

84. Thought – very powerful

Contents

Thought, <i>THOUGHT</i> is the most powerful thing that you have.....	3
Be careful with intellectual thinking	4
Negative thinking can cause many problems	5
Negative thoughts can rebound on the sender	5
In protest, it is important that nobody is harmed	6
Can thoughts from two people interfere with each other?	7
Can thoughts be cancelled once they have been sent?	8
Can thoughts be read?.....	9
How can we protect ourselves from negative thoughts coming our way?	9
What happens when large numbers are subjected to propoganda?	10
What is our greatest protection in our daily lives?.....	10
Even Salumet is affected by the discussion of purer thoughts.....	10
Our soul is encompassed in the Eternal Consciousness	11
Is it better to live a monastic life in order to find balance in our lives?	12
Salumet discusses fears which are not necessary	13
Remember to send thoughts out to those in need during times of celebration.....	14
What is a thought energy interceptor?	15
Emotion versus compassion	18
Fear belongs to the human being: but your higher self knows no fear.....	21
If we did not know fear, how would we know what the opposite would feel like?.....	22
Do we need idols to help communicate with spirit world?.....	23
What is the difference between intellectual thinking and spiritual thinking?	24
Why is life so difficult at times?	25
Physical thinking can override spiritual influence	26
Is it possible to be intrusive on another’s thinking?.....	26
Can our thoughts create changes in our body?	31
Should we try to separate physical thinking from spiritual thinking?	31
Spiritual influence is not interference.	32
Judgement – we cannot ever judge another	33
We are not responsible for the actions of others.....	34
Be careful with what you think	35
Is it possible to cut our lives short by the power of thought?	36

Are there different types of thought such as actors in a scene of great passion	37
The media gives out a lot of negativity which we must learn to control	38
Shedding tears	39
Has science found a way to record thought energy?	39
Salumet summarises the subject of thought energy	41
'Crowd' thought can create miracles.....	42
Spiritual 'thought' as opposed to the more mechanical human 'brain-thinking'	42
An advanced teaching on thought.....	45
Nursing hurts is not necessary	49
When we are tired, we can become negative. Is this necessary?	51
'Intellectual' thinking versus 'spiritual' thinking.....	52
To communicate by telepathy: to be able to read the minds of others and give information	53
Rebounded thought.....	54
The two emotions of importance: love and fear	59
Disappointment: a human emotion due to a lack of patience	59
Disappointment	60
The Masaru Emoto water crystal experiments.....	61
Instead of judgement, we must extend our most loving thoughts	62
Losing the sense of sight can enhance other senses and create new thinking patterns	64
Allowing the Spirit within to grow is a much greater gift of love	65
Actions of animals can be influenced	66
What happens when you think on negative things before sleep state?	67
We can all have angry moments.....	71
But we are human and have failings!	72
Nursing fears is not necessary	73
Taking control of those thoughts.....	74
A case study in clairaudience	75
How to create a ripple of happiness without words!	77
When meeting another, learn to look inwardly and to feel that spiritual energy come to the fore ...	77
Spiritual exercises can only be beneficial	79
Negativity attracts negativity.....	79
Self-doubt.....	81
What happens with a person who is 'mentally impaired' in some way?	82
Always seek the beauty of life	82
Thought and creativity.....	84
Fear	85

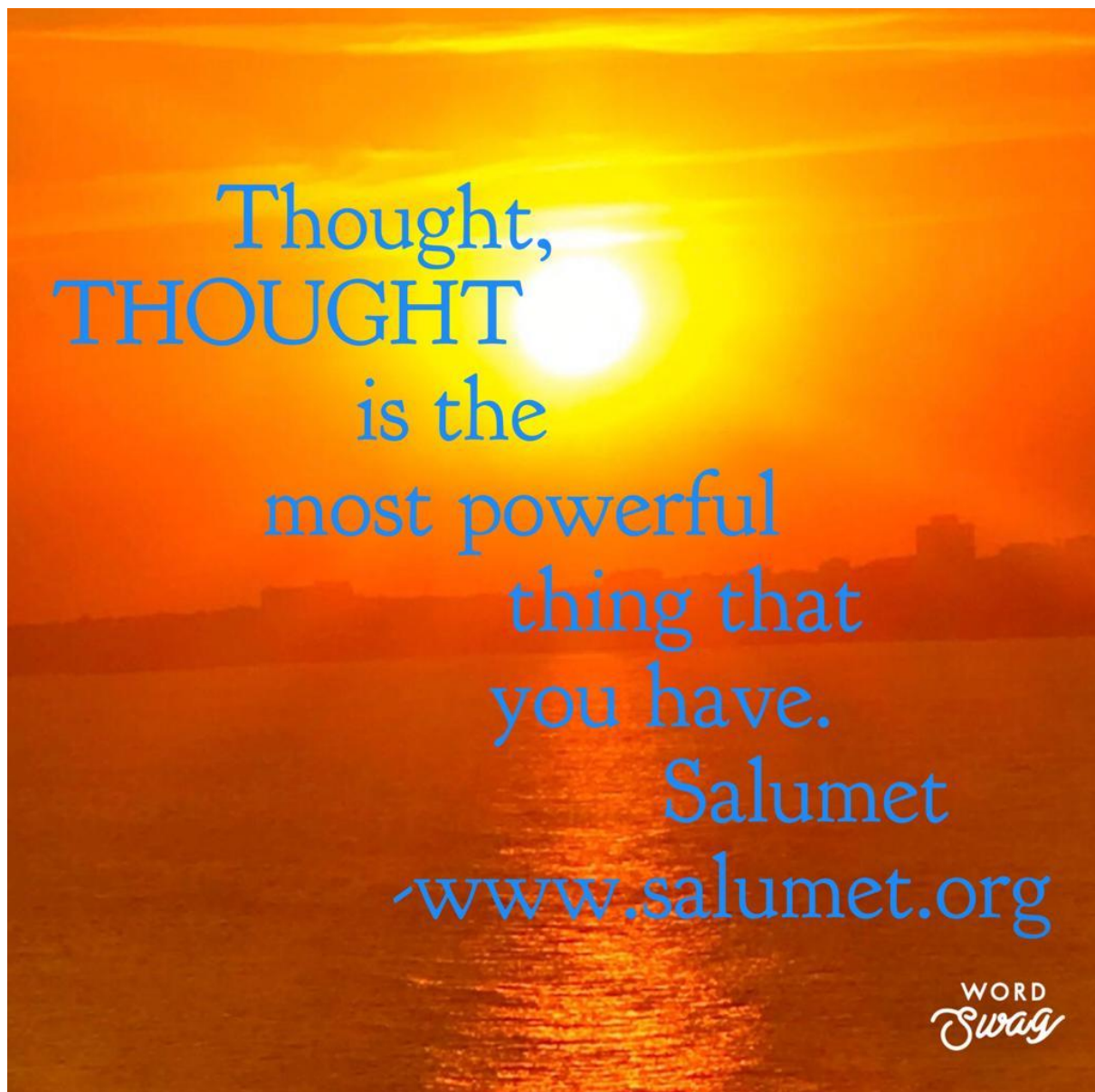
Positivity attracts positivity: negativity attracts negativity.....	88
Judgement, love and fear	90
More on fear	94
The best way to influence world leaders is to project that all powerful energy – Love!	95
A case study on fear	97
Thought into the future and the evolution of our existence.....	99
Surround your children with love and guidance.....	102
Is this planet becoming less fearful?.....	103
We must send good balance thoughts into the world	104
Unions of negative thinking are very powerful and have caused many problems	105

Thought, *THOUGHT* is the most powerful thing that you have

This simple message runs through all Salumet’s teachings. Our thinking reaches into every corner of our lives, our very being, our physical health, our happiness, our spiritual growth and all those around us, not just those here on Earth, but the Universe and all that there is. To describe the subject of ‘thought’ is an enormous responsibility and one that Salumet is more than qualified to carry. For this reason, the teachings about thought are presented here by Salumet himself. As a science teacher, I once considered thoughts to be just milliamps of electrical current and so insignificant. How wrong I was! The first mention of thought was touched on briefly in the second Salumet evening, after a question presented by Brent. (4/7/94)

Brent: Just following on from what you have just said, does it mean that our positive or negative thoughts have an influence on the future. Because you've said to us that our thoughts have more power than we realise.

Thought, *THOUGHT* is the most powerful thing that you have. There is always positive and negative. You must have the difference. Of course, the power of your thought has a great deal to do with the 'influence' which goes forward. Yes, the answer is yes.



Be careful with intellectual thinking

The following week Salumet raises the point that whilst clever thinking from those of high intellect can be useful, there is a danger that intellectual thinking can also send the individual in the wrong direction. (11/7/94)

We are happy to answer all questions, but, be careful that your intellectual mind, does not become like a cancerous growth, where it stunts the ability to grow spiritually. Do you understand that?

Brent: Yes I do understand that very well.'

Yes, you can—there is nothing wrong with a high intellect. It is good to see, it is good to see people question. We don't want anyone to accept anything that insults them. But, be careful that you don't stunt your own spiritual growth, because of your intellectual mind. There will always be some questions that even we cannot answer for you, simply because

of the difficulty of expression. Please keep this in mind. Allow yourself to become a vessel for good. Keep your inquiring mind but temper it also with those inner feelings.

Negative thinking can cause many problems

Les raises the subject of negative thinking having the power to create unwanted events.
(18/7/94)

Les: I believe thought can be strong enough, if we indulge in negative thinking and worry about something happening, it's possible for thought to be so strong, as to induce that happening, which we are hoping would not happen.

Of course, you create. Thought is a creative thing.

Les: So, thought can create a passage, for the very events, which we are trying to avoid, if we constantly worry about them?

Yes, the thought in your mind can become a reality.

I cannot be more specific than that.

Les: A reality externally. Yes—you follow Debbie? (Yes)

I know these things are difficult for you to understand, but they happen. They happen. You must always be careful in your *thinking*, in your *thinking habits*, in what you think of other people. Because not only do you create that thought, but it also *rebounds* back to you. Do you understand that?

Les: Yes, I have tried to teach that to people in the years gone by, that their own thoughts create troubles for the thinker, if the thought is not correct, not a good one.

It is cause and effect again, to use the term that is widely used here. It is that and that only.

Negative thoughts can rebound on the sender

Salumet gives information about how negative thoughts can rebound on the sender.
(15/8/94)

Les: Thank you—and that leads me into the next question which I was going to ask, again, on the power of thought. And I fully accept what you have told us about the power of thought in the next world, in the next dimension. But how is that thought controlled from being a destructive thought against another, if somebody was so inclined to issue that thought? There must be a curtailment of ability somehow—

Well, let me talk a little on this. No, no, if the thought is sent, it must reach its target. But what can happen is that it rebounds back to the sender. The sender—this is what you must realise—If you are sending out a thought-wave, it *has* to travel, it *has* to travel to the point to which it has been sent. But what the sender must be aware of, is the *rebound* action. It may not be immediate, but it will, if that thought pattern is destructive, it must come back. But I see what you mean. You're trying to say, something has to interfere, if the thought is destructive. I'm afraid, no, my friend, that does not happen. That would be classed as 'interference.' We are aware of what is happening, but no, we cannot—we can

try to influence the thoughts of the sender, but we cannot intercept once the thought-wave has moved forward. Is that satisfactory to you?

Les: Oh yes. It does implement what I have told people here, to be very careful in their thinking. Because destructive thoughts are destructive to the issuer, not to the person to whom they are issued, or against whom they are issued.

Not quite correct. You *can* harm the other person, you can. But then that would be classed—that would be taken into what you term your 'Karma.' I don't like the word actually, but for recognisable means, we will use it this time. You cannot stop that thought-wave from travelling. Do you see?

Les: Yes, I do. And would the recipient of the thought-wave be aware of it?

Not always. In that way, they are partly protected. But it can be destructive to them. But, as all things, it has to be evened out eventually. It may not be in this lifetime, but it *has* to be paid for.

Les: Yes of course. What prompted it was the realisation that the power of thought in many African tribes, for instance, does have a very positive effect, inasmuch as the one who is aware of the thought directed against him, lies down and dies.

Yes, of course. Let me say this: If you are aware, which some people are, of destructive thoughts against you, you can protect yourself against them. In that way it can change, does that make sense?

Les: Yes, it does.

If the person on the receiving end becomes aware of the destructive thoughts, *he*, and he alone, can change it.

Les: Presumably, by having faith in the powers of good, he can call upon.

He can protect himself in whichever way he finds more suitable, whether it is thinking good thoughts—and good thoughts, my friends, for the sender of the evil thoughts. Do you see? Its kind of is like a circle. And always, let me say, 'good' always conquers the 'evil'—which has to be—that is the law of the universe. Always good will conquer the evil.

Les: In other words, Love will triumph, as is said.

If you wish to say it that way.

[In protest, it is important that nobody is harmed](#)

The subject of violent protests by individuals or groups was raised. Salumet's answer is not totally straight forward. It is important that nobody is harmed. (19/9/94)

George: Sometimes, when we feel we have to do something to help a cause on Earth, we may get a little confused as to what best to do. Going back a few years, when we had far too many, we still have—but we had far too many nuclear weapons on our soil—The Campaign for Nuclear Disarmament (*CND*) was active and many of us marched and held banners and openly objected to what was going on. Now you may say, it would have been better to use entirely the 'power of thought,' to try to improve the situation. Have you any comment to make, on openly going against what one feels is wrong in that way, as against power of thought? But then again, power of thought would also have been there—

Was it not the power of thought, that instigated the marching, the banners?

George: Yes, I'm sure it was.

If the thought was good, then it cannot be wrong. If the thought behind the movement was good, then it cannot be wrong. What I find wrong, are movements whose reasoning behind them are not good. They do it for their own reasons. And let me say, there have been many. Let me speak of the movement you have in your world at the moment. Ultimately, it should be good, but it is wrong. I speak of the animals—the groups who have gathered, who speak out against your scientists, who are torturing the animals in your laboratories. That cannot be good. But what they are doing sometimes is wrong. How can they risk the lives of another human being, and say they are wanting ‘good’ for the animals? Do you see what I am getting at?

George: Yes, and I must say—

Of course, they should stand up and save these animals. It is not good for any reason. But the way they are dealing with it, is wrong. If for the march in respect of nuclear weapons, if people did it to follow the crowd, and not because they truly felt that they were doing good, then that too is wrong. Always, I say, listen to your heart. Follow always what is good. And, of course, the power of thought can indeed change much in your world, but we understand that you have lost these things. But, of course, the marches against (?) the power of the people will always do good. But it comes down to each and every individual's own thought pattern. I cannot say more. If it achieves something for good, that cannot be wrong, can it? But then you have to each answer individually, for those things that you have done. Do you see? Do I make sense to you?

George: Yes, you've covered a number of aspects. Thank you very much for that. And some of us have had the same thoughts I'm sure, that—

If the thought is for good, then it is good. And once again we come to thought, do we not? Always I will tell you of your power of thought—I feel you now all *thinking* about Thought. (Smiles)

Can thoughts from two people interfere with each other?

This complex question was presented by Les. (6/2/95)

Les: I have no difficulty in understanding the application of the power of thought in the etheric world, when we get there, but I have several times wondered how two thoughts can affect each other. To quote a simple example: Two people are standing looking at a pool of water. One wishes to see the surface rippled, so presumably he would do so. The other wishes to see it quite calm, with the reflection of light in it. He, I imagine would see that. What is happening to the *actual* water, is it *rippling* or is it *calm*? And would those thoughts interfere with each other, as they are issued by the two people respectively?

I see and understand your question. Let me say, I have told you how powerful your thoughts are. They are individual things, ‘energies’, yes. You understand? (Yes) As each and every one of you are individual. The *only* way, the *only* way these thoughts can materialise, if you like, is to be sent directly along the energy line, the *thought* of energy. So, when you speak of two individuals looking at the same pool of water, why should they clash? They would not clash, they are individual thoughts, for the individual person.

Les: So, each would see what he wished to see, by projection of that thought energy? **Exactly. The only way there could be interference, was if the thought was directed towards the other individual.**

Les: That is the question I was going to ask next actually. **(Yes)** To stay with the pool for a moment, each is seeing what he wishes to see, by projecting their thought energy? **(Yes)** But would the actual water be rippled or calm, or would it not be affected, would it merely be a mental seeing.

Yes, you cannot—when you say, would the water be calm, would the water be rippled, you are thinking along physical terms. You have to remember that the thought comes from that spiritual aspect of yourself. You are confusing physical with a spiritual happening—that is where you are becoming confused. They will of course see what they want to, if the thought is strong enough. If not, the thought energy is dispersed within the etheric. You understand?

Les: Yes, I do.

The only way that thought can be interfered with, if you like, I'm not sure about that word, but I will use it this time—is if the thought is directed directly to the individual, you see? Then there could be interference of the thought energy.

Les: Yes, so it would be a question, in that case, of the strength of thought, from one of the individuals?

Of course.

Les: And he or she could interfere with the thoughts of the others?

The same as it applies here. (Yes) Your thought patterns here apply; the same rules apply. The strength and power of the thought is what *controls* it, if you like. How could your ideas—frivolous ideas—they would be dispersed. They do not have the power to be put forward, if you like. You need the strength of the thought to carry it along, you understand?

Les: Yes. So, would there be much interference, or are people, as I believe, mixing with others of similar thought pattern, who would not wish to interfere. None would wish to interfere with the thought processes of another. Would that be the right assumption?

If you were at a stage of interference, you would be with like-minded people. You wouldn't really be allowed to interfere with pure thought.

Les: That's what I have always considered to be the case. So, there would be harmony of thought, **(Exactly—)** or disharmony of thought, (Yes) until those with disharmonious thoughts learned that it was not necessary and they would in effect then have to progress to the better conditions.

Of course—but when you first come to our side of life, there are many trials, many, I don't say 'errors', that is the wrong word, but people need to find themselves.

Les: Many adjustments to be learned and made.

[Can thoughts be cancelled once they have been sent?](#)

Sara asks whether a sent thought can be captured and dissipated. (6/2/95)

Sara: Yes, sometimes if I feel a little angry and a feel an unpleasant thought, I want to cancel it. Is that possible?

You cannot cancel the thought, but it can be dissipated. But you cannot actually cancel what has been thrown out into the aether, you understand?

Sara: Yes. I have to practice more self-control.

I would suggest that would be a very good exercise for *all* of you. Self-control in all aspects of your lives.

Les: We have a phrase in our language, don't we: *'The spoken word is like the arrow sped.'* It can't be brought back. So, it behoves us all not to issue these thoughts, I know I've had problems for many years, I'm still trying not to.

Of course they can be transmuted, if you use your thoughts wisely, to alter the thought that has been sent—your 'cause and effect' again.

Sara: Yes, if you send love after, yes?

Yes, it can be transmuted then.

Les: And to send a sincere mental apology, for having issued the original thought.

Yes, but the actual thought cannot be changed.

Les: No, because they are living things, Sara and nothing that lives can be destroyed. It can be altered/transmuted, but it cannot be destroyed. So that's why we have to be so careful.

Can thoughts be read?

Be careful what you think, because they can be read and by our animal friends too! (6/2/95)

Dawn: Can I ask, can you read our thoughts?

Can I read your thoughts? (Yes) Yes, if thoughts are living energies, then of course they can be seen. Yes of course we can. Those of us who have extended vision, if you like, of course can see your thoughts.

Dawn: Can you see my thoughts at the moment?

Yes. (*Gentle laughter*) If thoughts are living energies, when your awareness becomes heightened, then of course they can be seen. What is telepathy, what is all the things you already know of on your earthly plane, where people can pick each other's thoughts? It is nothing unusual, and it can happen here, whilst in your physical bodies. Have you not oft-times, been able to almost see what someone close to you is thinking? As do those beloved animals that you have. They sense and what they sense are your thought patterns. So, can you see how important your thoughts become?

How can we protect ourselves from negative thoughts coming our way?

Salumet gives information on how to do this. (6/2/95)

Sara: Can I ask a question? If we can feel negative thoughts being directed towards us, what do you think is the best way to deal with it, is it to simply try to think a loving thought?

Yes, you must surround the sender of those thoughts, much love—you must. By doing that, the thoughts they receive back, will be good, not only for you, but for them. You will indeed be helping them.

Mark: So there isn't a place for angry thoughts then? They shouldn't really be there?

I would say, sometimes your anger can be justified. But what I will say to you: Do not direct anger towards another human being. Allow the anger to be expressed, but not towards someone. You understand?

(Affirmed)

Sometimes the expression of your anger is good for your own soul, but definitely not, if it is directed towards another. Do you understand that?

Mark: Yes, I do. But I've had to learn it very slowly, I think.

Les: We all have to.

It is human. I would not expect you all to be, how would you say, 'Angels?' I believe that is your expression. We do not expect that from you. But what you should do, is try to exercise *control*, in all aspects of your daily living.

What happens when large numbers are subjected to propaganda?

Brainwashing can happen and is almost like mass hysteria. (6/2/95)

George: Yes, could I suggest that wartime propaganda, is a really terrible thing, because it encourages people to think hateful thoughts.

Of course, what happens there, is that the peoples become *brainwashed*, brainwashed.

(Yes) **It becomes almost like mass hysteria. It happens wherever you have large groups, large crowds of people. It happens too, even at musical gatherings, where your young people are almost entranced by the beat from the music. So too, that is how thought works in the mass of the people. If every one of those people, who are caught within the terrors of *war*, would retain their own individual thinking, then that could not happen. But people are human, are gullible and so these things do happen.**

What is our greatest protection in our daily lives?

This question is presented by Sara. (6/11/95)

Sara: So, could I summarise by saying our greatest protection is in our purification of our thoughts?

Yes, the power of your 'Thoughts', I have said, is the most powerful thing that you will ever possess. It is that part of you which is never-ending. As you continue, as the soul goes along its pathway, in aeons of time to come, when your energy is so refined that no longer are you aware of a *Spirit being*—and there will come that time—then and only then, will you be recognised as a *thought pattern* within the cosmos. Can you look a little forward and see that this is what will take place? When you have finished treading these *earthly pathways*, when you have progressed throughout the *spirit realms*, then you are just a *thought pattern*. That energy will become *purier and purier and more refined*.

Even Salumet is affected by the discussion of purer thoughts

We never would of thought that such a thing could happen, but it makes sense. (6/11/95)

I will say to you, that even as I speak about refined energy thoughts, it is drawing me towards it; that is why I want to talk upon other things. This is something too, you probably would not realise, but I could feel myself being drawn away from you.

Les: Yes, thank you, I can fully understand that.

Yes, so let us speak about other things.

Les: Thank you.

[Our soul is encompassed in the Eternal Consciousness](#)

Salumet talks about the problems caused by the energies of fear and anger. This can happen after incarnation, due to separation of the soul from that consciousness of love. For most, the obliteration of memory causes many problems, but for those who do retain memory, the problems can be even more challenging. This is a difficult subject to understand topic but Salumet explains. (15/1/96)

I wish to speak a little about ‘energy’, the energy of fear and anger.

Les: Yes please do.

So often we hear from you all: *Why is there so much fear on the Earth, in our daily lives, in the whole world in general?*

Anger also creates fear within—let us speak about these energies, because indeed that is what fear and anger is. Let us return for a moment, to the *soul* who is encompassed in that *Eternal Consciousness*. Let us speak about the decision to incarnate into the physical being. We have spoken about the choices made by the soul, to reincarnate into the body, have we not?

Les: Yes you have.

As that soul’s decision takes place and conception takes place within the physical being, then memory in most cases is obliterated. This then is when fear and anger first show themselves—it is a fear and the anger of being separated from that *Consciousness of Love*.

You understand?

Les: Yes, so that fear of being separated does exist then within the soul, (*Yes.*) even though the physical isn’t aware of the reason for the fear and anger?

Yes—you have it. Can you imagine being encompassed by love, by being within that consciousness to which you all belong? Although the soul has made the decision to return for whatever reason for its growth, because of the wipe-out of the memory, the energy of fear and anger is there, because the soul really does not want to be separated from that which is *all-encompassing Love*. You follow?

Les: Yes, it’s difficult for us to follow, because you have told us that the soul makes its own decision to return and to choose the parents (*Yes.*) and the life which it will live in the physical world—that is so isn’t it? (*Yes.*) But what we don’t understand, is why the memory is completely obliterated. Would it not be helpful to the soul and the physical to have some recollection?

But you see, my dear friend, to some the memory does remain, but the energy of fear and anger is still there, and I would say, probably more so, because their awareness is greater of what they have left behind. You understand?

Les: I see, yes.

Your children are more in tune with their spiritual bodies, whilst of a tender age, but as the soul goes forward through life, so these fears become even greater. What I would say to you: **The energy of fear, destroys the vital forces.**

I would hear some of you say, that you would imagine *anger* to be more destructive. I say to you, this is not so. *Fear* is what keeps you jailed, whilst walking on this earthly plane—fear of so many things. It is *that* and *that* energy alone, which can destroy. That is why it is important to you *all*, and I will say it to you again:

THE POWER OF YOUR THOUGHT, IS THE MOST POWERFUL ENERGY THAT YOU POSSESS.

Les: And that power can work in both ways then? (*Yes.*) It can enhance the progress of our soul, at the same time by accepting fear, it can delay the progress of the soul, is that right? **It can be destructive, but used properly, it can transmute all fear, anger and let me tell you that most of your problems, most of your disease, stems from fear, in some form or another—fear of losing loved ones, fear of not having enough to eat, fear of life in general—so many fears we see amongst you.**

Les: Yes, I think we can accept that, but our natural reaction as human beings, would be to say that if we accepted that we need have no fear, that might develop into a complacency, which would prevent us from living this life properly, as it should be lived.

To live without fear, is not being complacent. To live without fear, is to acknowledge the self—the *true* self. Whilst you live with fear, it is the emotional energy that is having the power over you, can you see?

Les: Quite. Yes, I think we all understand that, the difficulty for us of course, is to accept that we have to express within ourselves, a constant feeling that there should be no fear, that the future is going to be satisfactory.

The only future you should be concentrating on, that your awareness should be reaching out to, is that of the **UNIVERSAL CONSCIOUSNESS. Look *beyond* your beings—again we return to the fact that you are more than one. Remember that you will return to that consciousness from which you came.**

Les: Yes, that of course, is another aspect that we all find extremely difficult and I'm not denigrating the intelligence of my colleagues, but we all find it extremely difficult to understand.

[Is it better to live a monastic life in order to find balance in our lives?](#)

Monks and nuns lead a quieter life with many away from the hurly burly of daily living, especially in silent orders. But is this a good thing? (15/1/96)

Les: So from what you tell us Salumet, whilst we are in this physical body, if we adopt the correct thought processes and try and disregard fear, we could presumably develop spiritually, to an extent that those who incarcerate themselves in monasteries and convents, and other similar buildings, we could equal the progress, even though we are not so incarcerated?

I would say to you my good friend, that it is much better that you live your life to the full, to be amongst those brothers that can be helped and to be aware of that spiritual being also. Then indeed, you have reached that point, were you can say, I have done much.

Les: So on that basis, it's better for us to be outside the walls of these other orders and do what we can for our fellow man outside, when the occasion demands that we should?

I would say for most, this would be the case, but again do not judge, because some have come for solitude, they have their own reasons and you must not judge.

Les: Yes, you did explain this when we spoke of it before.

Salumet discusses fears which are not necessary

Salumet discusses fears which are common, but quite unnecessary, such as painful death. These things do not need to happen. Interestingly, Salumet also addresses the question as to why so few visitors can remember much about their physical lives, which is something that the group had noticed when spirit visitors come to the evenings. (8/4/96)

Now, if I may, I would like to address some of your thoughts and fears, that have come to me. I hear sometimes, 'Why are there not more names, more times given, when peoples communicate with you?' I know this is a question which is addressed throughout your world, to many instruments that we use. Let me say this to you, my dear friends: Dates and names, the significance of them, is usually *ephemeral*. Therefore, they do not become well remembered within the personality, amongst the personal components of that personality. That is why so many cannot remember. It is insignificant to what they try to bring back to you, do you understand?

Les: Yes I agree the name is insignificant. I use it merely as a courtesy matter to address them, that's all, when I ask for it.

Of course, in some cases names and dates have some importance, only in as much that an impact has been made upon the personality, as they leave this Earth plane. *Then* you will be given dates and names, not because they are important, but because it is part of the memory that has been retained. You understand?

Les: I see, yes I do thank you.

Now I wish to say just a few words about some of your fears. I say to you dear friends: Do not fear solitude, because you are never friendless. Do not fear becoming old, because each experience in age, brings wisdom. Do not fear death, because you see, yonder the great divide between this world and ours, because your love and your memory of home, becomes so much more vivid. Do not fear these things, because always you gain much from them. You understand?

Les: Yes I think everybody understands, don't they? (*general agreement*)

I know these fears sometimes take hold, but you must use your thoughts to stop this happening and push them to one side. Do not allow your fears to become destructive, because you see my good friends, what is there to fear? After all, when you know that life continues—

Les: I agree there is nothing to fear, it is just the retarding of the *physical brain* all the time, which has to be got rid of.

Your own physical brain clings to in this lifetime, as in many others, to the very fears, to the thing that you fear most. You need, and I hope you will this time, break free of *all* of

these fears, that when the time comes that you join us on this side of life, that you will let go with love in your hearts, that you accept that the time is right for you to return home. I will endeavour to help you all when your time comes, and you know that the time is far distant for you. But I feel that sometimes you allow negative these thoughts to creep into your consciousness.

Les: I think perhaps sometimes our thoughts might be not so much that we fear dying, possibly we fear a *painful* death.

Yes, I understand, but again I say to you, with the power of your thought, there should be no fear of pain. You can *dissipate* your own pain. I know you find this hard to believe, but we have spoken briefly about this.

Les: Yes, we have.

How do you think the peoples in your world who tread upon the fires, can to so without pain? How do you imagine this to be achieved?

Les: By thought, I imagine.

So, I say to you, *now* is the time for you all to concentrate on your physical being. Develop that power of thought. Next time you have small pain, try, try to see it, to allow it to go with love. Please try it my friends, you will be amazed what practice can do. I will not say you will achieve it instantly, but within you all, you have the power of the spirit, which will in this lifetime, become more powerful from within. You understand?

Les: Yes, thank you for that, I think we all shall be trying hard.

It is not good to have fear, but because there has been much travelling down from your side throughout time, it seems that within your world, it almost has become the expected thing and it should *not* be so.

Les: It's encouraging anyway for us to work upon and we thank you for it.

[Remember to send thoughts out to those in need during times of celebration](#)

We sometimes forget, when engrossed in our own lives, but it is important to think of those who are less fortunate. (20/1/97)

I wish to say to you this time: I thank you for your thoughts for those most in need during your celebration times. I know a few forgot, because they were engrossed in their happiness, but I know that there are those among you, who send out many thoughts for those in need. For this my friends I thank you and I know that you will benefit from your loving thoughts. I thank you from my heart, because if only you could see the light that shines forth from you all when these thoughts are given, then truly you would be astonished.

Les: We're very happy to know that, thank you for telling us.

I am happy that you were pleased with our communicator last time.

Les: Yes I was going to thank you, I was sure you had something to do with him coming and I was going to thank you for that, because it was a most informative lesson and most unusual, in that we were all given the names of our permanent friends and helpers.

Did I not promise that I would bring someone to you?

Les: You did indeed.

But of course it preceded my own coming to you. But I can tell you that one will return, because as you know all peoples were not present last time and it is important I feel, that all should have the knowledge given.

Les: I would be very, very grateful for that.

He will return to you and also to give you a little more information.

Les: Thank you very much. You may have got my thoughts during your absence, because I was doing some transcribing of tapes, and it was one in November 1994, when you told us that you would be bringing somebody to talk to us about colour and I thanked you mentally then, whilst I was working.

Yes, we must remember that your thoughts reach us quickly, sometimes before your thought has even formed within your own physical brain.

Les: Is that so?

Yes, that is another fact not always well known, but it has to be, if all things are known, how could it not be? You understand?

Les: Yes we come back to past, present and future, all being one again, don't we? **(Yes, yes.)** We still of course aren't able to understand it, but we're gradually I think all of us, beginning to get a glimmer of light, about the complexities which we are trying to understand. That is why we're so grateful when somebody else comes, as they did at our last meeting—it all adds to our knowledge and awareness and more importantly, our spiritual development.

You by now know how complex beings you are, that all is not simplicity when it comes to the human being, but it is uppermost in importance, that we reach out to your spiritual selves and that that part of you is developed and given knowledge. After all, what purpose would we serve, if we come only to tell you what you already know?

Les: Quite and you've taught us so much since you've been coming; things that I'm sure none of us had even contemplated.

That is my task and those I bring to you, although up until this time they have been few and far between. But I told you in the beginning, that we must go slowly and once more the aspect of *Time* in your world, always will remain a mystery to you. (Yes—) But although you doubt how quickly events are happening, let me tell you that we in our world are most pleased with the growth of you all within this room and after all, you are at differing stages of development after all, so we must accommodate all of you. You understand?

Les: Yes I do understand and we all accept the fact that this is so.

And so for that reason and for others you would not fully understand, we take things slowly and gradually, that the knowledge *sinks deeply* into you, because we do not wish to *flood* you with too much knowledge and wisdom, so that you are unable to understand.

Les: Yes thank you for your consideration.

[What is a thought energy interceptor?](#)

A visitor explains this vital work conducted by advanced beings, to protect innocent souls who have returned to spirit world, from negative thoughts sent by those who still have a physical life. What follows is an abridged version. (17/2/99)

Les: We are certainly delighted to have you with us.

— *I hope that you find this discussion useful, because as far as I am aware, this knowledge is not given lightly to many. So, what I am about to tell you, may at first seem strange, but I assure you that is part of my work and I hope you find it of interest.*

Les: Yes I'm sure we shall.

Thank you. Now let me continue with what I have come to tell you. Firstly, I cannot and do not and never have belonged to your world, although I have become familiarised with it; but having said that I still find humankind to be most strange. (General agreement + light laughter)

Les: Yes, that we do understand and would agree with you completely; we must seem very strange indeed.

In saying those words to you, I do not say them unkindly, but in my daily workings with you, I am often puzzled by the way you think. And in saying 'think,' I come to the core of our topic this evening. I am you see, what you would term, ~Thought Energy Interceptor,~ (Expressions of curiosity & surprise) I would imagine that you have not heard of this.

Les: We certainly have not.

No, and that is why the great one has sent me to you, to give you a little more insight and knowledge.

Les: Thank you very much indeed.

I know our teaching has been stressing to you all, about the Power of your Thought.

Les: Yes quite often he has done that.

And I have been instructed that at times you find it difficult to grasp. But you are thinking, why should it be necessary to intercept humankind's thoughts, are you not? Are you not puzzled by why that should be? Because I hear you say, but we have been told, there cannot be interference — I hear it from you! (General chuckles) Yes, let me go on and explain more. You all know how powerful the thought can be. (General agreement) Not only do your thoughts reach out to each other, whilst you are living upon this planet, but that your thoughts can be transmitted to those in our worlds, yes?

Les: Yes, we are aware of that.

So, this is where my task comes into play, I believe you would say? (Yes.) Yes, we cannot allow harm to be done to those souls who are helpless in our world, because the power of humankind thoughts can do that to them.

Les: Is that so?

Yes, it is little known, how dangerous, how ugly and evil, humankind thought can be.

Les: I can quite understand the evil and the ugliness of our thoughts; unfortunately, it is so. I think all of us would recognise and agree with that, but I don't think any of us understood that it could affect those in your world, to that extent.

Yes, because you see, 'THOUGHT,' when it leaves YOUR world, from YOUR thoughts, YOUR minds, it also becomes much more refined and can reach its 'target' shall we say, more easily. I know you are going to find what I say difficult to understand, but it is necessary that we do INTERCEPT on occasions, to protect souls from more harm.

Les: Yes we can understand that and understand the need for it, knowing the depth of depravity in some of our own thoughts.

Yes, I think it would be apt at this time, to perhaps give some examples, in order that you may find the information more easily digestible. If we have someone who passes to our side of life — an innocent soul who has left behind someone deep and full of resentment, anger and hatred, can you not see the harm that can be done by those evil thoughts, constantly being sent out into the aether?

Les: Yes, you mean resentment against the one who has passed on?

Of course.

Les: Yes that is quite clear to us.

Then my task in our world is to intercept those thoughts, in order that the soul may find its place, without further harm.

Les: It certainly is absolutely new knowledge to us.

Yes I have been told and I am aware that humankind does not fully understand the power of their thinking, as of yet.

Les: No, unfortunately though we have been told in some degree, we still of course govern our thinking by the physical concept. ***(Yes.)*** We've not yet realised the refinement of the spiritual awareness.

You see, what is happening when we step forward to protect those innocent souls, you are thinking, what happens to the thought. And I know you are all aware and have been told that the thought rebounds back to the sender. (General agreement) How have you imagined that that could happen?

Les: I had wondered but I had no idea of how it happened — only that our own thoughts boomeranged back to us.

I think perhaps that you could call me the boomerang. (laughter) You understand?

Les: Yes, so there is a definite and positive interception then?

There has to be for the protection of the innocent souls, who are not deserving of the hatred and the anger of the powerful thoughts that come from this planet, you understand? (General agreement)

Les: Yes, we do, it's rather frightening news, in some respects.

It should not be frightening to you, it should make you more aware, it should give you more understanding, it should help you and that is my task — I am sure that I bring to you all help rather than fear.

Les: No please, I perhaps put it badly — I was meaning frightening for us to consider the power that *our* thought has.

I have been instructed that the teacher is endeavouring to instil in you all, that the power of your THOUGHT, is indeed the most powerful thing you will ever encounter. (General agreement)

Les: Yes and you have amplified that for us. Certainly what you bring us is not frightening, far from it.

Sallie: May I ask a question?

Les: Just a moment please, let our friend continue for a moment — he will ask for questions later.

Yes, thank you. So my task in being here, is to instruct you a little more — not to flood you with the technicalities of how it is done, because that would indeed be useless information to you, but to clarify what the teacher has brought to you and what he has asked me to explain to you. In seeing that doing this task in rebounding these energy patterns of thought, then indeed you humankind upon this planet, should indeed think deeply, before you THINK. In all matters of THINKING, be aware and be careful! You understand, do you?

Les: Well, we are understanding now yes, and we do thank you for having clarified it to this extent, because although we were beginning to realise the *power of thought*, I don't think any of us had realised the harm it could do to those in your world, if the thought wasn't a good one.

It cannot be destroyed you see.

Les: No, it lives forever, doesn't it?

I know you understand that — I know you understand that what you give comes back, but you needed to have the understanding, of HOW it rebounds back to you. We do not interfere in the natural process of thinking. Good thoughts go ever forward, they would not be stopped or interfered with, but there are those, where we must protect the innocent souls. That is the main task, that the soul be protected from further and unnecessary harm, so that it may continue in its journey, its journey to growth, its journey of love, without the evil thoughts from humankind upon your planet and from other planets. But I am not allowed to discuss that side of it with you.

Les: No, but that does lead me to ask: From what you say it would seem, that our planet is guilty of projecting a tremendous amount of evil thinking. Is that so?

Well you are capable of it, but I would not say 'terrible amounts' — you must keep things in perspective, of good and evil. I would say in the main, that mainly good thoughts come to those who have gone.

Les: That's encouraging for us.

I would say, I think the word you would use would be 'minority.' But of course, when you consider the population of your planet, even the minority of thought is great, you understand? (General agreement)

Les: Yes, we do, so it obviously from what you have told us is a very full-time job for you and I would imagine many like you?

There are many of us of course and as I mentioned briefly, not only from this planet, but from many others. (Yes.) We speak of much work shall I say, but it is something which has to be done. It is an honour to do such work, it is a tribute to those who teach us, that we be allowed to do so and that is why I said to you, that it is not often that this knowledge has been given.

Les: No, I can understand that and we greatly appreciate the trust that has been placed in us all, in that you *have* given that information.

I don't wish to seem condescending to you, but I think that perhaps you all should be thankful, that you have been allowed this knowledge.

Les: I'm sure we are. I think I speak for everybody, don't I in this? (General agreement) We are extremely grateful and honoured that we have had it.

The speaker gives more information from questions presented which can be found in the transcript. (17/2/99) One final message is that there is rebound when the senders of negative thoughts return to spirit. The speaker also says that most thoughts towards the innocent souls are positive.

[Emotion versus compassion](#)

When observing injustice and cruelty, we can become emotional. This does not help the afflicted, but causes you, yourself, to become part of the problem, as we are adding to the negativity. This must be avoided. What follows is a discussion which demonstrates the difficulties that can arise and how confused we can become. (28/4/97)

Sallie expressed her sadness, to think that many beautiful lambs she sees in the fields each day, would probably be slaughtered for food; she could not understand people doing this. Our unseen friends had been listening, and one decided to join the conversation, via Leslie: ***May I please join this conversation of yours? (Enthusiastic agreement) You, my friends are falling into the common trap of looking at one side of a question only. It is not so important that it is wrong to express anger, what is important is what you should learn from that expression of that anger, and the strength you should achieve, through being able to curtail that anger, until the time comes, when you feel no need even to express it. You have heard it said before now, on more than one occasion, it is wise to learn the difference between emotion and compassion, have you not?***

Jack: Yes.

You do not sound too certain about it, my friend?

Jack: Yes, yes, I have been.

If you have anger at the things you know to be wrong and justifiably know to be wrong, you have not learned the lesson.

Jack: Right.

You should exercise compassion. Does your anger do any good, towards alleviating the suffering, which distresses you?

Jack: Well you see I've always felt that anger —

You do not answer the question please.

Jack: No, it doesn't, no you are right.

Thank you. So, it is pointless to express anger, even to consider anger, is it not?

Jack: It is —

It is a negative action, as was said to you earlier. Now, is that not sufficient my friend, for you to build upon?

Jack: Yes, I think so.

When you feel anger entering your thoughts and perhaps clouding your judgement, as to certain activities — and I say that because you do not always know the reason behind the activities, which have caused you anger, do you? (No.) So I think it would not be unfair for me to say, you are jumping to conclusions, in allowing your anger to express itself. Is that not so?

Jack: It depends. I don't think so, because sometimes the actions are so clearly wrong, I don't think I'm jumping to conclusions.

My friend in what way are they so clearly wrong?

Jack: People starving, animals being tortured, all sorts of things. I don't think there's any justification for it.

Why not think there is justification?

Jack: I don't know.

Ahhh!

Jack: Because it doesn't feel right —

You have answered the question, haven't you?

Jack: I believe I have yes.

You don't know?!

Jack: Still doesn't feel right though.

I'm not disputing that, but it is emotion and not compassion.

Jack: Correct yes.

So, have we progressed do you think?

Jack: I believe so yes.

Splendid, splendid, do you think then, that you can control your anger, which serves no useful purpose?

Jack: I shall certainly try.

And rather look behind the activities, which distressed you, as I said and attempt to seek an answer as to why those things are happening — not achieve anger within yourself because they are happening. You understand?

Jack: I do absolutely yes.

Does that help you?

Jack: It does yes.

That is the reason I am here, not to criticise —

Jack: No absolutely —

— but so far as I am able within my limited powers to help in your problems.

Jack: No, it does help, certainly. It's something I've got to sort out myself, but it does help.

I am pleased — no, no, no, no, no — you do not have to sort it out for yourself. Here is the physical human arrogance once again. What do you think we are here for, but to help you?

Jack: That's true yes.

So, if it's true, why not take advantage of it?

Jack: Okay, I'll do that.

And when you find it difficult to arrive at a conclusion or an opinion then call upon us. You have been given a name have you not? (Yes.) Then have you used it?

Jack: I have.

Then use it again, as many times as is necessary, for you to recover a sense of balance within yourself, which would affect your spiritual, as well as your physical outlook. Do you understand? (Yes.) You are becoming in some respects my friend, too — how shall I put this in your words — you are looking through only one doorway. You miss the others, which are open for investigation. Do you follow?

Jack: I do yes.

Good, good. And the lady who is distressed at the thought of suffering of lambs that she passes — again I suggest madam, look upon those scenes with compassion, not emotion. Do you follow? You become too emotionally involved in things, which you cannot control.

Sallie: I do try to be compassionate about it, but I also think that I can help influence.

Then certainly if you can influence, do so by all means. But still exercise compassion in your seeking to find the answers to things which distress you.

Sallie: Yes, I will work harder at that.

And recognise I would suggest also please, that you can never attain or achieve more, than is within your physical ability to do. Do you understand? Things upon this Earth are sometimes designed, to test you in ways of which you have no knowledge. This of course you would not know.

Sallie: Yes, I will concentrate to be more compassionate, but I don't think it's just me who's influencing things, I find I get so much help from everywhere, that I'm not doing it on my own really. Perhaps I'm being a bit too ambitious?

You do try to do too much on your own — that is the problem. You have roads, which you see ahead of you mentally, and you would like to travel them and see a perfect world, would you not? (Yes.) All that you think should not be done, in your estimation, should not

be done. You are if I may say with respect, and I say this in all kindness, a little intolerant of others, in things which are beyond your power to correct. Is that so?

Sallie: I think there's a tendency there, but I think I'm less intolerant than I used to be, I think I've improved.

This is possible — this is possible that you are, which is good to know that you are learning. But the intolerance still influences your outlook dear lady. Please try to correct that a little. I do not say this unkindly and your intolerance is not of harm to others, because it is contained within your own thinking. But nevertheless, it is there and it is blocking to some extent, your spiritual progress.

Sallie: If one is intolerant and you work on it, so perhaps you are not openly intolerant and you try and contain it within yourself, because you realise you don't have the right to make the *judgement* — so therefore you try and hold your own intolerance in. What do I do with it then? How do I get rid of it?

Do not let it be created and you will not have to get rid of it. Is that not clear?

Sallie: Yes, I think so, thank you.

Again, we come back to compassion. If you think along the compassionate line, you will not create intolerance within your own thinking, because it cannot BE. And if it cannot BE, there is nothing to get rid of, is there? (No.) It has been said many times so you all, for what you seek, look within yourselves. The answers are all there, if only you will think of yourselves as spiritual beings and not as physical representatives, do you follow? (General agreement) Thank you for permitting me to join. (General thanks) I trust it has been of some help? (General agreement) Now I am called back, I am told that you have your own lives to lead and I must not intrude further. (laughter + thanks)

God be with you my children, guide you and give you strength and do not forget that we ARE there to help. Always, always there to help.

Farewell my friends, farewell. (General thanks)

[Fear belongs to the human being: but your higher self knows no fear](#)

Sallie asks a question about finding hard to let go of fears without them coming back.
(21/7/97)

Yes, I understand what you are asking. You dear child, have brought with you to this lifetime, many fears, many past fears. But when you speak of connection to your *higher self*, it is inevitable, because after all you are human, that that fear is imminent. To relinquish that being that you have come to know and to love — it is not unusual that you should feel fear. But after all, let me say only this to you: All of you relinquish that fear in your sleep state and you do connect to your *higher selves*, as you call it, each time you close your eyes in sleep. So, I would say to you this: *Continue*, continue to try, and fear should dissipate. It will, I can tell you, but like all aspects of your living, it is a matter of continuing to try. Fear belongs to you as a human being. I am sure if I spoke individually to each person within the room, they would say they have fear of one thing or another.

Les: Yes, I've no doubt you're right.

But never be afraid to let go, because you see, once the connection is made with us in our side of life, you will be protected my child. No harm could come to you and if you would use the power of your mind to tell yourself this, then you would find, that the fear would gradually go. Do you understand?

Sallie: Yes I think I do. It's a habitual thing I think, that one's brought with you and it just takes a lot of work sometimes. **(Yes.)** Thank you.

Les: And I suppose one can say positive thinking is necessary again, because I've been through all that for many years Sallie, having fear of this and that, and the other and wondering this or that.

It is the human element, which holds onto fear. Your *higher self* knows no fear and will try to help, but remember whilst you inhabit these physical '*coats*' that you possess, always the human side of you will win; *it will* and I know many of you would doubt this, but please do not doubt this, after all, you are endowed with free thinking and you do have that power, to use it. And we cannot interfere with that thinking, whilst you inhabit these *human coats*. Do you understand? (General agreement)

[If we did not know fear, how would we know what the opposite would feel like?](#)

George asks a question about stage fright which many public performers suffer from.
(21/7/97)

George: I think a modern fear, is the fear of embarrassment, of losing one's train of thought, mid-conversation, which is why I so admire actors and actresses on stage.

I understand your comment dear friend, but I am sure if you spoke to those people, they would tell you that before they enter their roles, they are, some of them, *crippled by fear*. After all, acting as you know it is *role-playing*. It is not the true individual showing themselves.

Les: If I might add to that George, sometime ago I read an article about several very well-known actors and each said that before a performance, they were literally petrified and they used to ask heaven for help, in assisting them to go on and do what they do.

If only you could see more deeply, you would know that many in *our* life, in this side of life, are ready to help those who ask for help, to relinquish their fear. We have many who have been what you term actors and actresses and I am sure many of you have heard stories about past people seen within your houses of plays.

Les: Yes, you're right.

So, you see, I would say only this to conclude on this subject: That you must allow that inner being to come to the fore, if you are to let go of any fears. You all have them — do not be ashamed of fear. After all, if you did not feel fear, how could you know what the opposite would feel like? Remember that your lives always are positive and negative. If you could come to the realisation that all of your life is almost like parallel pathways of positive and negative feelings, then you will begin to grasp that life is pushing you in the correct directions. So, accept your fears, but do not hold onto them. Allow them to be and then let go. Do you understand my friends?

Do we need idols to help communicate with spirit world?

This was touched upon when George asked a question about the Mayan crystal skulls. Salumet explains how advanced this civilisation was, and sadly, how much we have lost. (10/11/97)

George: Yes, I have read a report on what is described as the Mayan crystal skulls. These are very perfectly made skulls, each from a single crystal and they may be older than the Mayan civilisation, but they are reported to have a *'between worlds,'* communication facility. Is there anything you can tell us about the crystal skulls, which may be Mayan or pre-Mayan? **I do not come to explain these mysteries of your world, of which there are many — but on this occasion, I will for you. These skulls are indeed prior to the Mayan civilisation. The Mayans were indeed a much-developed race, who were aware, much aware, of all things spiritual. They knew and understood the workings of all energy forms on this Earth. These skulls you speak of were used in the way that many of your psychics and mediums of this age use glass balls, or how do you term them, *crystal gazing*, to build up energy between our worlds. It was only a form of communication, to which the Mayans developed their use, because of the beauty and simplicity and the easy use of them, in developing their own consciousness. Does that help you?**

George: Yes, it does and it's nice to have the confirmation that they are indeed pre-Mayan. **They are quite a deal older than has been said.**

George: I thought they must be. Thank you very much.

Les: Of course, from what you said Salumet, the skulls themselves have no ability in communication between the worlds, they are merely a focal point, for the seers here. **Yes, as in all communication, you cannot light the light, unless you have the trigger switch, you understand? (Yes.) I simplify it for you, but that is the basis of all communication.**

Les: Yes, I think there has been some unnecessary mystery attached to the skulls. When I read about them many years ago, I was of the opinion that they were merely focal points and did not in themselves have any specific ability, in the field of communication.

My dear friends, let me say this to you: There is no need for any artefact, any icon, any such item, to be used for communication, between the human being and our world. After all, what better communication can you have, than your own soul?

Les: Of course not.

But always man, whilst alive on this planet, has sought many items to idolise, to utilise and to gain some form of idolatry for his own use.

Les: And to make money from it.

I would say, not always, but sometimes.

George: Yes, a part of their mystery, has been the perfection of their manufacture, which we could not manage today, in today's society.

Remember what I have said, their consciousness on spiritual matters, was great. They had abilities which have, as many of your races upon this planet — their abilities have been lost over time; abilities which each one of you possess but have lost in the passage of your earthly time. In your so-called *'quest for knowledge,'* I have to say dear fiends you have lost much.

Les: Yes, we can accept that too; we've lost the important things.

But with our help, we hope you will regain much, before your time expires here, that all of your world will be raised in consciousness, that each soul will come into its own, will recognise itself and the spiritual aspect and power and love, which each one of you possess.

What is the difference between intellectual thinking and spiritual thinking?

This subject is raised as a new topic. (2/2/98)

This time my dear friends, I would like to speak with you about 'Thinking' — '*Thinking.*' Many peoples of your world are confused and puzzled, when it comes to the differentiation between what I would term intellectual thinking and intuitive thinking. They cannot distinguish between the two. And that is understandable, after all, all thinking has a purpose in your world, whether it be intellectual thinking, or intuitive thinking. In groups such as these, of course we would expect that intuitive thinking would be recognised more easily and used for the purpose for which it is intended. I hear your questions now, '*How can we know the difference?*' There are some within this room, who ponder this question on many occasions, are there not?

Les: Yes, there are; I'm one of them.

Yes, can I try to simplify this matter a little for you? (*Thank you.*) When your thinking comes from the intellectual brain, belonging to your physical mind, there is an *urgency* to have that thinking, to have that thought brought to fruition. With intuitive thinking, it comes more slowly, sometimes over some time and will always appear and return to you *many* times. The *fleeting* thinking of intellectual thought, you can make disappear instantaneously and not return to the thought. You cannot when it comes to the intuition, because it comes from within and also without, from those of us who wish to help you. Do you understand?

Les: Yes, so would I be correct in referring to that as *spiritual thinking*?

Of course, because your intuition is *spiritual thought*.

Les: Yes, I thought that would be the answer, because to me they are the same. And my next question if I might: This intuitive thinking wouldn't necessarily only be on esoteric subjects, but could have an effect upon ordinary day-to-day things in our lives?

Of course, it would be of help, or information to be given to you, to be *purposeful* in your lives.

Les: And that would be because you could see the result of action taken on that thought, if we did take action. (*Of course.*) Now we're getting somewhere; this has been puzzling me for a long time.

That is why we must dedicate some time to this matter.

Les: I'm very grateful, because it has puzzled me for a long time now, at the recurrence of thoughts, which were simply on day-to-day matters and they haven't been put to rest, until those thoughts have been activated and dealt with.

That is the difference between *fleeting* thoughts and intuitive thoughts. We can inspire, we can continue to help you with these thoughts, the thinking that will help you to progress in your daily living.

Les: Yes, well this is really most satisfying, because not knowing precisely what it was, now you have explained it, I can understand why sometimes I've felt compelled mentally, to say thank you for that thought, **(Yes.)** and have gone on to act on it.

There should be no urgency in intuitive thought, as there is in your other thinking, although I must say the intellectual thinking can feel to be compelling, it is not. You must take control of this thinking, you understand?

Les: Yes, I certainly do and that's really opened up another new avenue for me, because it has as I say, been going on in my mind and brain for a long time, I've been aware of these apparently intermittent thoughts recurring, **(Yes.)** until I have taken action.

It is part of your growth, it is part of the understanding of the self. When you know the self then you know and understand Thought.

Les: Yes, and what has interested me too, is that on several occasions when thoughts have been, or the actions from those thoughts would be to the advantage of other people, it has been almost a compulsion to deal with it at once. **(Yes.)** It happened once or twice in the background as it were and then quite suddenly, I feel that I've got to do it.

Do you not see my dear friends that thought, *intuitive thought*, is a giving out of energy to another, on most occasions?

Les: Yes of course it would be.

And you must think of energy as a *gift*, as a giving to another.

Les: Which in turn, must be passed onto another?

That would be the scheme of life and not always happens, but that is how it *should* be given. Give of yourselves, give of your thoughts, use those intuitive thoughts constructively. After all, you still have command of these thoughts, whilst you are in these bodies. You have the power to ignore or to use — always that power lies with you.

Les: Yes, that's our free will, isn't it?

But in recognising these things, does it not help you, to know and to understand that these thoughts should not be ignored?

Les: Absolutely it does help.

Now, does one have questions this time?

Les: Yes, before we leave this subject, if I might ask if any of my colleagues here, have had similar feelings that I have had, in the difference of the thinking?

Sallie: Yes, definitely with the intuitive coming back **(Yes.)** until you actually do the thing.

If I could perhaps suggest some way of helping that is quite simple: As the thought comes, try to push it to one side, try to deny the thought and see if it returns to you. If it returns once, twice, thrice, then you know it is intuitive thinking.

Les: Yes, it's amusing, because it's precisely what's been happening to me.

Yes, that is your intuitive thought.

Les: Thank you very much indeed I'm glad I've acted on them.

Although your other thinking can be compelling, wanting to be brought to fruition, if you deny the thought, it will be gone. Do you see the difference?

Les: Yes, you're quite right.

[Why is life so difficult at times?](#)

This is a question that we all ask at times, but do we ever consider the reason? Salumet gives a timely reminder about thought. (16/2/98)

Dear friends, each one of you ponders the question, '*Why is life so difficult at times?*' I will return once more if I may, and say:

'The power of *your mind* is at fault, nothing else, no one else; each one of you must accept responsibility for all that occurs in your thinking. If life situations distress you, you must look inward and ask yourself, why does it distress you so. The answer lies within yourself. Forgive, give love, and your lives will be as you desire. Love and only love, can bring about the lifetime, which you all deserve. And hear me well my dear friends: You ALL have the ability and you, each one of you, are deserving of the best that the Great Creator has to offer you. Remember each one of you is a perfect form, of that Creative Force and in having that knowledge, you have the equipment to have the very best of this life, upon this planet.'

Physical thinking can override spiritual influence

Salumet explains that this unwanted situation can arise. Les had not recorded the previous week and asks Salumet to give a brief recap of what was covered. (30/3/98)

We discussed how the physical thinking can overcome spiritual influence, whilst clothed in these bodies, Yes? We continued to say to you, that mankind is plural beings and I believe that each one of you, were rather amazed by my words, in saying that the brain belonging to the physical being, has uppermost control, even over spiritual thinking, yes? (Yes.) I know that by the end of my speaking with you, it began to make some sense to each of you.

Les: Yes, it did indeed.

I told you that although the spirit reigns supreme, that whilst you are in these physical overcoats, your free will and your thinking — *physical thinking*, must remain in full control, even though you can be influenced for good, by that spiritual aspect of yourselves. You have to understand that you must be responsible for all actions in this lifetime. Therefore, no matter what spiritual knowledge you have, this physical living must be fully in command.

Is it possible to be intrusive on another's thinking?

Salumet raises this as a question that we had not yet considered as a group. From this discussion new information and considerations were revealed, such as what is the difference between intrusive thoughts and influence. Mostly, we are not sensitive enough to understand when we are intruding on another's thought pattern, but it happens. With the new knowledge, of course, comes greater responsibility. (15/6/98)

I would like this time if you will permit please, to speak a little more about the power of your thought.

Les: Yes, please do.

You know from past meetings that thought I have told you, is the most powerful thing you possess, not only in this lifetime, but in all of your living. Thought is the real you, in all its many forms. I know each one of you have thought long and hard about my words on this subject, but this time I would like to introduce to you another avenue of thinking and it is this, my dear friends: Have you considered how intrusive you can be upon another's thinking? Can any of you say that you have thought about this to any deep degree?

(General negative responses)

Les: I can't say so.

No, because you have not.

Les: Another's *thinking*, yes—

Now I hear you say, how can that be, because you know dear friends, that you must be responsible for all actions taken by yourselves. But also, you must be aware of the power of your own thoughts whilst here within these bodies, because as you grow spiritually in strength, so too does the power of your thought. We have discussed this have we not?

(Yes.) But it is also possible for you when that sensitivity arrives, for you to be sensitive to another's thinking, and unconsciously perhaps you might say, '*but that is not quite true,*' because in the spiritual sense, each one of you is aware of your thoughts. You *can* direct your thinking to try to alter another. Do you begin to see what I tell you?

Les: Yes, I would accept that, because I have done it on a number of occasions, when people have telephoned me for a healing appointment and I have been thinking of them afterwards and when they've arrived they have said that they'd begun to feel better, after having spoken to me on the phone.

Yes, that is not *intrusive thought* though, my dear friend.

Les: But wouldn't it be intruding upon their thinking?

No, because it is for good. What you must be aware of, is if you become sensitive to another's thinking and desire to change *their* thoughts that is when it becomes intrusive and that is when you must take control of your own thoughts. It happens all of the time, without many people knowing or understanding what they are doing. But once the recognition and the understanding of the sensitivity to others is there, then you must be careful in how you allow your own thinking to be directed towards them. Do you follow? I feel it is a little confusing for you, but I hope that you will think upon these words, because my dear friends, it is only another discipline in your spiritual growth. To control your own thoughts, helps you to understand and to know that all of you as individual beings, has the right to remain so, without intrusion from our side, or from those on this planet.

Les: Yes, I think we begin to understand. I'd like to ask a question please, *(Yes.)* so that we can clarify perhaps. I would think that none of us here at this moment, are sufficiently developed spiritually, to be able to control another's thoughts, or to be intruding upon another's thoughts?

No, no you are not, but that does not mean you should not have the awareness, because the time will come, when each one of you has reached a stage, when that temptation may arise.

Les: That's making it clearer. *(General agreement)* So there may be a conversation from another person later on in our lives and we may then perhaps have the ability to influence that person's thought, without them knowing, is that so?

Yes, remember always that each soul on this earthly planet, have their own lives, have their own individual thought patterns, and it would be wrong to interfere, or to try to change a thought from their own free will.

Les: Yes of course we would agree with that absolutely, because it would be interference. **Of course, and I have told you that we from our side of life, are not allowed to interfere in your lives, only to influence but not to interfere. (Yes.) So those same rules must apply, because after all you are still spirit. Remember, most important word: You are YOU, but you will only remain clothed with these bodies, for just a short time.**

Les: Thank you for forewarning us. So, are you suggesting that in future, we shall have developed sufficiently spiritually, to be in a position to intrude on another's thoughts and alter them?

I am telling you my dear friends that all possibilities, all 'gifts' as you say here, of the spirit, are available to all. Whether you develop — have the ability to use, that is entirely up to each individual soul. What I say to you is this my dear friends, that I give you this knowledge beforehand, in order that you can ponder, at your leisure if you will, my words, in order that you are prepared for any eventuality of this kind.

Sallie: Can I just ask one thing on this please? *(Yes.)* When you talk about influencing others from your side of life to us, you may influence but not intrude. *(Yes.)* So would that be similar to actually suggesting a thought pattern to somebody, but not actually trying to change their own? I'm trying to work out the difference between influencing and being intrusive.

Influence is the act of encouragement, for that soul to create the thought that is best for them.

Sallie: Right —

You seem unsure my friend; it does not make sense obviously to you. When someone is influenced, we influence them, we encourage them to create their own thought patterns, that is leading them in the correct pathway of life. That is influence as opposed to interference, which would direct in one way or another. Does that help you?

Sallie: Yes I've got it now, thank you.

Les: Because we would then be deciding their future for them wouldn't we, *(Yes.)* which we must not do. Right, well we do thank you for the forewarning, it is certainly something we have to ponder on.

It is just one more thing that you should try to understand. Thought as you know, it is the most important thing you possess and always I will return to it.

Les: Yes, thank you. Now, we understand I think about the possibilities of our thoughts influencing the thoughts of another, in their spiritual development. I'm going to ask a different question if I may. How can the power of thought affect our physical bodies?

It has the power to change all things within the body.

Les: It has that power has it?

Of course, it is the most powerful thing you possess; if the thinking, the power of the thought is right, constructive and for good, then it will materialise into the physical being.

Les: That answers a question I've had in my mind for a long time.

Yes and it has taken you so long to voice those words.

Les: Yes you're right! *(Chuckles)* We can't get away with anything can we, with you?

Your thinking is *YOU*, the thought is *SPIRIT*. Go away from the physical thinking, when we speak of thought, we are *spirit*. Spirit can change *many* things within the body, if the thought is strong enough to create that change. This is where the *physical brain* tends to interfere; the brain, or the *human being* shall I say, tends to be negative and to try to side-step the thought of *spirit*.

Les: So, in fact then, spiritual thought is all-powerful?

All-powerful — do not doubt it.

Les: Thank you for that information.

We are helping you my friend.

Les: You certainly are.

We are helping. (*Spoken gently*)

Les: Yes I'm sure of that and you understand why I asked the question, because I know you have been helping.

Yes, we need not use words this time, but know and understand fully, that *many ARE with you, many, many are with you.* (Pause) Now —

Les: Is there any question anybody would like to ask on that? I think Salumet wants to be sure that we all understand the extreme power of thought.

George: Yes I think at a physical level, we are aware that a powerful speech can alter the thinking of others and it seems to me a small step, that the thought behind that speech, can also alter the thinking of others.

Yes, it can to some degree, but the difference lies, when the spiritual power of thought, is directed towards each individual, rather than general speaking — that is what I am trying to get across to you. But yes, in human life terms, there always will be those strong speakers, who are capable of influencing the thinking of another, but that is slightly different, you understand? (Yes.)

Les: That would be on a physical level, wouldn't it?

Yes, but of course the thought is still involved, but to a much more immature degree.

George: Yes, that clarifies that, thank you. (**Yes.**)

Les: Now I come to a very delicate question: If in future we have developed spiritually sufficiently, to be able to influence the thought pattern of another, how are we going to know that our efforts to influence that person are correct for that person?

You would have the '*rebound of thought.*' Remember always that what you give comes back to you, do you understand?

Les: So, it may sound contradictory, but if we were trying to influence in what we considered to be the *right way* for that person, but in fact it would be the wrong way, (**Yes.**) we would be made aware of that, would we?

You would have understanding of it, yes — (Good.) the understanding would come. If you have reached such a state that you are capable of attempting these things, then your own thought patterns would — it is difficult to tell you, but it would be *rebounded* back to your thinking.

Les: That's comforting to us all I think, because I'm sure that we all at some time, if we do attain the ability to influence others for their own good, I'm sure we'd like to do so. But I'm equally sure, (**Yes.**) that none of us would wish to do so in the wrong way.

Of course not. I do not explain this thing to you, in order that you feel that you would do wrong, but in order that your understanding of yourselves becomes clearer — that is the purpose of the telling.

Les: We appreciate the reason for it, thank you.

Now my dear friends, I would like to work with this instrument this time, for just a little time. Perhaps each one of you can devote the time to your own individual development. I will leave it to you to decide what is best for the rest of this meeting.

Les: Thank you. It won't affect you, if we do discuss this quietly?

Yes please, provided there are no sudden noises. I leave you all my dear friends, in the knowledge that each one of you is encompassed with our love, with our teaching and our knowledge. Know always that you will be helped, if your purpose of life is for the good.

Les: Yes, thank you very much indeed and God bless you. The love of all of us goes with you and though you don't want it, I'm going to say our very great gratitude for what you do for us.

Later another communicator explains that when we have spiritual ability to influence the thoughts of another, we should be sufficiently aware to KNOW what is appropriate. The full transcript is found on 15/6/98 for further information.

Earlier during discussion this evening, it was emphasised that when, WHEN we achieve sufficient spiritual knowledge to be able to influence the thoughts of another, then we must be careful that we do it for the right purpose. Do you recall that? (Yes.) Thank you. I suggest now that you are still thinking in physical terms. Do you understand? (Yes.) With respect, you as have all the others here, still have much to travel, before you have developed spiritually sufficiently to be able to alter or to influence the thought pattern of another, in the way you might think desirable for that person. When you have achieved the spiritual ability to do that, then you will not even have to question whether you are doing it correctly for that person; you will KNOW whether you are or not. That you cannot do at present, because of your physical thinking, not the spiritual context.

On 19/10/98, Les touches-on influencing another's thought pattern again. His answer showed that this is not a straightforward topic and requires careful consideration.

Les: Thank you, yes if I might start, I'd like to ask one on the subject of thought again, of which you have told us so much. We know that our personalities remain the same for some time, after we go over and of course that applies to everybody. Now I wonder — to give a simple example, I meet occasionally a chap in the village, who talks so rapidly, that one would think he was running out of time and I have had to ask him to slow down sometimes. I don't want to hurt his feelings, so I put it as nicely as possible, but on the other side, if I met somebody like that, if I thought, '*I wish he would speak more slowly,*' would he get that thought, or would I have to in some way *direct* it, so that he would get it? What I'm leading up to is, all our personal thoughts, at the moment we could imagine they would be available to anybody and I don't think that would be the case.

No, let me first say this to you: We have spoken about thoughts, which could be harmful to another, and that these thoughts can be intercepted, if that must be. But my dear friend, let me please ask you a question.

Les: Yes surely.

For whose benefit would you send out these thoughts, for yourself or for the other person?

Les: Well for me primarily so that I can understand fully, what is being said.

But can you not see, that it would be interfering in what *HE* has tried to do?

Les: Yes, looking at it that way, it would.

Yes, so you cannot have black and white — again we come to this question, that there are never clear-cut answers to any questions of this kind. The thought you send, if it was a good thought for the purpose of helping another, then of course he would accept and receive it. If the purpose of the thought was for self-gratification, then that thought would be dissolved into the thought energy pattern.

Les: I see, so there is a over-riding power that governs this thinking then?

I would not say, 'over-riding,' but a 'guiding.'

Les: So, we needn't worry that somebody is going to be adversely affected by our private thoughts?

I would say generally no. You could not do that much harm, unless the other person was open to all thoughts — and again we must speak about this. There are some peoples in your world, who are open to many avenues of thought; they do not fully accept and understand what 'dangers,' perhaps I can use the word, they are tempting into their lives. But generally, I would say, do not be afraid of good thought.

Can our thoughts create changes in our body?

This question is presented by Sallie which touches on health. (5/10/98)

Sallie: It's not a very serious question in some ways, but other ways it could be considered so. It's to do with the power of thought and creating our own reality, by the thoughts we send out. **(Yes.)** I know from the discussions we've had, that we can send out healing thoughts and we can think healing thoughts about our own bodies. I was just going a bit further in this and it may sound a bit silly, but if I believe it, if I really believe it, is there any reason why I can't grow a new tooth?

There is no reason at all, why you could not. There is at this time within your world, I will not use the word 'experiments,' but 'constructive work' in field of human tissue renewing itself. I will go no further at this stage, but only to say that mankind is reaching a stage of development, where new technology is available to him. Of course, it comes from our world, as you may well know, but there should be no reason. It may sound farfetched to you and I would completely understand any disagreement that peoples would put forward for it, but the power of your thought can create all things.

Just before the end of the evening, a communicator gives the group a thought to consider very carefully. It concerned the 'I' or ego!

Can I say something to you before I leave? If you could travel through this lifetime and forget the word, 'I,' then you have ACHIEVED — but that is not an easy task for anyone. Forget the 'I' and what else do you have, but ALL OTHER PEOPLE, yes, yes, yes.

Should we try to separate physical thinking from spiritual thinking?

This topic came about during a discussion between Salumet and Les. Salumet gives a wonderfully clear answer. (30/11/98)

You cannot separate your *physical* thinking, from your *spiritual* thinking, whilst in these bodies. We have touched upon this subject before and you all found it confusing I know. Whilst you are in these human forms, of course your physical thinking has a great deal to do with how you react, even though the spiritual part of yourself, has greater knowledge. Remember that within these human forms, you also have been granted freewill. The one interacts with the other. You cannot whilst you are in these forms, separate them. The thought, which is the spiritual thought-form, can create goodness, or it can be discarded, by the physical thinking. Do you understand this my friends?

Les: Yes we do and it certainly is a complication, isn't it?

It is difficult for you to understand I know, but you cannot separate the two, whilst you are restricted by these human forms — that is the difficulty of human living.

Les: Yes you did tell us some time ago of this problem, that the physical is responsible for the spiritual and the spiritual is responsible for the physical.

Yes, you cannot separate it, it is impossible — the two are joined together, whilst you have this living to do. Of course the spiritual form has much more knowledge and is trying most hard, to encourage, to uplift and to help you, in all aspects of your living. But because of the human freewill, mankind creates many difficulties for himself. Spirit cannot interfere with your living, I must stress this to you all again my dear friends. We can try to help, to uplift, inspire you, but we cannot interfere, once you have made your decisions. After all, what would be the purpose of your living?

Les: We come back to what you have told us, about the need to go into the silence, in order that the spiritual self, and the spiritual thinking may develop —

Now, I beg your pardon, but this is a most important point. At last you have reached the understanding, of why going into the silence, is most important. It is not so much for your growth in the physical body, but in order that the spiritual aspect of yourself can come forward and *help* you.

Les: Yes, so it can gain strength through itself, whilst in that silence?

Of course, of course — is that clear to you all?

Les: Does everybody now appreciate the reason why I've been asked earlier to go into the silence more? It is for the development of your spiritual selves.

Yes, once you allow that spiritual aspect of yourselves to become stronger, to become the main force within your living, then your physical lives will fall into place — life for you should be easier. I wish I could stress more to you how important it is, that the spiritual essence of yourselves, be allowed to come to the fore. It would matter not, what life problems came to you, whether it be emotional problems, problems of health, or problems of everyday living. They would disappear into the background of your lives, because the spiritual self knows, that these things are mainly unimportant. Do you understand my friends? (*General agreement*)

[Spiritual influence is not interference.](#)

Salumet explains very clearly that we can be influenced, but it is our freewill that makes the choice to listen. We, and we alone, must carry the responsibility for that choice.

(30/11/98)

Les: Whilst we're on this subject then, another aspect of the questioning: You of course have far greater knowledge of the future, than we can have in a physical sense. **(Yes.)** Therefore, you must know which path would be desirable for us to take, in our daily living. **(Yes.)** Presumably knowing that, you would attempt to influence us, if I can use the word 'influence in that way, **(Yes.)** as to which path we should follow. But that I imagine, is not construed as interference, in your world?

Of course not, because ultimately you as human beings make the choice.

Les: Yes, we come back to freewill again, don't we?

You come back to freewill — you can be inspired, but it is up to you whether to go in one direction or another. That is why my dear friends, you must be totally responsible, for all that happens in your lives. Can you now begin to see the connection? (General agreement)

Les: Yes and of course, there is the further connection, that the more we do go into the silence to allow the spiritual selves — in plural, to develop, then you are presumably, better able to influence us, in the right direction, and *our* thinking, would be parallel to your desire for us, without it being interference?

Not only *our* desire, but your own desire.

Les: Our own spiritual desires, yes.

Yes, I point that out to you. You would recognise, when going into the silence and meeting all aspects of your soul, that you *know* the correct pathway that you should take. *That* is why it is most important each one of you feels responsible for one's own soul's growth. You dear friends, have that great responsibility. We can help you if you allow us to, we can guide you if you allow us to, but of course I say again, we cannot interfere.

any aspect of living of another human being. Do you understand? *(General agreement)*

Judgement – we cannot **ever** judge another

A member of the group tries to compare our lives to monastic lifetimes and those who deliberately make martyrs of themselves. Salumet interrupts with one of his favourite reminders. (30/11/98)

Can I interrupt please? (Yes.) Let me say this to you: We return again to one of my teachings to you: Do not judge any other, because you know not what their task in any lifetime is. Therefore you cannot judge or know what they are about. So I would say to you, each one of you, focus on your lifetime now. Do your utmost to develop that spiritual self to the best of your capabilities, in order that each day upon this planet, is a good and successful one, that you may come home to us each night and say, 'I have tried my very best.' You cannot do more my friends. If you can look back upon one day in your life and say, 'I have done my best,' then you cannot chide yourselves. You can only go forward, you can only grow in strength spiritually, in knowing that you have tried your very best. So, I would say to you, do not be concerned about the development of any other one being. They have chosen their pathway. Do not judge; never make judgement on

We are not responsible for the actions of others

We must try to take control of our thoughts and then our lives will become a lot easier. With freewill and free thinking, it is easy to get bogged down by the actions of others for which we are not responsible. (30/8/99)

Sarah: Last week I did have difficulty in distinguishing from the physical and the spiritual when you asked us about how we perceived the world and Eileen said to me that if each of us do our best to raise our awareness, then there will be a snowball effect. I still have problems with the people who are causing a lot of trouble on the earth. I can put out thoughts to them to try and help them to do the right thing, but is this right what I am thinking? Is there perhaps anything else that I should be doing?

Yes, I understand what you are saying my dear friend. Can I say to you only this: That you are becoming too overly concerned about other people. That may sound contradictory to what I have taught you, but my dear friend, you cannot be responsible for another human being's actions. Please bear this in mind when you have these distressed feelings. You cannot but do your best in this life. If you can come to our world and say that you have helped but one soul, then indeed you have achieved what you came to this earthly planet for.

Sarah: Right, so I've got to concentrate more on what I can do and not on what other people are not doing.

Yes, you must be aware of what you can achieve. You must concentrate your efforts upon your own way of living. In that way how you live your life will be mirrored to other people. Show by example my dear friends, that is the simplest way I can put it to you. I would say also that it is good to discuss amongst yourselves, your many ideas, your problems about your spiritual works and feelings. I have to say, I will always try to influence each one of you in the correct way of living, but again I have to stress to you all that your freewill has such a strong hold over your lives. Only when you free yourselves from the confines of freewill and free thinking—remember what I have said to you: Take control of your thoughts and your lives will become so much easier. But you my dear friend, you cannot take the burden of this world upon your shoulders. Do you understand?

Sarah: I do yes thank you.

Is that helpful?

Sarah: Yes that's very helpful, yes I've just got to focus more on what I can do, yes.

Yes, I would not say even on what you *do* but what you *are*. Do you understand?

Sarah: Yes, that's another thing actually I do have difficulty with looking inside myself.

Lilian: Yes, it's not easy.

Yes, we do not say it is easy, but with the knowledge which I hope each one of you is gaining, that gradually you can see that the spirit begins to come to the fore more often than the physical thinking; that is what you must all try to achieve. We know and we understand that your lives create for you many problems, but each of you has the power within yourselves and the power belongs to *this* moment in *time*. Do you understand? (Some agreement) You do not sound convinced.

Sarah: No, I am not quite convinced that the power is this moment in time because—

Where is your thought my dear friend if not but in this moment?

Sarah: That's right, but—(pause)

You struggle with it I know.

Sarah: I understand that, but the past, present and future is all one, so—

But that is *spiritual*, that is spiritual knowledge, you my friend are confined to *physical* thinking also, which limits that spiritual growth and understanding; but you need to seek inwards to allow that spirit-self to take control of your living and to do that you must take control of all thinking; and what is thought if it is not each moment in time? (Yes.)

Therefore, the power is in the moment. Do you understand?

Sarah: Right, yes, I do, thank you.

Thank you.

Sarah: May I ask a second question?

Please if we have time, I am happy to answer. Please let us continue.

Sarah: You have said to us that we should think about people who've gone back to your world and give them our thoughts. Are they aware of our thoughts? For example, people who haven't realized they'd died, and you try to give your thoughts over to them, are they aware? Is everybody who passes over aware of our thoughts that are being transmitted to them?

I would say this to you: It would depend on the state of awareness of knowledge to which they have passed into. Of course, there are many who come to our world who are lost in their own ways of denial, who therefore find themselves surrounded by mist and are lost as you full well know. (Yes.) That is why it is imperative that those of you upon this earth plane help us to 'rescue,' if I may use that word, to help these lost souls to understand what has happened to them. (Yes.) Therefore, they would be totally unaware of the love and the thoughts that are being sent to them. But these thoughts are not lost, I do believe I have spoken in past times about thoughts which are collected for the good of those lost souls, do you remember? (General affirmations) Therefore each good thought is collected until such time as the lost soul is able to understand and accept. Only then will they have the *awareness* which is their entitlement. Is that helpful to you?

Sarah: Yes, thank you, yes.

[Be careful with what you think](#)

A communicator comes through Eileen. (20/9/99)

Another then came through Eileen. She explained that she had been an unhappy young girl whilst on Earth, who had been very badly facially deformed on one side. She told us how much she had hated the people around her who had tormented her, particularly her pretty twin sister. She does not hate anyone now and she was sent to us to tell us that she now understands. She said that we should know that when she returned to Spirit life, she suddenly saw what her own hatred had created. Her hatred did little to the others to whom it was directed, but what she saw was a twisted figure which was her. Slowly she came to the realization that she had caused her own distress, because she had allowed all that hate and anger to distress her. The lesson we have to learn is to: 'be careful with our thinking.' She hopes that we never speak an unkind word to any child, as they are very precious, because the damage created is like a boomerang—it has a way of bouncing back.

Is it possible to cut our lives short by the power of thought?

This question by Colin gives Salumet the opportunity to provide further knowledge, not least the reasons why we are endowed with freewill, despite causing us so much trouble. (8/11/99)

Colin: Putting aside suicide, **(Yes.)** are there any other circumstances whereupon somebody went before their time, not through their own choice—I mean obviously how you live your life *is* your own choice, **(Yes.)** but apart from suicide—I don't really know how else to explain it.

Yes, there are occasions of course when mankind has destroyed another of your kind before their time is up. We have had recently—and you would not be aware of this, my dear friend, of a gentleman of many years, who ran this group on many, many years and was in full knowledge of Laws of Spirit, but because of the Power of Thought, he actually passed to this life before his time was up. You must remember, and I will state it once more and without apology to my dear friends here, the power of your THOUGHT is the most powerful *thing*, the most powerful thing that you possess. Therefore, the Power of Thought can create for you, many situations in life which are not beneficial to you. Do you understand, my dear friend? (Yes.) Therefore, people have power over people, as you are well aware from the, what you call, catastrophes of your world. Mankind goes against his own kind. Therefore, there are many, many times, when people come to us before their chosen time has arrived.

Colin: Thank you. Can you be sure then—an example, say of a plane crash, when a large group of people are killed. How do you sort out in your own mind whether all those people were brought together in one instance, because it was *their time*?

Well, how are you to know? (Exactly.) Yes, I would say to you my dear friend, you are creating within yourself many questions, which you will never truly fully understand the answers to, until you do join us in our world. It is as I have taught or tried to teach my dear friends here: who are you to know what is good, what is bad, what is wrong, what is right, without the wider knowledge of that Spirit that is the true *you*. You have to look within for all of these answers. *You will never have an answer to these many questions, which will be clear-cut. It is not so simple; I have stressed this on many occasions. Are you happy with my answer?*

Colin: I thank you for your answer, but I just like to know, you know?

Yes, you are ever seeking, ever searching. You truly are, my dear friend, a nomad of Spirit. Always you will seek, always you will search, but the time must come when you *accept and know and understand* that all cannot be revealed to you, whilst you are clothed within these human garbs.

Colin: I understand that.

Yes, so I would suggest kindly to you that perhaps you learn to accept a little more and not to question so.

Colin: Okay. Sometimes you need to ask, because you don't know which questions you *will* find the answers to and those you will not unless you look.

Yes, I do not say '*do not seek*,' there is a difference. You must always seek, you must always seek *within*; the answers to all of your existence lies within each one of you.

Sallie: Salumet? **(Yes.)** Also, there isn't one answer to anything, is there? There are so many different answers to so many situations, there's never just one answer to anything.

You are growing wise. Your reply encourages me to see how much you have grown. You will never ever know—have I not taught you that all life is ever moving, ever changing, never static? (general agreement) So you cannot have any one situation that has only one answer, after all your perception may be entirely different from another of the same situation. You must always remember, you are endowed with this freewill. I know sometimes many of you feel that this freewill is nothing but, how you would term 'trouble,' but it has been given to you for a purpose and that purpose is that you learn to grow, to allow your awareness to grow, that you make the right choices in this lifetime. So, although these choices and this freewill at times seems troublesome, remember that the purpose behind it is a good one.

Are there different types of thought such as actors in a scene of great passion

George asks this question which is confusing for many. (17/1/00)

George: Can I come back to the subject of the power of thought again? I feel there is more that we can probably learn about this complicated area. I think we understand the power that thought can have. There are other types of thought: the story writer in constructing a story, the actor on stage—they will have their thoughts but there will be no intention that those thoughts should be projected in any meaningful way. Could you say something about the *types* of thoughts and their power?

Yes, we have touched upon this many times, and of course I have told you that there are different types of thought. Remember although you are Spirit, you are clothed in physical garb. You also have a brain which is within that physical garb. The power of thought which I speak of is the thought of the Spirit; that is the power of thought. There is much thinking which is negligible within your lives—of course there must be. It is when you come to the *deep* thought that comes from the Spirit within; there lies the power of your thought. That is the power of thinking that you must be careful of, because not only can it do *good*, but you have the ability to affect many others also. You should be able to differentiate between the two and you have given a good example by speaking of the writer and the actor upon the stage; these are every day thoughts. Remember too in your dream state, many of your thoughts are *flippant* but many are *Spirit-inspired*. I know these many things confuse you human beings, but as life continues and your spiritual unfoldment becomes greater, many of these things become clearer to you. If I might say simply: The more practice that you have, the better you become. Does it not apply to many things in life? The more you practise, the easier it becomes. So too with your spiritual gifts—the more they are used, developed, the more you are in communication, the easier your judgement becomes. You will never in this lifetime, or at least very few beings will achieve that spiritual growth, which brings to you the love and the spiritual light which you try to achieve but never will, because of the thoughts and the emotions which belong to the physical being. So, remember, the power of thinking must be developed within the spiritual nature of yourself. Do not be afraid that every feeling, every thought is captured

forever; that is not quite true, and it is misunderstood by many, many people upon your earth. Is this a little clearer to you?

George: Yes, I hope that we have all benefited from that. It has certainly clarified it for me, thank you.

I say, my dear friends, that once more you become confused between what is spiritual and what is physical. I know it is difficult for you always to see yourselves as spiritual beings, but that is what you must strive towards. If ever you are in any doubt, go within. I have told you on many, many occasions, the answers to all things lies within you.

Lilian: I think we all begin to see that, don't we? (*general agreement*)

The media gives out a lot of negativity which we must learn to control

George asks a question specifically about the 'brain-washing' that we are exposed to almost daily. Can we protect ourselves and where does our responsibility lie? (29/10/01)

George: You talked to us about *thought* recently. It occurs to me that there is a great deal of influence on our *televisions* and in our *newspapers* and this is a great influence on the way people think. We have a term *brain-washing*. Sometimes perhaps we are too much influenced by our media and I would guess this means that we need to be careful and go within and acknowledge some areas of media news but be circumspect—it perhaps just shows the importance of going within and not being too carried away with it. Does that make sense?

Yes, I understand what you say my dear friend. Let me say this to you: I have told you thought is the most powerful thing that humankind possesses and of course you must be careful that you do not see yourselves as victims to another's thoughts. You have the capability of directing negative thoughts which come towards you. This we have spoken of briefly, but, yes of course, those of you who fully understand the workings of the spoken word and the thoughts which are emitted outwards to all peoples, must use your own thought to protect yourselves. Do not feel my dear friends, that although you are constantly bombarded by your media on this planet, that you have to take on board all that is given out. You cannot destroy the thought patterns of others, but you can have them 'intercepted' if you like—if that is an understandable way of putting it—but of course you put it quite succinctly, when you spoke of going inwards. That, of course as you fully understand, is the way to protect yourselves from any negative thoughts, and that is why also it is important that the powerful thoughts of goodness and love must be given to those who are vulnerable, who have no knowledge, who are in darkness spiritually—that is why you must help to protect your fellow men. So, do you understand, there lies another great responsibility?

George: Yes, thank you for your thoughts on that. Yes, that helps.

You must not take on board the negativity of thought, but you must exude all that is goodness and light and love. This I cannot repeat to you often enough.

Lilian: Especially at th is time.

This is but one moment in your evolution. There have been many times upon this planet, when mankind has almost become self-destroying. That is why my dear friends, it is important at this time, for people of your understanding spiritually to work closely together with those from our world, who at this time *will* succeed, although it will not be

in the shorter time of your earthly time, but we *will* succeed in bringing to this planet, a form of love and peace hitherto unknown to your world. (*thanks, expressed*) But as you know as human beings, always there seems to be a price to pay for anything of *good*. This of course is not necessary, but because of the way your planet has evolved, that all too often seems to be the case. So my friends, I will say to you once more, go inwards as my dear friend here has said, go inwards, know yourselves, therein lies all of your answers to the problems of this world, this planet, therein lies the answers to all of your life problems, therein lies the Source of Love—and let me tell you, when that Source of Love is reached, nothing can destroy you.

Shedding tears

We can all feel emotional at times. Most of us shed tears at times too leading Sara to ask about this. (14/1/02)

Sara: Regarding tears in crying, would you say it is healthy to ease the pressure sometimes? It is something I have always wondered, because not everybody cries, not all women cry for example. Do you think it is healthy if it is quiet and it is alone and you are relieving stress? **It is neither healthy nor unhealthy, you must go by each individual. Some individuals have more emotional capacity. I am not saying whether that is good or bad, or better or worse—it is the nature of the individual. If tears release tension, then I say what harm can it do? It is of course, emotional and belongs to the physical, but you know the Spirit also *feels* and that belongs to the spiritual. There is a difference and perhaps I may suggest that that is something you may wish to ponder upon and ask for guidance and help in receiving the answer. In that way you are growing, and you are also developing and helping further knowledge of what you feel. Do you understand?**

Sara: Thank you, yes, I think what you are saying is probably that with greater detachment, **(Yes.)** it becomes less necessary, **(Yes.)** because then there wouldn't be over-sensitivity—**Yes, if the Spirit was to the fore, then there would be no reason for the tears.**

Has science found a way to record thought energy?

George raises the question of thought energy effecting random number generators, during the three hours before the Twin Towers tragedy. Salumet hinted that our scientists are indeed being influenced in this field. (17/2/02)

George: You told us some time ago about new energies that would be discovered and there is a machine that has been discovered that is called a '*Random Event Generator*', which seems to pick up energy from the collective unconscious and has recorded peaks for events such as the funeral of Diana, the funeral of Mother Teresa and the tragedy of September 11th, and it shows a peak for a mass peace meditation. So, I think our science is picking up and measuring the energy of the collective unconscious and I think this is leading to one of the energy discoveries that you talked of some time ago. Would I be right in thinking that? **I thank you for your question. Yes, I have told you, your scientists are being impressed and so they are. I also wish to say this to you: many, many words are used in descriptive**

language about energy. This is not new energy as you know it, because it has always been. What is new is the understanding of mankind. I did tell you that machinery in all forms would take part in any kind of communication with us, and this applies to what I have always taught you that Thought is the most powerful energy in existence. This is what these machines are now picking up. It is not new, it is only new to the scientists who hold great store by facts and figures, do they not?

George: Yes, what is new is that science *has* discovered the energies.

Yes, but they are being impressed.

George: There is one query I would like to put to you: in recording the energy fluctuation associated with that event of September 11th, the energy peak began to rise three hours before the event. Would that be due to those in Spirit wanting to influence people concerned and people nearby to that event? Would it be their energy that was being picked up three hours before it happened physically?

Yes, what you must understand is that these energies exist whether you, mankind are aware of them or not—but I understand your question and I thank you for it. We, in our world, are constantly influencing many, many people. When there is either negative or positive—we shall use your earthly words for these terms—when there is a great surge of energy, then it *has* to be shown and that influence comes more strongly from our world at these particular times.

George: Yes, thank you. I thought it must be that.

Yes, it applies to both energies. As I said, we will use positive and negative energy for your understanding. It is a little more complex than that, but for you to understand it, that is how I will put it to you. Remember what I have told you, there is nothing which happens upon this Earth plane that we are not aware of. What I think perhaps you would find interesting, when these ‘energy surges’, shall we call them for your understanding, they gather in what you call the ‘astral planes’ and have the ability to grow and become reality.

George: Yes, so it would be those in the astral planes that are endeavouring to influence.

Yes, but of course remember that those in the astral planes are also being influenced from higher vibrations. It is a complex subject, but I hoped those simple words have helped you to come to an understanding.

On 22/4/02, George asks for further clarification on random number generators

George: There is one other question which might connect here: we talked recently about the random event generator machine which seems to detect collective consciousness thought—it seems to detect the energy. Would that detect just the spiritual output, or would that also include brain output? Would that help clarify things?

I would say to you my dear friend that anything which tries to capture energy cannot always be *pure*. Therefore, I would say to you that not only would *spiritual energy*, but also *negative energy* would be picked up. Do you understand?

George: Ah yes, and the negative energy would connect with the human brain output. **(Yes.)** Thank you that does help clarify.

Mark: The negative energy is also very powerful, isn't it?

All energy has its own intensity. Yes, you are correct.

Salumet summarises the subject of thought energy

Salumet uses opportune moments in his teachings to remind us about the overarching importance of thought. (15/4/02)

We have discussed how important thought is in all of your lives, we have discovered how powerful thought is in your lives, we have discussed the form of energy which thought creates, we have discussed thoughts in terms of receiving and giving. Now I hear you say, ‘but what is left?’ I will tell you: thought is all things, thought is the energy which each one of you holds as your own. I am here this time to tell you that all of existence is thought. We have not discussed fully this energy pattern called thought. Thought maintains all life, all existence. Can you close your eyes my dear friends and find the energy patterns within yourself that is created from your thought?

Sarah: I feel a warmth, a spaciousness but I also feel that there is a circular movement not only within me but around me.

Are you that movement?

Sarah: I think I am.

Yes, good, that is what I wanted to hear.

Paul: I don't really know about the feeling of it, but I have just got a picture of a plaited, entwined rope, or something. **(Yes.)**

Sara: In this situation I feel very relaxed and open, because there is no interference mentally from anyone in this room, we are all one. **(Yes.)** So, I can be as I naturally would be when alone, the same, so my thoughts feel gentle and loving and warm. I feel just flowing energy. **(Yes, good.)**

Jan: As my heart beats, there is a vibration in my head and with that vibration was coming a feeling of protectiveness. I had also visions, especially of Middle Eastern cities at the moment.

Yes, you are using your love energy. Thank you.

Margaret: I feel that I am being helped and I feel that the power that is being given to me is giving me strength to go on. **(Yes, thank you.)**

George: It is a feeling that I have had before. In a sense—perhaps I can begin by saying it is like being in a vast engineering works except it is not mechanical, it is just gentle noise and throbbing. It's just feelings I have. It's like I'm in a vast and interesting hall and I am just relaxed and looking around.

Yes. Do you see my dear friends that although your explanations are different, each one feels part of the feeling? (Yes.) Can you see the correlation between you all? (Yes.) This is what you must understand. When you have unity of thought, imagine the power which it can create. You are within a room of peace, of unity, of upliftment. Each one of you has feelings of being *part* of, except for the young gentleman who is in the fast lane of life at this moment, but he will learn to slow down and control his thinking. I have told you often my dear friends the power in your thinking. What you now need to know is how to control your thoughts and thinking. That is the secret of living, of good health, of joy, of love, of great happiness and understanding. You must maintain control of thought. Let us discard the word ‘*thought*’ for a moment and what you are doing is controlling *energy*. Do you agree? (Affirmations) For this time my dear friends I would like you to think about your thoughts, the use of them, the energy which is created by

them and what your thought feels like each time it is used. You have a great responsibility, all of you, in using thought. I hope that this time has given you a little more to think about, and we will come to it in more detail as time continues.

'Crowd' thought can create miracles

An American TV presenter asks her audience to pray for a little boy with an untreatable sore on his head. (15/4/02)

Jan: Can I just share with everybody what I heard on our television a couple of months ago? A well-known American television personality, Oprah—she has a very good little friend who is little boy who is a poet in a wheelchair, and the doctors said to him that the sore on the back of his head would not heal medically; so he asked Oprah if she would ask all her viewers, the millions around the world, to pray for him. Within a very short space of time, the sore healed. So that's evidence for medium of television, using everybody's power of thought, for asking everybody to think about that little boy—and his sore healed and medical profession were absolutely amazed.

But we are not!

Jan: I wasn't. I sat there thinking, okay this is marvellous—the fact that it could reach millions of people, **(Yes.)** the evidence of the power of thought.

And not only power of thought but the power of *seeing* for oneself.

Jan: That's what I wanted to share; not that I was surprised, **(Yes.)** but how powerful that thought obviously was for that little boy.

Lillian: It is talked about quite a bit—*thought* at this moment.

Paul: They are trying to do it with David Beckham's foot, aren't they? (*Affirmations*)

Yes, you see, it is as I have told you my dear friends, that all of these things will become known; but again it *has to* be recognized individually first and each little ripple becomes a gentle wave and the gentle wave gets bigger, gets bigger, gets bigger. That is how you must think of your thoughts. And remember it is not only the energy of thought on this planet, but it has a ripple effect on all of the cosmos. Remember this also.

Spiritual 'thought' as opposed to the more mechanical human 'brain-thinking'

Salumet broaches this difficult topic following on from previous discussions about the spiritual energy of thought. (22/8/02)

We spoke, did we not, about *energy*, the term which we call *thought*? You have been utilizing that energy this time when you give thoughts for those in need; this you understand. Before I continue, does anyone need to question about what we spoke last time? (*no questions*)

Lillian: As I see it, thought is everything.

Yes. Have you *felt* it as everything?

Lillian: I can't say I have felt anything.

That is what we will continue with this time. You understand *thought* and how powerful it can be. You use thought many, many times throughout your living, but mostly you are aware (*unaware?*) of the unconscious thoughts which are sent out at all times from each one of you. I have told you my dear friends that it is most important that you take full control of your thinking, and I believe that the majority of you have tried to do so, although I hasten to add that you are bound to fall at times, only because you are humankind, and humankind at this present time of evolution cannot be perfect. That is why we come to help you so many times, not only in these small gatherings, but as you know we try to influence all leaders in your world—not only your world, but in other worlds. I do not apologize for once more saying to you that it is the most powerful thing that you possess. As Spirit continues, so does thought—it goes hand-in-hand as you would say on this Earth. You cannot have one without the other, in fact it coexists as one energy. Paul: How would you say the difference is? I was beginning to think that Spirit and thought were the same thing.

Yes, you are correct, but remember that the Spirit is evolving at all times. Thought has always existed as energy. We are coming to complicated matters now, but I will try to explain it simply for you. The problem lies because you have a human brain and the human brain perceives thought to be separate from the Spirit; but all energy which exists is but one energy but on different and various levels. Are you following me thus? With the human brain you think of thought as something which is emitted from the human brain—the thinking of the human being. You understand this? (*Affirmations*) But what *thought* is, *true* thought belongs to Spirit, not to the human brain. Of course, there is a form of thinking, that is why humankind has been given a brain, so that the thoughts of the Spirit may be '*changed*', if you like, and transmitted through that thinking brain—but that is not the thought of which I speak. Call it '*intellect*' if you like, call it '*thinking*' if you like, but they are separate from what we are calling *thought*.

So Salumet has explained the difference between 'intellectual thinking' and deeper thought that comes from spirit. Meditative thought comes from spirit because all human thinking has been stopped. This only occurs with deeper meditation though.

George: Yes, I think the brain thinking is more of a mechanical construction, (**Yes—**) whilst the spiritual thought is more of an evolutionary item?

Part of the evolution of the human kind of Spirit, yes.

Lilian: Would it more intuition?

No, intuition comes to you from the thought pattern. You have to separate the—let me put it to you this way: Imagine the human brain as a series of mechanical—what shall we say 'instances' that work automatically within the human frame—I use these words only to simplify it for you. But thought is the all-existing energy that belongs to the Spirit. Thought cannot be destroyed because it *is* Spirit. But where the confusion comes, I think is that you think of yourself as Spirit and, of course that is so, but what is Spirit if it is not energy? Is it becoming clearer now? (Yes.)

George: Yes, I think we have three words: Thought, Energy and Vibration. Would I be right in thinking that they all go together, they are all relevant?

They all coexist, but of course, as you know, vibration can be used at different frequencies. The energy to which it belongs is but one energy—it is a creative energy. Thought, I would say to you, is *all* energy, but when you start to think of thought and

intuition coming to the human brain, then it has to be used on a different frequency range.

George: Yes, this may not be quite right thinking, but I'm beginning to think of the spiritual thought more as a living, growing, fluid thing, while the brain output is much more of a mechanical, **(Yes.)** non-fluid nature.

Yes. When the lady speaks of intuition, of course that is the human brain picking up the spiritual thought—the spiritual energy; but it has to be transmuted in some way and because of humankind having freewill, it is often placed to one side. But that is why you are here. But my purpose in speaking about thought, is to help you to understand the wider issue of energy and until you can leave behind the human thinking and allow yourself to be that spiritual energy which you are, then we will always have some difficulties. But my dear gentleman friend has explained it quite succinctly I feel for your understanding. Perhaps we should leave it here for now and I will endeavour to clarify these words in order that they become more acceptable to you. It is a difficult subject, but I felt perhaps it was time to introduce you to wider thinking.

Mark: I can see that it is helpful to know the difference between the rather crude and limited workings of the human mind/brain and the purer thoughts that come through. I can see it is helpful to think about that.

Yes, in your thinking will come understanding and it is entirely open to each one of you that you think clearly and long about my words, because only then will the Spirit be free to experience what we call true spiritual thought or spiritual energy, whichever you would prefer—but thought is energy. Perhaps it would be kinder to you if we would discard the word 'thought' and speak only of the different vibrational energies that exist. Always we find the human words to be most cumbersome in understanding. It is always a problem for us to try to help you to understand more easily the workings of your own selves. After all the humankind/the human body is but a mechanical vehicle which is used but for a very short time. But it is for your own good shall I say, that you recognize that you are far more than this mechanical vehicle.

Sarah: I remember when you first came, Salumet, you said to us when we are in Spirit that all communication is done by thought, and I am finding it helpful imagining myself to be back in Spirit, completely away from this Earth and then to imagine how I am going to communicate, and then that is spiritual thought, not physical thought.

Yes. It is a barrier for you, these human forms, but with—I will use the word again, 'thought' you can recognize your own being, your own form of energy, your own vibrational energy and use it successfully.

George: There is one other question which might connect here: we talked recently about the random event generator machine which seems to detect collective consciousness thought—it seems to detect the energy. Would that detect just the spiritual output, or would that also include brain output? Would that help clarify things?

I would say to you my dear friend that anything which tries to capture energy cannot always be pure. Therefore, I would say to you that not only would spiritual energy, but also negative energy would be picked up. Do you understand?

George: Ah yes, and the negative energy would connect with the human brain output. **(Yes.)** Thank you that does help clarify.

Mark: The negative energy is also very powerful, isn't it?

All energy has its own intensity. Yes, you are correct.

Mark: When you feel that someone is angry with you, it is a very powerful—

It is tangible, would you not say? (Yes.) That is the intensity of the energy. Would you give this instrument some water. (pause while Lilian gets a cup of water) Is there anything else you would like to discuss?

Lilian: Are you still not ready for the names?

No, I will return to those. I feel that this ‘energy talk’ was more important, while it

Graham: Does the process of meditation help you heal the *spiritual thought* as opposed to the *brain thinking*? Does it help you to separate the two, to understand which you are embarking upon?

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

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

Of course, because then comes forth the Spirit, that true part of you, you understand?

(Yes.) **That is**

why we always encourage you to have quiet times, not only for your benefit, but so that those

in our world can come closer, because what happens to you is that your energy is quickened and ours lowered, in order that the two can communicate. But that is where you will find your true self, in the state of deep, deep meditation; not the meditation of the light kind, because the human thinking is still rather close. The meditation I speak of is the one where you do not exist in the sense of feeling. Do you understand? (Yes.) Where the human form no longer belongs to you, but only that energy is left which we call Spirit. That is true meditation my dear friend.

Graham: When we try to achieve this, you shouldn’t strain for it or reach for it, but just to calm yourself from within.

All you can do is to call on us for help if need be. You do need quiet space, you do need to develop a quietness within yourselves which comes only from practise. Most people find that everyday thoughts intrude; it is only with practise that these can be dispelled. (Thank you.) Ask for help to still your mind when it is difficult!

[An advanced teaching on thought](#)

Salumet starts by asking what is meant by ‘thought’ and where do they come from. We know that we are influenced by many. So, a true thought is not a thought that has been processed by our conditioning. We just need ‘to be’ and use that first, initial, spontaneous thought, as it will be the truest one. Don’t wait for it to be processed. We need to be almost childlike, because as we grow older, we allow all the negative influences to affect our thinking. (28/7/03)

I would like this time to speak a little about thought. I know many times I have spoken with you about the power of your thinking. This time I would like you, my dear friends, to consider—and let us try to collate the information given to you. I know that you have accepted well my words about the power of your thought; there can be no dispute about that. Your awareness has grown in many areas of growth, it has helped you in your own purpose and sense of evolution in this lifetime. I have told you that thought comes from our world. Therefore, you feel that all thought is a spiritual gift that each one has. This you have accepted. Always the thought creates. You would agree? (affirmations) What I would

like to discuss with you this time is a question that I have heard from some of you is: how do we manage to control the thought process? Because also I have told you that you must be in command of your thinking—yes. (*affirmations*) What I wish to say to you now may seem to be a contradiction on what I have already spoken about, but I assure you my dear friends that it is not. Would one of you like to explain what we mean by ‘thought’ and where it comes from?

Lilian: I’d say if it’s a good thought it would come from Spirit and if it’s not such a good one, it would be a human one.

George: One can also say it an energy, it is moving, it is not static, and it is creative. There has to be a subtlety in the shaping of the thought (**Yes.**) and that’s where my thinking begins to fall down.

Yes, and that is why we must go one step further if you are all to evolve along the right pathway. Thought is energy which is ever-moving, but how is your thinking shaped? You are in this lifetime in a physical body, you come to this world with your own consent, but your thoughts are guided and shaped by all who are around you. Do you see this?

(*affirmations*) **Do you understand that the thought is not always exactly who you are?**

Sara: Do you mean that we are impressed by those close to us in Spirit, or do you mean that we are influenced humanly by others also?

Yes. Mostly mankind is influenced by those upon the Earth plane, by those who are close to them by whatever situation surrounds them.

George: And would I be correct in thinking that intuition from our soul connection would also play a part in this?

It is also a great part: that is the part of the thought which belongs to the true self. But the part that I am speaking of this time is the thoughts that each one of you *has* whilst on this earthly planet. Let me give you an example. Let us take what is apparent to most of you: religion. You, each one of you, have been influenced in a way that the parents that you have had, the teachers within your world have instructed you in. You agree? (*affirmations*) Therefore those thought processes *are not you*. Do you begin to see what I am speaking of?

Sara: Yes, we are all conditioned.

Yes. Everyone of you have been influenced by many, but as the gentleman has said, the thought that is you, that comes from our world, is indeed the first good thought that you have. This I know you understand, but I want you to be aware of the influence that bears down upon you all, because if you are to become what you truly are, then you have to attain mastership of your thinking, and this is what you do not quite understand of yet. I feel your puzzlement.

George: I think this then connects with going within to improve our connection.

You must focus to make this thought connection. I have told you that there is the *thought*, the *word* and the *action*, but if you are to attain mastership, you almost have to reverse this learned process, because it is a learned process that you have all gained from walking on this planet. Do you follow me? (Yes.) Let us for example, say that to be fully yourself, you must act first and then think, if you are to gain mastership over your thought.

Paul: Like not trying to...

Rationalize—

Paul: ...filter them?

—yes, that is correct. Let me try to give you an example, an example perhaps that you can all relate to. Let us see you walking along your roads, whereupon you are met by one who

is collecting for some help, what you call charity—is doing good deeds. And as you approach, and you will my dear friends, because of the state of consciousness that you have reached, be willing to give, but rather than act instinctively, you allow the thoughts to come first: **I will not give this, that is too much, I must have, I will give this. Do you begin to see a little of what I am speaking? (affirmations) Much better that you give and allow the thoughts to come afterwards. In that way you begin to focus on the experience, and that is what thinking is all about, that you gain the experience of the thought. Are you understanding my dear friends? (Yes.) I have said always that this subject of thought is not as simple as at first you may have perceived it to be. That is but one small example. You are in this world to remember, to experience and to have mastership of your thinking. It is no easy task, but it is something that will help each one of you to evolve in your own individual way. Do you have any questions about this?**

Paul: I was just thinking: so it is really about not trying to control the thought process, just let the thought flow out without trying to organize it.

George: Thought as an adventure.

As *experience*—that is the word you must hold onto. You are here to experience or rather to re-experience what you already know. Then, my dear friends, you begin to recognize *who* and *what* you truly are: Spirit reincarnated. It is trying to seek that perfection of living that you are aware of, but that you have forgotten. So, do you see my dear friends that your next step of awareness, of consciousness, of evolution, must be in your own hands?

George: I was just thinking of another possible example of a different nature. If a designer of a boat put an initial shape down on paper and then, secondary to that, he starts **(Yes.)** examining the benefits and the disadvantages **(Yes.)** of that shape. Is that again an example of what you are saying?

Yes, yes. He would have continued and put into fruition that experience and that would have been true and intuitive thought.

George: Yes, it's that first step, which seem to connect with intuition.

Yes, that is what you must focus upon and, in that way, in gaining mastership of the thought, you then can turn your lives around to experience what you have come here for. You can change all aspects of your living in this way, you can change whatever you feel are negative energies in your lives, in acting in this way. Do you understand my dear friends? I know it is not an easy step.

Sara: Yes, so you're trying to follow the prompting of the Spirit rather than...

You are trying to *be*. Does that make sense? (Yes.)

Paul: Because our thoughts are *us*. **(Yes.)** So, to follow them is to be yourself. **(Yes.)**

Sara: Just to *be*, who we are.

To experience who you are, to know who you truly are, you have to gain that experience, to *re-gain* that experience.

Paul: And that first, initial, spontaneous thought is the truest one. **(Yes.)** Don't wait for it to be processed. **(Yes.)** Jump in and be it, be that thought.

Yes, your words are very good.

Sara: Like a child in a way.

Spontaneity, yes; but as adults you are conditioned to think in certain ways, which of course, has a big influence on the way each one lives their lives. I say to you, return as the small child to find the truer picture of who and what you are. I hope this has given you a little more to think about. (affirmations) Always we take small steps forward, but at each

step forward you have grown so much in your understanding and awareness. Each one of you has seen your lives change in a way that enables you to cope, because of that self-awareness, of that knowledge which comes from within. By saying that, I do not mean that your lives are trouble-free—of course not. What I say is you are here to experience all of life's joys, pain, love, sorrow—all of these things. But you experience all of these things with a love and a stillness which is truly you. Am I making sense to you? (*affirmations*) Are there any questions?

Graham: A lot of people who perhaps react very quickly to something are described as being Impulsive, as though that is a bad thing, but it isn't from what I understand you are saying—that those first impulses in fact are a very good thing and that somebody acting impulsively isn't necessarily doing the wrong thing.

Yes. Yes, as we have said, if you watch small children, although you need to guard them, to protect them to some degree, they are speaking from the heart, from that spiritual aspect which is so much closer to them. It is only as you grow within this world that all the negative influences placed upon you affect your thinking.

Graham: You would do well to watch our children. We could learn a lot from them then. **I have always told you so.**

Graham: Yes, I can understand what you are saying more deeply now, yes.

Sara: They naturally move away from negative energy. **(Yes.)** They don't want to go near the negative energies.

They are full of what you would call living. (Yes.) Yes.

George: And what is upsetting sometimes is the negative impulses invade one's stillness and perhaps that's something that we just have to guard against.

Yes, it is something that should be instilled within humankind from a small age, that the Spirit should not be dampened too much, that the thinking and the actions of children be allowed to flourish, that they be allowed to become human beings of their making. We have here on this planet so many human beings who do not know themselves and from our world it is sad to see so many people who are lost in human emotions and do not know what to do. They are at a loss to know how to control their thinking, and as I have told you, the power of your thinking is indeed the most powerful thing that you possess. Therefore, it speaks loudly that it is in all of your best interests that mastery of your thinking be something that is foremost in your ways of life. I hope this has not been too complex for you. Always I have said that thought is indeed a deep subject, but I have tried to bring it to you in simple words for your understanding. It is now open to all of you that you take these words and that you make use of them. If you are to grow, if you are to let your lives become as it should be, then think about these words carefully and take mastery of your thoughts.

Paul: That's very clear and beautifully put. (*affirmations*)

When you can achieve this, your lives will feel complete, even with the situations of trouble, heartache, whatever comes to you—it will not matter, because you have full understanding of who you truly are. Do you see? (Yes.) I will leave it there this time and give you time to ponder my words and I know each one of you will find your thinking just that little lighter.

George: Could I just say sometimes despondency is due to feeling an inability to help others, but I *think* that part of what you are saying is that one should be strong, and in being strong, that in itself will help the world?

What I am saying my dear friend is that you must be yourself.

Paul: Almost **not** to try.

Yes. In being yourself, you do not need that emotion of strength, you do not need the emotions of weakness, you need only to be *yourself*. It sounds simple, does it not? But you need to think about it more deeply. You need to rise above emotion if you are to be truly yourselves. You *are* yourselves, but you do not recognize it, because of the conditionings that have been placed upon each one of you, but now is the time to *free* yourselves and to truly be free in Spirit. That, my dear friends, is what I bring to you and wish for each one of you. I could not offer you more than to be yourselves. (*thanks expressed*)

Paul: I think you can be a bit scared that if we don't process our thoughts, we'll get ourselves into trouble or something.

Yes. Again, it comes down to the way each one of you has been conditioned. It is no 'fault' as such, that is not a word to be used, but it is the way that you *are* in this world. But what I say to you my dear friends is that you have the power and ability to rekindle what you truly are. And may I say that if you master this in any lifetime, it curtails the amount of earthly lives that you have. Can you see that also?

Sara: You won't need to return (**Yes.**) if you can master it, (**Yes.**) because then everything that you think and say and do is true, is one.

Yes, you are an expression of truth, therefore you *are* in those stages of regrowth, renewal and you *have* lived each experience to what you *are*.

Paul: A genuine vehicle of Spirit, (**Yes.**) not a robot.

Yes, perhaps that is a good way for you to understand it, because basically you are puppets when you live the lives in the manner that you do. It is not your thoughts, it is the conditioning of many, and if you have that understanding, then you have the ability to *change*. I will leave you now with my blessing and I know that each one of you has accepted and will digest the information given to you. My love for you as ever grows stronger.

Lilian: As ours does with you.

[Nursing hurts is not necessary](#)

This common problem, amongst us humans, is nursing hurts, which we find hard to release. Salumet gives advice. (8/3/04)

Lilian: Could I ask about hurt within? You said to me a few weeks back that I harboured hurt. (**Yes.**) Does that mean I don't let go of the hurt, or is it because the thought is within me? Could you explain a little more please?

Yes. When I speak of *hurt within*, it is entirely for you who retains these hurts, it is for you to find the understanding to let go, and to forgive yourself. That is what many of you do not quite understand: you create your own hurt, you create your own fears, you create your own misunderstanding.

Lilian: It is also maybe a lack of seeing the other person's point of view.

It is a lack of understanding yourself—that is always the problem. We have spoken on previous occasions when I have said to you that you must be true and honest with yourselves. If a human being harbours any form of hurt, it is because they have allowed it to be. Do you understand? (Yes.**) You, my dear friend, have harboured hurt, because of**

your sweet nature, your kindness in not wanting to hurt others. Therefore in that respect you have been kind, but unkind to yourself. Do you understand?

Lilian: I see, yes.

There is so much hurt and fear and resentment within so many people. I would suggest to you all, not only you my dear friend, (*Lilian*) that you must allow full expression for your emotions, not in any negative sense, but to be honest with yourselves you must look at yourself first and foremost. You understand?

Sara: And sometimes when you need to communicate your feelings with others maybe sometimes too, rather than keeping it inside. **(Yes.)** Sometimes it's better to air something with others.

Yes but always to air these feelings with love. With anger...

Sara: That will never work.

No. that is the way it must be done, always with love. It is possible, but I know within humankind it is so easy for the fire of anger to take over but again that is something to be looked upon and worked upon with love.

Lilian: Did you've another question, Sara?

Sara: I think when we feel disappointment at the way others treat us, for myself it is to do with having expectations that are too high. I think that is one of my problems; I sometimes have too high an expectation of other people and so I sometimes feel disappointed and rather than speak about it, I'd prefer often to withdraw, because I find it difficult to speak about it.

Yes, if only you could use your language to express the words of how you feel in a gentle way, then by uttering those words aloud, you would begin to sense within yourself an understanding of the other person. Life my dear friends was never set to be easy, but in all of these difficulties with which you find yourselves, you will find that is time of your spiritual growth. So, do not despair, and that is not the purpose of my words to make you feel disheartened, but rather to give you an insight into your own beings, an understanding which is there if you would but look.

Sara: Sometimes I wonder whether because I find it quite easy and natural to give to others, simply

because I know this and understand this, perhaps it is my wrong to give to certain people in this life and not expect necessarily to receive from them. I don't know if it is wrong thinking. Sometimes I doubt whether I'm seeing it clearly or not but because I've done it for such a long time, I feel reluctant to change my ways with people even if they don't return. I'm not sure if I'm doing the right thing.

You, my dear friend are one of life's givers, as you say, but remember that you are entitled to good things in return. There is no need to feel some guilt about that being so, in fact it is all of your rights to receive the best that the universe can bring to you, but if these things are done because of the knowledge you have, then that is not the purpose of giving, but you know and understand this well.

Sara: Sometimes I feel that I give—originally it has been a joy and a pleasure, but sometimes I feel that it might be a good idea to withdraw because it is not being returned and I'm not sure if it is being appreciated, and it is a habit.

But you do not give to receive.

Sara: No exactly, so it is probably better to bring something to an end if it doesn't bring pleasure anymore.

If it brings to you feelings of discontent, then I would agree with you that it would be better not to do so.

Sara: Thank you, that's very helpful as I'm a creature of habit sometimes and I find it difficult to stop something that I've done for a long time, but lately I feel I should with some.

But how interesting that you have come upon this thinking all by yourself.

Sara: Yes, I think it is probably...

With a little help! (*laughter*)

Sara: With some help! But also because my energies are going in other directions, possibly it's helped to bring this to a head, it's helped me to see it clearly. **(Yes.)** I have to prioritize more.

And remember also my dear friend that you can give from your *thought*. You do not always have to give openly, you can give much with your thinking.

Sara: And Paul is very good at that. **(Yes.)** He has worked that one out, I think.

He is a quiet jewel when it comes to spiritual matters—yes, I would agree with you.

When we are tired, we can become negative. Is this necessary?

Graham: When we get tired, our thinking is more prone to negativity. Is it possible to overcome this, or is it just part of human existence? (22/3/04)

You can stop that way of thinking, but of course it is practise, as in all things, but you, my dear friend, are a prime example of good, positive thinking for yourself, are you not?

Graham: I try to!

Yes, we note your every effort in this way and there are many who stand close by you to help and to uplift you in those moments of negativity. But it is part of the human (Yes.) and I believe I would not be wrong in saying that the majority of human beings do feel at times, some degree of negativity—but it is not necessary.

Graham: I often wake up the next day feeling very different.

Yes. Do you know why?

Graham: Because in our sleep state we are in closer contact to Spirit world.

Yes, therefore does it not show you how, when you are in tune with that spiritual self, all things work for the better? (Yes.) Yes. But you my dear friend are taking great strides now and I urge you to continue along that pathway.

Graham: Yes, thank you. It's something to think there's all this help surrounds us; it's something that most people are not aware of and it's very sad. I find myself now trying to talk to people about these matters—I don't think they believe me, but as you said, it's sowing seed in people's lives.

And it is a matter of asking for help for yourself. For some reason lots of people feel that they do not have the right to ask for help for themselves. If only they could but realize that each one of you is guarded and uplifted as soon as you ask—but you must ask for the help. We cannot step forward and interfere in your lives—you must come closer to us and then we can take every opportunity that is available to us.

Graham: Yes, thank you, I shall remember those words.

'Intellectual' thinking versus 'spiritual' thinking

This question was raised by George. (3/5/04)

George: Yes and I've a question in mind that is about intellectual thinking as opposed to spiritual thinking (**Yes.**) and while the spiritual thinking or experience seems so simple in its way forward, by comparison the intellectual thinking is so much more complicated and cluttered, especially when it connects to science and politics. Perhaps this is why you've said on occasions that one can become too intellectual, which is a danger, or something to that effect, (**Yes.**) and I was wondering if it is simply that the intellectual complexity crowds out the possibility of spiritual enhancement?

Yes, of course. Let me—have I not always said to you my dear friend, when first I came to you to speak, did I not tell you that always my words would be simple because you see my dear friends the truth is simple. But, yes, I agree with you, mankind has initiated a pattern of intellectual thinking, which has grounded his mind into confusion. So I say to you, always to think simply and the answer to any question you may have will also be simple.

George: This does suggest that some of our scientific methods, which involve incredible complexity in order to seek proof of some small point, I feel perhaps this is overdone and it's not quite the right pathway. I'm not sure where I'm going here, but perhaps one should either not seek ultimate proof of things spiritual, but more head towards the inner feeling of what is correct.

Yes. It is the feeling which is the most important. It matters not about proof, but mankind today relies heavily on what you term 'proof'. The only proof that you need, lies within, lies within without words, but with feeling, with that inner knowledge of what and who you are; that is all the proof that any individual needs. But your scientists do have complex thoughts, not always wrongly, because they have achieved much.

Sara: One thing I've learned is that when we are open to Spirit and we recognize the power, what we actually do becomes easier. (**Yes.**) That is one thing I've noticed. Life doesn't need to be particularly hard work; we need dedication, but with dedication to Spirit as well as the task, the actual task itself is not so difficult.

It is the inner feeling of the problem which will help you in all of life's everyday happenings. I am afraid my dear friends that many times you are the creator of your own problems, when all so often there is no need for fear or worry. Remember what we have spoken about, about love and fear, and your everyday problems stem mainly from fear of some kind.

George: I'm happy that scientific reason has produced wonders of understanding of the physical laws of the universe, but it's when that reason tries to probe the details of spiritual connection that it doesn't seem to work.

It does not and will not work whilst they use physical thinking; that is the problem.

George: Yes, physical thinking is for physical matters.

Yes, we have agreed about this before. Until such times as your scientific minds are able to put to one side all that intellectual thinking of a physical sense, they will never fully find their answers.

George: And past civilizations that have worked wonders from what you've termed 'spiritual attribute', that arises more from spiritual thinking or spiritual awareness and not from physical thinking progression. Would I be correct?

Yes. In returning to your ancient peoples, the people of power within those communities, was always the individuals who had the strongest spiritual connections with our world. They guided the others along the pathway of spiritual knowledge, but unfortunately mankind—how shall we say, became greedy for the fruits of the Earth, and that spiritual knowledge soon became obsolete in many civilizations. You understand my words?

George: Yes, because that spiritual attribute could not be maintained as a result.

Yes, but we have approached a time as I have already told you, when mankind this time cannot, *cannot* deny his true spiritual self, and I am sure each one of you is aware of how much more open it is for people to speak about spiritual matters. (*affirmations*) There has become more freedom of speech, freedom of thinking and of course much influence from our world. I know you are all aware of this.

To communicate by telepathy: to be able to read the minds of others and give information

A visitor came to talk to the group about reading the thoughts of others. Care must be taken that the receiver makes the final decision with any given information, to avoid interference. (2/8/04)

One spoke through Sarah:

This time we bring a little knowledge taken by those who are standing by. The gift that is given to you of reading the thoughts of others is paramount to the life that you have come from. This gift is available to each of you. You feel on many occasions that you know what one other is thinking and if you follow this through, your feeling will be correct. You are able to communicate with all via this thought. You are, I know, aware of the power of thought but you are not using it to its full potential. We have tried to give you this information in times when you are at your wit's end how to get one who is perhaps seeking to help them. Take a little time and talk to them, talk to them through your thoughts and wait for the reply. So many times you ask for help to help another and this you are doing through a third party, but you are able to communicate with others directly and receive replies directly, but you need a little time and a little patience and should I say perhaps, a little practice—but you just need to be aware that to speak to one other is an easy thing to do, but to wait for the reply you seem to lack the knowledge that you can have this conversation without any distance barrier. So, next time when there is some sort of communication barrier in the physical term, try working with Spirit and thought only; do not involve speech, just thought—then you will receive a reply. Now that you are aware of this situation, I think you will find that it is much easier to communicate in this way when there are physical barriers. I know that you have all tried to pass the message one way, but you have not been waiting for the reply. So, this is my message to you.

George: Could you give an example? If we wanted to influence a friend whom we feel is eating a bad diet and we wanted to suggest ways of improvements and perhaps give reasons, the telepathic approach might well work there. Is that the sort of thing you are saying?

You are able to influence others by your thought, but you must be careful that what you are trying to influence is indeed the correct thing for this person. It is much better not to

tell this person that this or that is bad for them, but only to suggest and then to ask them what they think of this idea.

Get them to communicate, but do not...

George: ...impose?

...yes, or if I should be so bold as to say be careful what you tell them.

George: No, I will offer suggestions.

Yes, suggestion is much better and in the same case in the physical, it is always easier to get the person to agree to something when they feel it has come from them. So, be careful not to influence in a way that may be detrimental to them in the long term.

Lilian: Interfering with their life.

Yes, this is important not to think that what you believe is right, is in fact right. In some cases, it may be, but in others it may not.

George: And in telepathic communication, material distance is no barrier. **(No.)** But you'd have to know the person concerned. It wouldn't work with a stranger.

It would be possible, of course, if you had some idea of this person, but then if you did not know this person, you would not be able to give the information that is correct for that person only what you think is correct for that person.

George: I was thinking more along the lines of approaching a book publisher with details of the book. In some cases, one finds there is some kind of block with the physical approach, but I was just wondering if it would be possible to present possibly useful information telepathically to that person.

All information can be passed and can be received, but you can only pass the information, because if you were to try and wheedle your way into this person, you may find that this person is perhaps not the right one to be dealing with your work and it could be if this person were to have your work, it could be detrimental to you.

George: I think you are suggesting if it doesn't work physically, then it's unlikely to work telepathically.

Of course, you can give the information, but this will only provide an earlier insight to your work. If the person you are giving the information to receives it telepathically, it will not make too much difference, because this person when he or she reads it physically, will be taken on board spiritually at the same time, so in the end the final decision will be the same, but you can pass the information on and what is needed from your words spiritually to this other Spirit will be accepted and may well help that person personally; but when we are talking about words you wish to pass on to others, the information given spiritually and the information given to the physical, the result on that person will be the same.

Lilian: I'm sure we shall all have a little go at this one way or the other, as long as we get it correct.

The most important is not to tell, but to make available the information and perhaps suggest that this information may be of use to this person.

Rebounced thought

Salumet introduces the group to more knowledge concerning thought or 'rebounced thought'. What follows is a summary of the main points concerning the topic of unfocussed residual thought, and how these thoughts can cause problems. (23/8/04)

I have taught you well that your thought is the most powerful thing that you possess, not only in this world, but in ours and all of existence. Those small, everyday thoughts, you know well that they do not make a mark; they come, and they go, although the energy will remain as residue within all of the energy of all things. You know full well that those thoughts of love are always heard, are always used for good, but the point I would like to bring to you this evening is about 'rebounded thought'. Have you, my friends, thought about this?

Lilian: It would affect the sender—ourselves.

Negative thought will reach out into the aether and what happens is that negative thought can be rebounded in many ways. Can you see? Not only to the people concerned with the thought, but also to many innocent beings, because that thought remains as residue within the aether and within your own atmosphere.

Sarah: I know you've always told us we always have to be very careful with our thought.

Yes, thought given out with love will always reach its destination, also in some sense it is mirrored back to the sender; this you understand I know. But it is thoughts that are not strong enough or sent with love that remain to be used by others, without always their consent. This is where you must be careful with those thoughts.

Sarah: You did say to us once, Salumet, that there are people protecting—people who had just gone over to Spirit, if we were to give bad thoughts to them, there were people who protected those people (Yes.) in Spirit to stop the thought going through.

If the thought is directed to one who is already in our world, then of course there are those whose work entails just such a job to do, to protect and to redirect that thinking.

Lilian: But not to people on the planet?

It can be dissipated a little at times, but no, we are speaking of thought that is almost in limbo if you like. Do you understand? (Yes.)

George: One thing you are saying is that we should be positive in our thinking and our approach to life. (Yes.) We should not be half-hearted with our thinking; this can lead to problems.

To be over-generous with thought, not only negative thought but *all* thought; if it is not directed correctly, you have many thoughts which exist—it is a residue of thought which can be tapped into. You understand—tapped into by those souls on your Earth who do not have the strength or belief that you do and are unable to protect themselves. Have you never my dear friends wondered, why it is that some of your fellow human beings would seem always to be, how do you say 'unlucky in life' or that life never treats them kindly? (Yes.) Sometimes but not always—sometimes it is because their own energy is absorbing some of the residue of thoughts that exist. Do you begin to understand?

(affirmations)

Sara: Yes, because their protective armour isn't strong enough. (Yes.) I understand!

Sara: Can I say consensus thinking, the way a lot of people think, (Yes.) perhaps materially and in a slightly *unloving* way—the way that many minds think, not always in the highest way. (Yes.) There is such a thing as mass thinking/consensus thinking.

Yes. What I am trying to get you to realize this time is that thought is not as simple as I have put it to you in time past; it is a much more complicated force. It is a *force* that belongs to your world, to our world and to many other worlds within many universes. It is not for the Earth people only.

Sarah: So, does that mean that not all existence has thought? You said some planets, not all. What happens to those—I say people, but they are not all people—do they not have thought, do they not need thought?

All of existence has some form of thought. You cannot exclude—it may be that the energy would be called another thing rather than thought, but thought is the word for the energy that you human beings use. I can tell you that on this planet at this time, there are those of your scientists studying and trying to prove that thought exists.

Lilian: I think we can begin to see that it is a most powerful thing that exists, apart from love. **Yes, it is most powerful and this I have always tried to teach you.**

Sara: But could we say that until we learn to master thought in ourselves, we can be to some extent vulnerable to the negative mass thinking?

All of you my dear child, are open to thought, which is around you. Not only the thoughts of your fellow man, but, as I have said, that residue of thought that has found no ‘target’ shall we say—perhaps that would describe it better for you. Do not forget that we have light workers whose job it is to try to transmute some of these thought patterns.

Sara: Can we do anything ourselves to try to directly transmute...

You can send love for any negative thoughts that you *feel* may be around. When you become sensitive enough, you *feel* within atmosphere that there is a residue of *thinking*, which has existed for many of your years. In that way you can send loving thoughts in order for these thoughts to become ones of love, and in that way, you help those workers who are trying to change those thought patterns.

Lilian: I was just thinking that sometimes we go to visit someone and I’m sure we’ve all experienced it in this room, and they are depressed, I’ll say ‘moaning away’, and you come away feeling down in the dumps yourself. That is basically just thoughts?

You are allowing yourself to be open to their way of thinking. You must always my dear friends know how to protect yourselves within those situations.

Lilian: So, before you actually visit, ask for help before you visit?

Yes, if you feel you do not have the capacity to overpower those thoughts with love, then yes, I would suggest that each time, especially if it is somewhere that you are not familiar with, then protect yourself before entering.

Sarah: You said about the feeling. We have talked before about Spirits that remain close to the Earth and when we go into a house, we talk about a haunted house and we get those feelings. They are also just thought that you are picking up, is it?

Not always, it can be that the Spirit has remained and is Earth-bound and needs help by people like yourselves, who can help with rescue work. But sometimes there are places that, it is true, it is just the residue of thought that remains.

George: Yes, I’ve read accounts of people entering places with bad feelings and they go to curious ways of trying to improve this, using salt and holy water. Perhaps this is of no value at all, or perhaps it would help to focus one’s loving thoughts in some way. Could you make a comment on that?

Yes. I believe I have told you on other occasions that all of these things are *tools* and if it focuses the mind on helping whatever is before you, then I say let it be. It is the love from within that is doing the work.

George: Yes. All else is purely a means of focus.

Yes, they are tools for helping you. So, that is fine by us if it helps you to focus well.

George: Thank you for making that clear.

Sarah: Could it also be some of our leaders who we feel have gone a bit astray, could it also be that they are picking up some negative thoughts?

If they are open to it, yes. Anyone can pick up a residue of thoughts, whether you be a statesman, whether you be a child, whether you be a man of good deeds—if you are open to such thoughts, then yes. That is why you need the Spirit within to be strong. That is why it is important for you my dear friends to cultivate the habit of going within each day, so that you link with that Spirit. So, the physical body then shows and shines that Spirit within, and you always become protected. Do you understand? (affirmations) Anyway, I would say this to you: I would like you to perhaps if you will, to think about ‘rebounded thought’, ‘residue of thought’ and how you feel it may have entered your lives at some point and what the results of that might have been. I think you will see, my dear friends, how those moments in your life needed to be changed. It will give you something more to think about this time.

George: Yes, curiously enough there has been recently a scientific experiment concerning thought. (Yes.) I wonder if I could mention this? It is to do with the random number generator machine, and if the output of the machine is recorded and then at some later stage the thought power is applied, and then after that the recorded numbers are examined, the result is found to be the same as if the thought power was applied at the time the machine was running. Now this, I think, is confusing a few scientists, but I wondered if the thought being applied is of Spirit, where *time* has oneness, but later, when the recorded numbers are examined, that happens in linear time. I just wondered if the duality of time here, might be the key to understanding this. The thought that is applied as it comes from Spirit, would it be in a sort of floating oneness...

May I interrupt? (Yes...) The thought remains as a memory. The thought does not disappear, so however strongly

On (27/9/04), the subject of thought continues with discussion about positive and negative thoughts and their rebounding. Some interesting topics are raised including what to think about murder and how quick we judge. With this new knowledge, we are reminded that we now carry extra responsibility.

Lilian: Would you like us to go back to your last talk about ‘thought’?

I have been waiting for you to bring it to the surface. Yes, whatever you wish to discuss, I am willing to answer and to listen.

Lilian: Well, yes, I’d say for myself, thoughts that rebounded back on myself, I could probably think of quite a few instances, where I’d had maybe not very good thoughts about someone and then felt quite miserable myself. So, I imagine that would be the thought affecting me, would it?

The very fact that you have come to that conclusion, shows that your thinking time has been devoted to something that instinctively you know to have been unkind. That is a good point, but we will hear what the others have to say before I make final comment.

George: I haven’t any very firm ideas about this, but I think we were talking about what happens to the thoughts that, shall we say are not ‘targeted’. I’m still not clear in my mind how those are finally processed. I’m very happy that the good thoughts have good effect generally as regards their targets and as regards the person thinking those good thoughts, and I think there’s a general aura of the world becoming a better place as the result of thinking good thoughts—and the reverse can possibly happen.

May I interrupt you briefly? The opposite may not *possibly* happen, it does! Energy is positive and negative remember—so there is no *possibility*, it *does* happen.

George: Yes. So, as individuals we've the choice to feed good energy into the system or to feed bad energy into the system.

That indeed my dear friend is your responsibility and indeed it is a responsibility that needs to be *recognized*.

Sarah: I haven't quite been with it, but in my life I've done things that I'm not desperately proud of, but I don't know how much that's been from rebounded thought and how much it's just a case of growing up, feeling guilty and trying to make good. Maybe the guilty feelings have been impressed upon me and made me do good, but I don't know if it was the rebounded thoughts that made me do things that perhaps I wouldn't do now—I don't know. But certainly, since you've told us that we should never judge and we shouldn't have bad thoughts, I've tried not to and if any that have crept in, I've tried to quash them. So, from this point onwards, I hope I'm going on a better course than perhaps I've done in the past. **And with that understanding and that *recognition*, you should find that throughout the continuation of your physical living that less rebounded thought will have an effect on your life, but it is the recognition and the acceptance of responsibility which will make the difference.**

George: Yes, we can have a mixture of thoughts in relation to 'bad' news received, and one comes to your teaching that one should not judge in that case. And that thought seems to be a wonderful salve for not being drawn into the trap of bad thinking. **(Yes.)**

Sara: And interpreting news as bad news, **(Yes.)** because it isn't always. We think it is and then often later we look back and realize that it wasn't necessarily, but we interpreted it as 'bad' news.

Yes my dear friend, it is indeed your interpretation of what is 'bad' and as I have told you often throughout our acquaintance, that you do not see the fuller scheme of life, you do not know or understand the workings of one Spirit, or are able to *judge* the happenings that go on within your world. It is not an easy thing for mankind to be able to detach from criticism; it is part of the human form, but I say to you, it is *possible*. Again, with recognition and acceptance of responsibility, it *can* take place, and in so doing you also become better human beings. The vessels which you *are*, begin to shine forth that light from within, and *that* is our purpose here on your planet, that each and every individual first shines forth with that light of great love and understanding. I cannot stress this to you *all* strongly enough.

Sara: In work situations it's quite common to feel more of an affinity with one or two members, but on days when I've consciously projected love towards *all* of my colleagues and maybe students as well, I have experienced a really elevated feeling of walking in love and light, and it's tremendous. I don't always remember to do it, but when I have done it, I know that it's possible to receive back good feelings from everybody, whether or not I normally experience such a natural affinity.

You are experiencing rebounded thought. You have said and explained the question which I have put to you all. If that thought is of love, you will feel the benefit of those rebounded thoughts, and in the same way that those thoughts of negative energy are discharged, so they will come back to you in some form—that is rebounded thought. Think carefully each time you send those energy thoughts out into the aether: *Think* carefully.

Paul: That's clarified it very much. I just had the thought it would have been wonderful to have been aware of this when I was at *school*. All these thoughts—I couldn't detach then, but detaching is one of the important keys, I guess.

The important issue here is not what has gone by in time. The problems begin when you realize that negative energy exists and still you allow it to happen. You *are* human, but now my dear friends you also have knowledge of Spirit. Therefore, your responsibility towards yourselves and all of humankind is much greater. That is what you must take on board and think about and dispel those negative thoughts at their source.

[The two emotions of importance: love and fear](#)

Salumet has addressed this subject many times but is another opportunity for a gentle reminder. (8/11/04)

I wish to speak with you about emotions, which in your world at this particular time—emotions are running high and all too often we hear about good or evil. My purpose this time is to remind you all of my teaching, that there are only two emotions within your world which are of importance: that is '*love*' and '*fear*'. And when you humans speak of evil, let me remind you that '*evil*' as you call it is based in fear. It is a little awareness of what is truth in the sense of knowing that Great Creative Force. In this I am not speaking of religion, but of that deep personal awareness which is within every individual: that is what is lacking at this time in your world. I wish to say to you again, there is no need for fear, because in allowing fear to enter your hearts, you are opening up to that non-awareness of all that is good. I wish just to remind you gently, that to live in love, to be aware of all that is good, brings you closer to that part of existence which we know to be truth. Do you understand my words this time?

(affirmations)

I ask of you my dear friends to once again think of your brothers in this world who need your help, to send thoughts of love to all of those areas within your world who are spiritually in darkness. You are, as I have said many times, beacons of light, as are many within your world, and the light of the Spirit cannot be extinguished. Therefore, I say to you my dear friends, use that love which you have to help your fellow man. I know that I ask these things of you on many occasions, but it does not hurt I feel to gently remind you occasionally of these things.

[Disappointment: a human emotion due to a lack of patience](#)

Salumet reminds us again that we must allow love to '**weave its magic**'. (8/11/04)

George: I was just thinking one of the words in our language is '*disappointment*' and this perhaps is one of our emotions. We sometimes see our governments doing the opposite to what we feel would be good, and we are disappointed that it doesn't happen. I just tell myself that I think it's going to take a little while longer. Have you anything to say about disappointment?

Yes. Let me say this to you my dear friend. Disappointment is within yourself. You cannot judge other people on their actions, because you do not know what is within their hearts. But what you can do is to send love to all of those people who you *feel* are not aware of the goodness which surrounds you. We too, in our world at times, I will not say are disappointed—that is a word belonging to your Earth, but those in our world sometimes feel that our love is not touching those in your world. So, in some sense I suppose we have the same emotion, but on a slightly different level.

George: Yes, that's interesting, thank you.

Sometimes those who work in our world and who have not reached a state of unity within themselves, can also feel that their work is not going as quickly as they would wish. But the difference between our world and yours is that we accept more readily that these things will happen, but in your world, you feel that in some way you have let yourselves down.

George: Yes, it often takes us a little longer to accept.

Yes. What I would say to you, is dwell only in feelings of love and the emotions that you feel that come from the love source, will eventually work their *magic* in your world. But again, I have to say my dear friends that *patience* is not something you human beings are good at. (*affirmations*)

Sarah: I suppose that in our world we cannot see the full picture and that's why we get impatient, (**Yes.**) whereas in your world you do see the full picture and know that it going to happen.

You must *know* you have to know within your *hearts* that what you say and do will occur. Any doubts, any fears will create more negativity. This you know also, but it is something I do have to remind you of. So, forgive me if it seems that I am always repeating those same words to you.

Disappointment

George asks about this emotion which carries an element of judgement and impatience.
(8/11/04)

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[The Masaru Emoto water crystal experiments](#)

George asks a question about the effect of powerful emotions on the crystallisation of water crystals. We should not be surprised by these findings. (8/11/04)

George: A further question I'd like to ask is about the work of the Japanese gentleman, Masaru Emoto, and his work on the configuration of water and how it is affected by our thoughts. **(Yes.)** You mentioned the planetary etheric being altered at some stage and I was wondering if that altered etheric acts in a similar way?

Will you rephrase that question to me, please?

George: The planetary etheric, which has undergone a change, **(Yes.)** would that have an effect on earthly things? Would it for example configure in any way the rain that falls, or would it behave like a thought input into...

Yes, I understand. You understand that the etheric part of your whole being is *engaged*, if you like—perhaps that is a good word to use—that the physical and the spiritual energy is engaged together, and one cannot work without the other, therefore is influenced by each other—in the same way is the etheric energy of the planet. In the same way as thought becomes reality, so too is the effect of the etheric on the planet used as waves of energy to alter all that is around. So, therefore, my answer to your question is: Yes that change within the etheric body can have an effect on the physical planet. It can influence in many directions.

George: Yes, it just occurred to me that it might be acting in a similar way.

Yes, it is very similar.

George: Thank you, that's interesting

Yes, you always have that interaction between the two. You cannot separate them and speak of them as separate things, because all things are interlinked. Therefore, as you have the wave in your seas which affects the further part of the water, so it works from the etheric energy down through the physical. You understand?

George: Yes, thank you!

Instead of judgement, we must extend our most loving thoughts

We all struggle with this seemingly simple concept. In day to day existence, when surrounded by negative media stories for instance, we can let our guards down. (22/11/04)

Sarah: This isn't really a question, but I was thinking how difficult it must be for leaders of countries who are not perhaps going in the right direction, and I know you are going to say that I must not judge, but there are many who are giving bad thoughts to these people and some who are giving good thoughts to these people. I was just wondering how much the loving thoughts override the bad thoughts from the people. In this case, public figures are probably being bombarded all the time.

Yes, I understand your words. Of course, it does not happen in an instant of your time, but love will always override any negative thoughts eventually.

Sarah: Even though there may be more negative thoughts than positive ones?

But loving thoughts will grow. Negative energy has to be transmuted and changed—that is what you must try to understand. Loving energy can never be destroyed or changed, it just grows. Negative energy can be transmuted into good. Think along those lines and the understanding will come. *(Yes, thank you.)*

Sara: I was just thinking that sometimes people behave in ways that disappoint us. Merely telling someone about the experience or what happened, that is not negative is it—if you just observe the behaviour and then if you send them love and you don't really bear them any ill will, you are just observing their interaction. What I was wondering was that it's not negative to tell somebody about what has actually happened or occurred—we can't control how people behave towards us sometimes, even if we are loving.

Whatever is done in a loving way cannot be negative but let me once more my dear friend repeat to you words that I have used before: if words or actions from another human being does not sit right with you, look within yourself, because that discomfort, that unease lies somewhere within your own Spirit and has to be faced. But to speak truthfully with love is being true to yourself. Never, never use negative words to another.

Sara: Not to another, but if someone behaves...

The fault lies within your own Spirit.

Sara: Ah, interesting. I will have to think about that.

As if you were looking within the mirror. Look to the mirror image and you will find where the unease lies. You understand?

Sara: Yes I do understand, thank you.

Sarah: If you were, for example, at war and you feel angry at, for example, a Muslim killing a Christian because the Muslim does not believe that the Christian is behaving correctly. You can sort of understand it, but it is difficult to—if I were to look inside myself and think...

Why do you feel anger toward them? Why do you feel unrest?

Sarah: I don't feel anger towards them, because I know that I must just give them love, but it's very difficult to understand their actions, if I'm thinking that was not very good to do that just because they're Christian, do I still have to look within myself and see?

Because my dear friend you are being judgemental and why do you have the right to be judgemental for actions created by others? When the Spirit can look upon all negativity

with loving eyes, there can be no unease within the Spirit. That is what you are trying to achieve.

Sarah: But when you say that nobody should take another's life...

I stand by those words.

Sarah: So, if somebody takes somebody else's life, I know you mustn't *judge*, but you can't *think* that that is right—if they have taken another life when you say that we shouldn't take a life.

But you cannot pass judgement, because you do not know...

Sarah: ...the full picture.

Yes. Again, the person who has done the deed that you find sits uncomfortably with you, must, when he comes to our world, face his own reality and you do not, if we are speaking of right, do not have the right to place judgement upon another—only that Spirit has the right to make judgement upon himself. You understand? (Yes.) I know that in general human beings find it most difficult not to look at war and other situations within your world that you feel to be not quite right, and of course there is much negative energy in your world. But, as we have said, you have to give of your love if you wish to dispel negative energy around you.

Sara: I recognize that when I do give loving thoughts I think always I can achieve the best from someone, I can achieve a good result in terms of good behaviour towards me, but of course sometimes if I don't perhaps do it so often or make an effort, I think possibly interactions can degenerate, because some relationships are easier than others. I recognize we have the power to change all this with loving thoughts. **(Yes.)** I think what I was asking before was, if someone behaves in a disappointing way then that's how I process things; I come home and I analyse, I think. Really the answer is just to give love—the thought.

Yes, it is your individual thought that has *decided* that it is disappointing. It's your own judgement, so therefore you must look inwards to yourself.

Sara: So, in fact there was no offence intended anyway. **(Yes.)** Of course, it is an interpretation of the behaviour.

Do you understand?

Sara: I do, I do. That makes it a lot clearer.

Sarah: So, the whole war thing, countries going to war, we just have to give love and recognize that that's meant to be.

We have spoken of karmic debt earlier, partly when we speak I will use your earthly word of 'war'. When these things happen in your world, there is always reasoning behind it. You may not fully accept or understand it, but there always has and always will be negative and positive energy. Whichever way it is transformed, that is up to the human beings that inhabit this Earth.

Lilian: So, no matter what situation, whether it be to do with children or adults...

That, my dear friend, is not for you to pass judgement. Because of your human nature, you feel that you must always focus your intelligence upon what others are doing, instead of unconditionally giving love to *all*, to all things. You have been given freewill, which at times does not serve you well, but that is why it is most important that the spiritual side of your being must stay to the fore throughout your human existence. Do you understand? (Yes.)

Sarah: So, if you see a situation where you think you perhaps ought to intervene...

That becomes part, my dear friend becomes, of your freewill, but you must fully accept the responsibility for your own actions. You understand?

Sarah: So, if you let the Spirit come to the fore, the Spirit will let you know.

You will always do what is right for you, yes. You cannot become human beings of great purity—that is not why you are here, but always with you there is this struggle of what you consider to be right and wrong, when in fact you should be focussed on developing your spiritual gifts and awareness, in order that you can rise above many situations in your daily lives. (affirmations)

Sarah: So, on the one hand you want to help and do the best you can for others and on the other hand you have to stand back and let the Spirit come to the fore and then you will know which one to go for.

If you are spiritually aware, that inner knowledge would be foremost in your thinking, in your realization, in your everyday living—that my dear friends is another reason why you should give more time to your quiet moments, in order for us to be able to influence and help you to the true natures of beings that you are.

Graham: We live in a society where there are courts and prisons and there are sentences and punishments that are given out to people. Many people feel that the system does not work and that prisons are ‘universities of crime’ and that when people go to prison, they actually come out more embittered, angrier and more knowledgeable about criminal activity than they did when they went in. I was just wondering, will it happen at some future time that this type of judgement—prisons and punishments will no longer be relevant, but society will have a natural justice?

Only when each individual recognizes what is right and what is positive energy, and I have to say my dear friends that your planet is quite some way from ever having that kind of situation. There is still so much learning that is taking place in your world, but in saying that there are so many from our world who come, who are here, who are helping now. Therefore, I say to you, do not feel dejected in your thinking. Love will override negativity at all times.

Lilian: Yes, that’s encouraging to hear. (affirmations)

If only you could see that in each dwelling place such as this, where light is strong and pure, that as that grows within your world much love can be given. But also, you need patience. (affirmations)

[Losing the sense of sight can enhance other senses and create new thinking patterns](#)

An unnamed friend of George is losing his sight, and this is impacting on his logical thinking as he now ‘spiritually’ sees things, that cannot be denied. That logical mind is effectively being put to rest! (4/4/05)

George: I promised to ask a question on behalf of a gentleman I met at the weekend. **(Yes.)** You may be able to help us here. (name edited for anonymity) He’s a micro-biologist, a very intelligent scientist...he is somewhat aged and is rapidly losing his physical eyesight. He is becoming aware of what I think are many Spirit bodies around him and he describes a cylinder appearing within the room and a number of what seem to be translucent Spirit

bodies emerging from it; he will sit in his room and look out of the window where there are trees and grass and he says he sees dozens of these translucent bodies amidst the trees. He is rather bemused and not understanding of this, and I think he would dearly like more understanding of what is happening in relation to himself and this accompaniment to his loss of physical eyesight. **(Yes.)** If you could help us, I can send a tape to him so that he can listen to it.

I understand. Yes, again we have the scientist with the logical mind, who always finds spiritual matters rather disturbing or confusing. Let me firstly say this to you: we have spoken some time ago about the loss of any senses and how the other senses become much more magnified. That is my first remark to you my dear friend. Let me say this to you, that this gentleman, if he applied himself and joined with the right people, is in fact a medium who can produce much ectoplasm to have materialisations before him. That is what he is beginning to see and if he so applied himself, this could be developed for not only *his* own good, but for the good of many others. These visions will not stop, because he has reached this point because of his failing eyesight, where he now cannot apply logic and he cannot deny the existence of what he is seeing. Whether he accepts this explanation or not, that is the fact of the matter. But I ask you please that he listens to my words and he may feel, or he might feel a recognition of what is happening to him. I will try to help him in any way that I can. *(thanks, expressed)*

George: That is most interesting, and I am sure he will be most grateful. So, he needs to go within and think of this...

He needs to accept that what he is seeing is reality. He needs to recognise that what he is seeing comes from within himself—that there is no outside logical explanation. I hope my dear friend that it is helpful to him.

George: I'm sure that will be, and I imagine that will then lead him to feeling more comfortable about his condition.

He will not feel comfortable about the loss of his sight, but it might bring some comfort that he is now entering a new phase of existence. Remember, I have told you that sometimes life has to be harsh for the recognition to show itself to you. *(general thanks and farewells)*

[Allowing the Spirit within to grow is a much greater gift of love](#)

Salumet states that the emotional body belongs to the physical and is something that we must learn to control, otherwise we can't progress, as we holding ourselves back.

Sensitivity, on the other hand, belongs to Spirit and should be encouraged. (22/8/05)

Lilian: Do you mind taking one question from a young lady who lives opposite me—and she's obviously searching. She's read some of the transcripts—would that be alright? **(I will be happy...)** Yes—this is about her daughter: *'My daughter is an extremely sensitive and anxious child who feels both physical and emotional pain intensely, both her own and others. I am increasingly seeing a strong nurturing instinct in her toward all living things—plants, animals, insects and human, and she can show great distress if she sees anything being harmed. How best should she be guided in view of her young age, so that she can retain her kindness and gentleness without being overwhelmed by the challenges of life? She is often*

unhappy and deep in thought, and I would like her to have greater peace of mind and confidence.' She is obviously searching herself.

Yes, and as all mothers upon this Earth, she is concerned for this young soul. (Yes.) Not only does this happen with youngsters, but mothers of the adults in your world also feel they need to protect. To protect is not all, but to allow the Spirit within to grow is a much greater gift of Love. If the child has sensitivity and emotional sensitivity, how can you decide that she needs to find more strength? That sensitivity belongs to her Spirit, and should be encouraged, although I have to say it is innate within this child. What I would say to this mother is that she must help her on the emotional sensitivity, because, as you well know, you must take control of the emotional aspect of your being if you are to move forward in life. Do you each remember my words about emotion? (affirmations) (Yes.)

Lilian: And she has gone through a pretty tough time herself.

That is her choice. She came to this life with those choices—that is something that the mother is still to understand. She can only protect her in as much as she can offer in the purely physical sense, but the child needs the spiritual aspect, if she is to develop that great sensitivity which she now has. The mother is in fact 'borrowing' this child for this lifetime and the way that she can best help, is to allow the child full rein of that sensitivity in all aspects of living, but to try to help her to understand that to become too physically emotional, is not the way forward. But of course, the mother at this time has trodden a pathway, which for her has not been easy, so she would find at this time it most difficult to deal with the emotional aspect of the child. So, I would say only this to her, that to encourage the sensitivity and just to allow the child those times of great love and also of *unhappiness*, because as you know, you cannot have full rein of one without the other.

George: So, I think your previous words on emotion included: if we can distance ourselves from the seat of that emotion and view it from more afar.

Yes, because your emotional body belongs to the physical, the sensitivity belongs to Spirit—there is a great difference and it is something which you human beings struggle with throughout your lives, but having the knowledge helps to ease many emotional institutions. I have seen it within this group, how you now view matters within your world, which at one time would have caused you great concern and distress and which now you accept as part of a fuller picture.

George: Yes—the knowledge certainly helps.

Yes, but it is not something that comes easily to the human.

Lilian: Thank you very much.

[Actions of animals can be influenced](#)

George asks a question about a girl being saved from a forced marriage seemingly by a pride of lions. (5/9/05)

George: Could I mention a report that comes to us from India, about a monkey that approached a Shiva temple bearing flowers on a holy day, and there were hundreds of people there in silent prayer and meditation, I gather. The monkey took vermillion and touched its forehead, as is the custom, and sat with those in silent prayer for nearly an hour,

(Yes.) at the end of which period, some of those present, garlanded the monkey with flowers and it ran off back to the jungle.

Yes. *Still my friends you are amazed by all of these actions.*

George: Well, I'm wondering if the monkey picked up that consciousness and joined in...

Animals can be influenced by the minds of those in Spirit, in the same way as you human beings are, in the same way as I am using this instrument, so too can we influence the actions of our animals in this world.

Lilian: That's interesting.

George: It's a lovely story.

But it is not unusual. And after all there is so much close connection between humankind and the ape populations in your world that it is easy to influence their thinking also. Do not be *surprised* that the animal kingdom is closely related to your own thoughts and thinking. After all, your domestic animals recognize your feelings and your thoughts, do they not? (*affirmations*) So I say only this to you: do not be surprised by anything that includes the actions of animals in your world.

George: It's nice to see such stories in print.

Yes. They would have been ridiculed many years ago, but now there is so much influence being given to your world that mankind cannot now deny what he sees.

George: Yes, these things are so much better accepted today. And there was another story about a 12-year old girl who was abducted by some men—this comes from Ethiopia. They took her out into the desert and were trying to force the girl to marry one of them and some lions appeared, whereupon the men ran away, and the lions stood guard around the young girl for several hours, until her family and the police arrived and took charge. So, the lions seemed to be doing a very good job there!

Yes. Although you say the *lions*, it is the influence of the girl's own guardians in our world that have created that situation. She, I would suggest to you, has a special task in this world to live up to and therefore has great protection. You understand?

(affirmations/chuckles)

[What happens when you think on negative things before sleep state?](#)

Salumet asks the group about what happens when we watch TV, read books or newspapers just before we go to bed? The following explains why it is important to stay positive or to meditate before entering our sleep state. (30/1/06)

What I would wish to say to you this time: have you considered my dear friends what happens with the thoughts that you have formed just before you enter your sleep state? Would someone like to...

Graham: I think sometimes when I have a question in my mind and I've gone to sleep on that question, next day the problem around that question doesn't seem so bad and I can see the answer.

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

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

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

Sara: So it's much better to go within before sleeping and have quiet time.

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

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

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

Sarah: So, if you wake up feeling really wonderful, it's probably because you had good thoughts before you went to sleep and it's been worked on whilst you've been away.

You would have joined us in spirit to the place where you rightfully belong at that moment in time. Remember there are many planes of existence and it would not be right to forego telling you of these lower astral planes, because that is where all of the negativity would still remain.

Sarah: When you go to sleep, Salumet, and your spirit leaves your body, is this really a little bit like you going back to where you belong to rejuvenate the spirit a bit?

I also would return to the place that I am suited to, yes, of course. Yes. You all, although your memories are few, do return to that place where the spirit can be rejuvenated, uplifted, and, as the gentleman has just said, can be inspired. In many ways you are helped during your sleep state. But of course, you have times when you wake and you feel as if your rest has been negligible. That *could*, I do not say always, but could be because your thinking has been incorrect.

Sarah: And if you're in the lower astral plane, those negative thoughts, would they—and I know you're going to say that energy is always moving, but would they remain fairly stagnant in that lower astral plane, whereas when you're in your rightful place there's a lot more movement and a lot more work being done on your thoughts?

Yes, of course, because like attracts like and you would be attracted to a place of negativity, where indeed there are still many who have retained those negative thoughts, although they are in our world. Remember that you do not ultimately change, you do not suddenly become angels, you do not suddenly become a positive-thinking person; but it might be good for you my dear friends to assess for yourselves each thinking thought that you send out as it occurs throughout one of your days and I am sure that you could see from those thoughts whether you are a very positive person, or whether your thoughts dwell upon the negativity of your lives. After all, thought becomes habit, it grows from habit and it is much easier for you as human beings to focus upon those lower feelings rather than those feelings from spirit. It is a pattern, which is easier for you all to follow, but I do not excuse you all my dear friends, because now you have the knowledge to change, therefore you see how that responsibility has grown. (*Affirmations*) You are not

only responsible for yourselves, you are responsible for others whom your thoughts reach out to touch, you are responsible for the condition of your planet, and you are responsible for those thoughts that reach further out into your solar system.

George: I was just trying to visualize the *habitual criminal* and how that would apply and I think I can see that it might well be quite difficult for the *habitual criminal* to get out of the routine of *non-love*, should I say.

Yes. But as a group you could help to transmute that way of thinking by another. The love from your auras can reach out and touch and change. That is why it is so important my dear friends that this understanding of thought is great. That is why I have on numerous occasions returned to this subject, but now I feel that your understanding has reached the point where we can now move forward.

Graham: I can see that it's important, Sara and I, with our children that we always try to give them a happy goodnight—sometimes getting children into bed isn't always easy; **(Yes.)** we try very hard to keep them happy at that very important part of the day.

You have become wise, yes. And of course, it allows their own special angels to watch over them at that time of their living.

Graham: And this would be a good time for prayer as well...

Of course.

Graham: ...to say thank you for the good things in the day.

Yes, and it would be most helpful if children could be taught to say thank you, not only for the love and the goodness which surrounds them, but also for the learning and the understanding of the problems that they encounter in their young lives. It is important that they learn to give thanks also for the—what you would call, 'not so good times', because that is the time of their understanding and recognition of themselves and their own spirit's growth. (Thanks expressed)

Sarah: And also, the people who are depressed, they must go to sleep feeling low, so it's a downward spiral really.

Yes, if only they could understand themselves a little more, but they can be helped by people such as yourselves, whose light shines more brightly, who can touch them, even without their understanding. But always, as I have told you in the past, light will always gain over darkness, and it is a matter of perseverance and understanding with these people. And of course, that brings us very aptly onto LOVE, because without love, nothing could exist. All of your being should be of love and understanding, and to understand others you must come to understand yourselves. And my dear friends, is that not the hardest task of all? (Affirmations) You must know how to forgive yourselves, to love yourselves, because if you cannot love yourselves, if you do not have forgiveness, if you cannot let go of all loss—and I feel at this point I have to explain to you loss, because you automatically think of loss as the passing of a loved one: not so. People need to learn, because they fear so many things: they fear the loss of their youth, they fear the loss of course of one they love, they fear everyday living. They must learn to deal with loss of these things. Do you understand what I am telling you, (affirmation) because truly, until you feeling love shine from you like a bright light, you will never truly understand what life is about. And I can tell you many things, say many words but until each one of you fully understands what love and forgiveness is, you will always falter throughout your earthly lives. You really must come to know yourselves well.

Salumet continues to give more information on the importance of connection with spirit as we enter our sleep state. (6/2/06)

I hope my words to you last time about the state of your thinking as you approach your sleep state, has made some impact upon you.

George: Yes, I'm sure we all benefit from that knowledge.

But it is of no use if that knowledge is not put into any form of action. But it brings me to the much greater and wider picture of what you have been trying to achieve over these many, many, many months of your time. I have brought to you the thought of 'mind projection', yes, and indeed you have been interested in all that has been brought to you. I now have related to you that you must be more careful of your thinking as you approach your sleep state—these, my dear friends, are not separate issues. Tonight, I will explain to you why it is important that you take on board what I have been bringing to you. You know the power of your thinking, you now know and understand that the power of thought travels but in an instant—as you think, so it is reality.

George: Indeed. (Yes.) Yes, you have told us how we can be an influence throughout the universe, and yes, one is beginning to feel the wisdom behind those words.

Yes. Your understanding is great on those matters. That is not the purpose of my talk this evening. What I *now* wish you to understand my dear friends is this: you of course realize that in my world thought communication is all that happens—there is no need of words. But what I wish you now to achieve with your thinking, especially as you approach your sleep state, is to make that stronger communication with our world and already I can hear: '*but how can we achieve this?*' You can achieve this quite easily with what you have already been trying to do—to project the thought; I know it does not come easily to you at this time. Now we bring in the thinking as you enter sleep state. If your thinking is on a higher and purer level, then it is much easier to come to our world in sleep state and then to use the thought as a means of communication, not only with those who stand close by you, but also loved ones with whom you have been acquainted whilst on this Earth. It seems a mammoth task, does it not? But let me tell you my dear friends, that you are ready for this next step in your unfoldment. Again, it will depend on your own freewill, because even in our world that is not taken from you—but the opportunities are great. Do you have any questions at this time?

Sarah: It makes a lot of sense to me, that...

That is because you are ready to accept my dear friend.

Heather: So, what you're saying Salumet, is as we go into the sleep state and we are *in prayer* as such, we're starting to be connected at that stage. Is that what you mean?

The point of connection is already made easier for you. That is why it is most important that that time before your sleep state, places your mind, which of course belongs to spirit, into a frame of thinking, which would then make it much easier to connect—because again, as you think, it then becomes your reality. Remember this always. That has been the point of these many months of demonstrating to you the power of the mind. How could we have given you through an instrument in your world, the thoughts and the feelings of another from far away? (*referring to the planet Aerah communications*)

George: It certainly brings home to us how 'close', if I can use that word, everything is.

It is but in the blink of your eye and it is the way of communication for those in our world. That is why the thought of another brings you immediately to that person or to that place

or to that animal. That energy, that spiritual energy, is within you all. You have now reached a state where your hearts are open to all things—but again, the responsibility lies with each of you. I do not have a magic wand that will bring to each one of you your heart's desires, and after all, that which is worthy must be worked for.

Paul: We'll have to practise this—so going to sleep in as high a state of thinking as possible (Yes.) and then with the intention of communicating with our spirit friends and guides... **Firstly, you must pay attention to your everyday thinking—all thinking—you must become masters of your own thinking. That is the pathway to be in command of what you think, and then to make sure as you enter your sleep-state that the purity of your thoughts is much greater; and then you truly can move forward. And as you say, the gifts of the spirit will indeed unfold before your very eyes. It is entirely within your grasp, but I do not want you to think that these things can happen in a blink of an eye—it has to be worked for.**

Paul: Yes—all the best things you have to work for, I think.

Sarah asks a follow-up question on this topic, as her daughter had a nightmare. Salumet reminds us that it is the thoughts for the whole day that count, not just those before bedtime. (20/2/06)

Sarah: Yes. I was telling my daughter that you said the last thought you have before you go to bed should be a positive one. She said that that first night that I told her that, she said that she definitely went to bed with a positive thought and then she had nightmares! So, she wondered why that should have been.

Because one positive thought is not enough. She has many negative thoughts, which the spirit has to deal with. You know that the material body and the spirit are interwoven, and one has a very strong effect upon the other; because you retire with one positive thought, will not automatically erase any negative thoughts throughout that day. What I have tried to teach you is that this must be an accumulation of good thoughts, and *then* when you retire to the sleep-state, that last thought then is like the catalyst that takes you forward into spirit. I hope that is helpful for her.

Sarah: Yes, that is very helpful. I shall pass that message on to her. Thank you very much. **It is not that you need just one positive thought; it is something you should try to achieve at all times.**

Lilian: It is something we really need to work hard at, isn't it?

Yes, and I have to say that my words on that subject have been easily forgotten with some of you, therefore it is apt that this is a timely reminder for everyone.

[We can all have angry moments](#)

Provided we do not send our anger towards another human being, we will not harm ourselves or another. We can become angry about conditions however, which is fine, as this does not involve another human being. (29/5/06)

Sarah: That's good. I wonder if you could clarify some words I have given to my daughter. She got very angry yesterday, and I said anger wasn't a good thing to have, it was a negative thing. And she said: well, it's an emotion, and you said to me that you have to have a

balance of good and bad, and so I'm having an angry emotion. So, I really didn't know what to say. So, what should I have said to her in reply to that?

Yes, of course the reasoning behind the anger is most important. Of course, people have emotions, which you call anger, which in fact sometimes they are being *themselves*. The angry emotion which I speak of, is when it hurts another. If it is directed to another human being, then that emotion is most definitely negative. And it would be for her a good thing to try to control any negativity because of course she is prone to deep and angry feelings. But if it is a feeling to allow her only to express herself without desire to harm another, then that is fine.

Sarah: Oh right, thank you.

After all, it is only a label is it not?

Sarah: It is, yes.

So, perhaps you can dwell upon those words, and think for yourself what the meaning *behind them* is. And in that way, you can see both positive and negative viewpoints, because of course, she is correct—all life is balance; you have the light and darkness and that must always be balanced.

Sarah: Yes, that's why I was confused, because when she said that, I thought well that's right, it is that, but I could see that to have anger that affects somebody else is not good...

Yes, anger directed to another will always rebound, in the same way as your thought-waves will rebound. If you think again, my dear friend, about the spiritual aspect rather than the physical emotions, then you will find the correct answer for her.

Sarah: Thank you very much for that.

You note that I do not give you the words to say, because this is a lesson also for you.

Sarah: Yes—I have to find them myself, yes.

But we are human and have failings!

Jan raises a question on human failings. We do let ourselves down every day – maybe even in just small ways. Salumet gives heartfelt encouragement and a reality check that we cannot be perfect, and to just try our best. What more could be asked? In other teachings, Salumet has said that 'just being human' is really an excuse! (29/5/06)

Jan: I wish it were just easier, at the click of a finger, to live the way that you speak without having this human cloak. I find it so nice—I can be looking for example in a book or on TV and wanting and being able I think in my own little way to see the wider picture and feeling that I'm connected to everybody and everything and then all of a sudden something will happen, and the human element starts again. If we could only brush that aside, life would be so wonderful.

Yes, but you are much too harsh on yourself. You must accept that indeed you have this human element, as you call it, and yes you have failings as many do, but that does not reflect upon your spirit, because deep within you know what is good and what is true. So, do not be harsh, you can only but try your very best and we would not expect more of you. As long you are true to yourself, that you recognize that indeed you are spirit with a learning to do, then you cannot do more in *this* lifetime.

Jan: I understand.

And again, I return to the word I use most often, the power of your thought.

Jan: Yes, I think I've experienced that in my personal life quite a lot just recently, and rebounding thoughts—bad and good thoughts have come back to me in many different ways and I try to amend things that I feel I may not have thought in the right way.

My dear child, it is the *trying* which is important, it is the *understanding* that is important. Of course, you may fall down at times, because you are clothed in this human garb, but the *recognition* is what is important. Because you understand that some of your thoughts are not, shall we say, spiritual, but you recognize this and that, that my dear friend is the most important thing for you.

Jan: So, the recognition is part of the growth; **(Yes.)** every time you recognize you grow that little bit more.

Because in recognition, you are trying to change.

Jan: Yes, right.

You understand?

Jan: Yes, so you may make the same mistake over and over again, but as long as you recognize it each time.

And try...

Jan: And try...

Yes. You have made many mistakes, not only in this lifetime, but in many others and sometimes you bring with you those failings. So, you see it cannot be wiped out in an instant. That is what you have come to learn. You understand?

Jan: Of course, yes, I do entirely, thank you.

But don't be so hard on yourself.

Jan: Or any of the others in the room, we all must learn that, not be so hard on ourselves.

Yes, and your hardest task my dear friend is in being judgemental. Try to be non-judgemental in all aspects of life and *then* you will find your own life will become much easier. But thank you for your question and I hope it has helped you.

Jan: It has tremendously, thank you.

[Nursing fears is not necessary](#)

Ridding ourselves of fears, especially deep-rooted ones, may need a lot of work, but we are reminded that they are not necessary and are detrimental to us becoming spiritually strong. (30/7/07)

Jim: Does that mean then that there is no real basis for fear?

You should never allow fear to enter your lives, if you wish to be spiritually strong.

Rod: You said this 3 weeks ago Salumet. It's not an easy thing to get rid of. I think I've got to practise on that. I keep dragging it up and you've emphasized it two or three times in this conversation **(Yes)** and that's strengthened my thoughts even more I would think, on fear.

You will never fully achieve it whilst you are clothed in this physical body, but what you must attempt to do is to try to focus the mind on Love, not fear. It is an exercise if you like, that you can maintain throughout your Earthly lives. But you are human and we know it is most difficult for you. But it is achievable.

Lilian: So even if we have a fear of, for example, being on water, of our seas, thunder and lightning, we should be able to overcome that?

If you work on it yes, of course, but sometimes as I have also told you, these fears come with you from other times and are deeply rooted and at times, can take much work to overcome. But it is achievable.

Sarah: The instrument you're using, (*Eileen*) is very frightened of thunder and lightning. (Yes) So that's probably from a previous life?

No.

Sarah: It is this life, is it?

Yes, we have been working with her for many years, but there is only so much influence that we can give, because when it comes down to change, it is entirely because of your free will, that you must take action. We can only influence.

Lilian: Well I'm not terrible happy, I wouldn't say *petrified*, of being on the Sea, which I was on Sunday and I wondered whether that was from another life? *Pause*

Yes, I will tell you, you were a sailor. (*Pause*) But let me say this to you before I leave you. There are so many people in your world, who have these fears, no matter what—but it is their own inner fears. If only they would give those fears up to us, they would see their lives dramatically change.

General thanks expressed

Rod: So what you're saying is, if we could get these fears and throw them over the shoulder to you that would be a big help to us?

Or give them up to that Great Creative Force. Yes, because in doing so, you are saying: 'We are love, we are part of that Great Creative Force, which knows no fear.'

Taking control of those thoughts

Salumet presents the group with the challenge of controlling and taking responsibility for those powerful thoughts on a daily basis. (13/8/07)

I would just like to say to you this time my dear friends a little more about your thoughts. We have said quite a lot about the process of thinking and how powerful your thoughts are, and we have brought to you the opportunity to experience thought transference, which I know you find a little difficult. So, firstly my dear friends, I would say to you, to look inwardly to yourselves, to take responsibility for those thoughts that are with you at all times of your existence. It would be beneficial to you all, I feel, if you could focus more clearly on a daily basis of each thought that comes to you, to say to yourselves '*why did that thought come to me?*' and '*what thought have I given out today that has benefited another human being?*' And we all know that when you come together here within this room, then those thoughts do become more focussed in order to help others. I now ask you my dear friends to return the focus upon yourselves each and every day of your earthly existence, because once you have mastered the control of your own thoughts, then it becomes easier for you to transfer those thoughts to other people. Do you understand?

Lilian: Yes.

It is a great responsibility that you place upon yourselves when you take responsibility for each and every thought, but I have always told you how powerful your thoughts can be. But now is the time that you need to refocus inwardly to your own thinking and if you

make great practise of this on a daily basis you will be amazed at how quickly and in tune you become with the control of thought. Have you any questions?

Rod: Are you saying that you would be inspired by spirit when you go within?

We can help, but the responsibility lies with each one.

Rod: I see, okay.

You and you alone, are responsible for your thoughts.

Lilian: I can see how very worthwhile that would be.

Yes.

Jan: So it is a case of practise every day—practise makes perfect, because we've got to recondition, haven't we? **(Yes)** It's programming our brain to think in a different pattern.

Yes. It is not so much the brain as the spiritual mind, but of course the more you attempt to control, the easier it will become; and when you have full control of those thoughts, then you become as one with spirit.

Jan: I almost want to say 'free'—it would be like a freedom.

Yes.

Sara: You can always share your thoughts with other people provided that you are not angry... **(Yes)** So, if the thoughts are balanced, if you feel balanced and you are calm, you can speak about something that perhaps has made you unhappy without causing offence. So that is a freedom.

Yes. It is a freedom of your spirit that you are in control. Of course, the brain comes into that part of thinking, but ultimately it is the spiritual aspect which should take control and when you are able to dismiss any inappropriate thought, then you begin to realize that you are the master of your own world. You understand?

Sara: Yes.

But, as I have said, within this room it is easy with the energy around you to be able to focus, to be able to give healing good thoughts, but when you are in your everyday, earthly lives and you are surrounded by much fear, disappointment and all negativities, it is a little more difficult. But you have the power to rise above and to take control of your own lives. So, at this stage my dear friends, I feel it would be appropriate, but of course as always it is entirely up to you, each one of you, to decide whether you progress or not.

[A case study in clairaudience](#)

Jan asks about this phenomenon experienced by her son, who struggles to control the intrusive voices. Salumet gives useful advice and explains what happens when there is fear. (13/8/07)

Jan: I think this is an appropriate point to ask this question. It's not from myself, it's from Richard—you know Richard, he is my son. **(Yes)** He telephoned me on Saturday night with an extremely interesting concept and he asked me to ask you. As you know, from an early age he has been bombarded with voices **(Yes)** and he wants to know—I forgot to bring my piece of paper, I'm sorry—he has learnt to shut out those voices at an inappropriate time in his busy life, **(Good)** but when he concentrates, they are very, very clear. He would like to know if the conversations he is hearing are aimed at him or whether he just picks up conversation from spirit around him wherever he may be. **(Yes)** Do you understand? Have I put that clearly?

Yes, I understand. If he is focussed at a particular time, what he hears will be those around him who wish to help. When he is amongst others, or inappropriate times as you call it, he is picking up on any energies which will be in and around. But when he is quiet and focussed, they will take that opportunity to try to help and also to focus his thinking to the spirit world.

Jan: Right—I haven't heard of anybody else having those experiences, so I found it quite...

Yes they do.

Jan: Yes, I'm sure they do, but I haven't spoken to anybody else who's had them, so all I could say is, 'Wow Richard!' And he said that he can hear whether it's a gentleman or a lady, he actually hears the voice in his ears.

Yes, it is because he has now accepted that spirit is close to him always, but now he is taking control and not allowing them at every inappropriate moment to intrude upon his life.

Jan: I'm very proud of him that he's been able to do that because for a very long time it was as if his physical state was always in like a nervous breakdown sort of state (**yes**) because he couldn't shut them out.

Because he was controlled by fear. (Yes) As you know and as I have spoken often, either love or fear will dictate your lives. But he is doing well. Yes.

Jan: Thank you. I can tell him exactly that, that in his quiet moments they're actually trying—he is communicating with spirit, with him and when he's in a busy environment like a shopping centre when he hears them, he is picking up...

But those who are trying to help will then take control with him and help him and nurture him in the ways of spirit so that he will know when and what to do with these other intrusive voices. It is just being able to ground oneself at those times, and again it is practise and it is knowing that nothing can happen to him, whilst he is connected with our world.

Jan: I think that's precisely what has happened to him—the fear has now lifted.

It is that. Yes, yes. He can only go forward now.

Jan: And now he's excited rather than fearful.

Yes.

Sarah: There are other people who say they've heard voices and they commit crimes and they say it was voices in the head. Is this the same sort of thing—they're fearful and they're letting negative spirits come in?

Yes. Negativity will attract those close to this Earth plane who, as you know, not all people have the greatest purpose of goodness and they will be attracted to fear and negativity within others.

Jan: And you covered the subject of schizophrenia some months back with us and the cause...

Yes.

George: So it will be true to say perhaps that in an atmosphere of love and quiet time, one cannot go wrong really?

If your thoughts are pure, if your intentions are pure, then you will always be protected, but when you allow a window of fear or negativity, then you are opening up to more of the same. That is why it is important for each and every one of you to let go of fear.

Sara: Is this what we call clairaudience?

Yes.

Lilian: So when someone sleepwalks and they do strange things, they've even been known to kill someone—is that a thought they've carried with them before they go to sleep?
No, that is to do with an irregularity within the brain structure during the time of sleep. It is not connected to spirit in any great way. Of course, there are cases when people can be influenced in their sleep state, but that is not the natural way.

Lilian: I see—it's to do with the brain and nothing to do with the thought.

Yes.

How to create a ripple of happiness without words!

Salumet asks us to lead by example in our daily living. The example of just giving a smile arises. (13/8/07)

I would say to you my dear friend, the best way to live your life is by example. You do not always need words for others, because they will pick up on any goodness, any joy, any happiness that you exude.

Graham: I find that smiling helps. I feel despite your annoyance towards somebody, if you smile it is difficult to remain annoyed while you're smiling—it goes right through you.

Yes. And it is apparent to so many people around that that one smile, that one genuine smile has the power to create that ripple of happiness in the same way as anger or fear or hatred has...

Jan: Laughter does the same.

...And laughter...

Rod: I was on my bike having a ride this morning and I met a lady coming along with a pushchair and she gave me a lovely smile and it lifted me, and I was able to peddle up the next hill like a young kid.

Chuckles

Yes.

Graham: I think that smiling dissipates another's fear. If they're concerned or nervous about something and you smile to them, you can see them relax—it dissipates their fear.

Jan: That's why the dentist smiles a lot. You go to the dentist, he smiles.

Laughter

Graham: Mine has a face mask on, but the eyes give the smile away...

Laughter

Can you see now within this room that talking of joy and happiness that you are all beginning to laugh and smile? (Affirmed) You understand the ripple effect that it has. So, my dear friends I will leave these words with you this time. I will always be interested to see how these words are put into action in this next coming week of your earthly lives.

When meeting another, learn to look inwardly and to feel that spiritual energy come to the fore

Salumet repeats knowledge about physical and spiritual thinking, and telling them apart. He then gives us a useful exercise during 'first-time' meetings. (20/8/07)

Now my dear friends I wish to say to you this time a little about what was asked of me last time by our lady friend known to you as Jan about the difference between thoughts and where they come from. As I have said on past occasions, the thoughts from spirit come slowly and repeat themselves often, whereas other thoughts come quickly and seem to be more intense with urgency attached to them. The difference only comes with time and with experience, and it is something that you have all experienced in your own way I am sure.

Lilian: Yes.

Yes. I wish to say also to you that, as we have spoken before about energy expanding/spirit growing, I wish to say it is now time my dear friends that you view your other fellow human beings in a slightly different manner. Do not look on anyone, whether friend or stranger, as that physical being but to learn to look inwardly and to feel that spiritual energy come to the fore, because in using your energy to seek that higher being from within, it allows that connection and communication between two people to have the strength of love and understanding. So many of you look to another and make judgement far too quickly.

Lilian: That's very true.

And now I feel you must go forward and look more closely to those who come before you because, as I have told you, there are no mistakes when it comes to those who cross your life path. It is then up to you, my dear friends, to think of the thought which comes to mind and to find the purpose of each meeting. Do you understand? (*Affirmed*)

George: Yes, I think we probably all have memories of particular people who have really stood out in our lives—personal contacts. I recall my youth when I was conscripted into the army and I met an older man (*George Allison*) and he was a regular soldier, in uniform. But he had such a kind heart and he was so willing to exchange views with we young national servicemen and a light seemed to shine from him. He is an older contact and, looking back, he was a very significant contact.

Yes. Therefore, his love and light were extended to many people who have been impressed by him and his way of life. Therefore, that memory remains with you strongly and has enabled you also to go forward with your own life.

George: Yes, I certainly have that memory—the more so because he was a Doctor Barnado's boy and the army had become his family. So, he was slightly unusual as well as having a good heart.

Not so; I have told you in previous times: that is why you must never judge another human being. It matters not where they come from or what material goods they have, what is important is what is within their heart and soul—that is what life is about.

Rod: You slapped my wrist last week when I mentioned that, but it's difficult: tonight, a coloured gentleman came up to our door and wanted to buy the back of our garden and an immediate anger came over me. It takes a lot of getting used to, but I haven't got there, and your words do come through—but initially I was wrong.

Do not be so hard on yourself my dear friend. You do struggle I know, to accept many words spoken here, but I am sure if you look back to the time when you first came to us, you will find much improvement within yourself.

Rod: I've been told that at home!

Laughs

Give thanks for all those blessings that you now have. And do not allow any failures, as you see them, because they are not; it is just a learning process for you.

Rod: Thank you.

So, do not be so hard upon yourself.

Spiritual exercises can only be beneficial

Jim asks about his success with a spiritual exercise that he had invented. (20/8/07)

Jim: May I ask a question about the power of thought? I attempted to think about a particular subject—in fact it was three digits, three numbers, and think of everybody in this room and the idea of mind projection and finding out whether I have the ability at the moment to succeed with this. I'm interested in what I can do to improve my performance, if I can put it that way, and I thought I would ask you if you would like to comment on how I am doing.

Your endeavours in whatever way you choose spiritually can only be beneficial for your own growth. As the gentleman previously, you sometimes try too hard to succeed when in fact you should just let things be, and when that air of calmness and acceptability is there, then you find you have greater success. But you must strive for what you feel to be right for you. It matters not whether I approve or any other person around you sees your success, but that deep within yourself you know what you are doing is for the betterment of your spirit. Does that help?

Jim: Yes, it does help. I will remember what you said, and I will keep trying.

Yes.

Negativity attracts negativity

This topic is broached again with more insights from Salumet. (10/12/07)

Sarah: I was just thinking of—could I say 'evil' spirits and, as you have said to us there's always the balance of the good and the bad—those in spirit that are perhaps trying to lure others into their negative ways, who ...

Let me stop you my dear friend. There is no such thing as 'luring others'. When you come to our world, you naturally graduate to where you belong, but you do not have spirits who are trying to congregate others into their way of thinking or existing; they would automatically go there if that is their place.

Sarah: Ah, because I was just thinking of physical beings that say they're attracted to negative spirits, but it's actually their freewill—they're the ones that are creating that.

Yes.

Sarah: Yes. Ah right, that's good.

If they did not create that aura around them, those negative spirits could not touch. It is fear once more, fear and again looking into matters that they should not without the support and the help of those from our world. You understand?

Sarah: Yes. So if they are looking into things that they perhaps shouldn't look into, it's at this point that—what's exactly happening then?

They are creating their own reality.

Sarah: Ah, right.

Do you remember?

Jan: Like the rescue last week.

Yes.

Sarah: That's what I was thinking about really.

Yes I know, but again that is why I have spoken to you about thought. That thought, that fear, that *darkness*—that creates your reality, not only here, but in our world. That is why it is so important my dear friends, for you to censor every thought, to recognize the power of each thought. Do you understand?

(Affirmed)

If you surrounded yourself with love and light of spirit, these negative forces would not encroach upon your lives.

Richard: This is something I can vouch for—positive moments like last week after we had done it and moments when, like I've said before when I was in the flat and I got extreme positive love and surrounded myself with that, in total contrast to times before when I've been depressed and everything seems to get much darker and *smaller (yes)* and not very friendly, but it's purely created by oneself.

Yes, yes, you cannot blame others. After all, you have been given freewill; I cannot express this enough to you. It is the responsibility of each one of you, however you live this lifetime, you must take control, you must be in charge of your thinking. You have to, you cannot depend upon another for help if you do not allow that love and light to be part of your very being.

Sarah: When you talk about that 'negative force', is that energy that has been made negative by your thought. It isn't a force that exists as such, you've just turned the energy into negative with your thought.

And as I have said, negative forces or thoughts will attract others of the same ilk, therefore making that energy stronger. You understand?

Sarah: Yes, I do.

Therefore, you have that graduation of 'darkness', shall we call it; remember all is light and dark.

Sarah: Yes, I have a good understanding now, thank you.

Paul: When we attempt the materialization with *Bonniol*, is there anything else that we can do to help it along? I know that I try to just empty my mind and allow *Bonniol* to do the work. I'm wondering if there're any subtle changes that I could do to help it?

No, only to be positive, only to allow each one of you within the room to see it happening. Again, the power of the thought will create the energy that is needed for it to happen. Do not despair, all of these things take time and however positive most people are, you will find within a room such as this that there will be a few doubts or a little fear—perhaps not recognized, but nevertheless is still there. You understand? *(Affirmed)* So I would say to all of you, be patient. It is something that humankind is not good with—patience.

George: And I was much impressed with your teaching a long time ago about stigmatic holy ones and how that relates to power of thought and how those ones attract like-minded and that all adds to the effect. I felt that a wonderful illustration of power of thought.

Yes. You will always have those who feed from the *energies*, yes. But I thank you for your compliment. Thank you.

George: It was a powerful teaching and a powerful thought!

And a powerful thought. That, my dear friends is my gift to you this coming time. This time when people's thoughts are generally with others, when human beings in general are more accepting, more loving and more giving. I give to you the gift of thinking deeply about thought. And with those words my dear friends, know that I am always close by. I wish you a happy and peaceful holiday time and until we come together once again, I leave you cloaked in the love of spirit. (*General thanks*)

All of your life is thought. You cannot exist, my dear friend, without the power of your thought. Remember that your thought is creative; it is a great part of your physical life. Therefore, you must begin to understand, accept and acknowledge that power which it has for you. You understand?

Self-doubt

We all have doubts around our abilities when speaking about spiritual matters at times, and this has been observed within the members of the group. Salumet gives advice on how to tackle self-doubt through time and experience of all matters spiritual. (5/5/08)

As I join with you this time, I can see that within you all, in all of the growth that you have made, that there lies within each one of you some doubt.

Lilian: As to how we've grown, you mean?

Not about the work, because my words are accepted with much love, but my dear friends there is personal doubt with each one of you at times, doubt about your own abilities.

Sara: Yes, I think that is true. I'd agree with that.

Yes, I see it with you all. Therefore, this time I want to say to you this: with human beings, doubt seems to be part of the makeup with which you come to this life, and although in your spiritual unfoldment and growth, many of these doubts and fears disappear, still there remains within you self-doubt, which creates within you fear. I want to say to you my dear friends, you have no need of such fear. Each one of you has blossomed and is shining and is a shining example to many others. Therefore, any *fear* and doubt that you hold close to your heart, they are unfounded. I hear you say, '*How can we dispel these doubts?*' My words to you would be: *time and experience of all matters spiritual*. The doubts will fall away from you all in time. Sometimes when I am close to you, I see you falter with your words. Should I, should I not?

Lilian: Or should I have said that?

Yes, but again it is because you are clothed in human *clothing*, but I would like to say to you there will be such time to come when many of your doubts will disappear, because you will not be able to defy what you experience and therefore will come to you great joy of understanding. I know that when you are faced with these doubts, you feel sometimes that you may not be worthy, and this my dear friends I would say indeed you *are most worthy*. (Thank you.)

Sara: Do you mean when I thoughts become negative and we don't express ourselves in the best way, we feel unworthy because of these moments. (**Yes.**) Yes, I understand.

Yes, but you should not.

Sara: We should take a broader view, (**Yes.**) and realize that these are just moments.

Yes, they are but moments in time, and time will replace those moments with the joy of understanding.

Sara: Thank you, that's very helpful.

Yes, I want you all to know that at these moments in time, there stands with you many who are willing to guide you and uplift you and to inspire within you the words that you need to use.

Sara: So, we must remember to ask for the help.

Always ask and you will receive. I know that this has been a long lesson for you all over many years, but it is a lesson that is well worth sticking to, because as you take each step, then you feel more worthy, because you see, that feeling of unworthiness is not humility but fear, and always you must try to dispel these fears. My dear friends you *are* shining lights for this work and if you were never to utter another single word, each of you has achieved much and for this we *will* always be grateful to you.

What happens with a person who is 'mentally impaired' in some way?

Mental impairment only affects the physical body, not the spiritual mind. (5/5/08)

Sarah: What about those who are, say, mentally impaired, that's their responsibility even though perhaps they're not thinking as a 'normal' person would.

Yes. You must separate spirit from the physical conditions.

Sarah: Yes, of course.

There are many conditions in your world which affects clear thinking of individuals, but the spirit remains unharmed; that is what you must try to focus upon.

Sarah: Yes, that's my failing—I tend to think sometimes too physically.

Yes, you have to learn to separate that spiritual aspect, which after all, is the part that continues, that survives the physical conditions. So always focus upon that and your understanding will then become clearer and greater.

Sarah: Yes, thank you for that.

Always seek the beauty of life

The media can feed us what seems like an endless diet of doom and gloom. Salumet addresses this issue and how we should react. (19/5/08)

We hear your healing thoughts; we hear you talk of the many disasters in your world. I would like to remind you my dear friends, not always to dwell upon those happenings in your world that create so much disturbance. I would wish you daily to remind yourselves of the beauty and the love which surrounds you all. Even in your darkest moments, seek out the beauty and the light of earthly life. Each one of you, my dear friends, is blessed in this way. That is not to say your lives at times can seem harsh and cruel, but it is your individual responsibility to maintain that aura of light, that love which is round and about you at all times. Seek always the beauty of life.

George: Yes, you are quite right, of course. The love and the beauty are always there, come what may.

But because you are human you sometimes allow those unhappy times to over-cloud the joy and the beauty. I am not saying it is easy but nothing that is gained for good is so easy. So, just remember my words my dear friends, remember my words daily in order that you may help yourselves. Again, it is a gentle reminder of what you are seeking towards— searching, finding - it is an ever, *never*-ending trail. Even when you come home to us, this journey is ever onwards to seek the brightness in your lives. Not always is this recognized but I tell you my dear friends that the continuance of life is ever seeking, ever looking for Love. That is what is important to you, or *should be*, and that is why I ask you now to think about it and to put those thoughts into action. I hope you will agree with me.

George: Yes. And I think, now we see the return to spirit as, shall I say unexceptional, but it is just the trauma involving so many sometimes—we see the strife of it and, as you say, because we are human, we feel for those people. (*This refers to the cyclone in Burma and earthquake in China, each taking the lives of many.*)

You extend your love to all of these people and of course that is as it should be, but what you should not do is *dwell* upon it, but send out your love for these people and we will then do *our work* in helping them. If you cannot change a situation, you must look it fully as it is, as it is happening and then you must continue onwards. Have the recognition but do not hold on. Do you understand?

George: Yes. The love factor is really all-encompassing.

Yes.

Rod: I think we've got such an efficient media system that probably every time you put the television on, it's there and they are very, very efficient at putting all the doom and gloom on—they're very good at that.

Yes. It is impossible in your world today not to know what is happening in all parts of your world, and that is not a bad thing, but I am saying only that you must offer your love, your help, your support and then *focus* on all that is good in your world. It would seem too often that your 'media', as you call it, dwell too often on those what you call 'disasters' and do not focus enough on what is good in your world.

Rod: That doesn't make news—you're exactly right.

Paul: I think as well there's a tendency for people to think that nature can be cruel. And it's just that we don't understand nature, that's all, because we don't see that it's always trying to balance itself out (**yes**) and it's actually trying to do things that are going to improve itself, because it's got far greater intelligence than man (**yes**), but because we don't understand that intelligence, we look at it as something cruel.

Yes. I wish you to look at the fuller picture. So often I use those words, but I have to reiterate those words for good reason, because you are so limited in your understanding, not only of your own world, but of everything else that exists. Therefore, it is difficult for humankind at times to fully understand that this planet has its own evolution, that this planet has to balance both light and darkness, which I have spoken to you of; and always it has to be a balance of love, evolution and knowledge and continuance of *many* planets. But when you see the fuller picture, then your understanding should be a little clearer and the only way that that understanding comes is if you allow yourself to be open to all things, to all happenings in your world. You have to strive to be *more* than who you think you *are*, because you are not just these frail beings clothed: you are light, you are spirit and you must always strive to bring that forward.

Paul: Yes, we should remember that we are *not* human ... that's the...

You are human, but you are spirit *clothed* as humans. It is a very short time as a human being, but a much greater time as that true being of spirit. It is something I would like you all to think upon this time.

George: Yes, it's easy in this day and age to be brainwashed into a kind of awe of desolation and disaster, but that leads nowhere and is really inappropriate for us. Yes, I think I understand that, but there is so much more to life that is highly relevant.

Yes, and you must begin with yourselves before you can take the wider picture of the world on board. So that is why I say, look for the good in all of your lives, even in the moments of despair. There is always something that can lift you that can make you find the good. It may be some small thing, it may be that you see a beautiful flower that you look deeply into and you realize that you are part of something much greater. That is up to each individual to find their own beauty, their own light in their everyday lives.

Sarah: For those who are leaving this life, who are in despair, who are perhaps depressed, dementia or whatever, it's difficult to be able to tell *them*, to look for the beauty.

Yes, but they will be being helped from our side—the spirit is being helped. Yes, I understand your question and, yes, I understand there are difficulties, but they are *human* difficulties. Again, look to the wider picture, look always to spirit. There are those in our world whose task it is to help those people in their transition into our world, a world of beauty and light if that is where they belong.

Sarah: Yes. And eventually everybody will, even those who go over with their own darkness, they will eventually reach that light.

Yes, no-one is ever alone—never alone.

Sarah: Thank you for those words.

Thought and creativity

The inspiration for masterpieces comes from spirit world, where sometimes the original resides. Salumet explains this, but also observes that sighted people have often lost the beauty that lies within. (11/8/08)

Les: I believe we flatter ourselves, that we have in our museums and our galleries what are called originals, Old Masters and so on which are sold for fabulous, absurd prices. Am I right in thinking that they are only copies of the originals which are in your world—that the originals exist in your galleries and ours are only copies, even though they have been painted by a physical person?

Again, we touch on a subject we have discussed. We have discussed the power of thought, of inspiration. Yes, you are partly correct when you say they are copies. What would happen—the inspiration comes from us, not necessarily that the original exists. I don't say in *all* cases—(No) I am trying to explain as simply as possible. The inspiration is given to one here—that is painted. Let us take a painting that is painted by the painter. (Yes)—Then perhaps a copy, a copy of the *inspired* one is in *our* world, but originally the inspiration comes from *us*.

Les: Yes—because the original physical one is here, but the original thought and inspired one is with you. (Yes) Thank you! That explains that. I had a strong feeling that you did retain what I regarded as originals, because it was an original thought.

Sometimes—not always!

Les: Not always.

Not always—again, there are many reasons which I will not enter into now, but, yes, mostly you are correct.

Les: Thank you. I believe too, that in your world, if an artist wishes to continue, he can do so—that is if he is provided with materials, always with the understanding that he will be working for others and not for his own personal satisfaction alone?

What would be the purpose of working here, of being inspired, if you cannot carry on? There would be no reason, no usefulness—there would be no growth. So of course, the desire and the motive come into play. And of course, they would be encouraged to continue and of course, with materials that they would not be familiar with.

Les: So, they are able, I should think, to produce much more magnificent work, than would ever have been possible on this Earth.

And they too, in turn, can inspire.

Les: Yes. I'm sure!

You see the follow on—the follow-on effect!

Les: Quite—they can inspire others here. Good!

Yes. That is what we would expect them to do.

Les: I had the pleasure once of speaking via my lady (*Leslie's wife, Ruth, was a medium*) to somebody who said he was Michael Angelo. I have no reason to doubt it, because of other factors. He said that since he has been with you, (*spirit world*) he finds his vision—he was blind or almost blind when he left here—isn't needed for his work. He can see by *thought*, even far distant vistas. I found that a most interesting comment.

Let me say, all of you, close your eyes—see the beauty that is within you. What matter it that you do not have sight—

Beauty is a THOUGHT. Again, I come back—always I will teach you the power of thought.

There, there lies the beauty. Sight is not necessary to be able to visualise—that is what he was telling you, that beauty lies within.

Les: So he could imagine without even seeing it, and, presumably, correct any misinterpretation.

Do you know of anyone who is without sight?

Les: I know someone who is partially sighted, but not completely.

Speak to them, listen to them, listen to the beauty that comes from within them. (Yes)

They have a knowledge, perhaps that all you sighted people have lost.

Les: That I can accept and agree with—

That they retain the beauty that they have lost with the loss of their vision!

Fear

Fear is a topic covered many times by Salumet. Here he helps by explaining that we need to transmute that negative energy back to positive energy. It seems simple and it should be if we are in control of our minds. Salumet further points out that this is a natural gift that belongs to spirit, and one we should use in our daily lives. (9/3/09)

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

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

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

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

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

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

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

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

Do you have any more questions about fear?

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

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

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

Lilian: That’s so true!

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

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

(Agreed)

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

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

Yes.

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

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

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

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

Yes.

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

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

Sara: Ah, thank you.

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

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

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

Sara: Yes, I do.

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

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

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

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

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

Graham: More ... smiley.

Sara: Everyone seems happier.

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

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

(Agreed)

Yes.

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

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

(Agreed)

Positivity attracts positivity: negativity attracts negativity

This simple statement comes from questions presented by Paul. Spiritually, 'depression' is selfish emotion that creates feelings of darkness and doubt in others. (11/5/09)

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

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

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

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

Paul: Yes.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

You understand?

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

Yes, of course.

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

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

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

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

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

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

Sarah: Yes, thank you very much.

Yes, but each one of you, my dear friends, are responsible for your lives, for those thoughts that you send forth and of course, people such as yourselves are good for sitting quietly and listening to the help available to you. Others are not so fortunate and may struggle just that little bit more. It is therefore good, my dear friends, that you sit quietly and send those good thoughts out to them and to our world that we may come closer to them. It is a great responsibility for those of you who have knowledge, because unless you utilise that knowledge, you will not go forward.

Sarah: Yes, thank you for all the reminders that you keep giving us.

Yes, I begin to sound sometimes, (*like*) what you call an echo.

Sarah: Well we like your echo.

(Laughs)

Lilian: We need it!

Judgement, love and fear

We sometimes struggle with these aspects which can cause us to become lost, or even lose that spiritual connection. (7/9/09)

As I join with you once again my dear friends, it brings great joy to me, to listen to your conversations beforehand. And some of that conversation is part of what I will be saying to you this time. I want this time my dear friends, to just recall some of the important points of my coming to you—as you speak of others and pass judgement—

George: Yes, apologies for that!

No my friend, it was an introduction to my words. I want you to ask any questions as I proceed with what I have to say. On 'judgement' I will say, as you look upon another, that is what you are. I know when first I used those words to you, it caused confusion in your thinking, but if you find fault in others, then look within—remember those words (*yes*). Therefore I say to you, remember those words and do not judge another, for you have not walked in their shoes. That is one of the things I intended saying to you. So you see, we are beginning to be in tune with each other. The other was the offer of the 'prayer for those who are spiritually poor', and that includes my dear friends, not only those in this world, but in spirit also. Part of your mission I have to say, has been to help those who remain in spiritual darkness in this lifetime and this my dear friends you have achieved well, not only by your spoken word, but by the many written words, which has been activated by our dear friend here. (*George*) So that was one of the other things I wished to say to you. Also what has been important to us my dear friends is that you remain open to truth, truth in all areas of your life—not only truth from teaching, from our side of life, but in all areas of living; and of course, that is where your freewill comes into play. You have been given that freewill, in order for you to either accept or decline truth. Another important point I feel my dear friends—and it is a point I feel you have not all attained as yet—and that is 'forgiveness', forgiveness of the past, because it *IS* past. How can you be open to truth or going within, without first having that forgiveness of past things?

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

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

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

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

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

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

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

George: Yes—

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

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

Sarah: Oh right, okay.

You understand—

Sarah: Yes.

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

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

Sarah: So if we're in the situation where we might become fearful, we just need to—um—**You must have certain knowledge that all will be well.**

Lilian: That's a difficult one.

Yes, I understand. After all, if you had no fears you would not be human. But what I am saying to you dear friends is: that should not stop you from trying to cultivate the release of fears.

Sarah: So, on that point, if you were fearful and had the knowledge that it was going to be alright, would it be appropriate then to ask for help?

Of course—we are always here to help, but sometimes your fear is so great that it stops us. You understand? Even though you say: 'I believe', you truly are not feeling that deep within, that that is so.

Sarah: Somebody like Joan of Arc who was burned at the stake and who appeared to be completely peaceful—it was her faith that was keeping her calm?

Of course, it was the inner knowledge of what she *knew* to be truth (yes). That is why you have what you term ‘*brave people*’ in your world. It is this inner calmness and knowledge which they possess—that *sure knowing* that all will be well.

Lilian: So if we have a worry about someone and we ask for help, we really need to get rid of the fear that goes with the worry...

Yes, know for certain that help is available if you ask in love—if you ask for help it will be given, but of course not always in the way that you would wish, but in a way that is appropriate for that person (yes). Remember, that just because you wish for something and believe in it, it is not always the right way. That is because you do not have the wider picture of life (yes). Yes.

Paul: It’s almost like fears come from—because we were children once and just didn’t have all this understanding that we have now, but things happened and we weren’t able to process them and understand them in the way we can now—so does that mean...

Yes—human life interferes with love and trust in this world. There are many things that happen to you as human beings that colour the way that you think. Of course, that is part of the human experience, but nevertheless, you all come to this world with that innate knowledge of all that is good.

Paul: It’s almost like you feel like some of my fears are just trapped emotions (yes) that need to come out to the light of day, where I understand what you say—thinking that everything is going to be alright.

Yes, it’s not just saying ‘*everything will be alright*’. You need to *feel*, you need to feel that emotion deeply; it has to come from within, that is the difference. So often people say ‘I trust all will be well’—when inside they do not believe it. That is what you have to overcome.

George: You’ve certainly opened our eyes to that wider picture Salumet (good) and that has changed our lives enormously I’m sure.

Yes, this is why I felt this time it would be good for you just to go over a few points that we have discussed in the past.

Sarah: These little memory joggers are good for us!

Yes, sometimes you tend to forget and allow the human conditions to pull you down.

Lilian: Yes, and in the media this last week there have been some really horrendous things involving young people—fourteen or fifteen, and you wonder why—they almost seem too young to be touched with such thoughts that they must have.

Yes. I would say to you my dear friend, there is always—and again we have spoken about these things, about many tragedies, as you see it in your world—you alone can never change this world, but what you *can* change is the way you think and the way you perceive this planet; and that involves a much wider picture. That is all you can do, besides sending loving thoughts for those in need, and remember that includes those who you would term evil or guilty—you must have love for *all* your fellow man. And I know my dear friends that is not always easy for you, because when you see injustice as you call it, you wish to put it right—but that is not for you to decide. You understand?

Lilian: Yes, it’s good to be reminded (yes).

George: A part of that wider picture is communication with those on other planets, and that has been a wonderful aspect of these meetings—

That was an exercise for you my dear friends, because I felt your love and your dedication to this work deserved to know just a little more.

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

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

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

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

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

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

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

Yes, you are a doubter—

(Laughter)

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

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

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

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

(More laughs)

—In allowing it to happen.

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

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

(Agreed)

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

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

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

Now our doubter is listening! Thank you.

(Giggles)

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

Lilian: It’s good to be reminded, I must say.

George: Yes, how nice to have a résumé of the ground covered.

Well, because of the limitations of time, I wondered which would be best to remind you of, but I feel those I have spoken of are very apt to your situations—each one of you, at this present time—yes.

Paul: You feel it right to the core of you, with those words.

Yes—so now my dear friends, much as I would like to stay just a little longer this time, I will work quietly with this instrument, just for a short time, and allow any others to come who wish to. So, as I take my leave of you, know and understand what that love means. I leave you all encompassed within that pure love.

(General thanks—it was a deeply wonderful feeling)

George’s notes

On conscripted national service: Para-training in the early 50s was without a reserve parachute and hence a little scary. When leaving a balloon car there is a considerable free-fall period before the canopy opens. In the text I refer to free-fall through the dense cloud. I cannot describe it, because I can’t recall it. Many years later during a psychic reading it was stated that I had ‘an intense fear stuck in memory from a past event in a military situation’.

[More on fear](#)

Salumet addresses the group again on the futility of fear. (23/5/11)

We have been aware from our side of life, how much distress there is in your world at this time. All too often we hear people say: ‘what is happening to our world?’ So many ‘catastrophes’, as you call it—so many forces of nature being destructive, so many of your people coming to our world. I hasten to add, my dear friends—do not be afraid, it is all part of your evolution. Although, at this time, it seems that life is not as it should be, I am here to tell you that it is the structure of your world to experience these things at this time. So, I say to you, my dear friends, do not allow fear or despair to cloud over you—be positive in your thinking, and continue to ask help for those in need.

George: Yes. Could I say, some of us have been reading more of the author Lobsang Rampa, and the Tibetans—their culture that he writes about—they have a so much stronger

realisation of life's continuation, whether on the planet or in spirit, and I think I'm right in saying that there is much less fear in that Tibetan culture as a result of this.

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

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

Yes—fear creates more fear. Send love to those people—give of your love and your time to send thoughts to all those in spiritual darkness; not only here, but those in our world also, who are afraid to move forward. (Pause) There is much good on your planet. Focus upon the beauty which the Creator has given to you. You may live in a world of fear, but you also live in a world with great beauty, and also, you should have the knowledge that you are completely surrounded by those of us who come to you to keep you safe, and in that knowledge, you will move forward.

The best way to influence world leaders is to project that all powerful energy – Love!

Rod leads with a question on Syria which is currently locked in civil war. (6/8/12)

Rod: I don't know if I can put this over correctly—you've talked about the power of thought Salumet and I wonder about the president in Syria, who seems to be upsetting things a little and I just wonder, if you had millions of people putting their thoughts out against his wishes, whether that affects his brain/outlook, whether—

Lilian: Whether it would help?—(yes).

Of course, positive thought has to be for good, but you cannot change a human being's way of thought, if he is against it. It is a much more difficult procedure I would say, when you have someone who thinks they are completely right, and their thought pattern is telling them they are correct. It is a little more difficult to overcome those kinds of thoughts, but of course it is possible. Positive thought will always overcome eventually any negative thoughts.

Sarah: The thing is though that people might be putting forward positive thoughts to him, but the rebels, if they do get into power—that won't be perfect either. So, is it right that we should be intervening, when we don't really know either?

You should never try to interfere in someone else's life pattern. But you are not to know what their life's pattern is. That is why I have always told you: try never to judge other human beings, because you do not have the full picture.

Sarah: No, that's right.

George: While it is sad to see a civil war in progress, and one has feelings for all the people who suffer there, I also have the feeling that we in the West have had our periods of civil war in the past and...

And still mankind does not learn (yes).

Sarah: That's right—you miss a couple of generations and then it all starts again.

George: And therefore, we should not intervene in a military way, if other countries have their civil wars.

Lilian: I was thinking of the Irish thing—that's not far away.

Paul: The only thing we can do I guess is to stand back and send our loving positive thoughts.

Just give out love—that is all you *need* to do, that is all you *should* do, and, in that way, you are not *interfering* in someone *else's* life. It is a great responsibility, to decide what is right and what is wrong.

(Agreed)

Paul: Our media doesn't help, by painting one president as the 'baddy' and the rebels as the 'goodies' and—

No, that does not help at all.

Paul: Better to think of them as, they are all *beautiful spirits*, all of them.

You are all born of the 'Light', remember this also. No one is brought to this lifetime as an evil being. So always keep this in mind.

Sarah: But does anybody really turn into an evil being?

Yes.

Sarah: They do?

They can do yes, if they do not look after that spiritual self—allow negativity energy to enter their being—yes of course there are people in your world, who are not what you call 'good' people.

Sarah: No, but are they sort of misguided or do they have some kind of mental problem, which makes them like that?

All of these things are *possible*, but remember they have their own free will and nothing makes them do anything to harm another human being. That is their sole responsibility. And it matters not whether you or anyone else decides to criticise—you do not *know* the full picture of that human being. There is a lot to think about I know, but if you try to see the wider picture, then you are a long way to understanding what *Love* is.

George: Yes, LOVE—POWER OF THOUGHT, these are all central to our living—or should be. **Yes, this is my teaching to you.**

George: This is your teaching, and where the pyramids are concerned, although it's way back in the past, it nevertheless seems to enhance our understanding a little bit.

Yes, it helps with your *intellect*, but it does nothing for your *spiritual knowledge*, that is the point that I am trying to make. Of course, it is most interesting to *you* as human beings, but if as much interest was put into knowing yourselves, think how wonderful this world could be.

George: Yes.

Rod: Isn't it that when we are reborn / reincarnated, we seem to have the computer up here wiped clean (*our past life memories*) and if we could just leave a little bit of the heavenly memories, I thought that might be an advantage and help things on, because we are a

learning planet as you say, but we've got so many problems down here that it doesn't seem to improve over hundreds of years.

I can say there *is* improvement. I know that it seems that all is dire, and everything is bad news. But when first I came to you, I promised you that there would be a much better future, and I still am saying those words to you my dear friends. This could be a *planet of love*, but of course it will take much work—not only on your part, but from us in spirit, who are dedicated to helping each and every individual.

Rod: Wonderful!

It is a task not taken lightly, by those of us who come to help and sometimes it feels that to use an earthly term that we are *treading water*, but I can assure you, slowly progress is happening.

George: Well I recall when you first came to us Salumet in 1994, we seemed to be heading for nuclear disaster (**yes**) and I think you and yours in spirit have helped us to move away from that.

Our task is to influence and to *teach you*, that is what we all endeavour to do and I hope, my dear friends, that you feel I have helped you in some way, to recognise your own spirit beings.

George: I know we all feel that Salumet and many others around the world as well.
(*Agreed*)

Yes, and you only have to think of the words that have travelled from this small number of people and this is only one small pocket of people.

[A case study on fear](#)

George presents Salumet with a question on the subject of thinking a little too much with the brain, and less with the mind, and the problems that this can cause. Interestingly when the body dies, so causing the brain stop functioning, only then will the mind become fully active and have access to all-knowledge! (16/2/15)

George: This might be an opportunity to say a little more on the subject of 'fear'. I have heard from one who has sent in questions before. His main problem would appear to be fear. So, this might be a good opportunity to say a little more on that subject, which opposes love, as you have taught us. Perhaps I could read a little of what this one has said—he says: ***I want to be a light-worker, and I am in some ways already succeeding. I want to overflow with light. My plan after I die is to do rescue work in the most horrible hells there are. But I can't do it when scared like this.*** I have tried to answer his questions, but I don't think he accepts my answers, and he would much prefer I put his questions to you Salumet. And he says: ***How is the amount, severity and length of suffering in the realms determined? Is it always a 1:1 ratio with the evil a person has done? Or can someone suffer kalpas or eons, as the Buddhists say, for things which truly do not merit this? Who or what is it that regulates this, and makes sure everyone gets exactly what they deserve, no more and no less?*** Well, that's his phrasing—that is the way he puts it, Salumet. But you might agree that it's an opportunity to elaborate a little on the subject of fear, if that is possible?

Yes, I understand. 'Fear' is something created by the physical brain—not the mind, but the physical. What this one is overlooking is that he is trying to find answers for things that

should be seen to when he comes home to spirit. He does not and will not be able to overcome fear so easily if he is constantly questioning *fear*. As I have said to you all, you must deal with whatever is troubling and then to let it go. This one is not able to do so. Let me go to the question about who has full control of how long or how much a soul will suffer for any wrong-doing. My answer to that is: that individual soul is their own judge and jury. No one will point a finger, no one will say what must be suffered—only that being themselves. There is no judgement like there is on Earth, where you have others who decide what you must suffer and *how* you must suffer. He has to be rid of these ideas. He will not know the full extent and may never do, for as he says himself—eons of time. It is not something easily understood. So, for that I ask him to—and why would he wish to work with those people who have, in our own words: created their own hell?

There followed some discussion from sitters that perhaps previous words/transcripts needed greater consideration. And we know from past teaching that Salumet does not like use of the word 'hell'—a physical description that is much overused by the religions. In reply to our observations, Salumet continued:

No. He is looking for answers that are not there.

Jan: He is creating a problem in his mind that doesn't need to be there.

Yes, he is not quite ready. To want to help others is admirable—that I would not dispute, but why when he exists on this Earthly plane is, he thinking about the situations of being in hell and suffering? When he comes to our world his thinking will be much clearer. But that is all I would say to him. I feel he is not quite ready for the truth. He will not find answers whilst still here on the Earth plane.

George: Yes, I have tried to say on the matter of self-judgement, but—

He has not accepted it, because—

George: He now has that answer direct from yourself.

Yes, he is creating problems—problems that cannot be answered fully until he has come to our world.

George: Yes, thank you Salumet.

But do try again—you are patient with him, and perhaps some word or two will find a place in his heart.

George: Thank you for your advice—yes, wonderful.

I hope it will help. You see, when human beings form thoughts whilst on Earth, it is very difficult sometimes to change their thinking, because thinking comes from deep within the mind and the mind belongs to Spirit. And I feel you must know this already, because I have said on many occasions that we try to *influence*. We cannot change directly your own free-wills, but we can influence.

George: So, mind would benefit from stronger contact with Spirit.

Yes, you would know the difference between the thinking of the mind and the thinking of the brain. People even now cannot accept that there is this separation.

George: Yes, I am aware there has been much thinking with the brain.

Yes, too much—too much.

Paul: The brain is kind of—things that have got in your head through your being influenced by the people around you, I would think.

Yes, the mind needs the brain to function; whilst you are in the bodies, you need that unity. But ultimately, when the brain is dead the mind is fully alert, and that is where the knowledge lies—the understanding and the eternal love—it is the mind. I hope that helps just a little.

George: Yes, thank you so much.

Thought into the future and the evolution of our existence

Salumet gives hints on future discoveries, the expansion of love energy towards extra-terrestrials, the evolution of our planet and more information on how loving pure thoughts are collected. Our planet is known about by those of extended knowledge, even from other universes who are trying to help this planet with its problems. Love energy extends throughout all that there is. (16/3/15)

And as you have given thanks for creation, so too shall we say ‘thank you’ to the force of all life, for the happiness and knowledge that is given to us at all times. I have been listening to you, and already it has been spoken about new discoveries in your oceans (yes). This of course is confirmation of my words, and *still* I say to you, my dear friends, that it is only the very tip of knowledge. You will also find in the near future the existence of new planets. This will become much more noticeable after your next eclipse.

Sarah: That’s interesting. Are these inhabited planets Salumet?

Not all of course—no, no. But it does not matter whether they are or not, it is the recognition that they have existence, and of course it is important for you, my dear friends, as human beings that you can have at least some small confirmation of all that is given to you.

Sarah: Thank you. Well, I must say I think we all agree that anything you tell us Salumet, we have absolutely no doubt it will come about, if you say it’s going to—yes, but it’s always nice to have the confirmation (**yes**).

George: I imagine our planetary discoveries follow the telescope that is orbiting the Earth (**yes**) and sending back pictures?

Yes, your scientists and your astronomers are making great progress at this time of growth, because my dear friends, it *is* a time of great growth, whether you are aware of it or not—I can assure you that there is much upon this beautiful planet that you will find that has as yet been undiscovered. All you need is to know that the source of all life *wants* this planet to exist in a state of love and growth.

George: That’s a very nice thought to hold.

Yes, it is a thought that can be utilised greatly. You can take that thought and magnify it thousands of times, and still it could not be great enough. Do you understand what I am saying to you? You are capable of so much more than you are able to do at this moment in time.

George: We can expand on the thought of ‘love’ (**yes**) and the quantity of love.

Yes, the expanse within your universe, it can create much more. The action from one universe to another, of course is great, and this is something my dear friends, for you to consider.

George: Yes, it would be a very nice feeling, for that love extension to extend to extraterrestrial beings who would contemplate visiting this planet. I believe there have been unfortunate problems with approaches in the past, but I feel that all that is changing—the attitude is changing (**yes**) for the better.

The time has not always been right for these happenings, but any love that can be extended, of course creates a different atmosphere of love. When the time is right there

will be more communication. Those from other worlds are well aware of Earth and its problems, and as in all things, are trying to help in any way that they can. So my dear friends, I say to you: be patient, but become much more *aware* of the beauty of thought.

George: Yes, it became clear to us that our friend and visitor 'Bonniol' seemed to know things about our planet and our ways that were not too well known to ourselves! And I imagine there are others apart from those on his planet who have, shall I say, been around and know of the happenings and the problems on our planet?

Of course, yes. Your visitor was sent to you to prove mind-control—mind and thought transference. Of course, there are many other beings from universes outside of your own with extended knowledge. I cannot explain to you enough of how far in the many universes that love exists—that knowledge exists, and knowledge of your planet is well known.

George: Yes—well known in other universes as well as this one (**yes**). That's a profound thought!

It is, and it is something not easily understandable to you at this time. But what I think for you is to become much more aware of the thought, the expansion of that thought and the expansion of the *love thought*.

George: Yes—where those other universes are concerned, I think of them as universes-on-different-wavelengths. That may not be quite the right way to visualise, but I can think of different wavelengths having their connections.

Yes, if that is the way you find it easier to understand, then by all means, that is right for you.

George: If you could suggest a better way—

Yes, I understand your words, but for each individual, their own thought patterns will bring them the knowledge that they need. So, for you, that is very good for now (thank you). But it is not quite thought patterns; that is human thinking.

Paul: I was just thinking, perhaps one reason we have a reservation, is thinking about the size and scale (**yes**) so our love might not reach out to all those other universes—this universe is so vast, but maybe size is a bit irrelevant with love energy expansion—I don't know—

You cannot make a size of thought. How would you explain thought to someone who did not understand? What would be your words of explanation?

Paul: Yeah, I *had* been thinking of it like physical energy, but of course it's not (**no**), it's a non-physical energy, so—

So, it is the human thought—I use that reservedly—the human thought interferes with what thought really is.

Paul: So, size *doesn't* come into it (**or distance**)—or distance, of course—

In the same way you cannot compare your Earthly time to that of spiritual time. If you think along those lines, then you should, I would say—'*feel*' the thought. It is not a unit that can be transmitted in the way you think of thought; that is not what true thought is. Thought is instantaneous, thought is everywhere, but your own thoughts can be expanded at any time. It is just that you do not fully understand as yet.

Paul: How to expand—(**spiritual thought**)—spiritual thought.

Sarah: I suppose that's infinite isn't it—spiritual thought?

—Instantaneous, yes. Your thought from here to other universes would be instantaneous.

Sarah: I was thinking more of—when you say expanded—I suppose I’m thinking in the physical term, but there wouldn’t be any edges to it if it’s thought, its spirit—I can’t explain it—

I understand what you are saying, and you are making it more complicated than it truly is.

Sarah: Yes, as we humans do.

As you humans do. But that is why it is difficult to come to conclusions, because always the human brain interferes, instead of just feeling.

Jan: Would a better analogy be that we all have a beating heart—and with every beat of that heart there is love energy?

You are not aware of the beating heart in your everyday lives, until you focus upon it. Think of thought slightly in the same way that it is always there to be recognised and used. But ‘expansion’ is just a physical word for you to try to understand. All energy is expanding.

George: Yes, expansion implies involvement with time (**yes**), but perhaps it is the *generation* of thought which involves time—and that’s something that is more human.

Yes, that is correct—it *is* more human. But it is something for you all to consider. It is something for you all to work upon. And there will be time when we will have more communication from others—from what you call ‘space-time’.

George: Wonderful! We shall really be accepting and appreciative of that!

Yes, it is already happening, but it is not fully documented for all to know. As in all things, think carefully—know what is right within your hearts, accept what you have been given, but only accept what is right for you. You understand? (Yes) Do you have any questions about this?

Sarah: You said earlier that you want to get the planet—the whole idea is to make all human beings full of love. And when that happens, the Earth will no longer need to be here because we will have reached our goal. However, once something has been created, it never disappears—so the Earth will still *be*, but in a different—

—In a different energy form. It will go back to the energy from whence it came (right). But you are correct in saying it will never fully disappear.

Sarah: But those who have reached their goal on this planet and made the planet so that it doesn’t need to exist anymore—will anybody ever have any contact with that Earth planet that has then gone back to where it belongs, or is that the end of that association?

You have to remember the evolution of the planets. There will come a time when the *physical planet* will no longer exist. That is what I am speaking about; so of course, there is nothing to return to, because the energy will be absorbed by that—what I shall call ‘greater energy’.

Sarah: Yes, but I was thinking, we will all then be—

You will be, by that time, spiritual beings, first and foremost.

Sarah: Yes, so even if we could make contact still, with that planet, we wouldn’t need to anyway.

Yes, it is irrelevant, once that point has been reached, yes.

Paul: Going back to expanded thought—when we said our prayers earlier for the Earth, did that involve expanding our thought?

Your thoughts are taken by those in spirit who then deal with those thoughts in a spiritual way. Are you speaking of direct thought—you feel that your thought is direct?

Paul: Well, when we—

It is always noted, if it is sent with *love*. But your thought is a physical thought at the moment—that is the difference. But you can cultivate your spiritual thinking.

Paul: So would the spiritual thought, be more towards our own spirit—connecting with the spirit?

There would be no intermediary from spirit. It would be instantaneous—your expanded spiritual thought. Does that make sense to you?

Paul: So does that mean it wouldn't be directed at a *physical* thing, like the physical Earth, but it would perhaps be spirit to the *spirit* of the Earth? **(Yes)** Um—

Yes, you sound confused.

Paul: I think I'm beginning to see it.

—beginning to understand.

Paul: —beginning to see that you're perhaps not getting involved in any of the physical things and it's for me a very much more direct connection.

Yes I feel that the human being sees thought as a solid thing, to be sent almost as you would send a letter to someone, and expect that letter to reach a specific point. But what is happening with you is that your pure thoughts of healing and love are being collected by those in spirit who then deal with those thoughts. At the moment, until you can develop your spiritual thinking and make it a little stronger—do you understand? I know it is a difficult topic.

Paul: Yeah—almost a crystal-clear thought will—

—Take its place.

Paul: And it won't need any delivery mechanism—any help in its delivery.

Yes, you have to rid yourself of the idea that it is like something to be delivered. You have to free yourself from that idea.

Paul: That's it. I'm beginning to—sort of no space, no time **(yes)**.

Jan: Living outside your head and your body.

Yes, you have to reach that state of understanding, where the thought as the lady says: until you focus on the beat of the heart, you are not even aware that it exists, but it is always there to be used.

George: Is there any difference between expansion of thought and *strength* of thought? **There has to be a slight difference—yes. I know what you are saying. Let us use the word 'powerful' because that is a human word. The more powerful your thought being sent, the more it will be used. If it is a thought—and remember your thoughts are based on human thinking—the more powerful your thought, the more it is captured and heard. You understand?**

George: Ur yes—I just felt it might be easier for us to imagine the power of thought than expansion of thought.

Whatever makes it easier for you, that is what I will recommend to you. Each of you are individuals, each of you know what feels right for you. But I *do* want you to know and to understand that any thought, whether physical or spiritual—and it is both in actual fact, but the physical thought you need to understand is always 'collected' if you like, when it is sent with true love and healing.

George: Yes, something for us to think on.

[Surround your children with love and guidance](#)

Salumet instructs us to keep our thinking positive. He also reminds us that our children need love and guidance, as they are surrounded by so much negativity at the moment. (18/1/16)

There are many changes in your planet that are happening right now, and we have spoken of some of them. I wish to say only that: please do remain optimistic in all of your thoughts and dealings with this planet. No matter how dismal events may appear, I want you my dear friends, to look beyond that and to look to the positives in life. In that way you expand, and you grow. So just, my dear friends bear this in mind. On this, another of your coming years we will not dwell so much on the negatives, but on the positive aspects of living and of development of yourselves. For a number of years, we have begun the year saying: we must develop our own selves. But my dear friends, these things take time, and no matter how slowly, as long as the steps are clear and you know where you are going to, this can only be good. So once more I will say to you: to look forward to your future; of course, you must accept what is happening in the world, but we have always had problems. So, therefore my dear friends, be positive in your own individual attitudes to life and you will find that the rest will follow. Someone mentioned children—children are indeed the future of this planet, and yes it would be wise to try to guide and steer them in the right direction. It is not always easy, because they are surrounded by *so much* negativity, but if every individual parent were to take on board that job for a child, there would be great changes made upon your Earth. I wish you my dear friends, to go within, to listen to that still quiet voice which you all have. It is that part of your spirit which is mainly subdued whilst you live your Earthly lives, but I would like you to sit whenever you can and listen to those who are trying to help. The more you do this the more you will hear their voices—those helpers—those Angels—those teachers who come from our world; they are all waiting to help. Now I do not wish to sound as if I am preaching to you—know that would never be what I intended.

[Is this planet becoming less fearful?](#)

This question was posed directly by Jan. In reply, we see that this is not an easy question to answer because personal perception comes in. Salumet explains. (1/10/18)

Jan: On the topic of fear, Salumet, it may just be my own growth and my own perception, but generally I don't think the planet has as much fear surrounding it, as say, 10, 15, 20 years ago. Would I be correct in feeling that?

You feel the planet was more fearful then? (Yes...) When we speak of the planets—let us go a little wider than the Earth planet, because you know you are all *intertwined*. (Agreed) Yes, and what affects others, has an effect upon you on this Earth. (Yes) Yes, there is a lot spoken, I fear, about the subject of fear; and the Earth planet has not always been a peaceful, loving one, in times gone by. (Agreed) And I will say to you, I see that there is a difference, in you said 15 of your years, there has been a change, only because the perception of people has changed, therefore there is slightly less fear.

Jan: Yes, I think it's a tangible feeling.

You are quite right with the feeling; it is not enough to say the planet is not fearful, because it is.

Sabine: There are *many places* where it *is* fearful to live.

Yes, that is true. This is a beautiful planet, although it is a planet of learning—but always find the beauty.

Lilian: Yes, there's a lot of that! **(Yes)**

Jan: I think in general, my feeling is, especially in meditation, or just going within, is, man-towards-man, the fear is not as great as it used to be—we're not as fearful of one another as we used to be. I know there are still hotspots on this planet that are still war-torn etc. but I just feel that we are working in the right direction and not being as fearful and mistrusting of each other, as we once were.

Yes, I understand. know there are always elements, even in the tragic circumstances, which are working upon your planet at this moment; there are always groups who are more loving, who wish to change, and gradually will come together to get that change. So yes, you are correct in part, when you say man-to-man there would be less fear, but you can always say that if you have two nonbelievers, or people who believe *too much*, shall I say? You have to wonder why, face-to-face, they are angry and disbelieving and full of hatred. But it is all part of being on this planet. This planet has never been a quiet, peaceful place. (Agreed) So you have to take it back, you have to take it back, even when the planet was inhabited by these large creatures, when the planet was in an Ice-Age. You have to wonder why have all of these things happened. They have happened, my dear friends, because it is one little step forward.

Jan: While you've just been talking, it's not an ego thing, I've been wondering whether or not, it isn't the fact that it's what I *feel* is happening, maybe it's more to do with how 'I' feel.

You have to, you have to tame your own Soul, your Spirit first.

Jan: ...because that's my responsibility, first and foremost, is *my* Spirit.

Each and every one of you are responsible for what you *think*, what you *say*, what you *do*, and how you respond to other people. That is your responsibility and yours alone.

Jan: So, I'm wondering if that feeling that I described, when I said I had this *feeling* that it wasn't as fearful, is whether or not that's just my...

Do not dismiss your feelings, do not dismiss them. You can question them at times, but not to dismiss them.

Jan: So I *own* that. **(Yes)** That's a good feeling to me and I'm going to own that feeling.

And that can to changed and given to another.

Jan: Yes, and I'd like to own that feeling and that's my hope and my moving forward, **(Yes)** for the rest of the planet.

That is a good way to do it, yes.

[We must send good balance thoughts into the world](#)

Di asks about those who seem reluctant to move away from negative thinking or understand the problems that this can cause in their lives. (24/2/20)

Di: I'm finding that with some of my friends and acquaintances really Salumet, the ones that seem to have a very negative outlook on life, seem to be far more ill with illness than people that think they're going to get better. **(Yes.)** You know what I'm trying to say?

I do know my dear friend, of course I understand, any negativity can only be harmful, and unfortunately, in the Earth plane, people feel they know better than what is right for them; but yes, any negativity or imbalance is not good for the Soul or the body.

Di: It's quite hard when people don't seem to really believe in a Soul or Spirit, they think that there is just human life, so it's hard to help them really.

Yes, I would not be too concerned about those people; some of them would have chosen that life, that not knowing anything, because they do not want to; but, I would say to you, this is their opportunity to grow and to understand, and all you can do, my dear friend, is to pray for them.

Di: Okay, thank you very much.

Send good thoughts, balanced thoughts.

Di: I've sent them the links to your website now as well.

Right, of course.

Di: It might help. **(Yes.)**

[Unions of negative thinking are very powerful and have caused many problems](#)

Paul asks about various empires that have eventually destroyed themselves. (24/2/20)

Paul: I was chewing over a question about, looking at Earth's history and various empires, like the Roman empire and the British empire, and they all seemed to come and try to dominate the world, **(Yes.)** and then, they sort of, from what I understood from history lessons, they sort of fell apart from *within*. **(Yes.)** It wasn't another force fighting them, they fell apart themselves and I wondered if...

It was their own greed, their own negative thoughts, yes, there have been many times throughout the world, your Earth planet, when nations have fought against nations, always thinking that they knew best, instead of living in harmony and peace and sharing and caring; they decided they would be the power of all other peoples; and again, it is a negative thought. So, when you have unions of negative thoughts, that is the power that becomes the *most* powerful, do you understand? And that is the cause for the downfall.

Paul: Right, it's not based on Love, so it's not based on truth, **(No.)** so it hasn't got any foundation.

No, it is a power struggle, that is what it is. And that is what I have to say is happening in the world at this particular time, there are too many leaders, too many people who want power, who are not doing the best for other people.

Mark: Yes, I think a lot of these leaders don't sleep enough. Often leaders boast that they only need 2 or 3 hours sleep and I've been reading a book that says that's not true, you *do* need the sleep to stay in balance, you need sort of between 6 and 8 hours.

Yes, because the body is made to *rest*, it is not—although you are Spirit and human body, you still need the balance, and sleep is part of the balance, so that is why they create problems for themselves; you start off with sleepless nights, then you become irritable,

then you become unkind to another—it all has a problem with growing and not allowing Love and kindness to enter your lives.