the ego comes forth and it is possible for the ego to confuse but the Divine 'I am' comes with humility and love and in order to help others upon their own spiritual development. These words are simple but their meaning is deep.

21/06/99 PRACTICAL USES OF PRAYER/MEDITATION IN POLITICS?

George: ^+ I know that a suggestion was put to the American President that a large team skilled in transcendental meditation should go into the country and meditate locally. With this in mind I wonder if you would like to comment on this.

Yes, let me say this to you my dear friend. Again we return to a subject which we have spoken about but I will on this occasion try to clarify for you some points. There are, at this time of you world's evolution, many problems caused by mankind himself. This we have discussed many times. Prayer, as you know, thought cannot be wasted. Collective prayer and thought brings more power to it. This you know and understand by now I hope. What I wish to say, of course, continue with your prayers for the sake of you your brothers all over the planet (prayer is never wasted) but what is more important for you and for each one in this room is that you must rise above individual catastrophes, calamities within your world. You have the power, my dear friends, to do this. You must see your world, your planet as it sits within the cosmos. It is but a small area. You understand this. Know that all things are governed by the one law, and that is the law of love. You wonder why prayers seem to go unanswered, they do not. But what you seem to be unaware of are the negative thoughts of mankind who has lost that sense of spirit of progress, of all knowing. Therefore you have truth, knowledge and light, against darkness and what you humans would term evil. Do you agree?

8/11/99 WHAT IS MEDITATION/WHERE TO DO IT...

Colin: Yes I would, just one more. You say about going within. I think most people here probably meditate but is there a more positive way of tuning in spiritually?

You mean is there a better way to find yourself than to meditate? No. What is meditation? It is prayer but it is prayer which is seeking that within. It is not external; it is a prayer of trying to know yourself. Therefore, in meditation you are allowing the human aspect of you as you know yourself now to be forgotten and the soul to come forward. You go deep within that spiritual light, that spiritual knowledge which has the answer to all questions. Therefore I say to you, to meditate is the answer to all things, all things spiritual.

Colin: Would you be able to advise on a more suitable way for me to be able to relax and keep an open mind?

Yes, you, my dear friend as I have said earlier, are a nomad. You are ever seeking, ever searching. You have in common with our dear lady known to us as Sallie, a very active mind. You have to allow the mind to become still and to become quiet and to achieve this you must allow yourself to accept that meditation comes from practise of offering yourself to the divine energy within. There is no quick, no easy way. You have to allow yourself the quiet times of meditation, of prayer. You can of course call upon those who stand close to you to help you, to still that mind but I would say to you my dear friend, in your meditation time I feel for you personally that the outdoors would allow you reflection time to create a peaceful mind.

Colin: I think I have proved that to myself, thank you.

Yes. You need the open space. You need that reflective time for yourself, then you can come together with others and allow yourself meditation time with others but I feel for you at this time, it is difficult. Although you have much knowledge, have known much that within you are still rather searching too much. Therefore, find yourself that freedom, that reflective spot for you you will recognize and I feel that soon you will know of somewhere where you instantly feel at home in order that you may sit quietly there. I think this will come to you shortly. There is much you can do, there is much you can give but I feel for you my dear friend there are many questions and answers that you must provide for yourself. That is the best source of information, yourself.

2/7/01 LOVE IS OUR GREATEST PROTECTION

Every one of you here, regardless of the work you do, your meditations are always well guarded. Nothing, nothing is left to chance, you understand me? It is as I said before, like an armour-plating around you. any bad arrows are just dropped away, like a fortress, you understand? It is a fortress of great love and there is nothing that can penetrate love, I'm sure you have been told. Loving thoughts, the power of loving thoughts, is the greatest, greatest protector of all time, not just in our world, of course, but in your physical beings. So as I leave you, I just say to you, as I know you have been told many times, please try to avoid the negative thoughts. Yes, always think of positive thoughts, always send out love which you would expect in return. Yes, yes.

10/5/04 THE LIBRARY OF THE MIND-GETTING ANSWERS

During meditation, in your sleep state, no matter provided that you have asked. (to go to library...)

Sara: Would it possibly provide more insight at certain times, for instance when we are meditating in future if we have asked to be taken? Although we might forget it physically when we return, is it possible that we might access some inspiration whilst meditating?

Yes. That would be the purpose for doing so. How many times have you pondered upon some question and you have not been given an answer or you feel that you have not been given an answer; the answer is available to you ... to all.

George: And if forgotten, I imagine there might nevertheless be an influential feeling lurking there.

Yes, of course, although it may not at once spring to your mind, there of course would be that spiritual influence upon you.

Sara: So in meditation or in sleep we could ask for a particular matter to be revealed in the library.

Yes.

Sara: That's wonderful!

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

George: An interesting thought.

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

14/2/05 FURTHER LESSONS- LEARNING FROM EACH OTHER—UNITY—CONNECTING WITH SOURCE

Lilian: I think it made me think about people more in a different way.

But have you learnt from these people within this room? Have you learnt from each individual's own awareness?

General agreement.

George: There are different ways of approaching this...

Yes. Because you are unique, it would be expected but the recognition of each individual awareness is necessary for each one of you. You understand? Therefore I will leave you with this new challenge and I am sure that it will be most interesting for each one of you. I did like the word 'detachment' that was used, 'from the physical'; that was a good word to use. You have to detach yourself from the physical being to truly understand that spiritual being that you are. You have to understand what you can achieve from within. Remember my words that 'you are all-powerful if you so wish' but it is again, my dear friends, something that each of you must recognize and use for your own spiritual unfoldment.

George: I imagine that detachment taken to its full course can be described as a spiritual attribute?

Yes. All of your experiences are spiritual in nature because to feel that love or kindness or that genuineness of feeling is, of course, part of your spirit. It is the beginning my dear friends of truly recognising and knowing yourselves. That is what we are trying to achieve for you. There are many things that you can do to help that unfoldment to take place: firstly you must be happy to do so.

George: This feeling of going within is a little like meditation or perhaps the first stage of. Would that be fair comment?

What is meditation but going within and connecting with the source of all creation?

George: So it is a bit like attempting meditation whilst with another...

... With consciousness. It is like a meditation but being aware consciously of what you are doing. Perhaps I could compare communication with our world a little like you can be in trance and communicate or you can communicate and still be consciously aware. It is two-folds of communication but slightly....

George: Being what we might call a partial trance. Would that be a fair name to put to it?

It is a raising of consciousness or vibration or whatever name you find suitable. Yes. I wish you to tone, shall I say, your own attributes but to be conscious of them. Do you understand that when you experience spiritual emotion, shall we say, I want you to be aware that that is what you are doing. It is just to raise your awareness of all that is around you.

Sarah: It is interesting that you say that because when I said to you that I thought someone else was with me, what I actually was feeling was that same feeling I get when someone is about to come through me which I suppose actually is a raised consciousness

Yes, words in your world can mean many things. It is not always easy to explain fully what we are trying to say to you but yes, consciousness rises and falls with your daily lives. It is awareness that we are trying to achieve because my dear friends we have reached a level that must be expanded. It is too easy to say, this is one of them and we accept but what is not so easy is to say to oneself, 'I wish, I wish to go forward, I wish to be part of all things', and that is what raising your awareness entails.

George: It is like living that progression forward as opposed to recognizing it...

We are trying to take you out of the shadow and bring you more fully out into the light of all-knowledge. That is why in this year of your time much will be given to each individual in order that you have the opportunity to fully understand who and what you are.

27/6/05 MAKING TIME FOR MEDITATION IN OUR BUSY LIVES

And of course my dear friends as I have said many times, you need very little time to make daily connection with us therefore to say you do not have time is something that you have to face when the time comes. So I say to you, make time. You are responsible for these vehicles which you inhabit, no-one else, no-one else can cause you hurt or distress only you as an individual are responsible for what you allow to happen to your body. It is a sacred vehicle with which you have been endowed. You have been given the abilities to live this life in a good and honest and truthful way and because of the materialistic way that life has been transformed, human beings find it increasingly difficult to enter that state of union with the energy of spirit.

4/4/05 – RELIGIOUS LEADERS WHO SHOULD KNOW BETTER?

Yes, we will return to the one we began this conversation with (*the Pope*). He was a man who was meant to change the thinking in your world to some degree but his pathway led him to the religion he chose and he has done great things to help many people but as I have said to you this time, his downfall again is the refusal to accept what he knows to be the truth. Do you understand?

Paul: I feel that if someone has a very strong connection with spirit they probably would not go through the big religions. If they *had* strong connections with spirit they would see that they don't *need* to go through the big religions.

Yes but that is what is so wrong, we feel, that especially someone like the Pope who has just passed to our world ... because so much time was spent in meditation – and remember that is what prayer is – he cannot have lived that life without some recognition of what spirituality really is. But because of his earthly position as head of a great religion in your world, he has denied what he truly knows ... as being wrong, as being of the devil as he would say. That is what is wrong and that my dear friends, is what he will now regret. Even although he has brought much comfort to many, for himself he has denied the truth and knowledge of all love as all religious leaders do. He was a good man but as many who have passed before him, he has been misguided.

George: In many ways we humans have the failing that we resist change or fail to take the step to break away on a different course.

Yes, might I add to that that you suffer so much from doubt and fear? Remember my teaching to you that all events in your life are based on either love or fear and it is fear that holds you from moving forward. Can you see that? But again it is a failing. Perhaps that is the wrong term ... it is an occupation of the human being.

George: There is a certain fear in breaking away from tradition. One sees it in a number of walks of life; one sees it in farming practices as well in keeping to the old ways instead of branching out.

There is always the fear of being oneself and if my dear friends you truly accept your spiritual self, there is nothing that could harm you. Do you understand what I say?

23rd November 1998. MEDITATION --KEY GUIDELINES+GENERAL DISCUSSION

Les: ...how do we ensure that the power of thought that we are using, can have it's affect upon the physical body? For instance, if we are sick, we presumably would all try and cure ourselves physically, by the power of thought. But that we know would be operating through the spiritual mind and from that, to the physical brain.

Yes I understand, let me say this to you: As you meet with us in the states of meditation, you have to allow the spirit to come forward do you not? (Agreed)

Therefore when you are giving healing, or self-healing, you must first reach that state of attunement, with that spiritual aspect of yourself. That must be your first task. Without that attunement, the thought is from the physical thinking, which can act on it's own, but needs the spirit to activate it in the sense of it's being. Do you understand?

Les: Yes I do, it must have that extra power, in order to be effective.

Once the attunement with your spiritual self is active, then the physical brain will automatically follow in that thinking. Is that clear to you?

Les: Yes, does everybody understand that sequence of events? (Agreed)

Without the attunement of spirit, then the physical brain will of course continue to have thought, but they will be random thought.

Jackie: Are we all capable of doing this?

As in everything in your lives, you must dedicate the time. Without the dedication you will not go forward. I have told you this often and I do not offer apologies for repeating it.

Les: No you have emphasised that and it does bring me to another question I was going to ask. You have emphasised the need for quiet periods, when we can draw closer to you and your colleagues. **(yes)** You may well know that I do this regularly each morning, but I think it would help my colleagues here to have a greater understanding of it. Is it necessary to do what is commonly called meditation, or is it sufficient just to enter a silence and peacefulness within oneself, without a physical attempt to meditate on something or other. I find that just relaxing into complete silence and stillness, without any physical thinking at all, is very effective and I know I'm drawing closer to you.

Yes, that I would say comes from your own spiritual knowledge. Most of you I have to say, have difficulty in coming to the silence completely, because your physical brain, your everyday living, interrupts. But I would say silence, as you have described it, does not come easily to most people. But that is the course you should take, if you wish to allow those who come to you, to draw close.

Sallie: The other way of doing it...I would agree that's probably the most effective way, but I tend to find sometimes, when I can't get to that state for whatever reason, if I just go into my heart and ask, you can have the same sort of reaction, or something similar.

Yes, can I just say to you my dear friend, in what ever way you find most accommodating, that is the best way for you. It matters not which way you travel, what is important is that you eventually communicate with those around. That is the purpose after all. So I would say to you, do what you find most easiest.

Les: With your permission Salumet, I would like to follow that further. I have a very strong feeling that some of us here, are not fully aware, of the desirability of sinking into a silence, if I can put it that way...of 'hearing' a silence, which sounds paradoxical, rather than try to establish a mental conception of meditation.

Can I say, it is a little foolish to try to analyse silence, because it is an all-encompassing thing. You immediately recognise when you have entered this state of your being. But as I have said, it comes with daily practice and of course your free will enters into this. You have to teach yourself to be still and enter the silence.

Les: Thank you. Now does anybody have a question on that, because I do feel still...and I say this with all respect to all of you of course, that some of you are not aware of the basic requirements for meditation. Does anybody like to question that?

Sallie: I'd just like to clarify what my understanding of it is, if that's okay. At the beginning, particularly early on, when you're trying to get into that meditative state...where you have the physical thoughts going through our heads, my understanding is that you don't try and push them away. You actually place no importance to them, like an observer and then you can sort of drift beyond that. If you concentrate on the physical thoughts... because they're going to continue to do that, because that's how the brain works... It's only by letting them pass, that you can slip into a deeper state of silence if you like. Does that make any sense?

That is the state most people are in, when first they come to what you call meditation. But let me say this to you: There is a form of meditation, when you reach in your sleep state, each of your nights. If you can capture that period of non-thinking, that is the beginning of true silence, true attunement with spirit. Try to aim for this state and of course you will achieve it, because those who come to you, are there to help. Is that helpful to you?

(Agreed)

Again, you must give of your time. That is the prime part of your silence. Firstly you must devote some time to it.

Les: I believe a few weeks ago, we were talking on this subject and someone through me emphasised, in fact I think the words were, 'I beg of you to give the time to it.'

Yes. I have to say that as a whole, you HAVE to give of your time each day. It will not work for you, if it is spasmodic in timing. You must make it a part of your daily living. After all, what is more important, physical living or spiritual growth? You all know and understand why you have come. What is important about your daily living? How can you be helped by those who come so close, if you will not allow them too? How will you come to know yourselves better? You cannot, if you do not give of your time. This is not criticism my dear friends, but these words are given, in order that each one of you, may help yourselves.

Les: Have you tried to give the time, since that last speech about the desire that you have to do it and the need for you to do it? Has everybody really made a determined effort to find the time to do it?

Margaret: I find I can't do it at the same time every day, but if I do sit down quietly, I can go on for about an hour and when I come round, I just feel so wonderful.

Les: You are emphasising what has been said before, you must give the time. You give the time to eat a meal, don't you? You're getting the physical nourishment. Well you must also give the time for spiritual nourishment. ...I can FEEL the silence. I FEEL the power around me approaching, but it's difficult to explain. But if you can enter that state of FEELING what is there, rather than trying to UNDERSTAND what is there, then you are well on the path. Does anybody else get that feeling, that Margaret has described?

Sallie: I don't exactly get that feeling that you were talking about, where you can actually feel an approach, a sensation of someone drawing close to you.

Margaret: Sometimes I think, 'Where have I been?' I can sit there for one hour sometimes, though sometimes I can only sit for 5 minutes, it's just one of those things.

Can I say this to you my dear friends, that silence as you call it, is a living energy. So in that sense, it is almost tangible. So think upon those words. Do not think of silence as being nothing, because that would be so wrong. In your silence there exists all things; people, energy and after all, if you could devote the time to your spiritual growth, so your physical lives would then fall into place.

Les: Yes, I think perhaps there's a general misconception, of the need to 'go into the silence,' if you use that expression, at the same time each day...that's not necessary. Neither is it necessary, and Salumet will correct me if I'm wrong I know, it's not necessary to have the same *conditions*. You can enter the silence, sitting in your bath. You have to learn *how* to detach, the spiritual mind from the physical brain. I can remember...this sounds a bit coarse perhaps, but when I first began in this work, many many, many years ago, I was rather astonished to hear a platform medium say, that because of her physical surroundings, and bringing up children, dealing with a husband etc. etc., she found difficulty in finding time to herself. But she did find that even going to the little room, for a few minutes each day, was sufficient for her, to discover the value of silence and drawing close to the spiritual self. (*Giggles*) Now that sounds rather shocking, but if you go into it, you can understand what she was meaning. The same conditions at the same time, are not necessarily required; it is helpful, but not obligatory. It is the essence of the spiritual mind, overcoming the physical limitations of the brain. Do you understand? (Agreed) I think Salumet would agree with that, wouldn't you?

I would, of course. You must once again, and forgive me if I seem to remind you so often, you have to remember that the spiritual aspect of yourself, belongs to no time. Forget time. Again we will speak that your yesterday, your today and your tomorrow, coexist in time. So in tuning to our side of life, remember that spirit is timeless. Perhaps this will help you a little.

Les: Any more questions on this subject, because I think it is something, which has needed airing, for the sake of everybody's development.

Paul: I was just thinking, so really there is no technique, it's better to find the inner silence in whatever way you can?

Les: This is what Salumet said earlier, find your individual path.

What is best for you my dear friend, there are so many misconceptions in your world. I feel saddened sometimes, that so many of your peoples are being taught, in ways of...shall we say 'spirit,' when in fact it is organised teaching, and you should remember that it is such. Of course I will say guidance is helpful, but remember that each of you are *individuals*, remember this always, because you come to this life as *spiritual individuals* and you lead your *lives* as individuals. So therefore you must find that pathway that you have chosen, in your own individual manner. Of course be grateful and thankful that there are those in your world, who are able to guide and to help you. But beware always, of those rules and regulations.

Les: Yes you used the word 'technique,' Paul, didn't you? (Yes). Yes, you have to disregard that. Don't try and think about a technique, remember that: (*Voice change, as someone comes through Les*): **the ESSENCE of what you are attempting, is already within you, this is what you FORGET, it is part of you, it is THERE, you have to call upon it. Go into the SILENCE and recognise that it exists within you NOW. Do you understand?** (Paul:'Yes'). **Do you all understand this?** (Agreed)**Why do you seek externally, for something, which exists within you NOW and always HAS. Do you understand this?** (Agreed) **Is there one amongst you who is not clear? Please speak if it is so.**

Sallie: I understand it. I can't answer the question, apart from what Salumet said, about while we are on this physical plane, it is the stronger force for us. And even though we understand spiritually, when it comes to a competition of...I don't know, 'wills,' for want of a better word and the draw physically...

Please, please, please, please, please, please, please, you are not physical beings, you are spiritual beings in a physical clothing. This is what you must remember. You place too much emphasis upon the physical necessities of life and not enough upon the need to accept that you are spirit beings. Do you understand this?

Agreed

Sallie: Yes, it doesn't answer the question though, as to why it is so terribly hard...

The question dear lady is within yourself, whether it should be hard, or whether it should be easier for you to understand.

Sallie: The understanding is there, but the actual doing of it is hard, that's what I mean.

What is the difference between the understanding and the doing?

Sallie: What is the difference? It's like we can understand a great many things, but we don't necessarily actually follow that through...it depends on many circumstances.

Of course, because you are not following the right path, you are giving too much credence to the physical aspect of yourself and not enough to the spiritual.

(Salumet begins again:)

May I interrupt? (Agreed) My dear friend, these things happen, because spiritually, you are not fully in control of your own spiritual powers. That is why it is most difficult for you, when clothed in these physical bodies. It is a power struggle—that is the problem. But I have to tell you my dear friend, that that struggle belongs to you and you alone. You have charge of your own spiritual growth, it is up to you to take control. No one can do it for you. Those who come close may help, but again they cannot interfere with your life's path and you have those choices, do you not?

Sallie: Yes I do.

So as you see it as a struggle, continue to fight your own spiritual war. You CAN and you SHOULD succeed.

Sallie: But I suppose it would be unrealistic of me, to expect to succeed all in one go?

Yes, do not place too much emphasis on gaining too much at one time. You have before you, not one lifetime but many, in experiences. Therefore my dear friend, take one step slowly at a time and the time will come, when not only your understanding, but the actions that follow, will fall into place. I feel my dear friend, that you are too analytical, in your own pathway of life. What I would suggest for you, is that perhaps you think less, think less and do more, in the way of silence. (pause... coughing) I will take my leave this time, because of the little problem with the instrument this time. I thank you all dear friends, for listening. Know that I am always here to help you, as are so many others. (General thanks). Until we come together once more my dear friends, I encompass you all, in that spiritual light, which holds you dear to us. (General thanks)

(We then continued our discussion on meditation.

Some of which is included below:)

Les: ...I try not to think, I accept that I am being drawn in, to a power that surrounds me...not engulfed, but I'm being drawn into it and become part of it. One can hear the silence, or rather, one can feel it. That is I think, for me anyway, the way I find most satisfactory...

There then came another through Sue:

Can I say something please? (yes please)

It is just a small thing, but it might help. When you suffer from human coldness and you shiver, you wrap yourself around with something, a cloak, a coat, a blanket, do you not? (Agreed)

Try to think of wrapping that around you, and you feel warmth, do you not? It comes from within, and the shivering stops. Try and consider the spirit as an enfolding cloak and warmth that you feel and the comfort that you get from it, IS SPIRIT. Can you understand a little of what I mean? (General agreement + thanks).

Warmth, comfort, love of the spirit...it is all one and the same. Forgive me for intruding upon your conversation.

25th June 2001. MORE DETAILS ON MEDITATION – RECOGNISING ENERGY PATTERNS + GENERAL DISCUSSION

Let us give thanks to the Great Creative Force for this quietness and stillness which we share this time. We ask that we be given some understanding of the unity, which you have with that creative force. That brings me my dear friends, to what I would wish to say to you this time. I know that you have found meditation time in the past weeks to your benefit, would you agree?

(Agreed)

Why do you suppose that we asked you to concentrate on this meditative time? I will tell you. You have reached a point, my dear friends, in your individual developments, when it is important to recognise the unity, which you share, not only with each other, but the creative force to which we all come from. That is the purpose of your meditations. I will say only this to you, my dear friends, that it is now up to you whether you continue, or discontinue these quiet times together, with that creative power. But I would say to you, that should you continue, your wisdom and knowledge of energy would be great, your understanding would expand and your spiritual knowledge would therefore come to the fore. I wish now for each one of you, my dear friends, that you begin to recognise yourselves, not in the human form, but that bundle of energy patterns that you truly are. That is the purpose of your meditation. I will not speak to you as individuals, I will leave that with you and the free will which you have been endowed with. But what I would say to you, is that not only would you blossom individually, but you would gain in being within this group, you would grow as one. So I ask you, my dear friends, to think upon these words, think deeply and you will have your answers.

Lilian: I'm sure we will all sit in our quiet times.

I have been with you all at many stages of your living, with your many questions, with your fears and your worries and yes, my dear friends, you do still have these fears, these worries of human living and constantly you are knocked backwards by them. But that is part of the soul's growth. But a question I hear quite often is: 'Why must there be so many reincarnations and how does it work?' My dear friends, I could use few words or I could use a great many words in explanation. But what you can achieve in your meditation time, is to recognise within yourselves, the energy patterns that belong to you, at this present moment of your development. Remember you are but constant vibration; energy which is never still and like human living, the soul is often knocked backwards and has to regain itself and go forward. Perhaps I can explain it to you a little, by making some comparison to the waves in your oceans. As the waves come forward, they are moved backwards constantly-forwards, backwards. Until it gains such an impetus, that on going forward, it gains new ground. That is what the soul is trying to achieve. That is why you reincarnate into many lifetimes, in order that you can gain the momentum of the spirit to grow and to go forward. Do you understand my dear friends, what I am saying to you?

(Agreed)

Are you aware of the importance of your meditation quiet times?

Yes (tentatively)

You do not seem too sure.

Yes (*more forcefully*)

Lilian: Is there any explanation for as I sit quietly, I get this very heavy feeling from the energy?

It is a recognition of the energy, which is both you and those who come close to you. It is as simple as that. But it is the awareness, my dear friend, which is important. You will experience no doubt, many sensations, whilst in the human form, but it is the awareness of what you truly are, and the unity with that great power, which is important. Once you have recognised the unity, then all things become possible. Are there any questions my dear friends?

George: In talking about the many reincarnations, we are very often I believe, talking about tens of thousands of years, perhaps hundreds of thousands of years, so that there are many today, who have had past lives on Atlantis. Perhaps I could mention this and misuse of power, was one of the problems in the days of Atlantis, so we understand. Could one see our recent confrontations with the nuclear bomb, as a chance for those same souls of Atlantis, to re-work that old problem? Does that connect with what you have been saying?

Yes, those who existed at the time of which you speak, would of course have to readjust to the conditions which they have caused. After all, everything is cause and effect, as you know.

George: Yes, and the learning that goes with that.

Of course, any opportunity that would arise within this world, for all, I rephrase, not all, but many of those souls, to redress the balance of their existence. They would take the opportunity for some situation within this world, to do so. And yes, that could be one of the opportunities open to them, because mankind has abused the power, which he has been given, throughout the existence of this planet. Not only did the people of Atlantis, but many civilisations on this planet, have abused power. And I will give you one example and that was the people known to you as Egyptians, who had much knowledge also and who also abused that knowledge. There are many situations within your world, where these peoples could return, in another form, to redress the balance of their abuse. I will not say all, because that would not be correct. There would have been many opportunities for them, but of course, when so many are involved, then very often, they choose to return as a group, to redress that balance. Do you understand?

George: Yes, that's very interesting. I would imagine...one of the problems of those ancient times, was slavery and I'd imagine that similarly, there was a particular slavery problem in our 17th century and onwards. Perhaps that could be seen as a chance for the same souls to rework the old problem and find a solution?

Yes, it becomes difficult when you speak of individual cases, such as you have stated, because remember that man has been evolving for many aeons of time. You do not always have the full picture. Those who you are speaking of, who have been enslaved, do please remember that for some at least, that would have been their choice of living. So you must not always assume that there was wrong-doing. They would have been redressing their own balance. So you must be careful in your thinking. But I hope that makes it a little clearer to you.

George: Yes, one must view the situation from all directions.

Yes, do not be fooled into thinking there is only one answer, because there is only one answer, because then you will go into deep waters and you become bogged down with wrong ideas. Always look inwards, see these conditions from the spiritual viewpoint and the picture will always seem clearer to you. Is that helpful?

George: Yes, thank you.

The further we go into our teaching, the more difficult it becomes to understand. But you will find that the more you go into your meditation and your unity with the power-head, the more you will see more clearly, understand more clearly. In fact, that spirit which you are, will bring forth the understanding which it already has. Do you understand?

(Agreed)

Graham: Meditation is new to me and it's quite an interesting experience. About a week ago, I meditated one evening and I really felt I was in a different place and it was very exciting and I haven't yet managed to be disciplined as I need to be, but it's certainly a very encouraging experience and it is something I haven't forgotten and will be with me and I'll certainly do my best to meditate in the future.

Yes, may I say my dear friend, you say it is new to you?

Graham: Yes.

That, it is not. It is innate within you, because you see, you are spirit and what you are doing, is allowing the true self to be exposed. So although you feel that in this lifetime it is new, it is not, it is connection to your own soul.

Graham: Yes, thank you.

But the more that you can do this, the more will be that your understanding will grow. In fact, I may go so far as to say to all of you, my dear friends, that at some stage of your quiet moments and if you have united with your own spirit, it can also become a little painful, because everything becomes so much clearer, that sometimes the truth is rather shocking to you. And I do not mean that to make you afraid, but it is to be helpful to you, in understanding what you truly are. Do you understand?

(Agreed)

So if this should happen to you, then you will realise, my dear friends, what is your purpose, because nothing can be hidden from you, that is what I am trying to say.

George: That brings back to me something our dear friend Leslie used to say, that we should accept and always be prepared to accept and somehow the fear goes.

Yes, if you cannot accept, you will constantly live in spiritual darkness. You will always have fear of living, you will have so many negative thoughts. But when you reach the point of knowledge, of knowing yourself, all these fears are dispelled, all that is negative disappears and only energy of light will touch and surround you.

Do you understand?

(Agreed)

There is so much to you, my dear friends. I am trying to help you, in getting to know yourselves. And in doing so, it has the affect in your physical living, of making life not easier, in the human aspect of living, but it makes your understanding of living so much easier. Do you understand?

(Agreed)

Do we have more questions please?

(none)

I will say this to you. The purpose of your coming together in this time of living, is my dear friends, to go forward with truth, with light, with knowledge over all that you have gained from our meetings. But before you can do this properly, you have to know yourselves. It has taken many lifetimes, my dear friends, when you have met before, when you have come together. But in this lifetime, I can tell you, that you have agreed to be open to all that you meet, in order for the truth to be given. That is the purpose of your meeting in this lifetime. It is not for your own self-worth and development, it is that you go forward, that you take the teachings, the light, the truth, the knowledge which you have gained and you spread it throughout this world. There are many many people, who will do the same. When I first came to you, I told you that many from my world had gathered. And this I believe, my dear friends, you will see throughout your world, at this time. There are many teachings going on, which will collaborate what I have been telling you. But at this point in time, as I have told you previously, this year in your earthly lives, is a most important one. Each one of you will have trodden a different pathway, but ultimately you will spread the same words. That is why we come together; to give thanks to that creative force, to try to comprehend the truth, to try to understand every human being on this planet, with love for all of your fellow men. You my dear friends, have that ability, you

my dear friends have given of your time, have devoted yourselves to my words. But now it is time, for those words to be given to others. That task, my dear friends, belongs to each one of you; in your own individual style, in your own individual way, to take it forward and to spread the truth. That is why, my dear friends, I chose to come to you, because individually you are so different, and yet you are united in spirit. You have total commitment to your own soul and this is what you must come to recognise. It is important my dear friends, and this is the last time that I will speak to you about meditation. You do have your free will, but you also have that innate knowledge of why you are here. Let it come forward and use it please. May that great creative love enfold each one of you, in love and light with wisdom and above all...(long pause) May each one of you feel the blessings that come from many in our world, to each one of you. I know my dear friends, that as you leave this meeting place this time, there will open out to you, a new understanding, of all that is happening. I must leave you this time, but I hope that my words have given you something to think about.

19/06/06 FREEING THE MIND WHILST IN THE HUMAN FORM

But that is why my dear friends, it so important that you cultivate your meditating time because when you go into meditation, then you are closer to our world, the spirit is closer to our world and all questions can be asked. You do not actually have to leave behind the human body for this kind of knowledge.

George: Now that is an interesting and profound thought.

But it is possible for all of you, it is just that it has never been considered but if you ask the many people within your world who meditate for much time, they will tell you that it is quite easy to be within the human frame and yet the mind is free.

30/01/06 MEDITATION AS PREPARATION FOR SLEEP

Let us assume that before your sleep state you have watched your televisions, you have read your newspapers, you have read your books or you have been thinking with negative thoughts, before you go to the sleep state. What do you suppose happens then?

Sara: Your minds are filled with whatever you have been absorbing and I imagine it can sometimes produce strange dreams, but also I believe it can lower your vibration before you sleep.

Yes. Of course you are right. Your last conscious thinking will - and as you know when you reach your sleep state that the spirit leaves the body. Yes. What happens then is that with negative thinking that last negative thought will find you in the lower astral planes because like-minded thoughts will come together. Can you understand?

General agreement.

Lilian: That hadn't occurred to me I must say.

Have you any questions?

Sara: So it must be better to go within before sleeping and have quiet time.

I would suggest only positive thinking or, of course, your meditation – that would be an ideal time for many. But this is an important point for you to remember.

George: So that thought would travel with the spirit and not remain in the subconscious.

Yes, because it is the last conscious (thought) and remember that thought belongs to spirit so of course it will travel with spirit and in the same way as your thoughts will travel into the ether, so too those thoughts will travel with the spirit into our world but any negative thinking will keep you in those lower astral ranges. So, that is also something else for you my dear friends to consider.

23/01/06 MEDITATION & HYPNOTISM

Yes, I understand your question. The purpose of meditation is slightly different from the others because in true meditation the spirit should in fact raise from the physical body to meet that of spirit ... in true meditation. I wonder if you are speaking of a deeper sense of relaxation, which goes deeper than you normally would in *waking* times. True meditation as you know and understand it, should connect you to that spirit outside of the body. The spirit is raised from the human form in true meditation. (yes) When you speak of hypnotism, it is indeed going deep to the subconscious mind, and we know that the mind belongs to spirit,

but it is also encased within the human form, for it is possible to reach that deep, subconscious mind without the spirit leaving the body. Does that make sense to you?

George: Ah, I see. So where hypnotism is concerned, it is a part of the spirit, which is more contained...

Yes, it is still part of spirit, but it is more contained within the human form. But in true meditation the spirit should be able to raise itself from the human form ... towards spirit. There is just that slight difference.

29/01/07 MEDITATION & HEALING PRAYERS

Rod: With meditation and thought, one should be able to heal oneself a lot better.

Yes.

Sara: I think you can become more self-aware with meditation and recognise when your thinking is not clear ... and it will hopefully stop the vulnerability from starting.

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

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

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

Sarah: Yes, thank you.

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

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

10/9/07 MEDITATION – LEARNING TO USE THE MIND

I would like this time to discuss with you a little about your spiritual unfoldment and what you wish to achieve. I have spoken much about the power of your mind; I have spoken to you about all possibilities and what you can achieve but at this time I would just like to say that now is the time for you, not just to recognise spiritual attributes, but to experience first hand these things. I hear you say: but how do we go about doing these things?

Lilian: Yes.

Yes. You go forward and in your meditative state you begin to realize and to take control of that mind which controls all aspects of your living. It is all very well to recognize with words what you can achieve but it is the experience which will take you forward. Do you have any questions about this?

Silent pause

You all fully understand what I am telling you?

Jim: My difficulty with the words is the *experience* ... it's a spiritual matter. Sometimes when I sit quietly, I just think I am in a silent, blank world; I have no feeling that I am getting anywhere. But I have to travel hopefully and follow the advice and just sit and wait to experience something, something I would dearly love to happen.

But my dear friend, your experience comes within that quietness, that vision which is before you, and only in those conditions can you begin to take control of your thinking and your life experience. It is within that meditative state that all things come to you. You must realize that experience is to find this quiet place at all times and at all stages of your existence. It is not easy I know that, my dear friend, but each one of you must endeavour to go forward in your own way.

24/09/07 WE ARE SPIRIT BEINGS IN HUMAN GARB

I feel that you have become a little confused.

Rod: I thought I may have!

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

You understand?

Rod: I do now yes.

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

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

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

27/10/08 SPIRIT & BODY CONNECTION Not only in sleep state but in meditative state. When you meditate, the spirit is raised from the body, the mind is separate. In true meditation, you are joining more to the spiritual aspect of yourselves and in so doing you improve the human flesh side of the being. Does that make sense to you?

Sarah: Yes, it does. Thank you.

I feel sometimes, as human beings you cannot see or feel that close connection. Sometimes the body is viewed as the all-important thing and the spirit is some distant form which is spoken about.

20th April 2009 WE ARE SPIRIT, WE NEED TO MEDITATE TO CONNECT...

The *physical body* has the power to heal itself but the *opportunity* has to be there. THE HUMAN BEING MUST ALLOW QUIET TIMES TO ALLOW SPIRIT TO COME FORWARD. That is why so often, my dear friends, I tell you that you must take time in your daily lives for meditation. What is meditation? It is a union of your spirit with those in our world, after all that is where you belong. But you are clothed in these physical bodies which can go wrong unless you keep spirit strong.

29/10/2007 LIFTING THE SPIRIT BECOMES NATURAL

Paul: Sometimes, when you are not speaking, I have noticed that you can find a very pleasant space inside you – well you are not meditating but you are in the everyday world. You can be in a good mental state but when you start talking, you lose it a bit.

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

23/06/08 MEDITATION IS MOST IMPORTANT

I will say to you my dear friend what I have told the others, that meditation is most important to your spiritual wellbeing because only in that state can you achieve that union with us. So, if I were to say to you only one thing to help you, it would be to be quiet and to go within; by going within, not only do you unite with spirit but healing also takes place. But ultimately as in all things, the choice is yours and I believe that each one of you knows and understands when your lives are running smoothly and that spirit is to the fore. Would you not agree?

17/11/08 – NEVER ALONE

Jan: ... sometimes I feel alone, even in meditation...

When you go inwards in meditation, you are never alone ... none of you is ever alone. There is always someone with you who is willing to help. Sometimes as human beings, everyday life seems harsh to you, everyday life brings new problems or troubles. That is why my dear friends I say to you so often, it is

important to go inwards and to find that unity with us in spirit in order that we can help you to grow. You must just allow yourself to be, to allow us in spirit to uplift and take you on your spiritual journeys; that is what you must do.

5th July 2010-07-21 PROTECTIVE PRAYER PRIOR TO MEDITATION

Yes—if that is his way of feeling protection, then that is so. It is neither right nor wrong. Each of you, individually, in meditation, chooses your own path, chooses the best way for yourselves to go to that deep state of meditation. Of course, if you are by yourselves, it is only sensible I hasten to add, for you to have protective cover. It need not be an invocation of any kind, but just a realisation that all is well and you can surround yourself in that pure white energy. I would say to our friend, to continue in the way he is—if that is what suits him. I would say that as he begins to sit, from the beginning, to just surround himself with that pure white energy of love (Yes). The only problem—and it is not a problem—that is the wrong use of your word—that when you begin with invocations and words, you are not allowing yourselves to go more deeply within. The silence is what takes you within. You understand?

George: Indeed, yes!

Whilst you are vocalising, then your mind is active. You understand? (Yes).

So, I would suggest to our dear friend, that he learns to slowly, slowly, go deeper and deeper to the stillness and the quietness.

George: I'm sure he'll be absolutely delighted with that message.

But I say that as long as you are endeavouring to go into that quiet time, you will be given all the help that is needed, provided that meditative state is being used for the right purposes. So many people, on your Earth planet, believe that when they go into that stillness, and that quietness—that they can ask for all manner of goods and objects for their earthly life. That is not a spiritual meditation. You understand?