

KINGSCLERE GROUP EVENING

24th July 2017

This was an evening of individual development, focusing on 'The Silence'. One through Eileen gave our first exercise—audio link:

http://www.salumetandfriends.org/app/download/7489313/2017_07_24+the+silence+-+Eileen.mp3

Sarah: Good evening to you—welcome.

Good evening.

All: Good evening.

Thank you for your greeting. I have come this evening, to encourage you all to listen to the silence, the silence that is within this room. I would like you all, if you would, to take a moment and realise how loud the silence is. Within that silence, there are voices of your loved ones, of the voice of Spirit. So, if you are agreeable, I would ask that you do this in a moment. But firstly, I am to tell you that the teacher you know, will be with you next time.

General thanks

So, I will leave you and, I will wait to listen to your discussion about what you feel lies within the silence.

All: Thank you.

Paul: That's very interesting.

We described various sensations about the silence being 'loud', 'ringing', 'tingling' and some experienced flashes of faces and colours. When we had all spoken, the one through Eileen spoke again—audio link:

http://www.salumetandfriends.org/app/download/7489300/2017_07_24+One+thru+Eileen+part+2.mp3

We hope, you understand now, how important it is to get to know the silence, because within the silence, lies all things. Please become a little more aware of this in your daily meditations and you will find that not only loved ones but those who wish to help you will come on that wave of Love.

General thanks

Sarah: But as you said, that silence is not silent. Thank you for your visit.

Before I take my leave of you completely, we would like one of you to take control of this meeting, because they wish to work with this instrument I am using.

Sarah: OK thank you, yes, we'll organise something. Do you want to take charge Paul?

Paul: Well, I can do and others can back me up if I miss anything.

Right, so it's the usual, isn't it, give a bit of protection to ourselves and open up only in the Love and Light—Love and Truth and cloak ourselves in the protection of Love.

We continued to sit in silence, before one spoke through Sarah—audio link:

http://www.salumetandfriends.org/app/download/7489310/2017_07_24+one+thru+Sarah+-+Silence.mp3

Paul: Good evening.

Good evening to you.

All: Good evening.

I have been asked to come to you to see if we can work a little together. You have already experienced this evening the silence and now, we would like you to listen for the information that is being brought to you.

Paul: Right.

You are all being made more aware of the presence of Spirit around you and you should already be feeling an upliftment. This is a state we are bringing you into, so that you can be more receptive to what information is going to be brought to you.

General thanks

Each one of you will receive a different message, but when you have all understood what it is that is being given to you, you will find that each message links with all the others.

General thanks

So I will withdraw and leave you to this exercise.

Paul: That's very clear, thank you.

Again, we tried to describe thoughts/sensations as they occurred. Stars were mentioned by several sitters and also tents and camping. A wine glass and a glass with a man inside were also mentioned. There was also a draughts board a windmill and a flower. Sensations of flying, a Christmas tree, cascades and fish jumping leaving rainbows. Also the word 'perpendicular'. Sarah mentioned afterwards that the link was 'seasonal activities'.

Like anything else, these exercises take practice. Eileen then returned from a deep trance and was able to share a little of her journey within: There had been a pathway like laser beams of different colours and then a tunnel, which was light, like a glass, with people waving. She said that normally

she wasn't able to get to the other end of tunnels, but on this occasion she was taken right through. She said it felt different, like it wasn't 'me'—like the personality had been stripped away. She felt like a really tight ball of light, travelling along. The colours were really beautiful and all was very peaceful and quiet. Now that she was back, there was the feeling of heaviness. She said she didn't come back through the tunnel, she was just 'back'.

Then Eileen suggested we practice clairvoyance with someone else in the room. Sarah, saw a big fish and asked Serena if she'd been looking at fish. She had indeed recently been looking at Salmon in Morrison's. Sabine asked Di about a dress and she had in fact just received one through the post to wear to a friend's party.

Cho then spoke—audio link:

http://www.salumetandfriends.org/app/download/7489295/2017_07_24+Cho.mp3

Hallo!

All: Hello Cho.

I wait for you, I've been listening and helping you.

General thanks

And everyone say "thank you"—you work hard tonight.

Sabine: It's fun.

Sara: Yeah, it was nice to do that.

Yes, you must all practice.

General agreement

Sarah: It's nice that people come through and give us ideas of what to do, so that's good.

Yeah, I only let nice ones through.

Giggles

Diane: That's very kind of you.

Yes, anyway, I not stay long cause I think it's nearly closing time for you.

Diane: Thank you for popping in.

Ciao.

All: Ciao Cho.

Paul: It's nice to get a good bit of feedback.

General agreement

Afterwards Eileen said it felt like he'd ruffled her hair as he was going—cheeky Cho!

Notes:

Listening to the Silence: We shall explore this further during our individual meditations. Salumet has spoken about a stage in meditation known as

the 'audible sound', which may connect with the ringing that some sitters experienced this evening. (30.01.95)

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.