

# 75. Spiritual growth exercises

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## Too hot or too cold? Create your own temperature!

A visitor gave us this lovely exercise to help control either being too hot or too cold.  
(24/7/95)

***—I am here to mention a little about something that I believe is troubling you all at the present. I talk about your weather.***

***Les: Yes, it is quite a troublesome thing at the moment, because it's so hot and we are not used to it. Yes, now you understand that in our world, these climatic changes do not occur in such force?***

***Les: We do understand that.***

***You understand that temperatures and conditions can be brought by individual spirit people, do you comprehend me?***

***Les: Yes I was going to ask you a question on that actually, that the temperature surrounding a person, can be adjusted according to that person's thoughts, I believe.***

***That is exactly right. Now, you do not have to be in spirit to achieve a certain amount of help with climatic temperature. It is possible in such conditions as you are having to face now, to have your own 'thermostat,' is that the correct expression?***

***Les: Absolutely correct, yes.***

***Now, as we have said so often, the power of thought is paramount, yes?***

***Les: Yes you have often told us that.***

***So, it is possible in your world, to adjust the temperature around your earthly frames. It IS possible, but it does take considerable amount of your THOUGHTS, do you understand me?***

***Les: I imagine it would do, and of course you know that I'm going to ask you, how do we do it? Or at least, how do we attempt to do it?***

***If you are suffering from the heat, as I am led to believe you are at present, please to spare quiet moment in your busy lives to sit in quiet. Think and concentrate on the gentle breeze, yes you understand me. Imagine, imagine you are sat beside some flowing cool water. Concentrate on that water, concentrate on the breeze gently shifting the leaves in the trees above. Start at your feet—imagine that breeze slowly moving up your earthly frame, until it reaches the top of your head. Then ask that from the top of your head, the***

*excess heat which is troubling you can be removed. This should be of great benefit to you all, but please, it is not going to be as if you have walked into an icy condition, it is much more gradual than that. But in time and with much thought, you can quite easily adjust your own body heat. Please I ask you all, are you willing to try this, for your own benefits? (Agreed) I would like to hear results of your experiments another time.*

Les: Yes of course, we look forward to beginning that, I think it is what certain Buddhist sects already do, isn't it?

*It is not a new formula, no. It has been known for many, many generations.*

Les: I think it is part of a Tibetan initiation ceremony too isn't it, to create sufficient heat in their body, to dry wet clothes placed on their body?

*Yes, so many of these traditions and rituals, go back to the beginning of time itself.*

Les: Yes and so often they are scorned and laughed at.

*So many people think they have invented these things.*

Les: Yes! *(Chuckles)* It's merely there to be found out. We don't invent, we only discover. *Everything you see, everything you do, everything you know, has been known before. Let me say to you, that as you say, climatic conditions can be reversed. Therefore what I say to you now regarding the heat, can be reversed in your winter season. So remember, when you are standing in the cold, start at your feet and think of the warmth of the fire, slowly moving to the top of your head. You do not need this advice at the moment, I appreciate you do not wish to think of fires just yet, but remember for the future.*

Les: I'm certain we shall all remember it.

*Please, in jest I say to you, we cannot teach you to stop the rain from falling on your head, but you can feel less discomfort, when you think of these things. We cannot prevent the snow, or the wind, but with careful THOUGHT, the problems surrounding you, in these climatic conditions, can be lessened to a great degree.*

Les: Well we all look forward to beginning our experiments with thought on this.

*Now I do hope it has been of some interest to you and please at your next meeting, I would be interested to hear any comments you may have on the matter. I may not speak, but I will be here.*

Les: Good, so you will hear our reports anyway.

*You would be quite amazed at what we do hear.*

*(Laughter)*

Les: Yes, I think our amazement is being tempered by the constant surprises we get.

*Now I leave you. Enjoy your summer months. They can bring much joy, if you know how to use them. God bless you all.*

Les: Thank you. God bless you and thank you again.

## An exercise to remember if you should feel distressed and need of help

A visitor suggested this simple exercise with the hands. (7/8/95)

Les: Good evening to you, welcome to you.

*You are well, my friend?*

Les: I think so thank you and we enjoy having you with us.

*I will stay just a small amount of time. I come with a blessing for you all. Might I ask please, that those who are capable, please to hold out their hands to the centre of your room, like this.*

Les: Palms upwards.

*Please if you are not capable, if you are being used for other things, it is not important, just to put your hands into the middle of your room, feel please the power in your hands, feel it and remember, for if at any time you are feeling distressed, confused, worried about the day-to-day events in your lives, sit quietly in a dimly lit room, ask for help, put your hands to the centre, feel the power go through you and if we can, we will assist in your problems.*

All: Thank you.

*Now, lower them slowly back into the position most comfortable to you, breathe slowly, and deeply, feel the power seep through your limbs, hold the feeling, remember the feeling, say a silent prayer now please to the spirits, as I give you a blessing of the Creator of us all.*

*May the light and the love be within you and remain with you, through your earthly lives and into the spirit realms, which will follow. God bless and keep you all.*

All: Thank you.

## A gift of rainbows

After the initial presentation, Salumet goes onto speak about the rainbows. (7/8/95)

Les: Welcome to you, thank you for being with us.

*Good evening Mr Bone.*

Les: Good evening to you, thank you for joining us.

*I have gifts for your friends. It will not be as elaborate as the last gift session we had. I would like to give a rainbow to each of your friends.*

Les: I would be very grateful to you for doing that. I know the rainbow is symbolic of peace and serenity. Would you like to walk around to give each of them a gift?

*Is this to be permitted?*

Les: Yes of course, do you wish me to help your instrument?

*One moment please Mr Bone. It is allowed Mr Bone.*

*(Breathing became deeper)*

Mark: Thank you.

*Your rainbow does have stars at each end.*

George: Thank you.

*Your rainbow is sitting upon clouds.*

Sara: Thank you. *Your rainbow is surrounded by Great Love—and coloured ribbons I see.*

Margaret: Thank you very much.

*This rainbow does have **waterfalls** from the centre, down each side.*

Paul: Thank you.

*This rainbow does come as a **bridge**, with a **parapet** on each side and a **walkway** through the middle. It is a **pretty** journey if you wish to make it.*

Lilian: *Your rainbow is made with **satin ribbons** and is **floating** on drops of dew.*

Dawn: Thank you.

*This rainbow does have **yellow roses**, a bush at each end for you.*

*And to my other friends, your rainbows are in the **stars**.*

Les: Thank you.

*I thank you for allowing this to be done.*

Les: Thank you for bringing such pleasure to us all

*Bless you all.*

All: Thank you.

Salumet then speaks.

**I hope you have found it to be instructive.**

Les: I'm sure everybody has, is that not so? (*Enthusiastic agreement*) Particularly the receipt of the rainbows.

**Let me speak to you about your rainbows: You understand the symbolisms that accompany it, but let me say to you, my friends, you *are* the rainbow, you *are* the very being, the *gradation of colours* within that rainbow. Do you understand what I mean?**

Les: Yes thank you.

**As you are *all* individual, so are the symbols which accompany it. They are the things to which you should refer.**

Les: We follow, thank you.

**You are as the colours of your rainbow, each one of you, at a different stage of being, from the very lightest, to the very deepest shades. Do you understand?**

Les: Yes, I think we do.

**I am happy that you have been given so much this time. I do intend to bring more people who wish to instruct you in exercises, which will develop you spiritually. As I have watched you all from the beginning of this evening, I have watched you become brighter and brighter in your colours.**

Les: That's splendid news for us. I was going to ask you not for flattery, I know you wouldn't do that, but if you were satisfied with the progress you have seen in us all?

**I have come, I have told you, that each and every one of you, should be developed to their fullest capabilities. I do not wish to come, merely for words, but for your development and as such, I intend to bring those people most able to help you.**

Les: That's splendid news. We hope we have not been disappointing to you, in our development so far.

**You could never disappoint me. Just to see that flickering light develop, to grow brighter each time I see you, makes my heart grow. It brings me—if I were human like you, I think I would shed some tears. But not being human like you, then I have to tell you, my heart is full.**

Les: I'm sure I speak for all of us when I say I think our hearts are full too, for what you bring for us and what you teach us.

**There is much to learn, but you will, and you will grow and you will develop together, until the time when you will be *so amazed* by what we can bring to you.**

Les: Good. (*Thanks expressed*) We thoroughly enjoy our meetings here, all of us.

**Do not doubt what comes, it may seem odd to you sometimes, but I say to you all, accept with love and much can be done.**

Les: Well we do indeed accept.

**Now, let me say:**

*May that Great Creator, who binds us all together,*

*May we be enfolded within that love—that peace.*

*May you all search your hearts and live your daily lives, by those thoughts and deeds, which you know to be of love.*

### An exercise for the autumn

A visitor speaks Sue through about the autumn. (30/10/95)

**—You are in the season where the *leaves* become changed.**

Les: Yes you're quite right, we are, it is the season which we call autumn.

**Many *colours* many *hues*.**

Les: The trees look very beautiful at this time of the year.

***I say to you all, look at the *leaves*, become part of those *leaves*, experience the *colours*, feel the *colours* and listen to what they tell you. Do you understand?***

Les: Yes I think we do. In fact we should be aware every time we see them, bearing in mind that there is no such thing as death, it is merely a transition from one form of life to another.

***The *leaves* fall, the *leaves* are pushed into the Earth, where they give life and warmth, for new growth.***

Les: Yes continuity of life, we do understand that and we accept it. I think we don't always realise the beauty that lies within all these changes. We must not look upon it as something ceasing, it is something beginning. We tend to look upon autumn, as approaching the end of our year, instead of regarding it as the beginning of something new.

***You speak wise words. When you look upon the trees, naked of their foliage, do not think of barren trees and cold nights.***

***Think only of the new growth, which is beneath the surface.***

Les: I have always looked upon this as a physical lesson for us, if only we can assimilate it.

***Use your psychic sight, to see into the new growth. Feel that spiritual growth, which surrounds you all. Let yourselves become part of the new growth and you will see what can be achieved. Do not think of barren twigs, think only of unique and vibrant existence.***

Les: Yes we should always keep that in mind, I do agree with what you say.

***Now I remind you all to look and feel and listen to the *colours* of your *autumn* and feel the peace and the love which surrounds you all.***

Les: Thank you very much, we shall certainly try to do that.

*May the Great Spirit be around and within each one here. My love to you all.*

Les: Thank you and with you also.

## An exercise imagining blossom opening above our heads

Les then breathes deeply and begins channelling. (5/11/95)

*I wish you to imagine from the top of your heads a blossom appearing with petals opening outwards, to what you would call your sunshine. And I wish you to concentrate upon a beam of light which will be sent down into that blossom upon your head. Do not try to imagine with your own brain what may come to you, but that the power of your thoughts will—that whatever is sent from us shall be received by you, within that blossom. Do you understand this? (Affirmed) Now I will leave it to you to begin what you would call this exercise.*

*There was then silence for 10 – 15 minutes before Les went around the room, asking each sitter what they had experienced. Sitters described flowers/colours/sensations of warmth.*

## A visitor, from possibly thousands of years ago, comes to speak about the importance of breathing in the essence of life

This communicator also has to speak in a language not known to him. It is humbling when considering the amount of work that does on behind the scenes to help us in the physical world. Several exercises are presented to help with breathing in the life force and also getting used to the purity of loving spiritual light. (13/5/96)

*I wish to speak to you.*

Les: Yes thank you, we're all waiting for you to do just that. Our friend Salumet, told us to be in darkness.

*Can you understand my words?*

Les: Yes we can thank you.

*I ask because this is not a tongue I am familiar with.*

Les: No, you do use another channel regularly, do you?

*Excuse me, I am referring to the language.*

Les: I see, well thank you for using ours.

*It is not possible to explain, but these words are being given to me, from another party on our side of life.*

Les: Yes, we do understand this and we appreciate the great trouble you take, in order to speak to us. Am I right in thinking that the language that you used to use, or may still use, is not of our current usage, or even of our civilisation?

***It is a tongue which has disappeared from your Earth, for many hundreds, even thousands of years. I will address you as 'lyamedonga,' which means leader of men. You are indeed leader of men, indeed you are—'Avacanadiva.' I requested the darkness, because I cannot use the energies available, when there is light.***

***Les:*** Yes we quite understand that the physical destroys those energies which you must use. So we are quite happy to be in the darkness, so that we may hear you speak.

***Normally we can adapt and use your instruments quite well in your light. We can use different power, different channels, and there are no ill effects. But myself coming from the realms that I do, it would be a problem to use this one.***

***Les:*** Yes we do understand.

***I am led to believe that you are conversant with energy, you are aware of its importance, yes?***

***Les:*** Yes that is so. We don't know enough about it of course, but we do know that there are many forms of energy, of which we have no knowledge yet; many forms which are used by you in your world beyond ours, which one day we shall be able to understand we hope. In the meantime, we accept that you are using these energies for our benefit and for our learning and we do thank you for that.

***I am not going to speak of energy this time, but I was just making certain, you were aware of what surrounds you at this time.***

***Les:*** Yes we have learned a great deal about energy and that it encompasses *all*, day and night, every moment of living.

***Living—Living is what I wish to speak to you briefly about this time; living, BREATHING the air that surrounds you, FEELING the air, FEELING the POWER. It is vital, VITAL for your existence in the coming life, that you can appreciate what is surrounding you. When you BREATHE, you are taking in the ESSENCE of LIFE. Can you understand?***

***Les:*** Yes we can, I think we are all quite aware of that, that though we don't usually think of our breathing, if we do consider it, then it is in that respect, that the very air we breathe, contains the essence of all life.

***And you must learn to BREATHE.***

***Les:*** We must learn to breathe?

***You must learn to breathe; you hear me now, you hear the way I breathe? This is because I have come back into the physical realm, the physical air. But any one of us that returns, you can hear the breath they take, am I right? You understand?***

***Les:*** Yes you're right, we do understand you.

***In your healing, you can hear the LIFE being taken in by the healer, yes?***

***Les:*** Yes, you're quite right.

***I want you all to learn to BREATHE MORE, MORE than you do now. You are not going to take in as much as someone from my world does; I do not expect that and I neither expect to hear the breathing. But I want you all now to BREATHE IN MUCH MORE DEEPLY than you normally do, and at the same time, those that are able, that are not being controlled, I would like you to place your hands against your chest. Please do not question why, I just ask that you do this.***

***Les:*** Can everybody do that please, place a hand or hands against your chest, all right everybody?

***(Affirmed)***

***And in your own time, breathe out—make sure that every piece of the air is expelled from your lungs. Place your feet firmly on the ground and press down, down into the Earth.***



*Please to take another breath and feel the life force coming up through your feet, through into the top of your legs and up through your torsos. Feel the energy coming, straighten up the back, lift the head, feel the energy surrounding your face; please concentrate on the energy around your faces, feel it—feel it, as it gently caresses your skin. You need this energy, it is your LIFE FORCE. Can you understand me?*

Les: Yes we can.

*Slowly, slowly relax and let the energy flow back from whence it came. This is the essence of your life. I would recommend that in your quiet times, in your busy lives, you find time to do this as often as you can.*

Les: Yes I'm sure we shall all do that and what you say I find particularly interesting, because when I'm in my garden, I'm frequently being aware of the energy passing up through my feet, into my body, without consciously thinking of it—I'm aware of it happening.

*I think you will find that if you ask the others here, those that are used as a channel, normally feel the energy coming through, from the ground. You should now feel at one, with the darkness here tonight.*

Les: Thank you. That could be an answer to one of my colleagues' questions a little while ago, about *Divine Darkness*, because the darkness tonight, can be considered Divine.

*Let me say to you, when there are discussions about our side of life, we always hear you talking about the light and we ourselves tell you about the light and the light of love—am I correct?*

Les: You are correct.

*Let me say to you now, that although you are sitting in BLACKNESS, you are sitting in the WHITEST, PUREST LIGHT that you could possibly imagine.*

Les: Yes we are only physically aware of the darkness, it is a *spiritual light*.

*Divine darkness, spiritual love and light, all are One, all are interwoven through all Eternity. You understand my words?*

Les: Yes I do, I think we all do.

*When you tread your final paths and come through the Light into our world, the Darkness which you have been accustomed to, your nights, your storm clouds, all will fade from memory. There will always surround you—a brightness, a luminous brightness, which as you know, is not harmful to your eyes, but will bathe and caress your spirit with Love.*

Les: Yes we all look forward to those days, whenever it is our time to begin to enjoy them.

*My purpose here this time, is to ask you to prepare yourselves for this Light. I do not wish to alarm you, it does not indicate that you are due to come to our side, but too few of you from this Earth are ready or able to appreciate the Love which this world is built from, do you understand?*

Les: Yes, that's the purpose of our meeting here, to try and generate love, not only within ourselves, but to pass it onto others, who may be interested enough to listen to what we try to teach them.

*I wonder if I could ask you all, to spare some time once more in your busy lives, to concentrate, concentrate please, on the WHITE, ROUND, SHINING LIGHT. It will not be physical to your naked eyes, but will be in your mind's eye. Let it start in your mind, as a small pinprick of light, keep it there, in your mind's eye; slowly, slowly let it build to another CIRCLE of LIGHT surrounding the pinprick. Let that radiate outwards slowly, so slowly, until it is a SHINING ORB in your mind's eye. Let there be RAYS of LIGHT from this orb and at the end of each ray, I ask you to place a figure of someone important in your*

*lives, or known to you in your lives, or a loved one, who is loved in our realms. Do you understand me?*

Les: Yes we do.

*Concentrate on those people, send out thoughts to those people and in turn those people will have the sense of well-being, coming from the LIGHT. Can you understand?*

Les: Yes, that's a most interesting thing for us to do and we shall all be trying it. Your words shall certainly not be wasted.

*It is an exercise to prepare you for the time—the light will surround and the light is Love and the rays will touch those you are thinking of and sending love to—*

Les: Yes we shall certainly follow your instructions in that.

*Then spare a little time in your busy lives, just to concentrate on LIGHT and LOVE and not dark thoughts. This I know is not new to you, it is something that has been told you for generations, am I right?*

Les: Yes it has been told that we should not think dark thoughts.

*I am not teaching you anything new in that.*

Les: No you are merely confirming that it should be done.

*Now, the energy which we discussed is not enough for me to stay.*

Les: No I thought your voice was getting weaker. Well thank you very, very much from all of us, I'm sure you feel the love we have for you and the gratitude we have for you having come to visit us at this meeting. We are truly grateful for all you've said.

*You could understand me?*

Les: Very, very well indeed yes.

*That in itself, is good. I also have learned a lesson this time. I say to you all, in my own tongue:*

*'Suffano jakuthai, suffano cha ekoot suffana ja deeska.'* I send you in your tongue, love, health, and happiness.

Les: Thank you very much indeed. (*Affirmed*) What was your tongue known as, are you able to tell us?

*I can only say in your tongue, it was the tongue of the Fire Bird.*

Les: Right, thank you very, very much.

*Please leave this one in darkness for a little longer.*

Les: Yes certainly, we shall only introduce light very gradually.

*I cannot say if more will come, the power is much depleted. I say to you all, 'Suvakanawa.'*

Les: Goodbye to you, God bless you.

## An exercise to help cool you down

There then followed one through Sue, giving a technique for when we are feeling too hot and need to cool down. (22/7/96)

To sit in middle of room, in a firm chair.

—Keep legs about 15 inches apart, shoes and socks off.

—Place hands on top of stomach.

—Breathe from bottom of stomach, slow as possible, whilst thinking of cool breeze. Bring hands up with breathe. Then open out hands as you breathe nice big breathe out again.

—At same time as thinking of nice cool breeze, ask for help.

*After 5 minutes, there should be cool feeling coming up through feet and up legs—keeping that slow breathing going all the time, until feel more comfortable. It was suggested to do it once a day, until can control body heat, just by the breathing.*

## Instruction about working with the moon

There then followed one through Sue, who gave instruction about working with the moon and just how spiritual it is, and the light that comes from it. Moonlight contains spiritual love. (16/9/96)

*Little one this one, little one for me.*

Les: Thank you for making the effort, sorry if it's uncomfortable for you.

*Not for me, we try not to harm little one either.*

Les: No I'm sure you won't do that—

*Will not stay long here, but wish to say to you, do you appreciate how spiritual your moon and its light can be?*

Les: Yes I think we do.

*But we feel it is going to be important in your lives, to be more aware of the light coming from the moon in your skies. It is full of great energy, as is the sun planet. You are aware that the light you see comes from the sun, but of course it is not possible to turn your gaze upon it, as you can the moon.*

Les: We know that it's reflected light from the sun.

*Of course you do, I apologise if I make it sound as if you are not aware, of course you are.*

Les: No apology needed—and the moon has been the subject throughout many, many years on this Earth, the subject of song, of poetry, romance, so it does have a great affect upon humanity.

*Romance comes from the physical heart, I am speaking of the spiritual love which comes from the light.*

Les: Yes I personally have always been aware of it.

*That is good. I say to you before I leave this one, I say to each of you here, at the next full moon, if physical problems, such as the cloud formations are not a hindrance and if your daily toils allow it, I would ask you all to turn your gaze upon it and to open up the spiritual channel which is in you all and feel the light travelling into the very depth of your being. Can you do this please?*

*(Agreed)*

Les: We'll certainly try, yes, just as you used to in your ceremonies?

*I say to you, the benefits you will find, will be many. I ask you to try to feel the energy of the light of the moon, as it travels to the edges of your fingers, and ask at the same time, that this energy you are feeling, can be put to good use.*

Les: Yes we shall do that.

*You will be guided along the correct path, to suit each one of you and this new form of energy, will be used through your channels. This may sound a little confusing to you, but I ask you please to put your trust in those who love you.*

Les: Yes we do, we accept absolutely what you say about this, because after all, it is merely attempting to absorb the diffused energy of the sun, isn't it?

*Technically speaking yes, that is one form of the power available.*

Les: Because it all comes from the sun, so we should be absorbing that, indirectly, spiritually and physically.

*I thank you for this experiment and I say to you on a lighter note, we do not expect you to go gambling around your gardens at midnight, chanting and waving feathers in the air, no.*

*(Chuckles) It is not essential for you even to leave the confines of your homes, but I say it probably would be more beneficial if you could view the light from outside and not through glass. But please I say to you, do not catch cold, we do not want you to suffer in our experiments.*

Les: No we shall try and avoid that, thank you for the instructions.

*Our requests do tend to get stranger do they not, but you know you can trust us.*

Les: We know there's always a very good reason for these things.

*Yes, we only wish to enhance the bonds between physical and spiritual matters. In time, it is the endeavour of the great and almighty power, which we are all striving to work for, to encompass the physical, so that it is merely a breath away from the spirit and everyone will be aware of the next realm.*

Les: Good, thank you very much.

*Time as you know, means nothing, what is past is present, is future. Now I will depart from this one. Energies in the room are now much depleted and we thank you for giving us the opportunity to come and put our suggestions.*

Les: Thank you very much for having been with us tonight. Goodbye and God bless you.

*I say to you, the love and light of the great power surrounds you all.*

*(Thanks expressed)*

## A communicator brings love through the sign of the cross

Via Sue. (7/4/97)

*I come for a very short time, to bring you the blessings of our most sacred realms. Were I still to be amongst you in earthly form, I would offer you the sign of the cross, you understand me? (Yes) But it is not necessary for me to impart my blessings with it.*

Les: No it isn't necessary, is it? The words are sufficient and the thought behind the words.

*There is such strong and powerful thoughts in this place, that I do not need to say many words, for each one here I know, can feel the love which surrounds you all.*

Les: Yes and we thank you for bringing it.

*I ask only that they look inside themselves and find thy hidden light, which is within you all. Imagine you are going down a dark tunnel, knowing that soon the darkness will evaporate and you will be able to see what is ahead of you—that is finding the inner light*

*within yourselves. I suggest in quiet times, when you are all alone with your thoughts, you practice walking through this tunnel. It will be of great benefit in the expansion of your knowledge.*

Les: Thank you for the suggestion.

*And now as I have said, words are superfluous—feel the love I have brought and bathe in its light. There is one more to speak and when that communication is over, I would ask you please, to quietly bring back into this room our dear friend, who is seated on the left of this one. We do not wish to let others through this time. You are aware of what I am saying, I'm sure. (Yes) There will be one here shortly. I leave you now with more love than your hearts could imagine.*

Les: Thank you very, very much for all you bring.

*I offer to you a silver rose, which will protect and guide you on the pathways you still have left to tread.*

Les: Thank you for that and the protection. God bless you.

## Finding our true inner selves: SEEK, ASK, FIND

*Find your true self* and all of the cosmos will fall into place. Salumet assures the group that this is indeed possible and through it, we would have access to knowledge behind all mysteries that confuse us at the moment. We must project our interest **inwards**. We are reminded that if we do not seek, then we will not find. (14/4/97)

**We have been happy to see how many of you on your Earth at this time, have been interested in what is happening in what you term your *space*. (Yes) Yes, and in particular I know that each of you here, have been interested in what you term a *comet*. (Agreed) I would say to you this: If that powerful interest that you all show to things outside your planet, if that interest were to be turned *inwards*, in understanding the vehicle which you all inhabit, dear friends what a powerful force that would be.**

Les: It would be, wouldn't it—incalculable.

**I would say to you all only this: (Intense pause) When understanding, when knowledge is sought, when all that you wish and desire is turned towards knowing the self; then indeed are you beginning to know what you are about. (Pause) Friends, when that happens, all that lies beyond your understanding at this time, would belong to you in an instant. No longer would your skies be a mystery to you, because then dear friends, you would be part of it, you would become a living force within it; no longer would your skies seem to be a miracle, but become part of your very existence.**

**So friends, listen to me, turn your thinking inward, to the very depths of your understanding, reach out for that knowledge—and it is innate within you all, have no doubts about that and find the mystery within. Seek that dear friends and you will find all. Do you understand?**

Les: Yes we do. We realise the difficulty of doing it of course, as you do when you tell us it's going to be difficult. But no doubt you would say: *If it isn't difficult, then it isn't worth attaining.*

**If you are not prepared to *seek* and to *search*, then you will not *find*.**

Les: Of course not.

**These simple words I have given to you this time are the most important ones that I can say to you. *Find your true self* and all of the cosmos will fall into place.**

Les: Is there any chance of us finding our true self, whilst we are in this physical body?  
**I answer with one word: YES. There is no reason why in this lifetime, you could not attain this—you my friend especially, amongst you peoples here. You have the ability; now you must apply it and you must endeavour to focus upon it to achieve what after all, you know. It is an innate knowledge that you came to this planet with and as you unfold, so should each part of you be filled with that knowledge. So to you all I say: SEEK, ASK, FIND—it is there for you, if only you should take up—shall I call it a challenge? (Yes) Now, have you questions this time?**

Les: Well I would like to ask a question about what you have just said. I know we are all individuals and must lead an individual lifestyle, but is there any one overriding suggestion you can give us, as to how we can achieve this inward searching? Bearing in mind that we shall still have to continue living our existing physical lives?

**You cannot free yourself from that daily living, of course you cannot. But in your quiet times, and I know most of you try to seek those quiet moments in your daily lives, but I have to tell you dear friends, that to find that inner self, you need to devote more time, more of your physical time I say, to finding the true spirit within. You cannot achieve what is greatness, if you are not prepared to sacrifice a little of your daily living. So in answer to your question this time, I would say to you: As you look towards the stars and planets in your skies, look inwards to yourself and find that eternal flame which you are, because dear friend, you are brighter than the brightest star. You have to visualise this first. You understand?**

Les: Yes, that certainly has given us something to guide us with. The other question I would like to ask is: Presuming that we are trying to achieve this in our physical life here, are we helped in so doing, when we visit you at night, during our sleep?

**You would be given instruction yes.**

Les: So it would help if when we go to our sleep, we could concentrate for a few quiet moments before we do sleep, and ask for guidance when we come over to you?

**If you ask, there are many who are waiting to help. You need the help from our side of course.**

Les: So we can ask for that, knowledge that we are going to receive it, even though we may not remember that? (Yes) Good and that would be of benefit in our physical attempts, to do what you have suggested?

**In seeking help from those with higher knowledge shall I say, you are allowing yourself to open and for that knowledge to come forth and greater knowledge to be given in instruction and help.**

Les: Thank you very much indeed. I must say and I'm sure my friends agree, that gives us more hope that we shall be able to achieve what you have suggested. We know we shall be helped in it.

**Remember you are all individuals of course, but also remember that you are spirit and much is available to you, if only you will throw off the confines of this physical body. That is the problem with you humans, that however much knowledge you attain, you still cling to the knowledge that you have these physical cloaks which surround you and which some of you feel to be a protective cloak. Dear friends I tell you this, these protective cloaks are a hindrance not a help. Throw them from off, and when you can—when the**

opportunity comes, take it, take the help that is offered to you all, from those close to you from our world.

Les: Right we shall certainly do that.

***Seek and you will find.*** Those words should *ring true* to many of you, they have been said many times on your Earth plane and I would like to reinforce them for you, by saying they are *true*, but *you* must be the *catalyst* in *seeking*. **YOU** must do it—we cannot do it for you.

Les: No I think I can say, to use our modern expression, you have pointed us in the right direction. I don't think any would disagree, would they? (*Affirmed*) So we thank you for what you have said.

**I wish I could show you a mirror image of what you *truly* are. I *hope* that one day when I come to you that you will say to me, I understand your words now, at last I have attained what I needed to know. I know and understand myself as I truly am. (*Pause*) The day will come.**

Les: Good. Without wishing to seem conceited, I believe I have been on the fringe of that understanding several times.

**Dear friend, although you feel your knowledge is great, which to many within this room, your knowledge seems expansive, and to *them* it is. I would say to you this dear friend: You have grown much and that growth has happened in your latter years. I do not speak of knowledge that you have gained in earlier years. The knowledge that has come to you latterly has been an instigator of learning much more. You are now if I can put it to you this way—you are approaching a *gateway of knowledge* and *self-instruction*, which even you had not imagined. You are on the threshold of much knowledge and I say to you, that we are helping you forward in as many ways as we can, because part of what you have been sent here for, is to instruct others in the knowledge that you yourself have gained. And dear friend I say to you, you have worked *well*.**

*May that infinite energy which surrounds you all encompass you as you go forward, in that search for ever-lasting life.*

Les: Well it's going to be incredible when we do understand it. I thought I knew quite a lot now, by coming over to you, but obviously I know very little.

**I do not say that to make you feel as if you know little, but to help you understand that there is much greater things ahead of you.**

Les: Yes it's very nice of you to put it like that, I wasn't suggesting that you were criticising me in any way of course, but I just can't imagine the beauty that *is* there to be discovered, if what I already have experienced, is almost nothing.

**It is but a *twinkling of the eye* what you have experienced. Wait until you see the full beauty of what lies ahead. You have much to give, much knowledge to impart and dear friend, much good advice, because sometimes we see too much eagerness to begin with and little *patience*. But that is something all you peoples on this planet Earth, seem to be afflicted with and I do not say those words unkindly, but when you know yourselves as you will eventually, then you will learn and understand, that *patience* is indeed what you term a *virtue*.**

Les: Yes, at the moment you're quite right, it is an affliction.

**Now I will leave you this time and I will say to you, that you may find in the weeks ahead, that there may be changes as I use this instrument, because I am working closely now with her and we are making good progress.**

Les: I'm very, very pleased to hear that, thank you. Just two quick things before you go. I spoke to you a little while ago about a certain person who was coming, **(Yes)** she accepted the instructions quite cheerfully and is prepared to wait.

**Yes, it needs just a little time. I leave you all and I hope you will think upon my words this time. I will try to help you in your quiet times, in trying to seek your *true selves*, but you really must give *time* to it.**

*(Thanks + farewells)*

## An exercise to help experience energy

The group was asked to sit in a ring with a light touch of hands and with the discarding of physical thinking. (25/10/99)

**I know each one has pondered my words to you last time and I would like this time to continue upon that subject of energy just a little more, but not perhaps in the way you would expect. The time has come my dear friends, for you all to take an active part in this subject of *energy*. Therefore, I say to you this time, with your permission we wish to try to unify you all together in order that you can feel the power within each one of you. In order to experience this, you must, my dear friends, discard in part your physical being and allow your spiritual energy to come forward. Therefore, this time I ask that each one here should hold the hand lightly of another. I would say this to you: This is not being done in the way that you within this *movement*, as you tend to call it, have done in past times in order to call upon us in Spirit. You know full well my dear friends, that this is unnecessary. Therefore, when I ask you to join together, it is for an experience I hope you will not forget. I ask that you join together, that you give some time to discard the physical thinking, to feel the energy come from each person within your own being. I will remain here with you. None can come to any harm, but I do wish you all to offer yourselves to us to be used in order that you feel the power of Spirit. Are you agreeable to this? *(Affirmed)***

Lilian: We will all join hands, but we won't join hands with the lady you are using. *(Eileen)*

**No, you must not in any way touch the instrument. You must form a complete circle.**

**Please allow yourselves time to discard material thinking, begin to feel the power and energy to which you all belong; let it flow between you, until such time that each one of you should not belong to the individual, but that each of you should feel as a whole. You may speak quietly amongst yourselves if you should feel anything extraordinary within the circle, but I do ask that the voice be quiet and controlled, in order that this energy not be disturbed. I will leave it with the lady now, but know that I will remain until the end of this meeting.**

Lilian: Thank you.

*We linked hands as instructed and after a short time, some sitters quietly voiced what they were experiencing. Lilian felt that she was being pulled upwards. Others said that they no longer felt their hands holding another's, but that they were merged together. Salumet then returned:*



**Who amongst you does not feel the flow of energy? You see how difficult you find it to discard material thinking?**

Lilian: It is very difficult.

**This is the problem, but the knowledge that each one of you depends on each other, can only be a source of help to you all. I would ask the lady now if you would place your hand upon the head of each one here please.**

Lilian: Yes, I'll do that now, should I?

**We would be most interested to know what they feel. Allow to flow through you.**

*Margaret felt very hot and felt the energy strongly in her hands. Sara also felt lovely and warm. Lilian and Sarah both felt they were being pulled forward and Sarah's legs had been lifted off the ground. All members felt great peace and warmth.*

### [An exercise on seeing with spiritual eyes](#)

The exercise seemed to produce some interesting results. (1/11/99)

***It is very nice to be with new people. I wonder if you would be happy to try a little something with me tonight. I do not know what you would normally expect, but I would like to see if we can create a little picture for you. I would ask you please to sit and concentrate just for few moments towards the centre of the room and I would like you to tell me what you see. You may sit with your eyes open or with them closed. I would like all of you to partake in this please if it is possible.***

*Everyone did as they were requested and the following comments were made:*

Eileen: I have a picture of fir trees with snow on them and I am not sure whether it's a snowman or something like that, but it's got a very smiley face which makes me want to laugh.

***Very good my friend! You should not necessarily see the same picture. This is, if you like, to help with your awareness. Does anybody else see a picture? Do not worry yourselves if it does not come. If it is something that you are not used to doing, it might not be so quickly observed. Can anybody hear anything?***

Lilian: I can't hear anything, but I am aware of laughter.

Eileen: I can hear the sound of almost like a dripping tap. It is going drip, drip, drip.

***You are very close.***

Sarah: I thought I heard the sea.

Eileen: I think it is a waterfall.

***Thank you my friend. Can anyone else hear the waterfall? Water is a giver of life; it is a great source of power. There is much natural power within your world as I am sure you are aware.***

Lilian: This is why we are drawn to water, is it?

***That would be one of the reasons, my friend, the same as you are drawn toward the green of the trees and the fields. Do you not remember when you have been to an area where there is much greenery, forests and such that you come away feeling more at peace with yourself, you feel revitalized? That is nature at its most wonderful; it gives so much and***

*asks so little in return. There is much in your world that you call grey that you cannot take great spiritual comfort from and nature is the most giving.*

### Blending energies

This time before I speak with you, I ask that each one feels the unity between you and those who stand close by you this time. I want you to begin to understand how important it is at each of our meetings that the strength of unity amongst you is of great importance to us all. I ask that we sit quietly in order that each one *feels* the quickening of spiritual vibration; and afterwards, perhaps this time, we will have questions. Are you happy to do this? *(Agreed)* If it helps you, I ask once more that you sit closely together in thought and feel that merging of energy amongst you. *(Pause)* Does anyone feel the unity between you?

Lilian: Yes, I think we all do, is that right? *((Agreed))*

In blending in this way the vibration of energy is quickened. This is what enables us to use you in the way that is necessary. It would be good for each one of you, if at the beginning of each meeting, you raised your awareness of this bond *before* we begin any work.

Lilian: Yes, we will do that.

I will leave it to you, my dear friend *that* this may be done each time we meet for just a few of your minutes.

### Being in tune with nature

Salumet confirms the sentiments expressed by Sarah about nature and being more in tune. (9/10/00)

Sarah: I was just thinking about Salumet saying we should slow down as nature itself slows down, perhaps this is partly to keep us in tune with nature. Is that so or is it just to regenerate ourselves?

I have brought you along the path in recent times in trying to understand the world of nature a little more closely, because in this way your attunement to all things will be so much greater. Yes, as the natural world disintegrates and regenerates, so too does the physical being at times need times of quietness and rejuvenation of Spirit. So, if you can find that same connection, then all to the betterment of your own unfoldment.

### Autumn disintegration is a step towards spring rejuvenation

This is seen in nature but Salumet discusses the spiritual equivalent where we feel to be part of nature. An example might be consideration of a tree or flower. (13/11/00)

Thank you, my dear friends, for the love which you bring to us this time. I feel amongst you jubilation and some despondency. Throughout this time we will work with each one of you individually, in order that each one is uplifted in the way which is necessary to them. I know some of you have pondered the words I gave to you about the slowing down of nature in your surroundings and my suggestions to you that you try to accomplish something similar. Have any of you questions for me regarding what we have spoken about?

Lilian: I have certainly thought about it and thought what a sensible idea.

**But do you fully understand why?**

Lilian: Not really. Does anyone understand why?

Mark: Only superficial things like the weather is colder, there is less sunlight and we get less energy from there. It looks like there is less vibrancy in nature: the leaves are dropping from the trees and rotting and we haven't got quite such vibrant green around and colours from flowers, so there is a bit less upliftment from scenery perhaps.

**Yes and do you remember my words about why this happens that in disintegrating it is the step towards rejuvenation? Can any of you see this process from a spiritual viewpoint?**

Sara: Yes, I see it in our lives and I see it in the lives of others that the old has to fall away for the new growth to come through. I see it in nature and I see it in the changes in our lives.

**Yes. Can you also see the purpose of why I should ask you to find that common bond between yourselves and what you term *nature*? Yes, you have the understanding of the physical means and the physical ageing of the body, but cannot you see the correlation between human and nature, in as much as each is part of the other? Can any one of you begin to understand?**

Mark: I see now that you begin to make a renewed effort in spring to come out of the slumber of winter together with the flowers pushing up, I can see the parallel there. And then you feel in a summer flow almost, your energy is higher and you feel lighter and you do feel more vibrant in a way.

**Yes, and why should this be, but only that the Spirit has been uplifted and rested. But again because mankind has freewill, he is sometimes afraid to let go and slow down in order that the Spirit be rekindled may I say. What I wish you to understand my dear friend, is this from the spiritual viewpoint: *Physical* aspect you fully understand, but what I would wish for you is that now you begin to *see* yourselves, to elevate yourselves above all things physical and become part of what you term *nature*. Only in this way will your understanding grow, will your understanding be such that you become part of the whole. Do you understand? I do not feel that you do, but perhaps if it is a little difficult, I will return to this topic at another stage.**

Sarah: It is a *blending* of us and nature isn't it?

**Yes! You may well say I understand, I know what it is about, but until you come to the state of *blending* as you say, you will not fully understand *how* nature truly works within your own world. After all, are you not part of this human nature? Why then does humankind find it so difficult to become of the whole? This my dear friends is what I would ask you now at this stage of your awareness, to take on board and to consider, each one of you in your own individual way, to discover what you can *give* and what you can *receive*. This is a spiritual task for you all my dear friends and as we come to this time of slowing down within your world, I ask you to take hold of your thinking and discover for yourselves what you are about at this special time of raised consciousness.**

George: I have read about people in the Buddhist philosophy who would sit beneath a tree and think about a plant or a bud and they would almost become that bud. Their consciousness would seem to take on the consciousness of the plant.

**That is precisely what I would wish for you all to achieve. When awareness is such, then you *are* part of the tree, you have the understanding of the tree, of the flower, of the bud. It takes much of your time, of your thinking, of your understanding to reach these stages of development, but my dear friends you *have* that power within yourselves, but only you have that within you to do these things. I can try to encourage, to uplift and to help you, but if you do not use that freewill, then you become static in your growth and this we do not wish for you. Think carefully my dear friends. I have been leading you up to this moment if you like, by speaking to you about the nature beings. There was a purpose for those discussions in order that each one of you could become a little more aware about of who and what you are.**

Lilian: So it would help us to be in the quiet places where there are trees and water, would it?

**Of course any time spent in quietness can only enhance your awareness. It is the way forward for humankind, until they reach such a state as the gentleman has just discussed. It is but practise, dedication and understanding. Does anyone have questions, please?**

Lilian: I went for a walk the other day with the water, trees and the air, and I was thinking of these creatures, but I didn't see any I must say, but I was aware that they must be there.

**Yes, any awareness can only be good for the Spirit, but it is all too easy sometimes when we have discussed these many things for each one of you to return to your earthly lives and forget what has been spoken to you. Forgive me my dear friends if I continue to remind you, but can you see that all of these creations and nature beings and yourself belong to one energy? (Yes) All that is needed is for the knowledge and the understanding and the utilization of that understanding to help you forward in your own growth. You understand? I think we will leave it here for this time, but I have promised you that I will speak to you about Angels, but I feel that perhaps until our new year in your world, that will be the time to speak further about this topic. I would like you my dear friends to consider what we have spoken about at this time.**

## [An exercise about the energy bond that exists between members of the group](#)

Salumet starts by asking the group members to describe their experiences. Having relayed their experience, Salumet reassures that these experiences are different because we are all at different levels of development. The evening moves onto trying other exercises around the subject of energy with more feedback given. Focussing on the solar plexus creating a feeling of attraction towards the other. All exercises involved some blending with others which felt most agreeable. (4/3/02)

**Last time we spoke, I asked you my dear friends if you would, in your quiet time, think about the energy which exists amongst yourselves. Do you remember? (*Affirmed*) As I asked this of you, my purpose was that each one of you develop a new knowledge of what**

that energy is. I have told you that this year much of the time will be devoted to your own growth. Therefore, this is not light-hearted by any means, it is a form of learning which I hope you will find pleasurable. Therefore, may I ask each one of you what you have attained from sitting quietly to find out what the energy bond between you feels like?

Sarah: Yes. It was light and it moved in sort of circular waves. Each time I had a slightly different feeling, but the predominant feeling was the light, the light movement.

**I will not respond until each has spoken.**

George: I found that in my quietness—it is very difficult to describe, I had more of an ‘away’ feeling. It’s almost like slipping away from reality into a light mist. Sometimes I lose consciousness altogether, but I have been aware of this slipping away from reality a little more lately. I also fancy I’m thinking a little more deeply about some things and there may be a connection here, I am not sure—that about sums it up.

Mark: I can’t describe anything visually, but for me it is a sort of sound. I get a sound and it’s very peaceful and ‘other worldly’ sort of feeling. Quite difficult to describe, but I feel more around my head and ears. To me it feels a bit like a sound, not to do with everyday life sort of sound. One night I had a really good, nice sleep and I woke up feeling really very relaxed and I wondered if it had anything to do with trying a bit harder to focus on that.

Margaret: I found that for some unknown reason that when I sat down in my easy chair, I just went off to sleep, but I seemed to be on another planet, such a peaceful planet that when I woke up I couldn’t believe that I had been there. It was just so peaceful, it was unbelievable.

Lilian: For myself, I sat and thought of my friends in the room. It was basically a blending together although they weren’t here, it was just me, but the energy seemed to blend us together although we were apart, if that makes sense.

**Yes, I thank you for your words and your experiences. Of course, it would not be right that you all would feel and have the same experience, because each one is at a different level of learning; but your descriptions are fine. I am happy that you gave of your time to try these things. Can you see with even the words used here, how close you are in describing your own energy, because my dear friends, each description belongs to you individually. You are joined, but still you are apart. That seems to be a contradiction but it is not. Let me say a little about the energy which brings you all together. You know full well that an aspect of yourselves can be in another place even though the physical body may still be here. You understand this my friends? (*Affirmed*) So too can energy between two people stretch forever. If you take the finest thread but the strongest thread, with an elasticity so strong that it can reach onto all areas of your world, then you may begin to understand how energy works. It is fruitful that each one of you finds for yourselves individual concepts of what energy feels like, and first and foremost you have to feel it on the physical level. In saying that my dear friends, if you agree perhaps we can try that now. (*Agreed*) I would ask that each one of you place the physical hands together, rubs them together and places one hand close to the next person’s hand, then we will see what you are feeling. (*Pause*) Can we say what is being felt, please?**

Lilian: I can feel the energy. (*Tingling? Recording unclear*)

Mark: To me it’s like a waving wand.

**Yes, what do the other gentlemen feel? Do not struggle with it, just say what you feel.**

Paul: To me it’s not warm or cold, a little bit like a magnet.

Sarah: I have the sensation of a magnet. (**Yes**)

George: Yes, that is what I imagine a magnetic field to feel like.

**Yes. So all of you can feel this physical experience, yes?** (*Affirmed*) **Good. Keep that feeling in mind please. Now let us try something a little different. Are you happy my friends to do this?** (*Affirmed*) It is for your own growth. I am trying to help you to broaden your thinking and your acceptance of what you can feel. I would ask that in turn you focus on one other person in the room and I would like you to try to feel the energy between each one of you from the area of your solar plexus. Do you understand? (*Affirmed*) I ask only that you do not focus on the instrument that I am using. Would you like to begin this please? And please say what is being felt. Would you like to begin with the gentleman? (*Pause—Lilian asks the group what they are feeling*)

Margaret: I feel a lot of energy.

Sarah: A slight heaviness (**Yes**)—a sort of tightness.

**Does anyone else feel anything?**

Lilian: A beam of light.

**Thank you, thank you.**

Paul: Yes, I've got a brightness.

**Do you feel a connection between yourself and the person you are focussed on?**

George: Yes, there is something. I find it very difficult to describe.

**Yes, I know. That is why we will take this slowly.**

Margaret: A burning. (**Yes**)

Lilian: Again a blending together.

George: A sort of fixation in the sense of being fixed. (**Yes, good, good.**)

Sarah: I am getting the same sort of feeling when someone is coming through me, a sort of filling up feeling.

**Good. Gentlemen, anymore?**

Paul: Just sort of surrounded in light now.

**Now, my dear friends—**

George: Yes—(**Yes?**)

George: I have a light experience, yes.

**Good. You are beginning to experience yourself as energy. For this next thing, what I would like you to attempt is this: Each one of you must lose the *physical* being, you must feel yourself as a beam of energy. Are you prepared for this?** (*Affirmed*) It may be difficult but focus on this beam of energy. You *are*, each one of you *energy*. Can you feel yourselves engulfed by this energy?

Lilian: Yes.

**All of you?** (*Affirmed*)

George: I feel the physical energies around me to be less strong.

**Yes, good, that is as it should be. For this we need two people, but in order to complete this task they will need to stand, one each end of the room. What I would like you then to do is to walk slowly towards each other, still focussed on energy. There will be a point where you have to stop. Would you like to try this please** (*Affirmed*) **and tell me what you feel.**

Sarah: So we will have to have our eyes open to do that?

**Yes. Take it in turns with each other. What do you feel as you begin?** (*Paul and Mark*)

Mark: Lighter at the top than at the feet.

**Do you feel an exchange of energy? Do you feel a barrier to this energy? What are you feeling?**

Paul: I feel a sort of *fullness*, a filling up feeling.

**Are you blending or are you separate? What do you feel?**

Paul: Half and half really, not completely blended.

**But some parts blended, that is good.**

Mark: It feels very nice I must say.

**I ask you to remember that feeling, but remember it passing from each one of you within the room. The others like to try now, please.**

Lilian: Would it be of similar energy that I feel if I am healing which the lady that you are using and myself would give each other healing, and I feel a sort of blending then.

**Yes, but the blending then is slightly different. You are blending with those who are using you. This is slightly different, but of course it is still energy and a raising of the consciousness. What are we feeling, please?**

Sarah: A sort of build-up.

**Focus on the solar plexus please.**

George: A magnetic-like feeling.

**A pulling towards the other person, yes?**

Sarah: A sort of drifting slightly over that way.

George: A tingling in the hands **(Yes)** —a tingling in the extremities—the top of the head and the hands. **(Good.)**

Sarah: It feels like there are two whole top parts. Not light, not dark, just—I can only describe it as still movement. **(Yes)**

George: It sounds a bit like the magnetic field description. It sounds like there is something there but it is so difficult to describe because it isn't physical.

**Yes. Keep hold of the feeling, please. Good—can we try the others please?**

Margaret: My hands are very tingly. *(Recording unclear)*

Lilian: I feel as if I don't want to talk—tingling in the fingers.

**You can feel the exchange of energy between you, can you? Hold on to the feeling. Please sit down now.**

Lilian: I had a feeling I could have stayed there quite some time.

**Now my dear friends I will return to my original question of this evening. What now do you feel between you?**

Margaret: Closeness.

Lilian: Blending—love for one another **(Yes)** —a feeling of being quite happy to stay with that feeling.

**A unity of Spirit. Would you agree?**

Lilian: Yes.

**At any given moment in your lives you should be able to reach out and touch this feeling of unity—this font of energy. No matter how far apart, you have the ability my dear friends in your quiet moments to come together in a bond of love and, after all, energy should be love. Your awareness now should be more open to what we call *spiritual energy*, but what you have experienced this time is that spiritual energy transmuted down to the physical level. Do you understand my dear friends? (Yes) Are you sure?**

Lilian: I understand what you are saying. It is a little difficult to take it in completely.

Sarah: It is only a taster of what we could achieve. **(Yes)**

George: Does '*transmuted down to the physical level*' mean that we can feel it; **(Yes)** if it were not we would not feel it?

**Yes. Therefore, if you can *feel* the energy at this physical level, imagine my dear friends what you could achieve if you allow the Spirit to come forward and take you on that love**

energy into other realms. Can you now see my dear friends the importance of your quiet moments (*Agreed*) and how you need them to expand and to grow and for the awareness to come to the front of your thinking?

Sarah: With this little taster we have had I think I can begin to see why Eileen, your channel, doesn't want to come back sometimes onto the physical level.

Yes, when you attain that blending—and you are correct it is a blending—then you are unaware of any physical happening around you; you are encompassed with pure love, you feel safe and secure and you *know* that life continues without the heaviness of the physical body. I hope my dear friends that the time spent this evening has been helpful to you. (*Affirmed with thanks*) Of course, as always, your freewill will operate in your daily lives, but I will say to you as I have said so many times before, it is entirely up to each individual whether they wish to grow. The opportunities are there; there are so many in our world who stand close to you, not only those you call helpers and guides, but those angelic beings whose pathway is to be of service to mankind. But it is the law of all existence that you must *ask* and this my dear friends I leave with you.

## Who am I? (Part 1)

The evening starts with Salumet presenting this question for us to ponder. A visitor followed with words of encouragement and wisdom such as the importance of questioning, rather than just accepting. (14/10/02)

This time my dear friends, I wish to ask you all one question. It may not be as simple as you think, but what I wish to ask of you my dear friends, is this: I want you to look from outside of yourselves and ask the question: '*Who am I?*' I want you to focus on this question and also to find out what spiritual gifts you have brought to this lifetime and how those spiritual gifts have brought you together this time and in which way they bond you together. It may seem a simple question my dear friends, but I assure you, you will find it quite difficult.

Lilian: Yes, I think I am already.

I will give you time to look to this question and for you all to discuss amongst yourselves what answers you come to. I will remain with this instrument whilst you work quietly, but before we leave, we hope to bring to you someone who will speak a little with you and we hope that the dear lady who is sitting next to me, will be able to bring them forward. (*Sue*) I will be most interested to see what you think of yourselves. (*Some sitters chuckled*) I will comment next time, so please, please be lucid in your thinking and the expression of your words. I will try to help you to have clear vision, clear thinking for this meeting.

Lilian: And we shall hear from you next week?

You may rest assured I will be here with you. I have given you what I am to you, now you must recognise what you are to *yourselves*. My love as always stays with you.

Lilian: And our love goes with you. We will sit quietly for a moment or two and see what we come up with.

*We sat quietly for several minutes before Lilian spoke again. These were the main statements made:*



George: We are each of us sparks of Divinity, so we each have to see ourselves as an individual spark and each spark represents a different soul, because it is rare for two aspects of the same soul to be on Earth together. We have similar energies, so perhaps the soul-bodies are closely connected in some way. This is conjecture, but it is clear we have similar energies and that energy is part of our bonding. And we have a particular affinity for each other, because although we have similar energies we have different abilities. In a sense we rely on each other for those different abilities.

Lilian: Yes, that's true.

George: I think much hinges on the fact that we are similar energies, the other factor that would probably add on to that is our most recent past life that some of us at least spent together and I would imagine that also contributes to the similarity of energy between us.

Lilian: And probably all of us have a love of nature.

Sara: I think if you're really spiritual, you will love nature.

Lilian: Also a love of animals. I often wonder why I like animals so much.

George: I think especially at particular times in my life I have been aware of a deep-down power, which has been a guiding influence. I have a feeling of strength from this, with the idea that the soul-strength is much more than the physical body.

Lilian: Well we must each of us be on the same par spiritually, because if we've been together in past lifetimes and we've been told we shall be together again, so we must be pretty much on the same level, mustn't we, spiritually.

Graham: I think you have to be in order to share experience, to talk to people, to accept what they say and for them to understand what you're saying. And we all accept what Salumet says.

George: And of course, we have to see Salumet as a great coordinator. That is of course very important too.

Sara: And we all have an enthusiasm for this learning—a passion for the learning, which makes us come every week.

George: Yes, we are all seeking, that's a shared fact.

Graham: My condition is several-fold more than is perhaps common, but I think that when you get a condition such as I've got at the moment, and a lot of people at some stage in their life do have illness, it does make you think a lot more and it's made me think a lot more about past lives and where you are and where you are moving towards. It really opens your eyes in many ways and you start to see things that you haven't seen before. In a way I see the condition as something of an awakening.

Lilian: Yes. How about you Jan?

Jan: Well, I asked the question—as he asked it—go outside and ask yourself the question in your mind—and I've been receiving clairvoyantly I suppose, lots and lots of faces one after the other almost like in a mist. I presume they are me—parts of me—and also I have been given strings of light, a little bit like neon lights, as one fades the next one lights up and so the next one lights up. And those beads of light—I think I'm interpreting—there are millions of them I'm being shown, so they are other souls; it's as if I've passed through them, do you know what I mean? They are people that I have connected with.

Lilian: They belong to our energies.

Jan: Yes, they are little beads of energy obviously and I'm being shown that some are negative and some are positive and you obviously need that negative and positive to make a positive energy flow. And the negative energies are those that I haven't bonded with—they are not on the same spiritual level, as those of us in this room—and this may have been said

a moment ago, because I am not quite with you if you know what I mean. I can speak to you but I am not able to feel my body at the moment. They enable me to see this more and more aren't they, as the weeks go on. I'm being taken further and further now. I'm not sure how I can still speak to you; I can't feel anything else around. Each one of us in this room is joined in a circle. I'm being shown at this precise moment in time each one is joined in a circle, within a circle, within a circle. I'm interpreting that first circle is where we are now and we meet again in the second circle and again in the third and in the fourth as we progress. I am being shown it going outwards. So, where we are now, as husbands, wives, mothers, sisters and brothers—that's not who we are. We know that, don't we? (*Affirmed*) And again I am being shown an overcoat, which I described a little while ago—I'm also being shown snails—a snail has a shell. He goes inside the shell and comes—you'll have to interpret this...

Lilian: Well we must grow new overcoats...

Jan: I can now see other faces that are each one of you. I'm not seeing me, but each and every one of you. So I'm meeting *you*. And now we're back to the neon little lights. (*Jan began to 'return' at this point as she again became aware of her body*)

George: Can you say roughly how many others are in the room with us?

Jan: The room is very, very full. I feel almost claustrophobic with them. The walls seem to come in tremendously small. I would say there are a good 200-300 people in the room at this time. There's standing room only at the moment!

George: What I can see clairvoyantly is vague, but yes I agree, I would equate the vague patterns that I am seeing with hundreds.

Lilian: Which could be other aspects of ourselves?

Jan: They are—that's what they're showing us is that they are not other spirits, they're facets of our selves. They are part of our soul, in this room with us now.

Lilian: It makes you feel quite emotional.

Graham: I reminds me of what Salumet said about facets of a diamond.

Jan: When Salumet came through tonight, I haven't witnessed it before, but he came through with an enormous blue light that went bang! ...all round Eileen. Then after he came through, I went off on my travels if you know what I mean, but that's when the strands of blue light, then it turned to blue and red, that were shown to me. So the question I think: 'Who am I?' ...I think George described what I was seeing: We are just a linkage in a chain of energy. That's how I can see it. Does that make sense George? (*Affirmed*)

Sara: In terms of evolution, where we've come, I was thinking humanly as well, we're vast really, we're part of everything, part of everyone really. The further we move on, the more we grow in spiritual strength and wisdom, the more we would feel a part of everyone really.

George: Salumet is always saying that the situation is much more complicated and beyond our ability to describe.

Jan: The other part of this question was that we have to answer is: What spiritual qualities have we brought to this lifetime? That I think is very individual. This is going to sound really silly, but I think I have always been aware of a *light* that surrounds me, but wasn't sure before, what it was and how it was to be used I suppose. What I mean by 'light around me' is: certain people were attracted, certain personalities, certain types were attracted to me.

George: Do you find person walking on the other side of the street suddenly look across?

Jan: Yes they do. It's taken this—shall we call in 'work'—we came into this world with a light that shines brighter than we can see.

Graham: We all bring with us love and it is the most natural thing in the world to love people and objects and animals and everything.

Sara: I think I was put here definitely to communicate. As a young child I was quite shy, but as time went on, I was able to communicate, but now I think I communicate on lots of different levels. An important part is supporting people in their spiritual growth, whilst growing myself and talking to people around here in whatever way I can, either through the voice or through music or whatever. I think that is what I'm here for.

*Jan next brought Cheryl into the discussion, who declared herself to be a bit self-centred.*

*Others pointed out that they were also at her young age and that she is also extremely compassionate. This dialogue was cut short by a visitor through Sue:*

***I do not wish to interrupt your most interesting discussion. I have heard many conversations from many, many, many peoples of your side of life and let me say, I am always surprised at what I hear. Sometimes the depth of knowledge I hear from certain groups such as yourselves, stuns me. I am most gratified to know that the teachings that the Masters bring, have such an influence on you all. We are most gratified and if even a fraction of what you are told in the early days, takes root, seeds itself in your minds and blossoms as the years progress. I hope that does not sound too flippant, but it is my way of explaining to you how we are watching you grow. Do you comprehend my meaning?***

***(Affirmed) Do you understand that the knowledge, the knowledge that you have absorbed, is like the flowering of the cherry trees every year. Can you understand that? (Affirmed)***

***They lie dormant in your winter times. Then the little buds burst forth in your spring times. Then you are awash with the fragrant blossom. That is like the knowledge, which suddenly seems to burst forth in your consciousness and you absorb this knowledge, and you hold onto what is relevant. Then like the blossom on the tree, that knowledge serves a purpose and you shed previous thoughts, previous connotations—things that perhaps once were important to you and you suddenly realise that they have not the significance that you thought they had, and you let them drop like the blossoms. Is that a fair description of your thought patterns? (Agreed) Some of the things that seemed vital to you in your youth or vital to you only—shall we say yesterday—suddenly are stripped away and you think: 'I don't need that. Let it go.' Yes? (Agreed) Yes, good. I am not meaning to put words or thoughts into your mouth; I listen to you and I watch you and I absorb your thoughts and it seems to me that as the time progresses, you are stripping more and more of your earthly thoughts and getting closer and closer to spiritual meaning. Yes? (Agreed) Good! It is good that you are agreeing, because you must always move forward. And we know that some of the teachings leave you perplexed, am I right?***

George: Yes, we have to think about them sometimes.

***Yes, that is what I mean. I do not mean you are perplexed in you don't know what is being said to you, but it makes you open your mind does it not? It makes you question? (Agreed)***

***Which is a very good thing; I am sure the Master that comes to you has said to you in the past: Always question, never just accept. Yes? (Agreed) You must question. No one is going to think any the less of you if you say: Please can you elaborate on that theme, whatever it may be. We do not want you just to accept what we say. That is not what teaching is—in your schools when you are children, as you grow and you go to universities and to your higher forms of education, I am sure all of you have at some time wanted to debate an item with your tutor s. Am I right? (Affirmed) You have wanted to say: Excuse me, but I cannot quite agree with that, may we discuss it further—have you not?***

George: Yes, and this leads a better more fundamental understanding.

*Of course—but we are watching each of your years come and go and we are seeing the branches of knowledge grow firmer and heavier and more laden with the blossom of knowledge and teachings and from that blossom, come the most amazing scents of love. Did you know that love has a perfume? That is something else for you to put into your store cupboard of knowledge. Love has its own rich perfume. Every sense has a perfume.*

Sara: Is it true then that people can exude a sweetness or a sourness, which that almost be...

*Tangible yes. (Yes) You know that love comes in a form of light—you have been told the light shines from this meeting have you not? (Affirmed) It lights a beacon. It is not just a light, it is a scent, a wonderful perfume which mingles with the light and can be sensed in our world, just as hatred has its own scent. I will not call it perfume, because it is not perfume, do you understand me? (Affirmed) Fear also has its own scent. Again I will not call it perfume. Every one of your senses exudes an aroma. I would like you to think about that in your coming days. Give out LOVE, not hate. Hate will cause a scent, which can make people recoil from you—not physically—you do not see people step back and think: Oh dear, what a smell! (Giggles) No, they recoil mentally and that itself is part of the Spirit—the mind. Think upon it dear people. Try to love, try to exude a perfume that you are, shall we say, very taken with. Imagine the love is one of your most favourite smells. Can you do that? It will help you. (Affirmed + thanks)*

Graham: Yes, perfume is something beautiful.

Lilian: Delicate, like a flower.

*Indeed. I will also say to you that even your most beautiful perfumes on this world cannot compare with the spiritual perfume of love. It is like something you have never encountered. But dear people, dear friends, when your time comes to pass into our realms, I wish from the bottom of my soul that one of the first things you encounter when you join us is the perfume of love. You deserve it, each and every one of you and the more you strive in your earthly life to bring love and harmony to yourself and to others around you, the closer you will become to the spiritual smell of all-powerful and all-bright and all-shiny LOVE.*

George: Something to look forward to.

*Yes, that is something that you can accept from me. (Agreed) No, I don't wish you to accept it without thought, but believe me when I say to you: It is fact.*

Sara: It makes sense to me, because when people are fearful or sick or ill, there is almost a smell and it's something that you see as well. (Yes) So it makes sense. The skin is clear and bright, it affects the body when someone is loving and happy; the skin looks brighter and the eyes look brighter and everything glows.

*Glows!—that is a word, very, very good word; observant young lady.*

Sara: Children often have the sweet aura, when they're happy.

*Young children, in all innocence, can detect the perfume of love, but very quickly, very quickly they lose that sense. You have all encountered it in your very early life. Sometimes you may think you are recapturing it, but you don't understand what it is. I am sure at some stage in your lives you have—*

*The tape ended there, but it was actually very near to the close of session. Our visitor was thanked for the wonderful analogy of the cherry blossom and knowledge given. They indicated that there would be further visits and when asked, gave the name Ramon.*

## Who am I? (Part 2)

Salumet refers back to our answers from the previous week and discusses the duality that physical living creates with our spiritual side. Our 'ego' or sense of 'I' can create many problems, because unfortunately, our ego causes us to lose those spiritual attributes which belong to us. We can never be perfect whilst in the physical, but we have the responsibility to strive ever forward and be the best we can be. Nothing more can be asked of us. Salumet gives a deep teaching that provides much food for thought. (21/10/02)

**There is with you this time a heaviness with some of you. I would like to enclose you all in the love that I bring to you this time. I also wish to say to this instrument, apologies for disturbance within the throat area. (Thanks) I have been trying to work more closely with this one in order for the voice to be stronger, but as always it takes time for adjustments to take place. But it is now time that I should be capable of coming to you a little more quickly, more easily, with more comfort. And although the instrument is usually unaware of any discomfort within the physical being, it is within our power to see that the instrument remains comfortable throughout.**

Lilian: Good.

**I will dispel this heaviness which I feel, before I begin to speak with you.**

Lilian: I'm sure we'll be very grateful for that.

*(Brief pause)* **Perhaps it is a little trepidation as you wait to find what I will ask of you this time. (Chuckles) Many, many were interested in your remarks last time. Remember when I asked you who you truly were. Your replies were indeed uplifting to us, because it showed us how much and how far you have come. But now I have to tell you that we need to go one step further for your understanding of who you are. The gentleman who sits close by, our dear friend who thinks much and uses the pen much, gave us very good description of who he thought all of you were, and yes, each one of you knows and understands that you *are* divine sparks of existence. You all of you know and understand this, but my question of who you truly are needed some little thinking, would you not agree?**

Lilian: I must confess, I still don't know.

**Let me say just a little to you: Although you are as one before you come to many different lifetimes, you belong to that Great Creative Force from which we all come, but when you return to any *lifetime*, you take it upon yourselves to become individualised—to become 'I AM'. When you are clothed in the physical bodies, the 'I AM' becomes a physical being and the most important part of the physical being is the 'I', is the ego, because when that becomes the most important part of your living, you are losing those spiritual attributes which belong to you. This you know and understand.**

George: This is the ego 'I'? (Yes)

Lilian: That's interesting, because the instrument you are using when she was meditating, she was picking up the words 'I AM'.

**Yes. Was she confused? I will try to help her.**

Lilian: Just a little. She wondered what it meant.

**Let me continue please. (Pause) I am what I have always been. (Pause) You wonder why I hesitate. It is to allow you my dear friends, to think about those words. When I say I AM**

what I have always been, how does this apply to each one of you? That is the question you need to ask. I AM here and now. I AM a voice. I AM many things. I AM LOVE—and understanding. But I AM in the physical being, *many* things—not only with spiritual attributes, but with the duality of those attributes. Do you understand my dear friends what I am saying to you? (*Affirmed*) If you are unsure, let us discuss it as we go.

George: The Bible phrase comes to mind: I am that I am; which conveys to me the very essence of being.

**Yes. Yes, for once I would agree (*Chuckles*) with the words written within that religious book. Yes, so when you say, my dear friends: I AM, it does not apply only to this lifetime.**

Jan: Therefore I am constant, is that right?

**I AM constant, I AM ever-moving, I AM. There are many phrases that can be used with I AM, but what I asked you last time was to find the true and real I AM; the I AM that has always been. You my dear friend, started to go on a journey, which takes you some small way into that being. But may I suggest to you all, that to find the true I AM, you need to go even further. I will leave it there for now, because once again I will give you the opportunity to again look at the I AM. I will say now about the other part of my question to you, which was: What spiritual gifts do you *feel* you have brought to this lifetime? And again, the conversation was varied. Each one of you discussed attributes that you felt you had brought with you. May I say my dear friends—and I want you to listen closely—that each one of you has brought with you *all* spiritual gifts. It is not unusual to any one person, but it is with *all* who return to physical life. It is *theirs*, because it always has been. You are saying: what is spiritual gifts?**

Lilian: When you say it like that it's suddenly very simple. For myself I was wracking my brains to think well what did I bring? They were there all the time.

**They *are* there always, in all time, not just in this one lifetime, but in all lifetimes. What you bring my dear friends is that deep inner knowledge, that deep inner power, which you all possess. You bring love, understanding, all of the attributes which you here on this Earth would call 'good'. But as I have said, you also bring to physical living, because of the *physical way of life*, the duality of these gifts. With love you have hate, if you have riches you have need, and I need not continue because this is no word lesson, but you understand what I mean. (*Affirmed*) Therefore those gifts you bring, which are *yours*, must be used wisely, to face whatever pathway you have chosen. The attribute of *healing*, for example, is one that our dear gentleman friend (*Graham*) is at this moment learning to correct his physical condition. That is one example. In others it may be patience that needs to be used. In others it may be the love and wisdom which you give to children. There are so many ways that your spiritual gifts can be used. Have you any questions for me at this point?**

George: The spiritual Source that we reach towards for our guidance, would it be correct to say that that is unchanging, or perhaps it is steadily refining all the time?

**That is the purpose of *life* my dear friends, that you strive towards these natural gifts—to the Spirit—you strive always to regain what you know to be true, in the same way that any plant will strive to have its flowers or its fruit. That is the purpose of its existence. And so too mankind continues to strive, because until he uses these gifts in the proper manner, he will always feel unsettled and ill at ease. And that is why so many of your illnesses take place. It *is* ill-ease. Do you understand what I am trying to tell you my dear friends? (*Affirmed*)**

George: Yes, I'm just trying to work out if what we bring with us is it always much the same, or is it refining as the result of many incarnations?

**Yes. Of course it must be refined in a way for you to continue with physical life, but you know and understand that there are many aspects to the soul and that refinement takes place each time another aspect of the soul returns to physical living.**

George: Yes, and does that refinement permeate through the whole soul system?

**Of course, you cannot leave one part or aspect of the soul; all is connected, and of course anything that materialises with an aspect of the soul in physical life, must have some effect, because after all everything has cause and effect; it must also affect that soul. You understand?**

George: Yes, thank you.

Graham: Can ill-ease be brought with us when we enter our lifetime?

**Ill-ease can stay with you for many, many lifetimes. Only when the spiritual gift of recognition, recognises this, will this ill-ease disappear. It is the recognition that is important. But all of you my dear friends must know that deep inner power that you possess; that is the spiritual gift that you bring to any lifetime. I want you to think about this deeply, because it is no light matter.**

Sara: We cannot really be balanced and healthy in our expression, unless we are assessing our spiritual gifts. **(Yes)** Not just assessing them, but really using them in our daily living. **Yes, this is what I am trying to explain to you. Each one of you has the inner knowledge and power to be used. But what happens when mankind returns to the physical body? The 'I am' the ego takes over and the spiritual gifts are lost. Much too much time is spent in the *duality* of these things. Mankind is fighting with himself, at all times struggling, when what he needs to do is to use that deep inner power. After all, perhaps it would be wrong to call it a 'gift' it is always there, in every lifetime. It belongs to each one of you; it belongs to the soul structure from whence you came. You need to think long and hard about this. I feel the time is right for you my dear friends to go deeper within. And each one of you I know has done much, has grown much, but there is still so much you can achieve, not only within this meeting room when we all come together, but with every thought, every word, every deed; be certain that it comes with the love of Spirit, and in that way you build for yourselves that perfect harmonious life which you all struggle to attain. It is within your grasp. I can only help you with my words. I cannot change your lives, but in trying to help you to understand our wishes for you that not only do you give outward love to others, but you learn to love yourselves. After all, how many times have you been told: If you do not love yourself, how can you anyone else?**

Jan: Salumet does the same apply to the animal kingdom?

**The animal kingdom is on a different vibration from humankind. Their purpose here is one with humankind, but their vibration is different I have to say. It comes from a different source of energy, but that is not to say they do not require respect from humankind, because they too have been created as we too have. But of course, animals have their own gifts. You can see that can you not, in your domestic animals who show you much love and faithfulness. *(Agreed)***

Jan: The reason I was asking that is I was thinking about the constant Spirit that was mentioned. The 2 domestic pets I have currently, I just sense that I've known them before as other pets.

**Yes, you will not separate the animal from the humankind where there is a love bond. That is what you must remember. It is the love bond which cannot be broken. We have**

discussed before that the animal kingdom returns to a group soul, unlike humankind, it is a different energy. But those animals who come to your world and acknowledge love and give of themselves, have created an energy of love which can never be broken. So do you understand that as you too can return to other lifetimes, so too do the souls of these animals who have so much love for you.

Jan: That's exactly what I thought. That's what I sensed.

**Why should it not be, when the love bond is so strong? But only the animals who have the strong link can this happen; the others they return to the pool energy.**

Jan: They are clothed differently and physically look different, but to me they are exactly the same.

**Are you not clothed differently from times before?**

Jan: Yes, but it's something I hadn't been awakened to before. I have been aware for some time that the 2 that I currently have, I've had before.

**Yes, do not be surprised by any link that is bound by love.**

Jan: It's extremely humbling and a privileged feeling, it really is. It's just an awakening, isn't it? When we were talking about the attributes we felt we'd brought with us to this lifetime I understood completely what you were saying, but there is this awareness this time. I don't know, I might have had it in previous lifetimes, but it's an overwhelming feeling of awareness.

**Yes. It is something hopefully that you *gain* from the soul when you return to our world; that the knowledge is increased just a little, that you can utilise the spiritual gifts more fully when you return to each respective lifetime. After all, it is a learning process, not only for you, but for those you have known before and the animals also that you have known before. You have to recognise my dear friends that the real you has existed forever and what you see here and now, as the gentleman so rightly told you last time, is but a divine spark of Creation. Whether you shine brighter in one lifetime or you grow duller is your responsibility; and it is a responsibility, let me assure you my dear friends of that; and even more so when you realise the information which you are given sets you onto the pathway of more knowledge and the responsibility grows greater.**

Jan: I am being shown faces and different costumes again.

**Accept them my dear friend.**

Jan: Like last week—so that's different aspects of myself isn't it?

**Yes. When you go inwards, acknowledge that you recognise that spark of being, because that is what you are; that is what we *all* are.**

George: Yes. When we do go inwards and make contact with our gift, I couldn't help thinking while you were talking, that when you come to us as you do, it's a little bit like getting an extra portion. *(Laughter)*

**Well, I am amused that I am seen as an extra portion! I have never been called that before. *(More laughter)* But I thank you my dear friend for that. It makes me feel fuller. *(More laughs)* Yes, I am glad to see that humour exists in your lives, because laughter, my dear friends, is something that you should all encourage daily. Perhaps I shall be *known* as an '*extra portion*'. *(More laughter)* Have you any more questions before I leave you?**

Lilian: I was just thinking, if patience is a spiritual gift, if I remember *that*, it will certainly help me at the present time.

**Yes, I know my dear friends that you will never achieve perfection whilst in these bodies, but what I have said to you is that you must strive towards it. You can do no more, but in having the knowledge, it may help you to strive a little more. *(Agreed)* I will leave you this**



time. Again, I hope that you will go inwards and find that true being; the gentle loving beings that you all are. Make no mistake my dear friends, you are beautiful beings, but you have many difficulties, each one of you, whether past or what you call future, to overcome; but nevertheless that should not hold you back in striving to find peace in your own lives and in helping others in theirs. I will leave you feeling lighter and surrounded with the love which I bring to you.

### [Sending a thought to our neighbour](#)

With practise, this could become a powerful exercise. Also, some information about a gate where thoughts are sorted, filed or stored to avoid harm to the vulnerable. Incredible work. (9/6/03)

*We will begin by taking a little look at the thoughts that each one of you is currently transmitting. We are receiving many different ones from you. The 'gate' from which I come, is the one that takes the important requests and sorts them into the appropriate—perhaps I should say 'files'. We as you know, do not permit any bad thoughts to go to those who are vulnerable and likewise, some thoughts which may be of good intention, are also perhaps not appropriate at the time of being sent. These thoughts are never discarded and can never be got rid of, but are kept and at an appropriate time, will be forwarded to the appropriate recipient. So those thoughts that are being transmitted this evening have already been put into the correct 'file' and are being dealt with in the correct way. My purpose this evening is to do a joint exercise. These thoughts that you are putting forward, we wish you to try to do one thought together and to impress upon the one who is sitting to my right hand side—we wish you all to have one thought which we wish you to direct to this lady and we will tonight see if she can transcribe these thoughts for you. This exercise is a simple one, but it is one to show you how important your thoughts are. So, if you would like to transmit just one thought to this lady, we will in a few moments see if she has collected them in the correct way. These thoughts can be transcribed in a different way and sometimes the thought that is put forward comes out slightly differently. This is not because your thought has not been accepted, it is simply because the thought from the person receiving it, has put a little of her own thought into this idea, this thought and it has become slightly altered. But the general idea, the general theme, should be the same. So let us just try this exercise for a few moments. (There was a short pause of 1 or 2 minutes, while we attempted the exercise—we didn't do very well, but our guide encouraged us nonetheless with our efforts.)*

### [Salumet sets a challenge about awareness of ourselves when we consider somebody we love](#)

The following week the group return with their replies. (7/2/05)

**Last time we spoke about how important it is for you, my dear friends, to grow in awareness. I would like to say to you this time that we will endeavour to help each one of you with this awareness, for each one of you to become aware to such a degree that your spiritual eyes will be opened wide.**

Lilian: You mean in our everyday lives?

**Awareness of the soul—I would like this time my dear friends to place before you a little challenge before we come together next time. I ask that you, when you look with your physical eyes, to see what spiritual awareness lies within. I would like you when you feel love towards someone, to recognize the awareness you feel when this happens. I think that you will be surprised to find that you have not truly been aware as you may think. So that is our challenge to you this time.**

George: I think I understand there will be a number of depths to that extended awareness.

**When we speak of awareness, we are speaking of many, many depths within the Spirit that you who are clothed in these human clothes are not aware of, but if you wish to grow and expand, that awareness has got to come to the surface.**

George: An interesting challenge!

**I do hope so, because I will be happy and also challenged to hear your replies.**

Sara: We will be looking within others for...

**No, you will be looking at your own Spirit in relation to how you feel about others. The awareness and the growth is belonging to you and that is part of our plan for you in this, your coming year, that each one of you of course develops at your own rate, but that together as a group your spiritual awareness becomes fuller.**

A week later Salumet invites us to speak. (14/2/05)

**As we come closer together at this time I want you to know my dear friends that many have been close to you since last we met. I hope that my words to you last time have been taken and dissected well.**

George: I am sure that has given us all much thought.

**Yes and more than thoughts—but this time we shall hear each one individually convey to the others what they have discovered about themselves. With your permission I will remain silent until all have spoken.**

Lilian: I think what you mean is when you asked us to look with our non-physical eyes to someone we loved and see what we felt extra. Would that be one of the questions?

**Yes, to discover yourselves more fully.**

Lilian: How about you, George?

George: In going within and going with the love feeling, several things occurred to me: it was a 'swimmy' feeling and a *detached-from-the-physical* feeling. I got the impression that it doesn't have to relate to the present. There have been those meetings in the past when one has felt a wonderful, instantaneous bond with people and that feeling seems to be still there if one goes within; it is just as fresh as it was at the time. So this inner feeling I suspect is not time-bound and there is a comparison: when one is at the theatre—a musical with a good refrain—one can have that similar feeling. It's probably not the same but a *similar*

feeling of detachment from the physical and a more general love bond comes into it. I just cited that as an interesting, similar feeling that one gets. Those are my comments.

Sarah: I didn't do it as much as I should have done, because I found that every time I was with somebody I could do this with, I was talking! But when I did do it I felt almost as if somebody was with me and then I got white and blue light. That's all I can tell you.

Graham: I have been with people all the time this week with people I love and I thought about my soul in their presence. I felt that perhaps one of the reasons I felt a deeper love for that person is because they were showing something to me about myself. We have been told in the past that your own faults in other people can irritate you and with this it seems it's the other way round—things about yourself you can see in other people—they are telling you something about yourself.

Sara: I felt a love-energy this week and I became aware of the tremendous variety in people and the many aspects of myself as well as in other people. Other people bring out different aspects of me and possibly I bring out different aspects of them, but I was aware of different vibrations in other people. Everyone has such different qualities and they can be quite different so I did become aware of that, but always there was a love energy. Today I was with someone I didn't know well at all, but I felt very a comfortable, seductive sort of love energy which was very relaxing even though it was the first time I had sat with him, and that could have been with someone that I knew quite well also.

Lilian: I sat with a friend up the road the other evening and she is having a bit of a tough time with her husband. Sometimes she irritates me, but I thought, no, she is a lovely person. That was the only thing I got on that theme.

Margaret: I have had a wonderful week, a happy week. I was walking along the road and I was going to talk to somebody and they told me to '*shut up, enjoy the day*', so I enjoyed the day. I haven't talked too much, I have just *thought*, and this week has been really wonderful; it was so peaceful.

Lilian: It happened whilst I was waiting for the bus actually. It was a sunny morning and one of those windy days. The day before my mother died and the wind was quite strong and I was looking at this bare tree and the branches were just swinging in the wind. The light on the bare branches as the sun caught it was quite something. Then I noted the grass as I went along in the bus, it just shimmered and I thought that was lovely...but that is not quite what Salumet was talking about...

George: Perhaps it relates to the ones who have been with us this week?

Lilian: It was worth noticing...I think we have gone all round, Salumet.

**Yes, now as you have listened to each other, I am sure that you must be aware of the diversity of explanation, but that is how it should be, after all you are individual, you are unique, therefore your experiences should be so that any awareness that comes from within belongs to you solely. I am happy that you have felt this awareness from within.**

[What about our awareness of ourselves when we consider somebody we do not feel so comfortable with?](#)

Having listened to our thoughts and feelings when we consider somebody we love, Salumet sets a second challenge for following week around people we struggle with. He warns us that this challenge will be somewhat harder. (14/2/05)

**Now I wish to say to you: now that this awareness is to the fore, I would now like you in this your coming week to focus upon an individual with whom you do not feel that love and contentment, in other words someone that you do not feel close to or particularly feel good vibrations for; and then to take that awareness that you have gained and try to utilize it for that individual. It will, I assure you, be much more difficult for you, but it will be interesting to see what you do with this kind of awareness. I would like to say to you my dear friends, have any of you learned from the awareness of any of the others who have spoken?**

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

**But have you learned from these people within this room? Have you learned from each individual's own awareness? (Affirmed)**

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? (Yes) 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's 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.**

George: It sounds wonderful.

**It sounds simple, but it is not as you will find in this coming week. If you truly project yourself as I am asking you to, you will soon recognize the difficulties which inhibit your life here, but, my dear friends, it will bring to you greater understanding.**

George: I suspect one aspect of this is leading us to break out of our single natures and to become more united.

**Yes, we want you not to be the chrysalis but the butterfly. We want you to be free to be who you truly are and to achieve all that you can.**

Sarah: Thinking about the people we don't particularly like, when you talk of detachment, it is only the physical that doesn't like the other people, if we were just Spirit-to-Spirit we probably wouldn't have that problem?

**You would have less of a problem. Remember, just because you are Spirit does not automatically make you an angelic being with lights! *(Chuckles)* You understand? *(Affirmed)* Therefore I will leave you with that. If you have any questions this time, I will be pleased to try and answer them for you.**

Graham: The person we don't feel comfortable with or don't like, for the challenge, is this somebody we are actually going to meet or is it somebody we know about?

**You need only think of them. I would not put you to meeting them personally. Your thought becomes reality therefore to focus your thinking upon a person that you truly could not be too close to is sufficient.**

Sara: And in doing so we will probably come to understand their particular struggles or difficulties that make them as they are. Would that be the ideal outcome if we were able to do that?

**I will leave it with you to see what you discover. You may well be surprised or indeed even find that it is too difficult at this particular time, but I will say that each one of you should find it a great deal more difficult than this last challenge.**

### [The group gives its verdict on the exercise](#)

Members of the group admit that the exercise was quite difficult. (21/2/05)

**I will not speak much to you this time, in order that you may speak individually of the task that I set for you last time. I will stay with you to listen to your replies and next time we meet I will speak to you of what you have discovered.**

Lilian: That will be interesting because I found that quite difficult.

**Yes. It was meant to be a difficult task for you. But what I wish for you this time, my dear friends, is that each one of you once more takes on board what the others have experienced. You should as each one speaks, be aware of their Spirit coming to the fore. But I do not wish to say more, because I do not wish to place words into your mouths. Therefore my dear friends we will continue this time, and listen to each one of you.**

George: Before we proceed, perhaps I could just apologise for not recognising the name of 'Nahashiwah' when she came through to us recently. On checking the records, it was ten years almost to the day, when that old friend came through, and it was explained to us on that occasion that she was a past life aspect of Eileen your instrument, and I imagine that was the same Nahashiwah—I do apologise for not recognising the name right away.

**Your kindness in apologising is accepted, but there is no need. After all, you have been influenced to remember.**

George: Yes. **(Yes)** I felt aware of the influence.

**Yes, so therefore it is good that you have retraced our words so many of your years ago, although as you know, ten years in our world is but a blink of the eye. (Yes) But I do understand the human failing of memory. Now, I will listen intently to each one of you. And I will leave it with our dear lady friend to take charge of the rest of this evening. Discussion amongst yourselves would be appropriate, providing there is no sudden loud noise. But I will be here until the end of this session. (Thanks expressed) I look forward as always to our coming together again.**

Lilian: We feel the same.

**Yes. I know and feel the love that surrounds each one of you. (Thanks + farewells)**

*There followed our discussion in fairly muted tones. We had been set the task of thinking of those we do not particularly like or identify with as friends—to go within ourselves in love and see what we find.*

## How would you feel if you were confronted by a spirit of superior strength and motive?

A few weeks later Salumet sets yet another challenge about meeting a spirit more advanced than ourselves. (21/3/05)

**As I join with you this time, are you aware my dear friends of all those who come with me this time?**

Lilian: No, I must confess I'm not.

Graham: I did feel very tired but now I feel as if I have lots of energy now.

**Yes, thank you.**

Sara: I think I feel more alert, too.

**Yes. We are pleased that some of you can now begin to feel a change of energy that comes within this room. It always has been, but it is your own awareness that has grown. When last we came together, we discussed, did we not, about your reactions to the simple tasks that I set for you.**

George: Yes, we had our discussion.

**Yes. Have you since thought about what you have learned from that discussion?**

George: I find difficulty with two I know who are of nervous disposition and do not socialise at all well. On going within I felt there was a fear of the outside world that could be helped with unspoken love. That was my learning.

**I can tell you that all of you faced something that you had not previously thought about. The diversity between you was obvious to all I am sure. And again, my dear friends, it only reinforces how individual each one of you are. Now, as I have told you previously, much of this coming year will be for individual development. Therefore, I set you one more task before we continue onto new ground and it is this my dear friends: how would you react both physically and spiritually if you were confronted by a Spirit of superior strength and motive? Do you understand?**

George: I think we are encountering yourself quite regularly, Salumet! (*Chuckles*)

**Yes, your humour grows my dear friend, yes, but let me say that myself must be excluded. Do not forget that I encompass you all; I do not come face to face with you individually in that manner, but I am speaking more of an earthly being.**

Sara: I would imagine we would feel inspired to greater thought and...

**Let me just say this to you my dear friend that superiority can also be negative.**

Sara: Ah, it depends on the people...

**Therefore I will leave this with you all to try to see what outcome you bring to it.**

George: And of course we know you come to us in love and that love encompasses...

**It does of course. I hope you are happy with this task and then we will move forward to your world.**

Paul: Someone with superior strength and motive...

Sara: Physical and spiritual...

**Yes. And you will of course, instantaneously feel this when you encounter this that each one of you has, at some point in your living.**

Sara: But it depends upon the feelings within?

**That is why it is an *exercise* for you. I look forward to the replies. I hope as we go through these little excursions of growth, shall we say, that each one of you is beginning to feel that individually that you are much greater beings, because in looking inwards you are allowing that Spirit to come forward more and more into your physical living; that is why it is important.**

Sarah: It is when you see the reactions to other people in various situations and you wouldn't react in the same way that you know you have grown.

**Yes and that is what all of us are trying to achieve. You cannot stand still, you have to grow, you have to expand that consciousness to greater things, but it is good that you all understand that you come from different angles and yet you respond the same.**

However, this topic was not taken up as the death of the Pope was discussed during the following meeting.

## What do you 'feel' has been the purpose of your life?

Salumet asks this question in view of the knowledge and truths that we have been given in consideration of the past, the present and in time to come. The conclusion seems to be the development of that inner knowing, not just wondering. (17/4/06)

**Now my dear friends, I have one more thing for you this time and I would like you to look deeply within yourselves, because I bring to you a question, a question which I would like you to think about and to answer. And the question my dear friends is this: What with all the knowledge that you now have, and with the truths which I have brought to you, what do you now feel is the purpose of your earthly life this time—past, present and time to come? (Pause) And again I feel your silence.**

Paul: I'm thinking, to sort of put the record straight, on the spiritual meaning of life. To set the right—what others have done in the past that's been forgotten or changed—we can put it in such a way now, with the technology we've got, such that the truth *stays* and can grow and reach all those people that perhaps missed it, or didn't receive it properly.

**I understand your words and of course that is the purpose that you recognise for time to come. What do you *feel* has been your purpose in a more human and personal sense?**

George: Life is a journey and it's a journey towards greater perfection of spirit, which seems to be learnt through these physical bodies.

**Of course, but do you recognise your purpose this time?**

Sarah: My immediate thought was your little story about the diamond and trying to make ourselves better and I was just feeling a need to be less selfish, and so become a selfless person—that 'you' perhaps don't count so much, that you can just give rather than take. I think when I first came onto this Earth it was a 'take' and now it seems to be changing to a 'give'.

**Yes, now you are beginning to understand my question. Of course, each one of you has the knowledge now to give of the truth and to allow others to partake of your truth. But as individual human beings, you came here with a purpose and this was part of your purpose, but there also was a human learning as well, to enrich and to enlarge your spirit. That is what I speak of and yes my dear friend, I would put one question to you: Where does that feeling come from?**

Sarah: It must come from within. It's just something I feel now...

**It is something you *know*.**

Sarah: Ah right.

**Yes. It is a knowledge that brings itself to the fore. And now that your understanding has grown, you see yourself in a much different light. Yes, that was a very good answer and as always I do not promise life to be easy, but it will be a life enriched with knowledge for each and every one of you.**

Sarah: Thank you.



George: As a child, as a young person, I seemed to feel that the horizons one looked to were so much closer then. The horizons today are so much more distant and that expanse to the horizon embraces so much more knowledge and awareness.

**Yes, I may say to you my dear friend, that even as a child, you exuded a knowledge, which captivated others and that has been one of your life's purposes.**

George: Well thank you, yes there were moments, **(Yes.)** I was not a paragon of virtue all the time. *(Chuckle)*

**I did not say that you were, but the purpose that brought you here, you have endeavoured to carry out, in the best way you know how. And these purposes in life, have led each one of you to come together at this time, for the purpose that we have spoken of. But I would like you to ponder in your meditation state, what that human element, what that purpose has been. Whether you have achieved it, or are yet to achieve it, the recognition will be instantaneous for you. As the lady has said, it is a 'knowing', not a wondering, not anything else, but a true inner knowledge.**

Lilian: Well I remember you saying to me, that I was learning tolerance. **(Yes.)** I remember mentioning my mother at a time when we were both finding life difficult and yes I can see that hopefully I've become a much more tolerant person.

**You have my dear friend, but you still have a way to go.**

Lilian: Oh! *(Chuckles)* **(Yes.)** Yes I can see that too.

Sarah: Talking of mothers, my mother always used to go to church right up to not so long ago—2 or 3 years ago, and now you said when you get dementia, you start getting nearer to spirit, but now she's saying, she doesn't think there is a god at all. So from all her life believing there was one, she's now deciding there isn't one. I don't know if that's because she's not thinking...

**Yes, she is becoming not well in the human form, which creates the human thinking. But spiritually she will be moving towards that all-knowing. Whether she is aware of it or not, I can tell you that she will be moving closer to going home, *(Said with great gentleness)* to the joy of returning home. But she still has to endure the physical life, with all of its problems and all of its disturbances. You cannot change that for her.**

Sarah: She's looking forward to leaving this physical life, I know that much. I hope she's looking forward to another life unknowingly, because as I say at the moment, she's thinking there isn't one.

**No matter what you think physically, you can never deny your spirit, because that *is* your existence, that is the part of you that continues, that is the part of you that is reborn. You cannot change, so do not be too concerned.**

## [Imagining being inside a pyramid and then part of the energies of the pyramid](#)

An exercise on feeling energies inside an imaginary pyramid using our spiritual mind.  
(24/7/06)

Before we embark on further talks of energy and vibration of which I have promised you, we have one more exercise for you this time. I hope that each one of you will feel the energy which *is you*, which belongs to each person; and as we continue on this short journey, I would wish you my dear friends to speak among yourselves of what you experience and for this one time, we ask after this exercise, that there be some rescue work and we are attempting to try to use as many of you as we can. Therefore, my dear friends open up your hearts to those who are in need. You can be used, you must not be afraid, because you are always, always protected. When you have experienced what I am about to tell you, we will then go on next time to what I have to say about pyramids and their energies and discussions we will have amongst us. I would like each one of you my dear friends to imagine yourselves, to use that spiritual mind to feel yourself within the vibration of a pyramid, to become that structure, to *feel* what the physical body is feeling and also to feel and understand with the spiritual mind what is happening. Do you have any questions before we proceed?

Sarah: We are going to be *within* the pyramid, not part of the pyramid?

To begin with you must feel yourself within, but I want you to become part of that energy, to express what you feel and what the mind is also experiencing. You understand what you are trying to achieve? (*Affirmed*) And as you begin to have these senses of vibrations, towards the end of your experience I would wish that each one of you joins together as one form of energy. Therefore, I leave it with you my dear friends for this time. There is much for you to achieve, so open up your hearts and your minds. I will leave it with you, my dear lady friend, (*Lilian*) and when this is complete, we will be with you for some rescue work. (*Thanks expressed*)

George's Notes:

*There followed a period of 10-minutes silence as this exercise was pursued. We then discussed the feelings experienced. These included sensations of energy-blending, being drawn upwards and a feeling of freshness at the pinnacle of the pyramid. One of us visualised pyramid sides and a desire to rotate a little into favourable position. There was a feeling of smallness in relation to the greater expanse of energy. Mind seemed to diffuse into the greater energy shape and become part of it, all very difficult to describe. There was mention of dreaminess and following dream sequence.*

*Four rescues followed, through Eileen and Sarah. All were able to move on, thanks to Lilian's gentle encouragement.*

## Our own spiritual growth

What have we discovered about ourselves, who are we and what do we wish to achieve spiritually? After listening to the words of each group member, Salumet imparts some personal words of wisdom. (29/10/07)

**At the beginning of this your earthly year, I said to you this would be a year of self-development, of getting to know who you are. Again, I wish to say to you my dear friends:**

**what have you discovered about yourselves? Who are you? And what you would wish to achieve spiritually. This, my dear friends is no small question, but something that you need to harbour within your own minds—you need to cultivate that knowledge. So, therefore, for this time I wish to speak to you as individuals and to find from each one of you that deep knowledge which you should have found within yourselves. So, if you are happy this time, we will discuss this for you. Would one of you like to begin?**

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

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

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

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

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

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

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

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

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

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

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

**Yes, you are correct.**

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

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

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

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

Lilian: Yes.

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

Sara: Me or Lilian?

Lilian. I am speaking spiritually, of course.

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

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

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

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

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

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

Sarah: Yes, I suppose that's true.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*(Agreed)*

**Now we have another gentleman, please.**

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

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

Rod: Thank you.

Lilian: Graham?

Graham: Yes, I feel over the last couple of years since I recovered from the condition, (*Dystonia*) I've been able to go back to teaching and teaching very different types of children with very different types of backgrounds than I had been used to before. I found it rather

startling at first and a little unnerving, but I think, particularly this year, I've felt a much greater sense of oneness with the children I'm with now and I feel a great joy to be amongst them. And I realize that they are all beautiful beings and I feel as though I can see the beauty in all of these children—and then this extends out beyond the classroom and all around the world, I can see the oneness I have with all beings.

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

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

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

Graham: Thank you for that.

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

*(General thanks)*

### Jan asks if there is a suitable exercise that we could all do to help see the spirit within

Salumet replies that there isn't one as we are all so different. However, we can ask for help and remember too, to try and stay in the moment. We are always in such a hurry! (25/2/08)

Jan: Salumet, going back to what we discussed last week, our going within; can you suggest some ways to us as a group, of spiritual mind type of exercises that we can—what I'm asking is really: everybody's meditation is obviously different, but can you suggest while we sit here for the rest of the evening, an exercise for us to concentrate on that will enable us to see that spirit within?

**You have only but to ask, each individual one of you, to be allowed to see at that moment what is necessary for you. There is not one exercise that is suitable for you all, only in the fact that you come together as one and the energy that builds from you is as one, but you are all different in how you are evolving.**

Jan: Before you came through tonight, I was actually asking if I could look within, so I was obviously doing the right thing.

**Yes. Just ask that you be shown what is necessary for you and always remember to stay in the moment. Sometimes you humankind are apt to want to move forward too quickly. Take your time, allow the bond with us to take place naturally and you will be surprised at what you can achieve.**

Jan: That's really helpful. You've told us so many times about controlling our thoughts and that's what you mean by staying in the moment.

**Yes, you must be in the moment. You must have that love bond and allow the spirit to be free in order that greater communication can take place.**

### [An exercise on spiritual sensitivity](#)

The evening starts with an exercise on feeling the positive and not so positive aspects of each sitter, whilst remaining in the sitting position. (20/10/08)

**There is with you this time a feeling of tranquillity and peace which is not always with you.**

Lilian: We don't always seem to notice these things that *you* do.

**Yes. It takes a little more sensitivity to use the spiritual aspects of yourselves to recognize within this room the energy which is being given off by each one of you; but that brings us nicely to what I wish you to do this evening. I will answer any questions you may have, but for this time I would like you to take part in an exercise whereby the spiritual sensitivity comes to the fore with each one of you. To do that my dear friends I wish that each one of you goes around this room, looks deeply at each person and to find one thing that is positive, one thing that is *not* so positive, and perhaps give us your thoughts as to how the less than positive aspect can be transmuted into more sensitive areas of being. Do you understand what I am saying to you?**

Sarah: Do we physically have to get up and look at the person or can we do it from our seats?

**From your seats, yes.**

Lilian: Just one person or everyone in the room?

**Each one in the room—yes. You will find it interesting, I hope, but it is an exercise for growth. You understand?**

Lilian: It is the spiritual aspect ...

**That you will be using, yes. It is all too common that you use only those physical senses, rather than try to see the true aspect of the being. So, I hope you will take part my dear friends and whilst this is happening, I hope to work a little more deeply with this instrument. Therefore, I ask that any conversation may not be too loud.**

Sarah: Will you be coming back to comment on what we say?

**No, but I will be aware and perhaps next time.**

Sarah: Yes, thank you. I always find it interesting to know how far off course we are!  
**Yes, I understand.**

## The following week Salumet discusses our findings

Salumet asks us to attempt the exercise again as the group found things somewhat frustrating last time. (27/10/08)

**I know my dear friends that last time you found the exercise I gave to you to be a little frustrating, to say the least. Therefore, this time I would like you to further consider what I have asked of you and to continue what you have started; and as you think more deeply, then when we come together next time we will discuss it more fully.**

Lilian: Well, I found it easy on the positive side, realizing how each and every one of us has grown spiritually, but on the negative side it was a blank.

**I will say only this to you: do not think so much about *negativity*, but rather *traits* that each of you have, but those traits can be transmuted into better ways of living. For example, and I hope this may help each one of you: if someone focuses and worries about money, to us it is a negative, but to you, you may just find it part of life's habits. So you see, it is not negative in the way that each of you are conceiving it to be. Is that more helpful for you?**

Lilian: Yes.

Sarah: We were a little confused last week, well I was anyway, as to whether we should be looking at the spiritual aspects or the physical—how the person is actually living or trying to get the answer from spirit?

**You are looking with spiritual eyes at physical conditions.**

Sarah: Ah right, okay, thanks.

**And then you should be able to assess each individual in a most valuable way, because sometimes as human beings, you need to be guided by the thoughts of others before you recognize any of these negative traits. You understand?**

Sarah: Yes.

**You are all being very kind to one another, but you must look with spiritual eyes if you are to discover and work through this form of exercise. So my dear friends you have another chance this evening to see what you can achieve.**

Rod: Salumet, I might be a bit dim on this, but to say that I could look at ... just take an individual ... look at Paul now right across, to know Paul and for me to discover ... I know what makes him buzz ... but to go in deeper than that, I don't know him that much. I have a difficult thing even with my dear wife here, she's difficult to understand. So, perhaps I'm looking at it at the wrong angle, am I?

**You need to go inwards before you look at another person. You cannot do it with the physical eyes only.**

Rod: Ah, so you have to meditate.

**Yes. You go inwards and it is a knowing.**

Jan: I find it's absorbing that person's energy that you are able to...

**Yes, that is correct, but to enable you to do this, you must use spiritual eyes. Of course you cannot find negatives, because you do not know each other so well in physical lives; therefore to understand another being, you have to use spiritual eyes. You understand?**

*(Agreed)*



**I do not say that you will achieve too much this time, but it is the beginning of understanding yourselves. Does that make sense to you?**

Sarah: Yes, it does, thank you. It's clearer than last week.

Rod: But if I'm looking at another person, does that help me look at myself?

**You do not *look*, you *feel* and of course that will help you in your own self-understanding as to what may be achieved by going inwards. You understand?**

Rod: Right.

**Do not be too concerned, but it is an exercise which will be most beneficial to you, not only within the confines of this room, but in your everyday living. Now, I will give you the time to work with yourselves and to try to discover your fellow 'men' within the room.**

### Salumet asks the group to imagine themselves as a budding flower

The exercise was designed to help each sitter to feel the love and light that surrounds them.  
(24/9/07)

**As I join with you this time, I feel upliftment is needed for some. As I draw close to you, I feel that the subtle energies need to be uplifted. Therefore, for this one time only, I wish you to listen to my voice so that each one of you feels the love and light which surrounds you.**

*(Salumet's voice assumed a slightly slower intensity)*

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

Lilian: Yes, thank you for that, Salumet.

### A meditative journey

Our evening began with 30-minutes silence; then we became aware of someone with Eileen, who took us on a meditative journey. (19/7/10)

***Good evening.***

***All:*** Good evening.

***The reason for the silence has been to allow you to become more relaxed and at peace with yourselves. I have been instructed to take you on a journey. To begin this journey, you must imagine in the centre of the room a huge ball of light which is orange in colour, and emanating from this ball of colour are arms extended to each one of you that is giving you healing and letting you feel the love of spirit. So, as you begin to feel this love and peace, we will begin our journey.***

***Lilian:*** Thank you.

***If anyone does not feel able to begin this journey, then just sit quietly and absorb that healing ray, and, as you gather together, you feel a kinship and a friendship which far outweighs any physical feelings you may have. And so, we begin our journey—we begin to travel together in love, and, as we take each step, we feel happy, we feel light, we feel loved—secure and happy in the knowledge that we are surrounded by love. Ahead of you lies a wide, bright pathway, and as you start to walk down this pathway, I want you to feel the warmth of the sun, although you cannot see the sun, but you feel the warmth and it encompasses you all. And, as you continue along this pathway, to your left there is a field and in the field there are many people—men, women and children. Stop a minute or two: gaze and see if there is anyone you recognise among those smiling faces. Stop awhile if you recognise anyone.***

***And, so we continue, and as we continue, you feel lighter and lighter, and all the time absorbing what is around you—the beauty of the trees and plants and even the purity of air. So we continue and you become lighter and lighter and you feel good about yourselves. Ahead of you lies a slope. Some of you may not want to go any further. If not, sit still under a tree and absorb the beauty around you. For those of you who can continue—go upward, upward, up this path of light, and ahead of you there is a gate which is locked. So, my friends, you stop, and you look around you, and you feel a pull to be on the other side of this beautiful gate. Those of you who can must put their arm across to reach the key of this gate. Please do so now. As you pass to the other side of the gate, there await you two people who stand beneath an archway of beautiful roses, and you cannot feel the ground beneath you. It is almost as if you are floating along. These two people beckon to you and if you are able, I would like you to go closer and closer to them. There is a gentleman there in white cloak, and you cannot now see his face, but you know that he is smiling at you. The other one should be someone recognisable to you—someone who has trodden this pathway before you. Make your choice—who do you go with? Take their hand and continue along the path, and as you go along the pathway of this beautiful garden, you are imbued with much colour and much love, and yet you do not know where this great love comes from, and yet you feel part of it. Stop awhile and feel that energy which fills you with love. Be aware of how you feel. Discard that overcoat that you call a body and feel the love and the lightness which is there. Sit awhile and speak with either the gentleman or the person you recognise. Allow yourself some time to see that beauty, to listen and to learn, and I will return for you very soon.***

***(A few minutes passed)***

*Are you ready to return? Gather together and follow the gentleman along the beautiful garden path. On the way back, there is one rose that he wishes you to stop and smell. Remember the smell of this beautiful flower, and as you continue back towards the gate, give thanks for the love and protection that has been given to you. As you approach the gate which is still locked, you need again to re-open the gate and go through. But now, ahead of you, there is not one pathway, but two. Which one do you choose—the left path or the right path? The paths are the paths of life and the paths of knowledge. Go down the path which you feel drawn to and on your way, we will collect anyone who has waited for you. And now, as you continue back along the wide open path, you begin to feel and recognise your body and you are surprised how light you still feel, so continue onward—acknowledge those people in the field who are working and whom you may have recognised. Carry on along the path with each step, knowing that your body becomes a little heavier—a little heavier with each step that you take. Continue until you find yourself back with the glow of orange which has been supplying you with love and knowledge. Give thanks to that orange glow of love, and slowly, slowly, recognise who and what you are. And I would like you, as you return back, to remember what you have felt and what you have seen. Know that this evening has been one of upliftment for you. You might find that your thinking is much clearer when you leave the room this evening, and, with those words, I have to leave you, and hope that I have done my task well.*

George: A wonderful journey. You have done well! Thank you.

*(General thanks)*

*There followed our discussion of what had taken place. Phrases picked out of the conversation include: The feeling of leaving the body and becoming lighter impressed us—it was like a journey to heaven, through the gate—why the lock? To illustrate there has to be a conscious effort perhaps—like a pre-dawn feeling, the start of something new—the decision to go right or left was really very difficult—I didn't really mind which fork but I seemed to get pushed!—an exercise for moving forward—an indication of where each is at this minute—the gentleman was tall and had an indistinct face—the knowledge would have been 'spiritual knowledge', not general knowledge—but of course, spiritual knowledge is inseparable from creation knowledge*

*Another then spoke with powerful voice via Sarah:*

*I am so happy that the journey you have all been on has been so informative. We are glad that the discussion that it has provoked has opened up your hearts, and the purpose for the journey has not only been for you to discover more about yourselves, but also to allow that freedom to flow through you and in such a way you have been able to bring out such wealth or depth of your spirit to the fore. You have opened many channels and in doing so you have allowed many to come much closer to you. This has also been part of your learning, because now we can help you to further your journey, which has already taken you further than you were before you started this evening's meeting. We hope that in the future we will be able to do another such journey with you and it will be interesting for us to see which direction you go next time. So I thank you for following the words and we hope that it has not only been of benefit to you, but it will be of much benefit to us, because, as I said, we can now help you in many more ways.*

Paul: Very good!

George: We thank you and all concerned in this exercise, and we do appreciate all that you are doing. Thank you very much!

Sara: It's a wonderful gift, because we all want to progress. That's for sure, so we're very lucky.

Paul: Yes, another very good lesson for us.

***The lesson is, as always, a two-way one, for you and for us.***

Paul: Things are so often two-way—I've been realising. I do a bit of healing work with Emily who is here. She says it helps her. But it helps me, I think—a lot—it seems that everything is two-way.

***You see, although 'we' are in spirit, what you have said is exactly the same as for us, and it is indeed true of all life, do you not feel that when you do a good deed for someone that you benefit as much in the good deed as the one who is receiving?***

Emily: Definitely.

Lilian: Yes, we can feel that physically as well as spiritually.

Sara: We all have a strong need to give, I think, in whatever capacity. I find that in every type of work I do—for me it is a release and I feel better for doing it. I like to give upliftment as well as spiritual inspiration.

***I can assure you that once you come back to spirit, that urge to help will be useful. So, I will leave you and we will perhaps come together again in the not too distant future.***

Lilian: We look forward to meeting again.

*(General thanks and farewells)*

## Spiritual upliftment exercise

Evening started with a 25 minute silence that was unusually long. (5/8/13)

Lilian: You're very welcome.

***Thank you. We have been bringing to you this evening, 'peaceful and contented' feelings.***

George: Wonderful!

***I hope that each one is aware of what has been happening, and that this peace that we bring to you will remain with you for a number of your days.***

Lilian: I'm beginning to see a light in the room

***Yes, this is bringing the peace—yes. There is also a feeling of contentment, which has been lacking with some of you. But that also is being brought to you. This is being given as a 'thank you' for all your dedicated and hard work for spirit. This is a 'thank you' that I hope each one of you will accept.***

George: Yes—that's very nice to know. Several of us have our projects, and I know that sometimes we feel a little uncertain about them—how well we are achieving. But I must say: I feel very happy about the way things are going right now.

***Yes—all of you will feel this 'peace and contentment', no matter what your conditions of life. It is to help each of you individually, in any way it is necessary for you. So, as I take my leave—because I have now given you the message that I came to give—I hope that for the rest of this evening, you will become aware of the many people who love you so and are***

*here present in this room. Try to acknowledge them and give to them your love and thanks. I know you will, but this is just a friendly reminder.*

*(General thanks)*

George: That is a lovely message, and I can say for myself: I seem to feel it, and I'm sure we all do.

Paul: It's a very cosy and a very nice feeling here. *(yes)* It will be wonderful to take it with us, yeah.

*Become a part of it while you are here. But you will I am sure, FEEL this peace and contentment for the next few days. For some of you it will be a much stronger feeling than for others, but no matter, you will all feel this love—because that is what it is. It is a spiritual love, which is given to each one of you.*

*(General appreciation)*

*If anyone feels anything, please let the others know.*

*A period of 20 minutes elapsed during which we sat quietly with the occasional voicing of impressions.*

A follow up visitor came during the next evening. (26/8/13)

*A softly spoken and sincere message came to us first, via Eileen, giving some feedback, after an initial introductory chat, on the previous meeting:*

*I'm being asked to say to you: Did you feel the peace last time that was brought to you?*

*(General enthusiastic acknowledgment)*

*And I believe you were told it would last for a few days.*

George: That's right—I was amazed about this. Yes, it did go on. Speaking for myself, I had a wonderful feeling, and a feeling of confidence.

*Yes, that is good, and that is what they needed to know.*

Paul: Yes, I tried to *recall* that feeling several times.

*It is very hard to capture, yes.*

Paul: I feel that part of it though I can still recall—a certain part of it, yeah.

*That is a good indication that you have grown, grown spiritually—that you can recall that love and peace that is there for everyone to feel, but not everyone does.*

George: I don't know if this links to it in any significant way, but three of us who sit here—we went to examine a crop circle which was a fresh one that had only arrived the day before. It really was quite a magical experience, and we met wonderful people there.

*Yes, that is just exactly what I am saying to you, that once you have the connection, you can then utilise it in many ways, and I am happy that you could feel that type of energy.*

*And I am sure you felt the love which would accompany it.*

George: Yes, wonderful.

*Yes—anyway I'm getting engaged in conversation, and that really was not our plan this evening.*

Sarah: It's always nice to have a chat with people that come through.

*Yes, and I must agree that it is quite pleasurable for us, especially when all the people are so amicable—because some groups you know, do not have that 'peace' that is with you here now—(Thank you) and we try to encourage that peace—that gentleness, that—what you have is great humility. Please do not lose that humility.*

George: Yes, I feel there's no danger of that.

*We hope not; but I must leave you now and thank you once again for listening to me and making me feel so welcome.*

Sarah: You're very welcome.

Paul: Yes you're very welcome any time.

George: Thank you for speaking with us—and thank you for the energy.

*Yes, without you I could not have done it.*

Lilian: That always encourages us.

## Guided meditation on colour

This colour meditation was led by Sara. (16/9/13)

*We are going to go on a colour journey this evening and I want everyone to reflect on the qualities of some of the colours I am going to talk you through. As I talk about the colours, I would just like you to try to feel—imagine the colour and try to feel yourself surrounded by that colour, so that you are drinking it in—perhaps swimming in it; whatever is easier for you when you visualize it.*

*So I'm going to start with the colour RED. I just want you to feel the strength of this colour—feel a big cloak of red around you. Think about the qualities of this colour as you imagine it in your mind. Think about strength, light, courage, boldness; and you can imagine that courage in different ways perhaps—perhaps a physical courage—get up and go; the courage of saying what you want to say. Very often we think a thought, but don't always say it. Sometimes it's because we haven't found the right way to say it. But there is often a way that we can say what's difficult. So red is the colour of strength, it helps us when we need it—if we can't face doing something, the red might help us to get on and do it.*

*Now we'll move onto ORANGE. It's a very vibrant orange—the colour of an orange. And imagine that in a cloak—a lovely velvet cloak around you—surrounding you. Think about joy and laughter and sociability, and the openness of sharing a joke with someone, and pleasures that we can enjoy—all of the human pleasures. Think about the qualities of orange—how it makes us feel. It's a colour of fun and enjoyment. Think about all the*

*things in the day that we can enjoy. Many things that sometimes we don't think are enjoyable can become joyful when we laugh and share our laughter, or when we smile and share what's making us smile with others. So, when we are open with our own joy, it causes it to build as we share it with others—and what's funny to us, sometimes becomes even funnier, when we share it with other people.*

*Moving on to YELLOW—again, it's a very cheerful light-giving colour. And it's often associated with wisdom. And again, we help other people so much when we share our own wisdom—things that we've found difficult, but we've learnt from—so vital lessons learned. And when we share what has been part of our personal journey, it means more to other people and they usually listen. So yellow is often the wisdom that we give—the light that we give to others—and it's that openness again, that willingness to be open. And trusting and knowing that we are all human. Nobody is better or worse than us—we are all equals, so it's actually safe to share our learning experiences at times, and when we do—when we use that intuition and we decide to do it, it usually helps many people, because we tell one person, and they pass it on. And so, we give—we share the light. And it changes our lives, and it changes other people's lives.*

*And going onto GREEN—imagine a beautiful green. Think about your heart and nature and feel the beautiful soothing and healing qualities of this colour. Think about leaves and trees—nature's energy. Perhaps as you touch a tree or hug a tree; think about that connection with all of nature—the connectedness that you feel—to people, to trees, to animals, to plants, to all of life. And feel a natural soothing, healing nature. And how much we feel our true selves when we are surrounded by it—how much stronger we feel when we absorb the energies of nature outside. So breathe in some of that green. Breathe in that lovely healing green.*

*Moving onto BLUE, think of a nice bright blue—think about how we communicate our truth to people. Think about all the different ways of communicating. Think about how uplifting it is to communicate beautifully with others, as if flowers or something beautiful is coming out of our mouths when we speak—as we see the best in them and acknowledge their gifts and their strengths and what they are here to give. Imagine how healing it is when we speak words of beauty to others. And then of course we draw that beautiful speech to ourselves—we attract it to ourselves—the nurturing, nourishing, thoughtful ways of communication. Think about the sweetness of pleasant communication. It can be very simple sometimes—like a happy child. Happy children usually communicate quite simply, but usually very pleasantly with others. So that what they say is uplifting and encouraging and nurturing.*

*Think about the DEEP BLUE now—the deep blue of intuition. We don't always use words—perhaps we send our thoughts instead, by telepathy. Think about the beautiful ways of communicating telepathically with others. Perhaps they are not with us and we can't speak to them. But we can still send them loving thoughts and wish them well. Think about the intuition that we use when somebody comes into our mind—out of the blue we think of them. Perhaps it's time to send a communication or speak to them or invite them,*

*or just simply wish them well in your thoughts. But it's good to follow through on our intuition.*

*Think about the colour VIOLET. Think about the purifying feeling of this colour. Think about how it evokes feelings of dignity, majesty and perhaps mystery too.*

*Think about the colour WHITE now—the purity of it—perhaps you can imagine snow—snowy landscape, or perhaps a white cloak. Feel yourself being cleansed by this white.*

*Feel the white take away anything—any thoughts that you don't need any longer or don't serve you. Feel it wash them away—anything that you do not wish to carry with you, as if you are having a bath in this white light.*

*(Pause)*

**Now as you sit quietly, see if you become aware of somebody that you know.**

*We sat quietly and then discussed our various impressions*

## Why did we choose our particular parents?

An interesting question. We know that we did not choose our parents for the personality or being comfortable, but for the opportunities of growth. Through this exercise, which we could attempt in our quiet moments, will help us to innately become familiar with the purpose behind our current lifetime. (10/3/14)

**I wish this time to speak a little about you people within this room, and those who are absent this time (*six present*). I would like each one of you to think carefully, not at the moment but in your time alone, to discover—and we have spoken of this on a number of occasions—about when you come to Earth life, that you choose your parents (*yes*). What I would like you to think closely about is: why do you now feel you chose the parents that you did. You know we have spoken that it is not so much for the personality, but for the opportunities that that life could bring to you. So I ask you, my dear friends to think carefully and to find what it is in this Earthly life that you were seeking, and to see what answer you come with. You may find to begin with that it is a difficult task but if you persevere you will innately know what it is that you have come for.**

Paul: Will we be looking for one specific thing or could there be a number—

**There could be a number of reasons or there could be just one. And sometimes I have to tell you that even with just one Earth lesson it can take a whole lifetime, and sometimes you forfeit a life without learning that which you came for. So that is my task for you all my dear friends; because I feel now you have reached a stage of self-acknowledgement and renewal of self, it should come to you more easily, and I feel it would be beneficial at this time and help you along your pathway to know what it is you have come to achieve.**

George: And do you wish us to voice our feelings next time?

**Yes please, and then we can all share in each other's vision. Does that make sense to you?**



*Affirmed*

Sarah: And of course, you won't be able to tell us whether we are right or wrong.

**I will not?**

Sarah: It was a question—

**Yes, well if I feel the need or perhaps I feel you are on the incorrect pathway, I shall endeavour to help you.**

Sarah: Oh thank you!—that's kind.

**But that is not the purpose that I tell you. The purpose of this task is that indeed you find what it is that you are striving towards. It may *seem* an insignificant task to you—almost like a game to you. But let me assure you, my dear friends, that for you at this time in your development, it is important.**

Paul: Yes, we understand I think, you wouldn't ask us to do it if it wasn't.

**No of course, it is pointless to play what you would call *games*; there would be no purpose to this, and I know that by now you have come to know that whatever I have given to you, is always with a purpose (yes).**

### Follow-up on purpose of our lifetime

Salumet returns about a month later which gave us time to consider the exercise we had been given. Unusually, Salumet gave us a few personal messages. (7/4/14)

**It is always good to see so many together (10)—to come together in love, in joy, in expectation; and so my dear friends, we will begin this time by asking what I asked you to do last time we met. I don't wish you to alarm yourselves if you have been unable to discover what it is you have come for. If you have not discovered by now, it will soon come to you. So, what we would like you to do is for each individual to speak and for the others to listen carefully and see whether they agree or not. It should be most interesting for you, and in a way it is helping you to know yourselves—because the more you know yourselves, the more in tune you are to spirit. Therefore I will leave it to our dear lady friend to conduct the speaking.**

Lilian: So you will be listening with us?

**I will listen to you.**

Lilian: Thank you. Do you want to start Mark?—and we'll just go round?

Mark: Okay—I didn't get anything very clear, just vague things. But I was thinking about my parents who gave a lot of unconditional love, and my upbringing was pretty unstructured and not very directed—there weren't too many strings attached. It was pretty free and we lived on the edge of a village and in the woods—on the edge of mainstream of things I felt. And I found through a lot of my life I didn't really *get* the mainstream thinking. And all the materialism—I didn't really feel I fitted in with it all. I studied the social sciences to sort of

make a bit of sense. Sociology made a bit of sense of it all. Studying that gave a great hope for a change I felt, but that didn't really materialise—that was back in the 1980s. I felt that the way of life was far too complicated and out of balance really—for me personally. At this stage I feel like I'd like to return to a simpler, natural way of life really—more like the one that I grew up with. But I haven't got the answer of what I am supposed to do—maybe some writing. But I know I'm not part of the mainstream and I am quite happy with that, where I am now. And that's about as far as I've got with my thinking. But I feel I want to devote much more to allowing spirit to manifest *through* me in whatever way.

**I am not here, my dear friends, to tell you what life lessons you should discover. But for you, my dear friend, I will say that you have used the one word which is important in this lifetime—that you reject 'materialism,' because in time gone you were a money-lender—a greedy man—**

*(Some chuckles)*

**I see you are amused, but that is why you have chosen this pathway this time. It may help you to understand yourself a little more. *(Thank you.)***

Lilian: Sara?

Sara: Well, I feel when I think about my life here, I feel a lot of similarity with Mark on I think unconditional love. It was a very rare sort of upbringing I think, because—you don't know as a child, but when you go out into the world you understand you've been given something a bit different—I needed to understand the world and how it worked as well, but my feeling is that I need to 'heal' and use my voice probably in a number of different ways to do that. And one of the problems I sometimes have is that I can't think—There are many things I feel I can do, but I'm not sure which path to pursue the most, but I usually end up doing a few things, and I think healing is very important. From the upbringing I've had I feel that to continue to try to be compassionate to people in as many ways as I can—I feel I would be continuing the legacy I've been given, but I think also, mentally, we received a lot from our upbringing, because there was a lot of humour, and we learnt to think a little differently. And because we had peace and freedom, I think we had time to think perhaps a little more for ourselves. We've had busy times in our lives too, since growing away from those years, but I think the *peace* and the *freedom* possibly has never completely left me, and I'm finding that possibly can be used in more ways now, when I find ways to express that.

**Yes. I would say only to you that you are still seeking, and I would say to you only that rather than search for different things, that you just let go a little and *be* that true self.**

Sara: Just let go—

**Let go a little more.**

Lilian: Paul?

Paul: Yes, well—same upbringing, so had the same start, being on the edge of the village, growing up with a lot of nature—and not so much of the monetary stuff. So there was a lot of opportunity for creativity and developing that side, and some independence. So developing thinking for yourself and dealing with things a little bit more independently. Then, when you get into the mainstream, there was—the challenge seemed to be to fit in,

there was (*issues of*) confidence and communication and learning to—our upbringing with the four children and things—fairness came up quite a lot; fairness when looking at the world, and seeing a lot of unfairness and wanting to bring more harmony into that—learning to communicate, and the issue of trust has been talked about before—not trusting myself, but gradually the feeling is wanting to communicate more—a more fair and truthful world, but it’s really just by being myself and loving myself—which for some reason I couldn’t do when I was (*younger*). That’s something that’s been a bit difficult—feeling a bit unwanted, and things like that, but I feel that’s all in the past now.

**Yes—the qualities that you have gained from childhood to adulthood, have stood you in good stead, for the wish to better this world. And that is one of your aims in this lifetime—that you should be able, to help with thought, to help others, for this to become a much better world. And that is what indeed you are striving towards.**

Paul: Yes, I feel that is the thing that really does get me excited, yes—wanting to be a part of this change. Yes, so hopefully, that will—I’m not quite sure how of course—how that will take shape, but I feel it is taking shape anyway.

**By developing your thought patterns—that is the way forward for you.**

Paul: Right, yes, I can understand that I think, yes (**yes**). So just by working on myself then, that’s the best we can do to—that helps the world.

**It is part of making a better world for all. I have said it to you all many times: that firstly you must know yourselves (Mm)—not easy, I know. As human beings you have many doubts, but it is in the striving that you achieve the most.**

Paul: Thank you, yes.

Lilian: Sarah?

Sarah: I too had a very happy childhood, but unlike the Mosses, mine was much more organised for me, and I was quite happy to go along with that. And I think I was quite influenced by what my parents said to me—in fact, for a long time I was very influenced by what they said, and led my life the way they would have led theirs. Then there came a turning point when I started to think some of the things that they believe they think is right, and what they think about people or whatever, I don’t quite agree. So there has been a change, and in fact I feel that partly through your teaching and partly through what I’ve done in my life, I was able actually to help my parents—but to tell them what I thought, and in some way I think I made them see perhaps, where *their* thought patterns were not quite right—not that I’m saying that mine were perfect; but it’s been an exchange of ideas, and whereas my parents influenced me very much in the beginning, I think I’ve influenced them towards the end of their lives. I’ve also found that I do get on very well with older people. I find it easy to understand why they *are*, and very quickly help them if I can, because I understand quite quickly their way of thinking, which I don’t find quite so easy in younger people or even perhaps my generation. So I think at this time of my life it’s perhaps the time when I’m learning the most and perhaps gaining the most from life.

**Yes, the equilibrium of thought has always been a struggle for you, but as you progress through this life you are beginning to realise: no matter what other’s thoughts are—no**

**matter what *you* feel, there can always be a balance of thinking, and that is one of your *aims*, if you like, in this time—in this lifetime (thank you). I will also tell you that in one lifetime you were a senator who spoke powerfully, and expected people to take your word and your word alone (oh). So that will give you something to think about.**

Sarah: Yes, thank you. Yes, I think actually in the past I may have been a little outspoken in some cases and perhaps haven't taken in other people's thoughts, so I can understand now that I perhaps want to change all that—so thank you!

Lilian: Yes—for myself—lovely parents. They were my friends as well as being parents, I feel. They were poor, and I often think as I grew older, it puzzled me, why there were such people better-off—rich people and poor people—that was a puzzle. I also realise, partly because you've said, Salumet: learning tolerance from my mother—so I'm grateful for that. They gave me freedom in the religious way—spiritual way, whichever; which I'm grateful for that. And yes, like Sarah, I think maybe and hopefully I helped them a little the way I thought, once we'd come into Leslie's group—and with your words especially—so I hope I helped them there. Yes, so 'tolerance' and 'judgement' I feel are two lessons I needed to learn, and certainly they would have helped me there.

**Yes, you have travelled well, through this lifetime. There were advantages and disadvantages, but in general your life has moved in the right direction this time. That is not to say you can stop striving, because you can never do that until the day comes when you rejoin us here in spirit (I see).**

Lilian: George?

George: In a previous lifetime—perhaps it was my last, I was a gardener-monk in a small monastery. In this lifetime I found myself on a small mixed-farm in the country with loving parents. And I was able to have my own little garden and grow a few things; and this was all nicely comfortable and appreciated. BUT, the really important thing—I wanted freedom and I wanted to develop mind, which required education. The simple life on the small farm was wonderful and comfortable. A local grammar school where I could study was available and my parents were able to afford to send me there. A developing mind I realised required much learning. This became my great desire in life. I wanted to develop mind, have the freedom to do this, to think, and at the same time gather information. And I think this will help in making a small contribution to making the world a better place. So I feel that the start in life was wonderful and it took time to get good direction; but I feel, now that I'm in my 80s I'm on the way to achieving what I wished to achieve—and that has become bringing all the thinking—scientific, political and spiritual—together, to help make the world a better place.

**—And also to make you a much better person. But I will contradict only one thing that you have said: you have not completed your mission**

*(Titters)*

**—That mission of the gift of telling, will continue well beyond this life.**

George: Oh! Yes indeed. Yes, I realised at several points in my life that I have much, much more to do. And it's been a lengthy journey, and as you say, it still is.

Lilian: Can I say: the channel that you are using—Eileen; she thought one of her learning curves was ‘forgiveness’.

**Thank you. Yes, I will impress her as to her thoughts.**

Lilian: Thank you. Okay, next one?

Natalie: My childhood was quite varied and mixed, but generally it was a good one; especially as I was lucky enough to share the same family as Mark, Sara and Paul, and my grandmother was more like a mum to me than my actual mother. So I was quite blessed to have her in my life and I was at my happiest with her, and being with George obviously on the farm and my aunts and uncles; that was very important to me, and still is in a way. I find being—especially in the mountains—when snowboarding, I’m happiest just being free with nature—with the trees and snow where it’s really peaceful and quiet. I think parent-wise, it’s very challenging and there’s a lot of lessons there, but I think generally it’s *forgiveness*, *tolerance* especially, *open-mindedness*, and for me personally *acceptance*, especially within myself—acceptance more so this year especially. And I think also in a way, I’m supposed to be working with children, helping children—and work also towards helping women’s rights and things I feel strongly about. These kinds of areas I feel passionately about. Yes—acceptance mainly, that’s all I can think of.

**Yes, you have become wise beyond your years. Your spirit, my dear friend is reaching a point where it will begin to soar. The difficulties that you have experienced, have led you to what you are today, and that is moving you forward in the spiritual sense. Your life ahead will be good, provided you keep focussed and look towards spirit to guide you.**

Lilian: Graham?

Graham: Yes I feel, like many in this room, that I came from a charmed childhood. I don’t know why, but when I was younger I was very, very insecure and very under-confident, so I think I chose the conditions of two very loving parents to help overcome that and project me forward. They were very quick to rejoice in anything I ever achieved or made or drew or whatever, and I’m very grateful to them for that. They allowed me to move forward onto things that when I was younger I wouldn’t have been able to have done, because I would have been too shy and insecure. Then I felt an attraction towards the teaching profession, which I’m glad I did. I did have a look at another career in accountancy, which just didn’t feel right at all. I felt so much more comfortable going in the direction of teaching, and I’ve learned a lot through that, and continue to do so. And the teaching profession itself does create challenges, some of which I’m not always so keen to take on, but I think in hindsight everything that’s happened has been for my good. So yes, that’s it really.

**Yes, the early insecurities *are* what you needed to change (yes) to be loving and successful within your life, and by choosing teaching, which I can tell you, my dear friend, is what you should have done—has indeed set many challenges (yes), but those challenges are what will make you stronger, and in being stronger, insecurity disappears (yes). But there is still much work for you to do in this lifetime.**

Graham: Well I’m glad about that, because I do enjoy these things (**yes**). Yes, I’ve enjoyed starting another type of teaching, which you must know of course, because it’s teaching

adults through a meditation group (**yes**), and I was very nervous about starting that, but once it had started, like so many things, it's just the *starting*—once you get going with it, it all seems to work.

**Yes, because if you listen to spirit you will be guided along the right pathway.**

Graham: Yes, yes thank you.

Lilian: Serena?

Serena: I can't remember much about my childhood—I don't remember ever being a child actually.

*(Laughs)*

I always feel that I've been an adult. That sounds a bit strange I know, but I just feel like I've always been grown-up. I think probably my lesson with my mum would be—not lesson, but the thing that she would have given me as a real, real gift was not really parenting very well—well she wasn't very strict, put it that way, and I think that suited my personality. I don't remember her really ever being very disappointed in me, although I think she must have been from time to time. She was always very positive about everything anybody did, including people that weren't in the family. She was accepting of people that other people wouldn't have been accepting of. She wasn't really very sociable, although she wasn't unsociable. So I think I've sort of from her, can really understand why everybody doesn't want to just go down the pub and it can make you a bit of an outsider if you don't do what everybody else is doing, but that's life.

Lilian: I think we've all kind of done that.

Serena: That's just the way it is. My interest in spirituality came through healing I suppose, but really I don't necessarily think it's spirituality only, because my interest in the Earth and nature—mother nature and things like that—it's really sort of collided and the two extremes have come together and made quite a big picture with lots of pieces missing, that I know I'm gonna have fun trying to find and put together. I sort of feel in the right place at the right time lots of times—like meeting Eileen was I was in the right place to be coming here. So I'm quite accepting of life and the way things happen. I won't say I'm not as impatient as I used to be, because I don't think I was really impatient, but I can just see now that you don't always see into the future, you just see a few days ahead, because you never really know what's ahead, and mostly it's just a nice surprise.

**Yes—of course, firstly I would say ALL of you have been carefully guided towards this knowledge—the love of the Earth—the love of people. Note how often that word is mentioned—'Love'. You, my dear child, came not only to learn from your youngest days, but also to give and to support your own mother. That is a big lesson for you—that you have brought that forward into this lifetime.**

Serena: Can you explain a little bit more about that?

—In what way?

Serena: Am I to continuing to support her, or was it something—

**It was something that needed to happen in your childhood not now (ah okay), yes.**

Serena: I do remember once doing something I shouldn't have done, but it saved her life. Was it something like that?

**Yes, that is why you were there, yes. So you started off as a living loving human being. So in your search for goodness, knowledge and light, always remember you are a giver—a giver of knowledge, a giver of light; and I would say as I have said to the others: to continue to know yourselves—and each one of you *will* move forward.**

**I hope, my dear friends, that you have found something on which again you can think and ponder.**

George: Yes, I'm moved to say Salumet: thank you so much for this exercise, and I'm sure we've all learnt much from it (**yes**). Thank you for your input and guidance.

**As you know, I am not always happy to give information to you, but this, my dear friends, is just a little 'thank you' to each and every one of you, for the love and the work that you all give.**

George: It's much appreciated.

**And I feel, for this time, I will leave you. And think upon the words said by each other. Can you see what each one sees of themselves, or do you feel there is something missing?**

George: One other thing I wish to say: my dear wife Ann who was a member of this group—she has influenced a number of us as a family, and I personally thank Ann as well for her input.

**Yes, she was indeed a beacon of light to many.**

*(Acknowledgements)*

Lilian: Yes, I'd like to thank you also—I said about rich and poor people, but when you said how we choose our parents and how we choose lives that we come to for lessons to learn and so on, then it didn't puzzle me anymore, why there's rich and poor—it's the situation that matters. So thank you for that. It was an answer for me.

**And you see how you came upon that answer, without any prompting. It shows how much you have grown (yes, thank you—with help from you). Now my dear friends, I will take my leave this time.**

Sarah: Just before you go Salumet, did you say: '*Could we see what was missing?*'  
**—In each other; I will leave you to discuss that between yourselves.**

## [Deep within us there is knowledge that we could bring to the fore](#)

A wonderful reminder of what we should all be trying to achieve. To help use this hitherto dormant part of our mind, the communicator gives us a simple exercise to try with some success. (16/2/15)

George: Hello—good evening to you.

*I have been told that there is one here (in spirit) who would be able to join me in bringing together information from all of you that is resting un-used. You are almost aware of those who are around you, and you know what to expect at times. But deep within you there is knowledge that could be useful to you if you brought it to the fore. So my purpose this time is for you to exercise this unused part of your mind. We will try to help you, and the one who is helping me will stay close to me and I will not be speaking too much anymore, but the lady to my left (Jan), if she will try to coax some information from each one of you in turn, I will stay with this one as a power source.*

George: This sounds most interesting and we do appreciate what you are attempting—thank you.

*If you feel you do not want to speak out what you are getting, just inform the lady you have the knowledge, and you do not have to say if you do not wish. But if you want to speak, it may help the others as well. So I will remain quiet whilst the lady to my left—perhaps she could stretch her arms out towards each one in turn and we will see what we can achieve.*

*Pause of several minutes*

Jan: Do you wish to say anything Mark—I'm coming to you first.

Mark: I haven't got anything to say yet.

Jan: Does a place come to mind?

*(Mark couldn't think of a place and so continued to sit quietly)*

Jan: I'm coming to Serena next. Have you anything at all Serena?

Serena: I wouldn't actually call it knowledge, but I have since I've been sitting here, seen more brighter, vivid colours.

Jan: Yes I have colours in mind for you, it's funny you should have said that. That's good.

Jan: I come to you Paul.

Paul: This sort of figure came into my head—a sovereign queen or something—quite an elegant lady (*ginger curly hair*).

Jan: That's fine—that's what you saw.

Paul: At first like a stone cross—like a Celtic thing.

Jan: George—anything at all?

George: Well I've just been thinking I'd like to spread more love and peace in the world, and on a personal level, complete the book I'm writing. These are the things on my mind.

Jan: Ah! That's nice, yes—appropriate.

Jan: Right, now it's your turn Dawn.

Dawn: The only thing I've had come to mind—a book—I can't tell you what book, or why a book. I'm not sure if it's just popped into my head, or not—and healing.

Jan: That's nice. Well, while I've been sat here I just felt a complete blending of us—we weren't individuals at all. We were just one entity. (*Addressing the one with Sarah*) Has our mission been accomplished?

***You have achieved two goals. You have in your endeavours created an energy that will now enable you to work further on this project. You have had the beginning of something***



*which will become much greater if you can return to it, especially in your meditation times. There is much more that you are capable of doing, but you needed to unlatch that door. So I will return, and thank you for your efforts.*

George: Thank you so much for being with us and for attempting this work. We are grateful. *Thank you.*

## A development exercise where we each have a spirit with us

The communicator told us this and then asked us to listen to what was being communicated. Before we started, we were told that we should listen more, not just to words, but also to ‘little actions’ or prompts which are placed to help us. (9/3/15)

Lilian: Good evening.

*Do you know there’s lots of people here?*

Lilian: They’ve come with you?

*Yes—and they all want to talk to you.*

Sarah: We’re very happy to listen.

*There’s somebody with all of you, so you’ve all got to listen and say what’s going on.*

Lilian: I see, so we listen to see what we can pick up?

*Yes. Oh yes, and your teacher will be here next time.*

Lilian: Okay thank you. Can you tell us your name?

*You don’t always listen do you—all of you?*

Lilian: Probably not.

*You don’t listen.*

Sarah: What have we missed?

*What have you missed?—I’ve no idea.*

Lilian: Do you mean while we’re in the group or in our daily lives?

*—In your daily lives.*

*(Acknowledged)*

*It’s not always words. It can be little actions, it can be something unusual and you seem to dismiss it—as nothing.*

Lilian: Perhaps a feeling?

*Yes.*

Sarah: So, are these spirits telling us these things, or other human beings?

*Your own connections yes. For whatever reason, they speak to you on a daily basis. Did you know that?*

Lilian: No, well I’m sorry if we don’t hear or sense it.

Paul: I mean, we have been told we’ve got guides and helpers around us all of the time, but we—

***But because you know, you should listen more carefully.***

Paul: Yes, yep—open up a bit more then, to their influences.

***Yes. They are going to try tonight with all of you. So don't be afraid to speak out will you?—even if it seems very silly. You've had this before, haven't you?***

Lilian: Yes, similar. Are you going to wait and see?

***I would like to if that's acceptable.***

*(Agreed)*

George: I have felt a tremendous urge to work in the garden this last week. I don't know if that's anything to do with helpers?

***Well, if it was a strong urge, then perhaps you were being influenced by your own helpers.***

George: Yes, I rather felt that might be so.

***Yes, if it's a very strong feeling you should follow it, and then they can give you more and more and more. Yes, so I'll just be quiet and you can all see what you can get and don't be afraid to speak out please.***

*(Slight pause)*

***I think your teacher wants you to develop more than you have done.***

*(Agreed)*

*We sat quietly to see what we were being given:*

Sarah: I'm getting a ruin and I've a feeling of something about the last war—maybe burning or something like that.

***So why don't you ask a question about it?***

Sarah: Okay, thank you.

George: It's on my mind that I've had some quite remarkable dreams this week during sleep state. I think dreams are generally prompted from feelings rather than actual words. There might have been feelings there originating from spirit.

***Yes, never dismiss that's spirit entirely. Of course, some dreams are just everyday thoughts that become jumbled. But sometimes it is inspiration from us when we are trying to help you.***

George: Yes, I had the experience of a dream being mentioned in a dream, rather like a realisation of a dream within a dream (***yes***). It seemed very unusual, but I'd been thinking about the universe and the creation recently and Salumet has been quite adamant that we cannot possibly understand the creation while we're still living here on Earth. But I felt the dream within a dream might have been something to do with that (***that is good***)—a dimension within a dimension came to mind as a result! So it's just possible that's something to stimulate my thinking.

Sarah: I was told that I was in that bombing in the Second World War and I was killed by fire. I could see flames—I didn't feel any pain but I could see the flames. And I was told that I was in that bombing and I asked why I'd been shown that. And they said this is why I have a good connection with the Germans—why I like Germans and their country.

Lilian: You mean that's where you lived?

Sarah: I suppose I was a German (yes).

Paul: I'm not getting anything very clear, except the colour yellow.

***Yellow is a colour we inspire for friendship.***

Paul: It's a nice shade of yellow I must say—this one.

***If it comes from our world it is a little different from the colour you would see here. There is an extra beauty about it—or there should be.***

Paul: It's like a buttercup sort of yellow.

***Yes, you need to expand and ask some questions. Without the questions you will not be given. Try to enlarge on why you were given that colour?***

Sarah: I think I've also seen a nun. I think I was a nun—a German nun.

***Yes, good. Ask for a name or something? Keep it going.***

Lilian: I don't know why, but I've been thinking about my pumpkin (***a pumpkin, yes***).

Something I've never grown.

***Yes, you must ask why or what it means—some question.***

Sarah: I think I'm getting the name: Hildegard.

***Yes, that is a German name. How about the gentleman?***

Paul: The one who got the yellow?

***—The other gentleman.***

Mark: I haven't at the moment.

***There is just a little fear with this gentleman, although he's not aware of it. He is just a little afraid of completely letting himself go—so it will be more difficult for him. But you must keep trying. How about the lady?***

Dawn: Of all the odd things, I keep thinking of an orange, I don't know why.

***Have you asked the question why?***

Dawn: Yes—haven't come up with anything yet. Oh, now it could be an orange on a tree.

***Yes—it could be an indication of your own development—that when the orange is ripened it can be picked and used (right). I think that is what it means, but you must find your own answers (thank you). Is there any more?***

Lilian: I felt the pumpkin suddenly got very huge (***yes***). I've no idea why.

Paul: I just feel I want to *bathe* in this yellow. I did try to ask and I felt it was the colour that—

***Just surrounds you—***

—surrounds me at the moment. It's needed as part of the development

***That is good. So you see, it's possible for all of you, when you are in the correct state, to pick up what we in spirit try to give to you, and of course it is entirely up to every individual whether they accept it or not. But this just goes to show you what is possible.***

Paul: Yeah well I want to thank you for it, because it's been a lovely feeling bathing in a colour (***yes***), that's just right at the time, so it's silly not to take advantage of it.

***Of course.***

Paul: Mm—Thank you for persevering with us.

***It is quite uplifting for those of us here when we see and recognise that thoughts and inspiration have been recognised by you on Earth. It is something we can always build upon. But we cannot do it without your help and your acceptance.***

Paul: And as you say, we've really got to incorporate it more in our *daily* lives.

***Yes, it should be natural part of your daily life. After all, a thought takes very little effort.***

Paul: Yeah and as you say, when we get these little inspirations, probably most of the time we don't listen to it—so we do need to reflect and ponder and ask questions about it, to develop it.

***That is what I am being told—that so much is given to you, but you do not hear or you do not use it.***

Paul: Well it's very good to have the reminder.

***Now I will leave you now that we have SEEN what can be done.***

*(Thanks and farewells)*

Sarah: You're welcome back any time.

***Thank you.***

## [We are surrounded by spirit visitors but remain unaware of them](#)

It seems that connecting with our unseen friends and helpers, is a personal journey, as this communicator reminded us. It does require dedication. However, when we do feel a visitor, we should try to engage with them by asking questions. This is 'conversation'! (18/5/15)

***You know there's many people around you?—many people in this room, but not many are aware of them. Why is this?***

Paul: I don't know—we've been told that before—that the room has so many in it. I wish we could be aware more fully ***(yes)***.

George: Yes, there are just eight of us material beings, and I would imagine there are rather more present from spirit—

***Yes, and they are calling out names. It's disconcerting, I think.***

Mark: We are not consciously ignoring them; we'd like to acknowledge them.

***No—I know. They like the feeling of being with you—I'm being told this by two people—Silvia and Alison.***

*(It was explained that they just like to be helpers sometimes and we might possibly feel their presence. Some sitters could feel their presence though were unable to 'see' them.)*

***If you feel the energy, that can only be good.***

Jan: Well, can you give us some hints or tips on how to pick these people up?

***Hints or tips?—no, that is down to each one of you.***

Sarah: Are there some children as well?

***There are all kinds of people.***

Sarah: Because I can see some very small hands.

*Yes, well that's wonderful. You need to elaborate on that. You have to ask questions; after all, if someone knocked upon your door, would you not have a conversation (yes, true). You have to let us know that you are aware of us before we can have the contact. Does that make sense to you? (yes) I am going to go around this room, and perhaps each one of you can give me something that you feel or see. A little exercise for your spirits.*

Sarah: I'm actually seeing—I think it's a rose bush, but it's more of an umbrella shape, and there are lots of pale pink flowers on it.

*That is beautiful is it not? But can you connect it to anything that may apply to you?*

Sarah: Well I do like flowers.

*Yes, and we are in the month when the roses are blooming.*

Sarah: I feel actually, that's what came to mind—the spring but it's a little bit early for roses. They are really summer flowers.

*Yes, but they can appear outside the normal times.*

Sarah: Perhaps it's something that's going to happen. Perhaps I'm a little bit ahead of myself. Perhaps they are trying to tell me of something that's going to happen in the summer.

*Yes, well you must ask the question and whoever is closest to you will try to oblige. Yes, that is what you must do. You must question us—you must be aware of us.*

Sarah: Yes, the first thing that came to mind actually was a house because I'm wanting to buy a new house, and I think something might be going to happen in the summer.

*Yes! Well, perhaps the roses for you will be significant.*

George: I recall that 21-years ago, we were told that Salumet would be with us when the roses were in bloom, and the roses were certainly blooming most beautifully in Leslie's garden when Salumet made his first visit.

*Yes, Salumet—you mean your teacher?*

George: Our teacher.

*Yes, well you know roses as well as all flowers, are beautiful, but not as beautiful as ours here. Yes, I wish you could see them; I really do wish you could see them.*

Lilian: And some of them have a beautiful scent (yes).

Jan: I must say it, because I think the moment will pass, I think my dad's here with me in his pink jumper.

*That's wonderful isn't it? Yes, and who better to be aware of than a loved one. Yes, you must listen and try to feel him and see what he wishes to say to you. Yes, that is good—anyone else?*

Lilian: What came into my mind was, not many hours ago I was talking to someone, and how this blackbird comes in the door for grapes and things, to the point where I have to shut the door.

*Yes—nature's wonderful.*

Sarah: You were talking about Leslie—of course, he had a blackbird, that would sit on a handrail and tap on the door.

***Yes, are you beginning to see the connections with all of these things? You will find there will always be continuity—yes, anyone else?***

Paul: I have the image of a man—like someone who works *simply* with nature. I seem to have an image of big outdoor hands and tree-bark which seems to have a face on it, like the tree was becoming alive—almost nature waking up—seems to be relating to this man having a simple outlook—working simply—good honest work.

***And can you get some more detail of this gentleman? Can you ask for more details?***

Paul: I'll ask—yeah.

***Yes. If you have a question, you should have an answer.***

Lilian: Going back to the blackbird theme, I know my mother had one coming in as well. There's a lot to do with birds and wildlife.

Jan: I've just realised—I've got his jumper on (***you have?***). I *am* wearing his pink jumper.

***Well, that is very good.***

(Pause)

***Now each one of you should become aware of a loved one in spirit—***

George: When Paul mentioned about the hands, I had the thought that my father was a farmer—Paul's grandfather, and he had a working farmer's hands (***yes***)—that thought came.

***These thoughts are not random in these situations. You have created amongst yourselves an opportunity for those in spirit to come close to you. That is why I say you must endeavour to question. If you just say: I see this or feel this, and just let it go, you will never expand your knowledge; and that is what we would like you to do.***

(Sarah explained that Paul's man made her think of those who made rustic items from woodland materials)

***Well, I'm being recalled, so I'll leave you and allow you to think about the words I've used; and try—every day just try to connect with those in spirit, because they are all so willing to come and help and support you in your everyday lives. They truly are there ready to help.***

Sarah: I know they are—if you've got two seconds: my son and daughter-in-law—she had to go to the doctor with her two babies, and it was teeming down with rain—a mini-cyclone. And I just said to the spirit friends: could you help these a little bit? And, do you know, the rain almost stopped—we got to the doctor's and back again. And I was going to take the dogs for a walk, but before I managed to get across the road, it started raining again. So I know the spirit friends definitely helped that day.

***Yes—and we cannot truly help unless you ask. You know we can help sometimes without your asking, but it is preferable that you ask us, because then we know you truly, truly know that we are around.***

George: Yes, I'm very much aware that my dear wife, who passed to spirit 3-years ago, is around and indeed she has been through to this group and has actually spoken as you do now (***yes***). So I'm very fortunate in having that confirmation (***yes***) of her presence.

***Yes, and really there is no reason why you should not have one-to-one contact without the use of another. You are all capable of doing that (yes)—yes, all capable.***

George: Yes, I have a daily—shall I say: a one-way conversation—before I go to bed.

***Yes, that is a very good time to have contact—a relaxing time for most people.***

George: —And I have feelings associated with that.

***Yes, that is good. Now I really must go.***

George: Well, thank you for being with us.

Sarah: —and for staying for just a tad longer.

Paul: —and we'll try and connect more with all these lovely people around us.

We then had a second visitor with another exercise.

***Good evening.***

All: Good evening.

***We wish to try an exercise with all of you. We wish that an individual focuses on another individual within the room, and pick out some small detail that they are given. And it will help with your—***

George: Is this focussing on one who is in spirit?

***No, another in the room, just to see what connection you can pick up. We are happy that you choose your own subject.***

*So this was a development exercise for us. One at a time, another was named and focussed upon and question-and-answer exchange followed. We were advised not to dismiss anything that comes to mind, even if it seems silly. Some themes seemed to develop logically—others did not. The one from spirit withdrew and left us to it. The exercise concluded the evening.*

## [A spiritual gift of a candle - the light from which can be used to help another](#)

How we use the light is entirely up to us. (13/3/17)

***Good evening.***

All: Good evening.

***I'm going to try to bring to you a candle each. This candle is symbolic of the light that we wish you to take to a place of your choice. This is a spiritual gift to each one of you that you can use as your way of helping another. It is entirely up to you how you use this light, but I would just say to you that once you have the flame alight, the strength of this light is very strong, so please use it to the best effect. So I will withdraw and give each one of you a candle.***

Sara: So it's to give another person light?

*Pause*

***I will just continue: When you have this candle, focus on the wick and you will find that it will light. It is at this point that you can use it in whichever way you feel is the best and the***

*most effective. So, thank you for your time and I will stand back whilst each one of you receives a candle.*

Paul: Thank you very much for this gift.

*It will not necessarily be a white candle, it will be of a colour that suits your aura.*

*General thanks*