

## 54. Non-judgement

We live in a culture where there is much judgement towards others. Putting the world to rights type conversations creates more negativity to situations, where instead, we could be projecting love. We never see the wider picture anyway, so what we witness is only a tiny snapshot; a tiny aspect. How can we know the workings of another's soul for instance? The practise of non-judgement is very hard to perfect when we have spent much of our lives doing it, but there is a better way. Time and again through the years of teachings, Salumet has patiently reminded us not to judge and explains why. An incentive might be to consider that our negative thoughts towards others simply rebound back on us. We are harming ourselves by doing it. To truly help the world, we first need to change ourselves. Stop judging but and instead project love and ask for angelic influence towards our world leaders for instance.

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## Why do we judge others?

We judge others mainly through our emotional feelings. This unfortunately can cloud our true spiritual judgements. Some simple but powerful words about judgement. (3/4/95)

**Now I would like to speak on upon the judgement of others. You have many feelings, many thoughts on this matter. All of you are individuals in your thoughts. Let me speak to you on a wider scale. ‘Judge not lest ye be judged.’ Those are words, I believe you are familiar with.**

Les: Yes, we are.

**Why do you think that you judge others? Can you answer me?**

Les: I think possibly it is because of the domination of our physical reactions, rather than us looking into our spiritual reactions to any given circumstance.

**Yes, my friend, you are right. You judge mainly on your emotional feelings. The emotions are so strong within you humans, that sometimes it clouds your true spiritual judgement.**

Les: Yes I would agree and I expect everybody would agree with that, because I’m sure it has happened with me in the past and I’m sure it has happened with everybody else, that having formed a judgement against somebody, for whatever reason, we almost invariably wish we had not done so and regret having done so. I think most people would agree with that, would you not? (*Agreed*)

**There is no need to feel shame that you feel these things, but all I would say to you is, next time you wish to judge another, place yourself within their shoes. See if your judgement would be the same. What you must do is look *deeper*, look deeper into each soul—look behind the veneer.**

Les: I think it would be as well if we reintroduce the old saying which we all know: ‘Count ten before you act.’

**I think that would be very wise indeed. Look to your small children. Look to the forgiveness in those young hearts, watch them in play. They do not judge each other; they are much more accepting.**

Les: That’s true.

**So, I say to you all my friends, look first to your own failings, because in judging another, shows that within you, there lies that same failing. Can you understand that?**

Les: Yes, I think we all do. Does anybody have any query on that, or do you understand all that Salumet has said?

Paul: It’s like the saying: ‘*The finger that points has three pointing back.*’

George: Yes, and observing the error in others, may help us to observe the same error in ourselves.

**Those are wise words, yes, I do not expect any of you to become like saints, as you would say. That would not be possible, whilst you inhabit these bodies. But to have the realisation, that is what is important, you understand?**

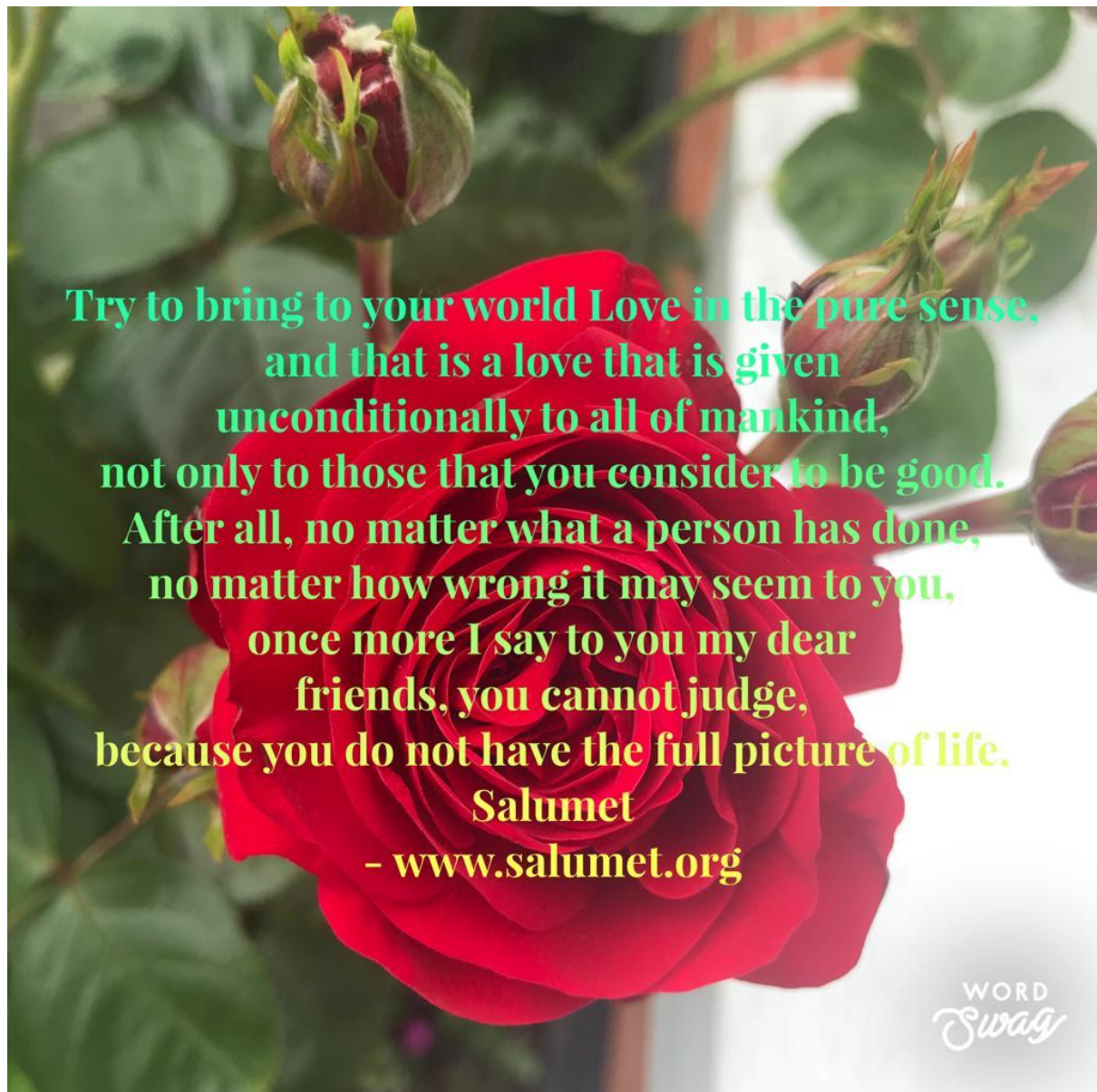
Les: Yes. I think too that many people do not recognise the importance of the various phrases in the Lord's Prayer, with which we finish each meeting. That is: *'Forgive us our trespasses as we forgive those who trespass against us.'* Many people I am sure, say the prayer in a rhetorical way without thinking of the importance of the phrase, *'As we forgive those who trespass against us.'* If we don't offer forgiveness, how can we expect forgiveness?

**Of course—and what is forgiveness, if it is not love offered to your fellow man. It is simply put. I beg you all to think upon these words this time. And next time a situation arises, when you are aroused to judge others, step back, take a good look at yourself and then make your judgements.**

Les: Yes, I'm sure we shall all do that, having heard what you have said on this occasion. Unfortunately, we do succumb to the human emotions far too often. That is why I and I expect all my colleagues here, are grateful for the teaching we are receiving.

**None of you are infallible, that is not expected. What I have come to try to make you aware of, is your own higher self, to look to that aspect of yourselves. Because in doing so, you become better people. I want you to express the *'innate love'* that all of you possess, it is as simple as that.**

Les: Can we acknowledge Salumet's talking to us, by all agreeing to that, everybody?  
(Affirmed)



Try to bring to your world Love in the pure sense,  
and that is a love that is given  
unconditionally to all of mankind,  
not only to those that you consider to be good.  
After all, no matter what a person has done,  
no matter how wrong it may seem to you,  
once more I say to you my dear  
friends, you cannot judge,  
because you do not have the full picture of life.

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WORD  
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### Offer help and never judge

A spirit from a distant past lifetime had come to speak to Les. He was reserved in what he could say due to the harsh conditions at that time. The importance of not judging is illustrated by this visitor from historic times when situations were so different in comparison to today. (28/8/95)

Les: Certainly. I found this interesting with the gentleman who came last night, because one thing he did accept, was that within his apparent hard teaching and it was hard I know and I told him I knew he had a very soft spot and he doubted his own teaching on occasions, many occasions and is why he had been brought now and he agreed that this was so.

**Yes, but let me add a little something to that: He also would have been afraid to speak, because within the era of his time, there was much power amongst women. So you see although he knew and probably understood more than ever was said, he would have been afraid to voice, because the women kind at that time, were much revered. Men in a way, were rather subservient. This is something you must keep in mind, when you make judgement of any kind, that it was not just a matter of speaking out, but he would have been placing himself above those in power and this he could not have done.**

Les: Quite, I felt that I had to be very gentle with him whilst I was talking and he accepted that and when I said finally that because he had now come here to learn what he had to do, he had to teach his former teachers, he said you know in my time, you could have been beheaded for saying that.

**I have to say yes, but in those times there were much harsher ways of dying.**

Les: I'm sure there were.

**So, there would have been fear beside the knowledge and the fear was the greater of the two. So do not judge him too harshly.**

Les: Oh, I didn't.

**I know you don't, but I speak generally—let me speak generally of judging others. You must not, because you do not fully understand the situations, the feelings that go on around all of these things, especially so long ago in your earthly history. There were so many factors unknown to you today. So, I would say to you all, 'Judge not.' I know that is a hard thing to do for you but find it in your heart always to offer help, but not to judge.**

Les: Yes, I did feel this with him, you are absolutely right of course, and I felt this with him, that he would after being here, be allowed to re-join his people, that was his concern, that he should find them.

**Always there is reason for returning, as you very well know, and his opportunity came. It will be changed, and the 'Thank you' you had, was in seeing the face. That to you, my very good friend, was a 'Thank you.'**

Les: That's nice to know. I did wonder why it suddenly changed; it was so absolutely emphatic.

**It was a 'Thank you,' and please do accept it as such.**

Les: Thank you, now you've told me I certainly will do. I'm very grateful to him for that and I'm pleased that I was able to be of assistance to him.

**I will say to you, that he will return to you at a future time and he will tell you so much more of the style of his life at that time. You will find it most interesting.**

Les: Thank you, we look forward to that time.

**But do not be surprised my friend, of what is coming.**

**You cannot judge on action alone, because you do not know what is within that soul**

Les raises the story of a monk who appears to be trying to 'gain merit' by living an extreme life of deliberate deprivation. Again, we are reminded that we cannot judge as we do not know what is within the soul of the person. We do not see the purity behind the action. We

even judge when considering who deserves healing. How are we to know who is more deserving? (29/1/96)

Les: I have been reading recently about the various beliefs and cults and creeds, on the continent and the writers spoke of a Buddhist monk he'd met in a temple. The monk was emaciated, was filthy, dirt ingrained in his skin, his head was covered with sores, where he'd plucked out his hair. He had only a loin cloth. He slept where the writer found him, on the ground, without any cover, relying on begging completely for his food and he walked very slowly, brushing the Earth in front of him with a soft brush, so that he would not kill any insect inadvertently. When questioned on his extreme actions, he considered that it was gaining him merit when he goes over to the next world. But to me that is the direct opposite of what Buddhism teaches. It sounded awfully selfish and egocentric, if he was using this life, to build up credits for himself, instead of helping as he could have done and some of his brothers do, in helping humanity in some way. Would I be right in thinking that his actions are selfish, from a spiritual point of view?

**Let me speak on this matter please. His actions if well motivated, would not be selfish, because the very actions do not matter, it is what lies within, that is what counts. It matters not what religions, what creeds, what actions are taken. What matters is that the love within your hearts, is a pure and unselfish action. So, in that sense his actions are not selfish. He was doing the deeds from an unselfish viewpoint of his own. Can you see?**

Les: Yes, but to me—I understand what you say, but it does seem to me to be selfish, if you are doing these things, to build up credit for yourself in the next world.

**Yes, I come to that point. I say he *felt* he was doing good, so the motivation behind the actions was good, but the deeds themselves will not earn him anything, he would be mistaken about that. But—so I tell you are many of you, whose beliefs are those of '*gaining points*,' as you put it, because you see, to even think about these matters, *then* it becomes a selfish act. Can you see the difference? Can you see what I am trying to explain?**

Les: Yes, I do. It is a very difficult thing actually to sort out, isn't it?

**His motive was pure, from the heart, but the actions would not gain him more, than the thought he had already provoked.**

Les: No, so if he were doing good for others, and not denying himself so much, living what we would call a 'normal human life,' by doing his best to help others during the course of that life, then his 'credit rating' would be better than if he were doing it the other way?

**I don't like the term, 'credits and debits.' We speak rather on a purely physical matter when you use these words.**

Les: I don't quite know how else to put it.

**I understand my friend, but it goes much more deeply. You cannot judge on action alone, I have spoken to you all, you *must not judge another*, because you do not know what is within that soul.**

Les: No, it comes back to individual motivation again, doesn't it?

**Yes, the purity of the thought and the motive, *not* the actions; there is a difference, subtle as it may be, there is a difference. It is a difficult point to get across to you, but I would say his intentions were good, although from your viewpoint, you cannot see this. But, if he did it purely to gain '*points*' as you say, then not so, that does not happen. Is that helpful to you?**



Les: Yes, thank you. There again, it opens up another vista, because if somebody was doing their utmost to help others during their life here, then he could say to himself, well if I do this—

**Yes, you see what I try to tell you, it is not the *actions* that count, it is the ‘*purity*’ behind the action.**

Les: Yes, so that action would have to be done without any thought of reward (*Yes.*) at all, (*Yes.*) just as a blank-ended thing?

**Could I not smile and be pleasant to you and inwardly be rather wicked and be thinking evil thoughts?**

Les: Yes of course.

**Yes, that is why you must not judge. Please do not judge your fellow man, because unless you see that spirit within, you cannot judge them.**

Les: No, we can’t, and we can never see the spirit within another, (*No.*) but it behoves us to judge ourselves, I imagine?

**I would say to you this: If you judge another, if you find discrepancies within another, look to yourself, to *why* you find it so. I would suggest the fault may lie within yourselves.**

Les: Quite likely.

**I think you would find that hard to accept, but—**

Les: No, I quite agree.

**Let me tell you, it is something for you *all* to think upon.**

Les: Well this is why I wanted to raise it tonight, because it is a very deep problem, (*Yes.*) that does need a lot of thought.

**But it has to be said, the actions of some, the *action* may seem to be selfish, but you do not know what that soul is striving for.**

Les: No, quite, so we come back to what you’ve told us in the past, ‘don’t be judgemental.’

**I would say always, *try*, try your best, because I know you can do no more. *Try* not to judge your fellows.**

Les: Thank you.

**In this way too, you can see yourselves grow, because by accepting others and allowing others to follow their own pathways, whether it insults you or not, it is a means of your own spiritual growth. You see? You understand?**

Les: Yes, I do indeed. Another point which is not quite defamatory to me, but almost, we were asked last week by a colleague of yours, before we retired at night, to pray for those who were in need of help and think of them being in the blue healing rays. I must admit that I haven’t done that for people whom I dislike, and I thought I’d start doing it and to my astonishment I found it quite easy.

**My friend you have indeed grown. Let me tell you, you *will* find as time continues, that some of your own concepts of what is right and what should be done, will be changed.**

Les: Yes, you are quite right they are changing.

**Do you not see how easy it is, to open your hearts, to ask for help for those folk that you think to be kindly, to be good. But how much better, to open up your hearts to those who *really* need your help. Those peoples within your world, that once again you have prejudged, and whom you find it difficult to draw towards yourselves. Truly your healing will be a wonderful thing, if you can do this, because my friend, in doing so, you are dispelling some of the darkness within your world, which to us mean so much more than helping *one* person who you *think*, and I stress that one word to you, to whom you *THINK* needs help, more than another. Do you see?**

Les: Yes, thank you very much.

**Please try to continue my friend, you will be repaid, many times more. By helping *one* person, one soul who you wish to draw back from, you are taking many steps forward. Can you see this?**

Les: Yes, thank you.

**I hope you do not think that I am chiding you, because that is not my intention for any of you.**

Les: No, we wouldn't think that for a minute.

## **We can never judge a life as we do not see the wider picture**

This statement has been made by Salumet many times and we still need reminding! Salumet gives some examples to help with understanding. (5/8/96)

Les: I have been puzzling quite a bit, about some of your teachings. You have told us that the soul chooses it's body for this Earth sojourn, it even chooses it's sex and it's parents. So presumably it knows what is going to happen to that physical body during that lifetime. What puzzles me, is that if a soul has progressed to a certain degree spiritually, why would it choose a body, which is going to be disliked, vindictive, selfish and a reservoir of all the worst things?

**We will speak about this. I have said to you many times, that what the soul decides, is a puzzlement to your human minds. It may not necessarily be, that a disruptive human life, is initially what has been chosen. Remember you have *free will*, that there are many pathways in your lives and people do choose the wrong way; remember this. But I say to you, those souls who choose difficult lifetimes, are sometimes greater souls, than you may at first imagine. *Do not judge a human life*, because you cannot see the fuller picture.**

Les: No, this is what puzzles me, this is why I asked the question, hoping that you might be able to make it a little clearer for us.

**It may be, that the soul has placed itself, within that human situation, of creating what you may term '*disruptive living*,' but is in fact providing spiritual growth for those people who surround it. You understand? (Yes—) It may be that the souls who are around, are here to learn specific lessons. For example, let us take '*tolerance*,' or '*good thoughts*,' even. How else will you learn *tolerance*, unless you are faced with *intolerance*? You understand? (Yes.) There always has to be the opposite in life, you can see this dear friend, can you? (Yes.) So do not always assume that the people you call, '*living bad lives*,' it may not be so, *you cannot judge*, you cannot judge unless you know the full picture. But that is not to say, that everyone who comes is not doing it for '*good*' purposes. There are those who tread your Earth, who have indeed chosen the wrong path and may be using disruptive influences for the wrong reason. For example, the drunken father who beats a child, may not be doing that for the child's good or the spirit's growth, but because he has left the right road of life.**

Les: Yes, these are the things that puzzled me, you see?

**Yes, I would say to you friend, *you cannot judge*. You cannot place two peoples in the same situation and say that both are right or both are wrong.**



Les: This is clarifying it a bit for me—

**I know you find life difficult to understand, all of you do. You think that life's strife's and troubles are wrong, but I have to tell you once more, that is not always the case.**

Les: No, there is a reason for them, you've told us.

**In most lifetimes, the soul has chosen it's life's journey and mostly I would say, they would stay on that pathway. But always remember that free will comes into play.**

Les: Yes, so going to the first example again, a soul presumably could have chosen to inhabit a '*disruptive body*,' knowing that it was going to be of help to other humans around it, during its lifetime (**Yes.**) and it would choose to accept the vicissitudes of that life, by so doing, would be enhancing its own soul's growth. Is that right?

**Of course. remember too my son, that not only is it the soul, but *all* who are concerned with it, that before they leave our world, that a *pact* is made between them. No *one* human being, enters this lifetime, not knowing what their life's pathway will be. But we have spoken before, about the loss of the memory of the lifetime. (*Yes—*) So you see, you *must not, you cannot, you should not judge*. I know you all, *all* within the confines of this room, find this one of the most difficult things to do.**

Les: Yes, I certainly have.

**All of you do, all of you do and it takes many, many times of living, to begin to see, that there is indeed a pattern to spiritual growth. You understand?**

Les: Yes, that is why I put the question tonight, because I've been thinking a great deal about it, as you may know and I have thought that clarification might be good for us all, because I'm sure my colleagues here, would have thought along the same lines and puzzled about these things.

**Yes, it is difficult for you; we accept that these things are and that you will never fully understand. After all, that is why you are clothed within these bodies. There are restrictions and of course, you cannot know until these garments are left behind and you all return *home*.**

Les: Yes, I can better understand now, an author I read many years ago, and a character in one part of the book is a Catholic priest, who said that an intellectual approach to God, is *madness*, it must be *faith*.

**I would say, *no*, not only *faith*, but what you have today, is *Knowledge and Light and Truth*. That is why all of you are emissaries of spiritual Truth. You go forth *all* of you and in your own ways, you spread what you know is not *blind faith*, not a *belief*, but what you *know to be True*.**

Les: Quite. In the back of my mind, I thought that author was lacking something and what he was lacking was *knowledge*.

**You cannot put pen to paper, on subjects you do not know about. So, you cannot *judge* the author of the words, because he only writes about what he knows.**

Les: Of course, I've always pointed out to people, remember that you are reading into any book, the bias of the author.

**I have spoken too previously, about the many contradictions, that seem to come from our world. But I have told you, that all who come, can only supply you with what they know. So again, accept if you truly can and do *not judge*. I know this is a difficult lesson, but a lesson it is:**

**To judge not anyone who walks this earthly plane.**

**It is hard and we accept it.**

Les: Yes, it is, but I'm sure we shall be forgiven a little slip along the way in that direction, now and again? *(said smiling)*

**My dear friend, there is no need for forgiveness. It gladdens my heart to see that you think deeply upon these matters, that your awareness, your consciousness, always is being raised, in the right directions. I am happy for you all that you question these things, because there is no harm in questions.**

Les: No, well thank you very, very much, for clearing that up for me

## Avoid judgement and cultivate good thoughts

This point is raised following on from discussion about calamities being opportunities for growth. Salumet expresses his dislike of the word 'evil' and gives reasons why. (18/11/96)

Les: No, you have touched on that in the past, when we were talking about individuals and you said that we must not be judgemental, because an individual who apparently is suffering from complaints and diseases, which the average person would be horrified at, **(Yes.)** that is a chance for that person's own soul to grow and give opportunity for those around him, for their soul's development.

**Yes, you cannot judge another. No one here, or no one upon your earthly planet, should judge another. You do not have the wisdom, you do not have the knowledge, you do not have that *extended foresight*, which shows why these things happen.**

Les: No, so that lack or need to be judgemental, must also apply to nature's aspects as well.

**Yes, now dear friend, you are beginning to have a little understanding.**

Les: Yes, I'm getting just a glimpse. Does everyone else feel happier about their attitude to these things now? *(general agreement)* It's been a very clear description as far as I'm concerned, I hope it has been to everyone else, has it? *(general agreement)* Because I'm sure you must have had the same doubts and wonders, as I have had on this matter. So, we thank you very, very much for the description Salumet.

**I would like to erase some of your earthly words, but of course once they are formed, they cannot be dispelled. But one of your words I would like to see abolished, would be the word, 'Evil.' I do not like the word, because the word itself, invites all manner of peoples to *judge* and this I do not see to be good. You understand?**

*(general agreement)*

Les: Yes, and I have discussed this with people in the past and to me the word *evil* has very unpleasant vibrations. It is a hard and harsh word.

**And just the thought dwelling upon the word, creates more of the *negative energies*, of which I have just spoken. So, you see, it can become almost like, how shall we say, someone who *leeches* from another and *creates* more and more of this so called *evil*. You understand?**

*(general agreement)*

Les: So, it's incumbent upon us all then, to try not only to not use the word, but not even to think of it, but find another expression to replace it.

Yes, yes, I must say I do not like the word. Always you should channel your thinking to **good** thoughts and by that you create more and more of the **positive energy** that surrounds you all.

Les: Yes, we follow you. So, if we use the remark, and I quote: 'He is an evil person,' we ourselves are conditioning the surroundings to be *evil*, by using the word.

**And remember also that as I have taught you, your *powerful thoughts* are apt to rebound.**

Les: And would the use of that word attract *evil entities*, if they were listening?

**It could be said, that this could happen, but you would have to be—how should I say, *spiritually lacking*, for that to happen.**

Les: Yes, thank you, I was coming to that, because last meeting you told us we should have learned how to protect ourselves from these things.

**Yes, yes, and I know you all are aware, and you should practise this, because within your lives, and I know it is difficult when you are troubled to always have the *good vibrations* around you. But it is imperative that you try to *cultivate good thoughts at all times*.**

Les: Yes I think we can understand the reason for that.

**It is only when you begin to have an iota of understanding that you will begin to see your lives' transformed. You should be able to travel this lifetime, without troubles, without problems, if you use that knowledge which is innate within you all.**

Les: Well I say and I think I speak for everybody when I say, I think we've learned a great deal tonight. (*general agreement*) And we do thank you for it.

**I know my words are difficult—always I have told you this. I do not come here to tell you what you want to hear. I come to help you all, to enable you to grow, to enable you to understand a little more, of what your own *spiritual growth* is about. And unless you can begin to understand a little more fully, that all of life does not revolve around this planet, then you will never grow, more than you have now. You understand? (*general agreement*)**

Les: And that is an awful thought!

**I do not say these words to cause you to be depressed, but rather to try to uplift you all.**

Les: Yes, I would say in all sincerity and again, I'm sure I speak for everybody, that we are extremely grateful for all you have taught us during your visits. It's given us a completely new outlook on life and *Creation* as a whole. (*general agreement*)

**If I can make each one of you stop in your daily task and think to yourselves—'Yes, I understand a little more.' Then indeed I am grateful to you. To know that what I bring to you is indeed what I have come to do.**

Les: You certainly do that—there is no question at all.

## There is no such thing as a chance meeting

Also, how we view someone, is actually how we think of ourselves! (20/10/97)

**Now, this time if I may, I wish to touch upon something which we spoke about last time. (Yes —) You asked what happens to people who you term, 'evil,' in this lifetime and what happens to them. I hope I explained briefly to you, that which does happen. But on this occasion, I would like to say to you all, what you should be trying to achieve, each one of you whilst you tread this Earth. My dear friends, when you make a *chance meeting* with**

someone, it is not chance; **there is no such thing as chance meetings — all is ordained to be.**

Les: Yes, we can accept that, because we've all come to that conclusion, that the main things are certainly never chance.

**I know that you fully understand those words, but what I want you to know and to understand fully, is this: How you view that person, is how you view yourself. How you think of that person, is how you think of yourself.**

Les: Yes, I think we understand what you mean — since we are part of him and he part of us.

**Yes, and in doing so in these meetings of all peoples, dear friends you either find yourself or lose yourself. Do you understand what I tell you?**

Les: Yes, you're referring to our actions, when we meet such a person whom we might consider to be 'evil,' by our reactions we find ourselves or lose ourselves?

**Not only 'evil' people — *all* persons. In other words — again I reiterate earlier words: Do not judge, because what you do is judge yourself. If within those people you find fault, then what you see are your own faults.**

Les: Yes, it's difficult to grasp, but I think we understand what you mean. Of course, we cannot disassociate ourselves from anybody else.

**If you do not understand these words, then you will have problems in understanding what you are about. Therefore, I feel that I should continually remind you of the power of your *thinking*, the power of your *judgement*, the power of your very *being*. These are simple words, but behind them lies powerful meaning.**

Les: Yes, it does come back to what you've told us before more than once, that we must think of ourselves as *spiritual beings* and not as *physical beings*.

**In saying this I will return to our discussion last time, perhaps then you can understand that in the thinking of the person you named, (*Hitler*) came back to him everything he had thought about, in all the destruction of those many peoples. Can you now begin to understand, why these peoples would be lost for such a long time?**

Les: Yes — we could have been in that position.

**I would say that each one of you within this room, has lost themselves — the true essence of themselves, on many occasions. But the difference being, that you know and understand '*good*' and therefore you have rectified hopefully those negative energies, which have been sent forth from you. Do you understand?**

Les: Yes we do, because again it is not *good and evil*, but *force and counter force*, isn't it — which you have spoken about.

**You must have balance within your lives, but you must endeavour always to reach out for the very best within you.**

Sallie: Could I ask you a question? (*Of course.*) As I understand it, when we meet other people and we manage to see goodness in people, my feeling is like a mirror, a mirror of the goodness perhaps that we have within us. And when we have relationships with people, who reflect something which we find very, very difficult to understand, or that we don't like, that's also an opposite mirror somehow, within us.

**Yes, the fault lies within your soul, not with the other person. Judge not and you will not be judged. I know it is difficult for you, when you think that you encounter another (*who*) as you say, '*mirrors evil*,' of works that you do not approve of. I know you find it difficult to accept that it could possibly be anything to do with your own thinking. I tell you here**

and now dear friends, judge not others, until you are yourselves sure, that you be perfect — and whilst you tread this Earth, you cannot be that. But what I do say to you is that you must strive towards only good and that includes finding the spark of goodness, in every soul, which you encounter. So yes, you are correct in your assumption.

Sallie: So if I come across somebody who mirrors something that I find uncomfortable, or displeasing, the only way I'm going to stop seeing that mirror, is to find where that lies within me?

**You send out loving thoughts. In that way, you dispel what you term 'evil,' but which is in fact an aspect of the soul, which you have not come to terms with. It may not be that what you find upsetting, belongs to the soul or spirit of this lifetime, but is an essence of that soul, which has not been dealt with at one time or another. Now do you begin to understand? (Yes.)**

Les: Yes that I think we do forget, that there are many souls that have to be considered. Yes, it may be that in this lifetime, your actions have been almost exemplary, but never forget there are many aspects to the soul, and it is the *spiritual* aspect which reflects through, when you make judgement upon another.

Les: So, from what you are saying, we ourselves could conceivably through ourselves, have been responsible for that person's ill-doing, in the past?

**There are many conditions which could apply here. I do not want you to limit the options, but only to realise, *do not judge*, because as the lady has aptly put it, they are mirror reflections, if you find them displeasing in another. Do you understand, because I feel a little hesitancy on your part, may I say?**

Les: Perhaps the hesitancy is only because we are trying to work it out.

**I would rather we discussed fully this time, in order that all of you can at least begin to have a clear picture, because I do feel that until you accept these conditions of self, you limit that goodness within yourself, to go forward. Do you understand? (General agreement)**

Les: It's not an easy thing for us to accept, as you'll appreciate.

**Of course not, I do not expect you to fully understand, but if at least you can reason with yourself — and after all you have all knowledge, if you so desire — if you can reason and look within, then the answers become easier for you to accept.**

Les: Yes, I can see that they would do. So each of us has to do some very deep thinking on this, **(Yes.)** which leads me to another question: If everybody gave out loving thoughts towards an 'evil' person, could he be prevented from performing those 'evil' actions, because of the love that was expressed towards him?

**It would indeed help, but it would depend on the power of his own thought — it would depend on the power of his free will, which you cannot — you cannot take charge of anyone's free will, you cannot have power over that, but you can influence for *good*, yes of course you can.**

Sallie: Would one other theory apply as well? Where at a previous time before we decide to come back to Earth and live this particular life, while we were in spirit form, we or groups of us made a choice to actually come back and work on a particular area, where we perhaps did poorly. If that's one possible option amongst the many, would we then be given opportunities, to see that fault mirrored, to give us experience in trying to rectify where we had made mistakes before?

**Yes, let me say this to you: That is no theory that is exactly what happens. I believe we have spoken about this in time past. Of course, you fully know and understand why you**

return, and the opportunities are presented in this lifetime for you to achieve those goals, if you wish to call them such. Of course, the opportunities are there, and that is where your free will comes into play of course and that is where you either *find* yourself, or *lose* yourself.

Sallie: Somehow it helps me and I imagine it helps others, to sometimes think that when I'm in these situations, to think I've actually chosen this, to put right a wrong, or to assist — I'm not sure why I said that, but I just find it helpful.

**Yes, let me say this to you dear friend: In whatever way you find — and each one of you after all, is individual in your ways of living — if you find certain conditions are right for you, if you find that it is easier for you to accept, then by all means accept; whatever conditions you wish to reject, then also do that, because your individuality, makes this something which must be done for your own self-good. Do you understand? (Yes.)**

**Whatever you find is right for you, that is what you will achieve. Go along with your heart's desire, because you have the innate knowledge to guide you, to uplift you, and to help you.**

Sallie: Sometimes these decisions that we make with our innate knowledge, or our *inside*, are conflicting with our rational mind, but they are nearly always right, aren't they?

**Of course, because what you have is *spirit* versus the human personality. Always your inner knowledge will win, because it knows no *wrong*. So be guided by that still voice within — always, always.**

Sallie: Thank you.

Les: Yes to confirm that Sallie, I could say that many times when I've had rescues to deal with, I have sometimes physically not wanted to help, but something within me has made me continue, until that person *has* been helped and that must be the spiritual knowledge, of which we are endowed.

**Let me just say one more thing about this please: There will be peoples in your world, who you feel the need to step away from. There is a difference between stepping backwards from that person, than trying to make judgement upon them. There are peoples you will not be able to make contact with. But that is not the same as making judgement. Do you understand that difference? (General agreement)**

Les: Yes, it is quite an important difference, isn't it?

**Yes, you must make that difference — you must differentiate between the two.**

Les: So if we step back, we are not in effect going to be *condemned* for that; **(No.)** not as we would be condemned if I can use that word, for making judgement.

**Yes, it is better that you step back, give loving thoughts and move onwards.**

Les: I see, thank you.

Sallie: It's just *knowing* who we should be stepping back from, and who we should be persevering with.

**Why do you need to *know*? Listen to that inner voice and all knowledge is *there*. You do not make judgements; you are speaking of physical judgements once more.**

Sallie: Again, it's just going within yourself?

**It is the *spirit* who knows which individual you need to step away from. You have *all knowledge*, each one of you. I would wish that you could cultivate this *knowing* more. You can only benefit from it, you can only come to know and understand yourselves more *fully*. And in doing so, you have extended your love throughout this world, this planet, where all situations become less grief-stricken to you; your judgement becomes sharpened, because that *inner voice knows all*. I ask you all dear friends, to**



**ponder my words this time, because I ask you all to cultivate this knowledge within you, to cultivate the understanding for one-another, to expand your love for all human beings upon this planet. In doing so, you create your own 'heavens,' if I can use that term. You will create a heaven upon this Earth, if only you could fully understand my words this time. And that dear friends, would be my desire for each one of you.**

Les: After what you have said Salumet, I think we shall certainly all be trying very, very hard to understand ourselves more fully.

**It is imperative, if you wish to develop fully, that spiritual aspect of you, whilst upon this Earth. You need to grow — you cannot allow yourselves to become stagnant in knowledge. After all, knowledge of *spirit* is endless. I do not want you to wait until you return to us, before you can continue to grow fully. My desire for you all dear friends is that this task be started, whilst you remain in these bodies.**

Les: It certainly would be for our own benefit, so we'd be rather foolish, not to heed what you say.

**Now we will leave it there this time and if any one of you wishes to return another time with questions, I will be only too happy to answer them for you.**

Les: Thank you, I think we all appreciate that, because in our attempt to understand ourselves, I'm sure there are going to be things which we must question individually because of lack of understanding. So if we might ask questions another time, I'm sure it'll help enormously.

**I fully expect many questions.**

Les: Good. Right, now we start learning! (*chuckles*)

**Can I say this to you dear friends? (*Yes please.*) All of life is never as simple as you may feel. There are many complexities, when it comes to spirit, enjoined with the human body. It is never as straight-forward, as is sometimes spoken of in your world.**

Les: I'm beginning to realise that.

**Therefore, I wish you to try to know and understand, that that is why people such as I, come to your world at this time, to put right any misconceptions, any ideas which have been put forward, which have been simplified to suit the human mind. You understand? (*Yes —*) And much of this has taken place in time past, not because of any grievous intent, but because knowledge was scarce, communication was not as well-founded as it is in this time of your existence. Therefore as we progress forward, it is imperative that knowledge grows also and be given its true status within your world.**

Les: That's beginning to make it a lot clearer and I remember now, something which was said many years ago by somebody from your side: *'Your life here, is full of contradictions, which you'll never fully understand.'*

**That is most apt, and that is one expression I fully agree with and one which I will try to help all of you with, in your understanding.**

Les: You certainly have helped all of us I believe tonight. (*General agreement*) I could never quite understand that phrase, *'life being full of contradictions,'* but now you've clarified it for me.

**Yes, if you do not have contradiction, then you have *static energy*. (*Yes —*) How can that be, in an ever-lasting expanse of energy, to which we all belong? You cannot, it would not make sense and I would not be doing my work, if I told you these things. I wish to dispel any discrepancies which have arisen, not because there have been mistakes — that I**

cannot accept, but people who have brought knowledge to you all in the past, have been limited by their own knowledge. You understand?

Les: Yes, I do — that also gives clarification to much.

**Too often we hear within your world people say: 'Why does this one say that, when another says such?' They can only express what they know. It makes neither one nor the other *right or wrong*, only different. Do you understand my words?**

Les: Yes we do understand them fully, thank you.

**Now I think for this time I have given you much to think upon. I know we will return and hopefully answer your queries, because I know there will be many. But I hope that you reach the understanding, of how deep and how complex you human beings are. And that you must search within these shells, these outer shells and go deep within, to find the *true you*, in order that you can reach understanding and knowledge of that part of yourself, which is the *real you*.**

Les: I think you have opened many doors for us all tonight and I'm right I believe in thanking you on behalf of everybody, on what you've said; it is a great lesson for us all and we do appreciate it.

**I leave you with only one thought, let it be this: *How best can we extend that love for each other, how can we grow, how can we come to know ourselves?* Think upon these words dear friends and you will see the unfoldment of that inner knowledge come to each one of you.**

### Unconditional love never judges

Even those in spiritual darkness, who are stuck in darker energies, are seeking love and light in their own way. We are reminded again about not judging others because in doing so, we are interfering in some way with their life pattern. We are also judging ourselves. We must not let this happen. All becomes much easier when we learn to control our emotions and allow our spirituality to grow. When we demonstrate unconditional love, we are no longer judging! (27/10/97)

*At the beginning of this meeting, Les told us about a most distressing incident involving his family in Canada, who were attacked by a violent thief, resulting in the loss of life and the possibility of a child suffering brain damage. This was the boy that our healing thoughts were directed to and which Salumet refers to in the transcript.*

**As you are stunned and shocked by such news as has been given at the beginning of our meeting this time, let me say this to you: We fully understand your reaction, because you are human beings. But let me return to what I have said to you in the past that these 'evil' deeds and *atrocities* as you call them, are dealt with on the spiritual level, in a different manner. Spiritually, these 'evil' people as you call them, are seeking for themselves the energy of love and light, because they cannot by themselves move forward and are 'stuck,' if I may use that phrase, in the *darker* energies, or the *coarser* energy, because of their free will and their mode of human living. I know this does not make it any easier for**

you to accept, but if you could look upon it in a *spiritual* way, your understanding of these 'evil' deeds, that mankind does to one another, may become a little clearer. Do you understand my friends?

Les: Yes, we understand what you say. Of course, it is extremely difficult for us to be sufficiently developed spiritually, to accept that fully. We want to, but still our human emotions somewhat prevent it.

**Yes, I understand and accept that you are limited whilst in these bodies. You will never fully accept what you term 'evil doing.'** But let me say a little about the person that your thoughts have gone to. Although that soul is young in your earthly years, it is an old soul, who spiritually will be able to cope with what has happened. I know these words are difficult for you, but *try* dear friends, *try* to look upon it more spiritually. Open your hearts, know that *goodness* will always be the winner of evil deeds.

Les: You know that the boy is an old soul, do you then?

**I tell you this I do. (Thank you.) Although it does not make this lifetime easy for those who are around him, the soul will cope with this lifetime.**

Les: That is somewhat of a comfort to them — thank you, because my daughter will hear these words and will I hope be able to give some comfort to those around the boy.

**Know always, that those souls who have moved in this direction, who have used their free will in negative ways, who have lost themselves and committed these deeds which you human beings find so atrocious — they will be faced with what they have done. Again we return to what I told you last time: You cannot escape deeds, actions, words, thoughts — any aspect of your daily living is noted and shown to you, when you return to our world. It is no comfort to you I know, but all that exists is balanced — no one can escape their own judgement. Know then that this soul, who has committed these deeds, will have to face those deeds, when he returns to us. Try to look it in the eye spiritually and understanding may begin to come forward to you.**

Les: Yes, I think we can understand it a little more, if we remember what you have said about the soul being aware of the circumstances that will face it, when it returns to this Earth.

**Yes, it is the human emotion, which plays such a large part in your lives and of course why should they not? That is why you have come to this planet, to be human, to live as humans, to learn; but in so doing, to bring forward to the fore that spiritual aspect, which encompasses all things and which should make your lives upon this planet *much* more comfortable. It would not matter what terrible deeds would happen around you, if you could but attain this knowledge, which each one of you has within.**

Les: Yes, when I look back over what you have taught us over these years, I can understand more fully, why people go into monasteries and to closed orders and in effect withdraw from the world. I don't say that is the *right* thing for them to do or *wrong*, I begin to understand more *why* they do.

**Always try dear friends — judge not another, because you do not know their life passage, you do not know what they have chosen to do. Therefore, judge not any *one* of your fellow men, because in doing so, you would be in some way interfering with their life pattern — and again, I touch upon the pattern and power of your thought. It is a complicated subject for you to accept, as many things I have brought to you have been, but nevertheless the *more* we discuss them, the *more* questions you ask, the *more* I try to simplify these things for you, and the *more* your wisdom, knowledge and understanding, will come to the fore.**

Les: It certainly has been doing that, no question about it. I *know* I know infinitely more now and *feel* infinitely more, than when you first began coming to us; and for that I'm profoundly grateful.

**I do not want you to be grateful. After all I come only to bring you *Love* and to help you to gain a little more understanding and knowledge, because my dear friend, in doing so, you then become the emissaries of such knowledge. Do you not see? In doing this you go forward, and you extend that knowledge, you extend your love and your wisdom and *all* that you desire for human kind.**

Les: Yes, we can understand that, that we can give to others what you have given to us. **It, my dear friends, should become natural to you after some time, it should not be a preconceived thought, that it should be given to others by the way that you conduct your lives. You understand?**

Les: Yes we do and I think all of us now, are able to, as I have said many times, teach by example, rather than by words.

**That is what I would wish for you and I would say that in the main, that is what you try to achieve. I do not say each one of you can achieve it fully, nor would we expect you to whilst clothed in these bodies. But in saying this, your *spirit* has allowed the knowledge to come forward and it will be used wisely, I know.**

Les: Going back to what you said about not judging, if we do presume to judge, I think we could say also that we are in effect, judging ourselves, in so-doing?

**Is this not what I said last time? In seeing others, you see yourselves. In judging others, you are judging yourself. Can you not see this?**

Les: Yes, it's something else for us to *ponder on*, as you would say.

**Yes, this is always my desire that I bring you new thoughts that you may think upon each time I leave you, in order that you *grow*. I don't mean *grow* in the human sense, but that wisdom that is innate within you, but sometimes needs a little helping hand, that that knowledge and wisdom comes forth. That is what we are trying to achieve on this Earth planet.**

Les: I think everybody here would agree that you have opened many doors and many aspects, and we all do a great deal of thinking after these meetings I'm sure. Does anybody deny that?

George: No, I would say going forward in this way, is a great joy and pleasure.

**Yes, because with spiritual knowledge, there comes *love* and indeed *pleasure* as you call it, because in your growing, you are extending that wisdom, all-encompassing love, which after all, is what we are all about. You understand?**

Les: Yes, I think you've shown us all, a far greater depth of feeling and understanding, in what you have told us.

**May I say one last thing about this? (*Please.*) That when the emotions are quietened, then truly understanding begins. When you can control the emotion, *the human emotion, the human element of the soul*, then indeed the understanding spiritually becomes greater.**

Les: Yes, I must admit that I've been much better able to control many of my mental emotions, since you began teaching.

**Yes, that is something that many of your peoples do not fully understand. Too often we hear remarks like, *that person is hard, because they show no emotion*. Let me say these tender emotions belong to your human form. The *love emotion* is the *one* that belongs**

to spirit. And I use the word '*emotion*' here only in the context that that is the word you use to express so many feelings.

Les: Yes I would agree with what you say, because in the past I have been called *callous* and *unfeeling*.

**That should not concern you, because you know dear friend, that that is far from the truth.**

Les: Quite. No, it didn't concern me, but of course it's not possible to explain to others, what you've just told us, that those human emotions have to be controlled, because they're of no value, to progress.

**It is natural that you have these human emotions, because you are human. But what you need to cultivate, is *unconditional love for all mankind*. And after all, *love does not judge*. Again, as always I have to repeat these words to you, because they are important in the development of each one of you.**

Les: Of course. We don't mind how often you repeat them.

**I can assure you, that we will use many words, many times, on many occasions. But in doing so, I hope each time we speak these words that your understanding grows. It has grown much since we came together; I hope you feel it, but I do not think you fully understand just how much.**

Les: No, probably we don't; it's been a gradual thing.

**Yes, that would be our intention that knowledge and wisdom do not come to you so easily.**

### [We must be open to give love to all – including those we may describe as 'evil'!](#)

Indeed, the so-called 'wrongdoers' are the ones most in need! The consequences of killing for instance is a complex subject because there are so many considerations, such as the motivation for the killing. Salumet explains that atonement is based on this. The evening finishes with a reminder about spreading truth and not to waste too much time with closed minds, other than to sow a seed of thought. We can do no more. (13/7/98)

Les: A couple of days ago there was a terrible incident in the country we know as Ireland, where sectarian hatred has caused the death of three young boys. I began thinking about what you've said about the effect of our actions returning to us and the need that we shall have to compensate for our actions, when we come over to you. When that person comes over and is shown his life pattern, it is surely not going to be sufficient for him to say, *I'm remorseful*. I imagine he'll in some way have to atone for that terrible deed. Is it possible for him or her to atone in the next world, or will he be compelled to come back to the physical world, in order to do that?

**I understand your question.**

Les: It has a lot of answers no doubt, but I'm sure you'll be able to help us on this.

**I wish to return to words spoken to you previously: There is no compelling, there is no compulsion to return, unless that soul so chooses. That must always be the way, but of**

course there come into force other factors. The soul is made aware when he returns to our world, of all good, and I will not use the word '*evil*,' but '*wrong-doing*' that he has done, whilst upon this Earth. The soul will make the judgement, the soul will decide when awareness comes to it, what that judgement and that atonement must be; the soul is never compelled. After all, have I not told you that we cannot interfere?

Les: Yes, you have, this is one of the things, which puzzled me.

**Yes, this applies in our world also. He will be guided, he will be shown what is best, but always he is a free spirit in his thinking. Do you all understand these words, because they are important?**

Les: So, he would be able to choose his method of atonement?

**He can make atonement within the spirit world.**

Les: He can? (*Of course.*) I thought he might be able to, but I wanted to clarify that, because during rescue work, I've told many people who have suffered for what they did here, that they can continue to evolve, after they have made atonement in your world.

**It always depends on the damage done to another soul. (Yes.) After all, you are prejudging the damage done to another soul, when in fact you do not know what reaction that soul has.**

Les: No, this is where I got all bogged down in my thinking. I was going round and round in my mind, on all these aspects.

**You are making the physical assumption that the wrong-doer has damaged seriously the soul of the other person.**

Les: Yes, I must admit I was thinking that.

**Always look at these questions with spiritual eyes — they will become much clearer if you do so. (Yes.) We know and we understand that the atrocities of your world lean hard upon your physical beings and thinking. But after all, are you not spirit here and now? Can you not make your spiritual judgements, rather than fearful ones?**

Les: Yes it comes back to what you have so many times said, we must think of ourselves as spiritual beings.

**We know it is not easy, but I will always return to the power of your thought, to not making judgement upon another and always to be open to give love to *ALL*, even those whom you would term '*evil*' people.**

Les: Yes you're right, that is difficult for us.

**But you must attempt to give love to all people, after all the only way you will grow spiritually whilst in these bodies, is to be of service to another and my dear friends, that does not only mean giving love and good thoughts to people whom you like, but indeed the greatest joy comes from extending and giving of love to these souls who are in much more need. Can you see?**

Les: Yes we do understand what you say, but of course as you've also said, it's extremely difficult for us (*Yes.*) to bridge that gap between the physical and the spiritual.

**Yes, but you must never stop trying to make sense of it, otherwise your thinking would stagnate and then where can you go? After all, whilst you remain upon this Earth, truth can never reach, it cannot make lodgement in closed minds, remember this please. Have I answered your question?**

Les: Yes, thank you. I said it might be a debate more than a question, because it did lead me to think about the many wars that have happened and undoubtedly will happen and how people have to atone for the killing they do. I think we can safely assume that in the conflict, some people abhor what they have to do — what they've been ordered to do and must do.



Others are comparatively indifferent and others as I understand from what I have read almost enjoy the killing. Surely the reaction upon those three different aspects of killing, must be different in each case?

**Of course, you cannot make one sweeping statement about these things, there are many factors involved, as I have said. You must remember that the actions of each individual, is dependent on their own thinking; this must take priority in their actions towards another.**

Les: How about a man who has been ordered into the army, ordered to kill and does so, knowing that if he didn't, he would probably be shot for disobedience?

**It must be taken into account that that individual is governed by overriding authority, and of course that is different from the man who wishes to kill for pure pleasure and for his own upliftment — of course there is the difference. When each soul looks upon its life, it will instantaneously know whether those actions were for good or evil.**

Les: So, the degree of atonement they would have to be responsible for, would vary in the differing cases then?

**You have to remember all souls are at different stages of their spiritual development, and their actions so follow. You have to look individually at all cases — you *cannot* say that all people who have killed or maimed another, have done so for all wrong reasons. How would you deal with the mother, who helps the child to die, from pure love? Is that not the same as the soldier in a position, when authority is bearing down upon him?**

Les: Yes, so they would come within the same bracket (*Yes.*) and be given the same understanding of the reasons for which they did it?

**Yes, you cannot put all actions under one heading.**

Les: No, I didn't imagine it was possible to do that, but it's nice to have the confirmation. So atonement for apparent crimes here, is not necessarily obligatory in all cases?

**No, you have to understand my dear friend, that the soul views the *whole* life, the whole life and not individual instances as such.**

Les: No, there's a balance sheet, isn't there?

**There has to be some balancing, to make sense of that life. We speak about difficult subjects because there is no one straight answer.**

Les: No, I imagined you wouldn't be able to, there are so many answers aren't there? But you have clarified it a lot for me. I hope it's been clarified for others, has it here? (*General agreement*)

**If you have questions about this, then let us sort them now.**

Les: Anybody have a question?

Sallie: Only in so much that when you were talking about the atrocities in Ireland, it's possible I believe from what Salumet has told us, that those who were actually killed, it could have been part of their own pathway and plan — in so many ways it's not necessarily as things appear. Am I on the right sort of track there?

**That is right, that is why I say to you: You cannot judge the reaction of the soul, who you think has been wronged. How are you to know? That is why you should not pass judgement on any other human being. You are quite correct in what you say. This I have taught you and I hope it is beginning to make some sense within your thinking. (*Thank you.*)**

Les: Any other questions?

Jack: Yes, so basically, you're saying that we are responsible for our own actions and that only basically — we only answer to ourselves? (*Yes.*) Yes, right — that would seem extremely logical, thank you.

**You cannot when you return to our world, say I was *made* to do this, unless it is in the case of the soldier who has authority bearing down upon him. I do not take that case, but when you return to us, you cannot place blame upon another soul for your action. You are the (*take?*) sole responsibility for all that you do.**

Jack: So would that be right to say then, that basically there isn't a right or wrong to anything, except the right and wrong you put on it? Your actions are judged by your conscience basically — whether they are right or wrong that can't be judged, can it? You can't say if something you do is right or wrong, you can only say whether the intention of what you want to achieve is right or wrong?

**You can only evaluate right or wrong by your own judgement.**

Jack: Correct, that's what I thought.

**I understand what you say, but that is physical thinking again. The spirit that you are, knows what is truly right and what is truly wrong. It is only when the awareness, the consciousness is raised, when the soul comes to our world, that the soul then recognises what it has done, you understand?**

Jack: Right, I do yes.

Les: You said at the beginning Salumet that you asked us to leave behind any physical disturbances for the sake of the meeting. So, I think I would be right in presuming then from what you have told us about the soul, that though we are apparently individuals, we are all in fact part of the soul, not only in this room, but effectively in the whole of Creation?

**My dear friends, you are the blending together of the bigger blending of Creation. As individuals, you are individual souls. But your light of spirit when you meet in places such as these, become heightened and are attuned and joined to that very creative force to which we all belong. We need your lights to be harmonious, if the blending is to be successful. Of course, each one of you are part of each other. I think you would find this difficult to accept at this time, but imagine yourselves as individual *beams of Light*, who are joining together to make one huge *beam of Light*.**

Les: We could come back to your description of the diamond and the facets; the Creator is the diamond and we are just one, each individual of an infinite number of facets.

**Yes, and I have told you that within each facet, lies many more — yes. Of course, we are all part of each other.**

Les: And of course, each facet is joined, isn't it?

**Of course, but at the same time, can be individualised. My friends, this is a really deep matter to discuss, but I know that your thinking touches upon the very heart of Creation. And therefore, I wish you to know, that each individual facet that you are can exist without another, but together you have the strength of all Creation. Do you understand?**

Les: Yes, I think we understand that, don't we? (*General agreement*)

**That is why I have said to you, that you must if you can, enter this room in the purest state that your minds can provide, in order that the blending here, is as pure as it possibly can be, in order that we on this side of life, can utilise you to the best of our abilities, in order that the work we hope to bring is enabled to be strengthened, and that we can go forward in our endeavours to teach you and to bring more from our side of life. It is no little task I assure you, but I know and I am sure that much can be achieved, but it is an important part of our work that each one of you begins to learn that *purification*, which is within you all and which can be brought to you.**

Les: I'm beginning to have a vision if I can put it that way, of each of us being primarily an individual facet, but when we come together like this, each individual is merged into one

complete facet, which mustn't be sullied by any impurity. And that facet — the amalgam of all individual facets here, that one facet in turn, becomes an amalgam of many other meetings like this, all ascribing to the same degree of development. Does that make sense to you? Everybody understand that? *(General agreement)* So if we think of this room as one comprehensive combined facet, which in turn is linking with others, in a way which we are quite unable to understand but which is happening, I think we might get a clearer idea of what Salumet is trying to tell us. Anybody have any questions on that, or any disagreement with it? *(Pause — no questions)* Thank you Salumet.

**I hope it has given you more to think about my dear friends. Always as I have told you, there is never one clear answer, but as we move forward in our learning, each step should become clearer to you. That is why it is important that perhaps we retrace our steps in what has been spoken, in order that each time we speak, it becomes a little clearer to you.**

Les: It has to me. *(General agreement)* Any more questions on it? *(Pause)* No? Good.

**How well informed you are becoming *(Chuckles)* My heart goes to you all. *(General thanks)***

**Now let us speak a little more about *Truth*, and this we have spoken of on many occasions. And too often still, your thoughts reach me as to *why* you cannot reach out and touch another and tell them of what you know. I have said earlier this evening, that *Truth* cannot reach closed minds and that really is the basis of it all, that your understanding of another's development is such that you would not understand what that closed mind can accept. So, I would say to you only this, my dear friends: Do not waste your time upon those with closed ears, because if they reject then they are not ready. Leave them with the *thought* and allow that *thought* to be digested slowly. I say again, if the seed is left, then the thinking of the soul is there to ripen — that is as much as you can do. So I say open your heart, give love to all those you come into contact with, but never try to force what you know as *truth* upon another person, because again I will say to you, if you do then you are on the boundary of interference. *(General agreement)* Now my dear friends, for this time I will leave you all with much love, with light for your lives, until we come together once again, I will leave you with much love.**

Les: Thank you very much for all your explanations again and for all your understanding you give us. God be with you.

### [It is so easy to fall into the trap of judging another](#)

A question by Les serves to illustrate this simple point. (27/7/98)

Les: Now, something else which has reminded me of what you told us when you have spoken about judging people. Recently, there have been two physical deaths. One was of a financier, who had very doubtful antecedents and was regarded as something of a rogue, in the way he used to make money. The other one, which is not publicly known, is a man who had spent many, many years promoting spiritual healing and spiritual awareness generally. Of course, both have gone over to you and I began to try and wonder how they are going to react to the conditions that they are going to find. And of course being physical, I was crediting the spiritual chap, with a very, very happy beginning and the other one, with a not so happy beginning, until I remembered what you'd said about not judging, because we

cannot know the reasons for which they decided to take that particular physical life this time.

**You are correct — judge not any other man, because you do not know the reason behind their living, or why such things occur in their lives. You must not look at another human being and decide that one is better than another, for you do not know, you do not see the full expanse of their lives. And remember, when you speak of the events of one lifetime, you are speaking only of one iota of energy, of that part of the whole. So, who is to say that the one you would deem 'irresponsible,' and not so 'good,' is not the brighter diamond of the two?**

Les: Yes, this is what came to me. I thought, well, I can't say, he might well be —

**You cannot take a part of the whole and make judgement upon the whole. This is the problem, that when you judge man as you know mankind, you are judging only that one part of the whole. You do not know how the whole *shines*, or what the whole has achieved in past time. So you are wrong to make judgement; never pass judgement, and have I not told you my dear friend, that what you find distasteful in another, is a fault within yourself?**

Sallie: Excuse me — I feel it's right — I know we're not passing judgement as such, but when you are with a person, or with people — I suppose it is passing a judgement, when you see the good in them? It's still a judgement, isn't it? But you're actually seeing —

**I would say to you, my dear friend, it is not a feeling of judgement, but in seeing *good*, there is a 'knowing.' There is the *knowing* of the goodness of another, without *judgement*. Do you understand?**

Sallie: Yes, that makes sense.

**In the way that we have spoken of like being attracted to like, and in the way that opposites are attracted; it is the *spiritual* search for what they do not have. So, if you find fault in another, look inward to your own thinking. I hope this is a lesson that each one of you has thought much about, because in doing so you will come to a fuller and greater understanding of yourself.**

Les: Yes, it occurred to me, after I had been thinking about these two *deaths*, that what we are here trying to do is to understand a complete book, by only reading one chapter.

**Yes, that is a good analogy, that is most apt and perhaps more understandable to all of you, if you look at it that way. I believe you have a saying in your world, 'Do not judge a book by its cover.' So, that too should apply to human beings. You cannot know the full story. Has that helped your understanding? (General agreement)**

### Remember that one lifetime is just one iota of energy

For this reason, we cannot possibly know the full spirituality of another who has had many, many lifetimes. One individual may appear to be the more spiritual, but in fact the reverse may be true. We cannot know - so we cannot judge! (27/7/98)

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## Illness and life happenings cannot be judged for we do not see that wider scheme of life

We are reminded again, whilst discussing schizophrenia and suicide, that there is so much we do not see behind these events. (14/12/98)

Sarah: Yes, I think Salumet we did touch on this before, but I can't quite remember what was said. If somebody is Schizophrenic and they do something 'bad,' how is that treated?

**To simplify the answer, you should not be judging anyway. You cannot know what that soul's purpose in life is. You do not know and remember my dear friend, there is cause and effect. Never judge another human being, for you know not what their purpose is.**

Les: So, would a schizophrenic here then, have been deliberately created by the soul, or is it an accident?

**We have discussed this before. You cannot take circumstances so literally, because what the soul does, is chooses these situations that will arise in a lifetime, to allow the soul to grow. So, what you would term an 'accident,' may be an opportune moment for that soul, to create its own soul's *growth*. Do you understand this?**

Les: Yes I do and this had occurred to me, because as you rightly said, we had discussed this quite a time ago, **(Yes.)** but what puzzled me, was that if accepting that premise, what happens to the soul if the physical being has murdered another?

**In that case, all aspects of circumstances would be viewed by the soul. You have to understand that freewill in your world has a very important part in your daily living. So, if you are speaking about a soul who you say and call '*schizophrenic*,' it would depend on the circumstance of that situation. There are cases where the soul would find that life situation, the one that they have chosen. In another case, the person may quite well be by their own freewill, capable of such deeds, that should not have happened. You cannot generalise, you cannot generalise. That is why you should never, never judge another.**

Les: No, so it's what we would classify as a grey area then?

**I think you would have to leave it as that yes. There is no clear-cut way to answer this for you.**

Les: No, I ask because there was just a snippet on the news this evening — somebody who was a schizophrenic murdered somebody and has now committed suicide —

**You HAVE to remember, these people are suffering; they are suffering not only emotionally, but sometimes spiritually too. That is an area that we must touch upon another time. It is something I think; you do not fully understand in this world. Their physical is governed by the spiritual, but the spiritual too, is activated at times, by the physical deeds. It is a subject we must touch upon, another time.**

Les: It's certainly very confusing to us, **(Yes.)** to try and analyse all these aspects of the soul and the physical, but each time, we learn a little more.

**Yes, that is the best way, take one step at a time. We can always return to it, to analyse and to expand upon your knowledge.**

Les: That would be very helpful in the future yes, whenever it's convenient for you to do so, because it raises another question of suicide and we know basically that suicide is not a good thing, because it holds us back from development, **(Yes.)** but there are cases where if suicide is honestly for the benefit of another person and not to escape the traumas of this life, then that individual is not punished, for having committed suicide.

**No, again we are in what you have just termed a '*grey area*,' a grey area in the sense of explanation. You cannot have clear-cut explanations, in many of life's situations. As much as I would like to explain away your fears and your doubts, it is not always possible to do so in your understanding. So, in many cases you have to accept that not all that is given to you, can be fully accepted by you. I know that may seem unsatisfactory, but spiritual growth to the physical mind, is a most complicated subject. Do you understand?**



Les: Yes, if we were more enlightened in the spiritual aspects of existence — I won't say 'living,' because that would presuppose physical living — **(Yes.)** then these things would not be grey areas, because we would know the underlying purpose.

**Yes, if you were more enlightened my dear friends, there would not be these questions.**

Les: No, quite — we wouldn't need to ask them, would we?

**No, but you are human, you are at your state of evolution, you are in this particular time still in the state of much learning.**

Les: Yes I was watching a program last night, about the various ice-ages of the Earth and scientists were talking quite glibly, about 400 million years and so on, and I thought then of what you have said, about the number of lives we have to experience — in fact it's a constant re-living — and our spiritual growth could be effected by those climatic changes, which have been happening, **(Yes.)** because living in an ice-age, would be so completely different from living in that tropical country now — **(Yes.)** and I just gave up. *(Chuckles)*

**Yes, you are always evolving, but does it not put into perspective my dear friends, just how short a time, the human age of one lifetime is? *(General agreement)* If you think upon that, then you begin to realise — and remember also that this planet is a very young one — just how insignificant one lifetime is. *(General agreement)* Then you might begin to grasp the immensity of it all.**

Les: I don't think we ever can grasp it. We have to accept what has been said by various masters, **(Yes.)** that faith is necessary, **(Yes.)** faith in the development of the soul.

**Not 'faith' in the physical sense, but *spiritual knowing*, a *spiritual faith* that all is already known. And that what we come to try to teach you, is knowledge being brought, an innate knowledge that the soul already knows. It is a most complex subject, but I think we are gathering knowledge fairly well, within this small group of people.**

Les: That's nice to know, because at the moment, it's like we are trying to understand the bible, or the Koran, by reading one chapter, or one page.

**Yes, if I may say, if you master one page, then be pleased with one lifetime.**

Les: Well thank you for the comfort you give us that we *are* learning anyway, otherwise we'd be awfully bogged down. *(Chuckles)*

**There is much more for you to know, but as I said when first I came to you, we must go slowly, slowly.**

Les: Yes, I think we all fully realise that now and how important it is. You also said, if we missed one lesson, we would have to go back some time, to retake that lesson, **(Yes.)** because it was all part of the whole.

## Perversions are really the seeking of light by those who are in darkness

Sallie raises a question that many consider difficult to understand. Again, we ourselves do not see the wider picture, so cannot judge. Those who harm others by indulging in self-gratification are spiritually wrong and will one day have to face themselves. Another visitor reminds us that negative thoughts cannot be cancelled out and it is better not to send them in the first place! (1/2/99)

Sallie: I'm not sure how to phrase this in the right way. We are not here to judge people, because we don't know what we've done before—I'll try and get to the point here. I'm talking about sexual perversions and I don't understand really why people do things like that. I'm just trying not to judge I suppose—I'm having problems with it.

**Yes, when you find it difficult to withhold judgements, you are expressing that most physical trait, which holds you back from spiritual expression. I have spoken before about this and many subjects, which you upon this planet find most difficult. If you will look back over my words, you will find that the explanation lies within the spiritual realms of your being. What is being sought is light, in those who retain darkness. We have discussed this matter before and rather than have lengthy discussions this time, may I suggest that you listen to my words, of past time? (See transcript 29/01/96)**

Les: I can go through that with you afterwards Sallie.

Sallie: Thank you.

Les: The question arose when we queried why we had the paedophiles to contend with. Salumet explained then that it was their spiritual self-seeking the light, which surrounded those children. He emphasised that the physical free will overcame the spiritual requirement and he also emphasised, the need for the spiritual to look after the physical and the physical to look after the spiritual, do you remember?

Sallie: So, in some way that individual's spiritual side is not being listened to at that point in time. The physical side is actually being the stronger element?

**Yes, they are allowing the physical element to take over. But always you must look upon these matters, from the spiritual aspect.**

Sallie: The difference with my question was—I won't drag this out, but I wasn't thinking of people who go and rape little children, I can understand from what we discussed, about them being attracted to the light. I'm talking about individuals, who have sexual perversions with adults, which can be painful, or sickening—

**Yes, I understand what you say my dear friend. It comes down to one issue, that of physical self-gratification, without any thought or feeling for another human being. They will take what they feel to be their right, but spiritually they are wrong. Do you understand?**

Sallie: Yes, so although I mustn't judge, because I don't know what I've done or whatever, I am right in feeling—not in judging, but the actual feeling of—or am I right in feeling that it's wrong, there is no right and wrong, is there? I've answered my own question now I think—

Les: There *is* right and wrong, there must be, otherwise one would not negate the other. But if I might suggest Sallie, you are still looking at things, too much on a physical plane, **(Yes.)** rather than spiritual.

**This will always be a difficulty with you all, that still you do not *question* actions or thought, on spiritual levels. Whenever you doubt or question yourselves, place yourself into your own spiritual thinking, and then your answers should become clearer. Do you understand? But I feel the lady needs to be reminded of my past words.**

Sallie: Yes, thank you, I'll listen to them again.

Les: If I can remind you of something else Salumet said not too long-ago Sallie, he asked us to give thoughts to those who are distressed here, and in their world, before we go to our rest. Now, I have remembered this a number of times, because recently we had that earthquake, which was ghastly in a physical sense, and I felt almost in tears about the poor children etc. etc. I had to prevent myself feeling that and tell myself that my responsibility is to send my thoughts to them, that they may be helped in whatever way is best for them, by

those who are there to do so, not to distress myself physically, because I can do nothing but that.

**And may I add to those wise words, also that in expressing *physical* distress, not only are you sending those thoughts into the ether, but they are being picked up by those already in distress. So, can you see the problems that are created by these physical feelings?**

Sallie: Yes.

**Do not feel my dear friends, that as you sometimes say in your world, that you show hardness — that is not true, you are showing your true spirits, but denying the physical hold upon yourselves. Can you understand this? (General agreement)**

Les: Not clear are you Sallie?

**No, she is not.**

Les: May I suggest another one. What I do at night, is knowing that I physically am quite incapable of helping those people, as I am incapable of helping those recently lost in the mud-slides, floods and whatever — any natural disaster. I ask rather that those whose task it is to help those who are suffering, may receive the power and inspiration to do what is necessary, for the ones they are serving physically. Do you follow?

Sallie: I do yes.

Les: I don't think any of us can do more than that. We are forgetting I think, and I'm guilty of it sometimes also, that the power of thought is not only a power for good, it is an ever-lasting ongoing power. And as Salumet said, thoughts go into the ether, and as he's said in the past also, there are those, whose duty it is — *(The rest is channelled by Les:)* **to direct those thoughts, where they are most beneficial, for those who are in need of that help. Is this clear to you now? (General agreement) You do not accept always, that thought is an ever-lasting, living power. You treat it like a page of words, to be examined and ingested, a little at a time, and the book then closed. Do you understand this? (General agreement) Thought is not one volume, thought is the complete and utter knowledge of the universe.**

Sallie: If my thoughts haven't been very kind about a particular person in that situation and I feel I've sent these thoughts out in a negative way, is there any way I can undo those thoughts, or should I just try harder to be more positive?

**You have answered dear lady, you must be more positive in your thinking, in the spiritual sense, rather than the physical. Thought is ever-lasting, all-creating, all-pervading, and what you do not realise, all-knowing. You do not necessarily have to issue the correct words physically, for your thoughts to be understood, if your thoughts are directed in the right way, to those who may need the benefit of them. Do you understand that?**

Sallie: Yes I was just wondering if there was any way, I mean by actually concentrating very hard to try and make your thoughts better, because you've sent out some thoughts, which aren't very kind. What I want to do is negate the nasty thought that I've sent out, *(Chuckle)* but I don't suppose I can do that that easily, can I?

**You do not need to send nasty thoughts, that is the basic thing you must understand, there should be no nasty thoughts. Have you not been told in the past by our friend here, that if you cannot alter a condition, do not attempt to force an alteration, STEP BACK.**

Sallie: Yes, I think I've messed up a little bit. I was just trying to see if there was any way that I could undo it. But maybe it's just a lesson.

**If it is not done in the first place, then there is no need to undo it, is there?**

Sallie: Yes, I agree yes—

**So, I suggest dear lady that you attempt always to NOT put a nasty thought from you, or to judge. As you become accustomed to doing so, it will become much easier for you**

## If someone does do you wrong, it is only that you have allowed your spiritual defences to be lowered

This wonderful teaching should be compulsory for all people! Again, judgement comes into the equation when we have no business doing so. We allow our emotions to overshadow our spiritual knowledge. It is better to look within when we suffer emotional distress and hurt. There will be the answer. (13/9/99)

**I wish to say to you this time my dear friends how each one of you struggles so in your lives. You struggle so with emotional ties instead of allowing that spiritual knowledge to come forth. This is something we have discussed many times, but still I feel you have not fully grasped the meaning of spiritual freedom. Does anyone have a question about this topic please, because I feel that each one of you in your own individual way, struggles with this knowledge.**

Lilian: This is not a question, but I do agree with you and for myself I must try harder. (Yes.)

Margaret: I should try harder too.

Sara: Yes, snap.

**Yes, can you understand that it is a power struggle of emotion? When you are encompassed by life's difficulties, what can you do? You should go to quietness and allow Spirit to come forward. Then all physical problems should disappear quietly to where they belong. Still each one of you finds difficulty in dealing with this knowledge.**

Sallie: What is it that drives us to attract this particular disaster or upset, because we do don't we, we attract things to us.

**Yes, it is a power struggle. We must understand firstly that in being Spirit we have only the finest attributes, but when you are clothed within these physical garments, then physical thinking, feelings, emotions are partly in control. What you must try to achieve my dear friends, is that although Spirit and physical life must run hand-in-hand, as you may say, you must allow that spiritual knowledge to guide your physical living, because without this guidance, always the physical emotions will overrun your thinking. You must have the balance in physical life. This is the problem I feel with you all, you do not allow that true self, that all-knowing knowledge to come forward, because within each one of you is the knowledge of what is best for you.**

Sara: Is it unnecessary to feel hurt by someone else's behaviour in an ideal situation? Is it unnecessary? Is it something we create?

**Yes, let me say this to you: the only one who can hurt you is *yourself*. What happens is this, that when you feel hurt or injured by another person, you are allowing the emotional body to take control of your thinking. This is what I try to say to you. No one upon this earthly plane can cause you harm, unless you allow them to. Each one of you has the power to protect yourself, whether it be physically or emotionally. When you understand these words, you can truly be Spirit upon this earth; you can be free from all harm, free from all hurt, freed from all physical ailments—you in fact become as close to Spirit as you can. Therefore, my dear friends, I say this to you: ponder my words this time, come to**

know yourself, after all that is why you came to this earthly plane, that you might come to know yourselves, that you might join with those you have chosen to be with in order that you can create this harmonious way of life. *(said emphatically)* Each one of you has that power in this moment. Do you understand my words? *(general agreement)* Does anyone not understand this?

Sara: Can I just clarify something? Presumably we must discriminate first in order to protect ourselves, or are you saying that there really is no person that we cannot get along with? I say that spiritually you will be attracted to many and likely to want to stay free from others. This is your spiritual light. There is no need for you to discriminate as you say—discrimination is a *physical* attribute, it does not belong to Spirit. In all your decisions upon this earth, think spiritually and not physically. This is the concept that you each find so difficult.

Lilian: And we forget.

Yes, that is the problem that you forget what I tell you. In each situation in your lives, it matters not what that situation is, if you were to sit quietly and find that *spiritual* answer, there would remain no problem. Can you understand? *(general agreement)* Does the lady across the room understand?

Sallie: I understand, but I ponder a little about it, because if we choose to come here and we choose to meet up with people in order to understand ourselves and our own spiritual growth and to interact with people whilst also trying to help each other—I suppose it is just trying to balance the physical with the spiritual. Sometimes it is as if you have to let yourself be very open and give the opportunity, which can result in choosing to feel hurt—we choose our own feelings. **(Yes.)** But there's something inside of me that says: if I am not open to that then I am blocking my natural self anyway or my spiritual self. Do you sort of know what I mean?

**If you open your self to another person that is your freewill first and foremost. There is nothing to say that you must do this for every person you come into contact with—that is your judgement, there is nothing wrong with that.** What I try to say to you is: if you are emotionally hurt by another person, you must look within yourself—you have allowed the hurt to take place; not that the other person has deliberately tried to offend or to hurt. Can you see the difference, *(general agreement)* because there is a difference between someone deliberately trying to hurt and you being emotionally hurt without intent being there. This is what you must try to understand. I do not say my dear friends that this is easy—it is not, but it is something I wish you to work upon. It can only help with your own spiritual growth.

George: Would it be true to say that if the Spirit within has sufficient influence upon the physical mind, then one would not be deeply hurt anyway?

**Yes, exactly my friend. That is what you have to cultivate. You do not have to try—all knowledge lies within you, all you have to do is allow it to come to the surface. If there is emotional hurt or distress, then I say again to you all, *look within yourselves*. This is not meant to be a judgement upon yourselves—do not think upon it that way, but rather that it is a lesson which you all need to learn, to use that spiritual knowledge within to greater use. Yes?** *(general agreement)*

Lilian: And that would go for guilty feelings? If we listened to the Spirit side, we probably wouldn't need to feel guilty about some things—they wouldn't happen, if we listened first to our spiritual side?

**This applies to all emotions, yes of course. When you have learned to allow Spirit to come forward, then you will find that life brings you fewer distress and upset emotions, but as I have said, the power lies within yourselves.**

Sarah: You said to Sallie about not deliberately trying to hurt, but if someone does deliberately try to hurt you physically or mentally, is that because we have allowed them in somehow and what we should do is just forgive them?

**I would say that there is much, what you call *evil*, but that as I have said before is not a word I like, because you do not fully understand the whole picture. You cannot know what is within another's thinking. Therefore, have I not said to you before: *never judge another man?* (*general agreement*) Therefore there can be much reasoning behind that type of action towards another. It is not for you to judge, to analyse or to know better. I would say to you, if someone does do you wrong, it is only that you have allowed your spiritual defences to be lowered—but to send love to that being who I might say to you is in spiritual distress. I know the physical world will say: *these people are evil*, but who are you to judge? So my friends, again I say, be careful with your thinking.**

Sara: So we must try to understand that there must be reasons for the behaviour, if it is behaviour which we find difficult to understand? **(Yes.)** We must know that there is something that we don't know.

**You must first and foremost make no judgement upon a fellow human being, whether you think the action is—and I use your words again: *evil* or *distressful*, you must not make that judgement, because you do not have the full picture.**

Sallie: Am I correct to think that it is okay to say to oneself, that I find that behaviour unpleasant? **(Yes.)** It is not judging the person it's the action, isn't it?

**Yes, there is nothing wrong in saying this, of course not. We do not wish to say that everything that happens upon your earthly plane is right, we do say this—of course it is not. There is much distress in this world. But yes, you must not judge another human being or the actions which they take; that is the important thing. Yes, my dear friend, you are correct in your thinking. You do not condone evil acts, but do not judge the person if you do not understand or know them spiritually. I know this is difficult for you, but I can tell you that until you come and return home to our world, you will never fully understand the ways of the human beings in this world. But the more we have people like yourselves, who are working towards giving Light, giving Love, and remember my words of some time ago, it is easy to love those you like, it is not so easy to love those who seem to cause you distress. But which do you think would be better? Do you understand what I say? (*general agreement*)**

George: I think we sometimes understand it better at a personal level than at a political level. I am thinking about the bombings in Russia that are happening at the moment. **(Yes.)** I find it more difficult to understand—

**Yes, I would say to you, as the lady has said you do not condone the actions of others, but do not pass judgement, because you do not understand what is happening spiritually within that region. Remember my dear friends that there is more than the workings of Spirit with the people, but *karmic* effects of regions upon this world. Do you understand? (*general agreement*) So, you see the wider issues are not always available to you.**

George: Yes, I feel it must be a more complex spiritual pattern in the case of these large events.

**Yes, the whole of your planet is troubled by many of these things. That is why so many of us have come at this time, to try to change the pattern of thinking within this human race.**



It *can* be achieved, it *will* be achieved, but as you know it takes much work, much dedication and much help from people such as yourselves, who are dedicated to this work.

*A very gentle one followed through Eileen, probably one of a number of Sisters, who visited occasionally:*

***I have been asked to join you this time to end this meeting and to say we have been most interested in what you have been discussing. I myself spent many, many hours dwelling upon my shortcomings while I was in your world. I have to tell you dear ones, that I left your world still with many shortcomings. So, I say to you, try not to be too hard upon yourselves when you fail, but I would like to say to you this: as long as you continue to try, you cannot do more. I am not aware of anyone who has left your world in a perfect state. So perhaps these words will enable you to try just a little harder, because indeed it would be wonderful to receive more people who had at least spent some time seeking their true selves. I thank you for your graciousness, your time and your tolerance of my words. Thank you and may God bless you all.***

### Distressing situations must not be judged

Rescues have on occasion given knowledge of situations that would seem far from ideal. However, again we must remember that all situations are created for our growth and we cannot judge the life of another. (15/5/00)

Lilian: At our last meeting the first thing was a rescue of a child and I think she was 7 years old when she passed over to Spirit, but she appeared to have spent most of her little life in a *kennel*. She would not come out of this kennel, she obviously had a tough time. She wouldn't have *chosen* this life, would she? Something must have gone wrong when she arrived?

**Still, my dear friends, you have not grasped the—how can I put it to you—you have not grasped what Spirit is truly trying to achieve. You cannot judge what that Spirit has chosen to do. It does not pick specific ways of living perhaps, but it chooses parents because the opportunities are more likely to occur for the growth of that Spirit. You should not concern yourselves about individual rescues as you say, because your work has been done. Do you understand? (Yes.) Try not my dear friends, to analyse what has happened, because you will only confuse your thinking. That soul I can tell you, did not in fact choose to be placed within that kennel, but that *child* as you say, chose to return knowing that it had a debt to pay to one of those parents and knew that the situation would arrive, where that debt could be repaid. So, you must not judge; you cannot judge and if you try to you will more than likely judge wrongly. Have I not said to you, do not judge another, because you do not have the full picture. You do not know or understand what has gone before. You find it difficult in your world to understand suffering and man-made disasters. I have told you that Spirit comes for many, many reasons and this is not for you to judge. What I would suggest to you my dear friends, is that when rescues happen—and we are most grateful in our world for that type of work—you must help and then let go. Do not**

analyse. Is that helpful to you? (*Affirmations*) I know there are many, many happenings in your world which, to the human being seems unfair, but who are you to judge? You cannot see the wider scheme of life. Who is not to say that the child you speak of grew in Spirit because of that experience? Do you understand? Although the physical happening hurts you, you have to see the wider issues. You have to focus on the Spirit and not the human happenings. After all, the Spirit survives, not the human body. And although for you humans that seems cruel—and that we understand, because you are human and you have these emotional bodies, you cannot help but feel that this must be wrong; but I can tell you that this experience has made the Spirit grow. So, do not be fearful but accept the help that was needed for the rescue work has taken place and all can only be well.

Lilian: Good. Yes, and I know of some other situations as well.

Unfortunately my dear friends you quickly forget my words to you and that is why it is important that we continue to have these question times in order that I can remind you of what I have already given to you and because you have human failings, you will forget many things that I have already said to you. (*Affirmations*)

### Not only should we not judge others, but we should not judge ourselves.

Whilst we are in the physical life, we are not in the best position to judge either others or ourselves! This is brought out from a question by Lillian about why some people love animals and others have an aversion. We all are on a different pathway and so have different likes and dislikes. (31/7/00)

Lilian: It often puzzles me why some people seem very, very fond of animals—they don't mind what the animals do or get up to—and others really don't like them at all—I am talking more of the pets we have. Is there any explanation?

Let us say just this that when each one comes to your world they are prepared for many strange and unfortunate instances within their daily living. There could be a reason for dislike of animals. This is something which cannot be put clearly to you, because again there can be many different answers. It may well be that past times have shown no bond with animals and it is something that the individual needs to learn. Remember that your life upon this planet is a teaching time, a teaching time for love, not only to your fellow human being, not only to all that nature provides for you, but also to the animal kingdom. Those people who you have noticed have an aversion to these animals are lacking in spiritual love. It is just an aspect of Spirit that they will need to adjust and to learn, that is all. Does that help you? (Yes.) Remember of course that each one of you is on a different pathway, that each one of you will have different likes and dislikes according to the growth of your own individual Spirit. Do you understand?

Lilian: So we mustn't judge.

I would reiterate once more for you, do not judge another. I know always this lesson is difficult for your human beings, but it is an important one that you would do well to try to at least learn. ***Do not judge***, not only others but yourselves. You cannot be the best judge of yourselves while you are clothed within the physical garb. So many times, my dear friends have I told you this and so many times do you fall down upon this matter, but

the more we speak of this, the more you will begin to understand. That is why it is important that we go over all the ground of the many things I have told you in order that it can become clearer within your thinking. Do you agree? (*Affirmations*)

George: Perhaps a confusing factor in our society is that we have what we call *constructive criticism* and *destructive criticism* and this leads to perhaps the idea that out and out judgement is bad we know, but sometimes a criticism can be constructive and directed towards making a situation better. Would you agree that there are degrees of judgement in this way?

**I would agree that there are physical degrees of judgement, but let me hasten to add for whom is the constructive judgement meant?**

George: I was thinking about society in general rather than individuals.

**Yes, but what I wish you to know and understand is this: When you make a so-called 'constructive judgement', who is the best judge, you or the other being? In whose mind is it constructive? Do you see what I am trying to say? Be careful in thinking that your thoughts, your opinions are the correct ones, be careful that you are not in fact making judgement classed under the umbrella of constructive criticism. Can you see the difference? (Yes.) I understand what you are saying, but what I wish you know, is that be careful, who are you to judge what is constructive or destructive for another human being? Do you see? Is that helpful to you?**

George: Yes, thank you for your words.

**Always my dear friends I would say to you this: Before any thought goes from you, go inwards and see if that is truly how you feel, before you allow that thought to pass from you. Imagine yourselves in similar situations and perhaps your view would change. But it is difficult I know for you not to be critical, but even what you term 'good judgement' can in fact be an interference.**

## Twin towers attack

Even with extreme events such as this, we are reminded to give our loving prayers of support to both victims and perpetrators, and not our judgement, which only contributes to the fear and negativity that already exists. (17/9/01)

**I wish to hold you in love that comes with me, I want you to feel that love energy which enfolds you all. Now my dear friends, let me say this to you: You know, and you *feel* love, which encompasses you all, (Yes.) when all around you there is fear and sadness.**

**Therefore, my dear friends, I want you to realise that at any given moment in your living, you can seek that *peace* and *love*. I will go on to what was attempted here last time. Each one of you present, felt love in some form or another, do you agree? (*affirmations*) And I told you that I would explain it to you this time. But what I wish to say to you my dear friends is that now since last we met, you must realise why I felt you needed some extra strength. You were unaware at that time, but it was given to you, to strengthen and uphold you. What I wish to say to you now is that I would like to know what your response to these, what you call *sad events*, how you have viewed them this time. (Sept 11<sup>th</sup> New York Twin Tower attack)**

Paul: I think they're symptoms of the world as it is at the moment, still out of balance.

**Yes, I will not remark until each one has spoken, thank you sir.**

Sara: I tried not to get too involved with it, but to send love and light and prayers for the people left behind and for those passing on, but I tried to be more detached and not buy into the drama and really just do constructive things and continue living. **(Thank you.)**

Margaret: I'm just so sad that people have to do these things, because the world is a wonderful place, if you are pleasant to everyone. It brought back horrible memories of the war, when I was a 17 year old girl and the last few days it destroyed me, but now I'm getting over it and feel that we have to fight back and try and make people realise this is a wonderful world to live in. **(Thank you.)**

Lilian: For myself, the immediate reaction was to say a prayer, or to help those who had died or those who were injured, the helpers, to say a prayer for those in whatever way they could be helped. Then as the days have gone on, I'm been very touched by the love and prayers from people all around the world. I think that has touched me—sorry as we were for the happening, there has been a lot of good response from the ordinary folk, I feel. **(Yes, thank you.)**

Sarah: I felt a great sorrow in a way for the people who did it, because I felt that they were misguided, but I also had in the back of my mind your words, 'never to judge anyone'.

**That was what I have waited to hear, thank you. I know the dear lady here, (Sue) was not with us, but she would have received strength, therefore I would like to hear also her response please.**

*(Sue was too deep in trance to reply)*

**We will leave her. I will speak to the others. You understand my dear friends, why I brought to you some love, upliftment and strength. (affirmations) All of you know that the happenings within your world will always continue, until such time that spirituality touches each one. But until such time, these things will happen on this planet. It gladdens my heart to hear that not only were your prayers and thoughts with those who after all, have come home to our world and are perfectly safe, but it gladdens me to hear that your thoughts have been with those that you call the perpetrators, because you see my dear friends, they too need *help*. It shows to me and to those who surround you all, how much you have grown, when you can sit here and say to me that your understanding is greater than it would have been many of your years ago. It is an indication of how much you have grown. There *is* much sadness, much fear, much anger within your world, but as one of you has said, it has strengthened many of your countries, many of your politicians of like mind. Think for a moment my dear friends spiritually rather than physically. Remember that I told you, all of life is vibration, that *like* is attracted to *like* and those people who you call perpetrators, are of like mind. They are the dark seeking the light on the spiritual level. Remember this, they are trying to grow in their own way, for whatever reason is within their thinking. But I can say to you, the words I have heard from each one of you, makes me glad to be amongst you, my dear friends, because I can see you as you truly are. There is much anger in your world from many people. I would say to you my dear friends, think about *them*. Try to dispel *hatred*, *anger* and all these *negative* ways of thinking. Try to bring to your world *Love* in the pure sense, and that is a love that is given unconditionally to *all* of mankind, not only to those that you consider to be *good*. After all, no matter what a person has done, no matter how wrong it may seem to you, once more I say to you my dear friends, you *cannot judge*, because you do not have the full picture of life. I know these things are difficult for you to grasp at times, but it is up to**

each and every one of you to call upon those of us who stand close by, who are able to influence and to help, not only those who are in tune with us, but all of mankind—but we need your help; we have always needed the interaction with mankind, to do the best for not only this planet, but many others. Remember this planet does not stand alone, it is but a small part of a greater whole. *Mankind* does not stand alone; it too is but a small part of a greater whole. All these things my dear friends I remind you of, because it is important. As we are approaching one of your yearly ends, perhaps you will remember my words that this would be an important year for each and every one of you, not only in an individual way, but in spiritual growth. I think you are beginning to understand what I have been telling you, that each piece is being placed together for greater understanding, that each one of you in your own individual growth, is coming to the point of realisation of what you truly are. When you can separate yourselves from all the many happenings on your Earth, then you understand that the Spirit is to the fore. That is not to say my dear friends, that you can ignore what is happening, you cannot, because you are part of it. But where your strength lies is in your knowledge, in your love for humanity, and in having the words of our world come to you.

I will leave you this time, because I feel that those who are by you this time, continue to give you strength, love and upliftment. I ask you my dear friends, to think further about my words this time, to look at yourselves and to try to continue to understand what place you have in this lifetime on this Earth, on this planet Earth, which has many troubles, but you will, *will* my dear friends, overcome it.

### Sai Baba

We are not allowed to judge as this case study shows about an avatar who is celebrated by many. (27/9/04)

George: Could I say that there has been some disappointing news about Sai Baba, who has been revered as an avatar by many. The news was that his behaviour was disappointing to many, but I think the answer there is that he *is* human as well and simply we should not judge the matter. I think that connects with something we were saying earlier, but I think it is an example of where we simply should not judge, even if one hears something disappointing of one who has been revered as an avatar. Have you any comment there?

**I am happy to make comment. You speak of one whose name has become well known in your world—we have spoken of this individual before, and yes, you do not have the wider picture. All of you my dear friends possess the gifts of Spirit, because, after all, you *are* Spirit. There *are* individuals in your world whose gifts are much greater but being within the human frame presents many problems for some. I might, I feel, mention but a few: That is, the *ego*, which belongs to the human form, *materialism*, which belongs to the human form, *false adulation*, which belongs to the human form. But what you are not discussing is the amount of love that was given and shown towards this one human being that helped to change the lives of many. So, therefore again we are looking at the positive and negative of a situation, and yes, my answer to you all is: do not judge. The only one who is being fooled, is that one individual, who when he returns to our world, will face himself. But there has been a sea of love for many years that has built, wrongly you may**

**say, but again that is judgement, but if you could see that pool of love, then you would have a different picture. Is that helpful to you?**

Sarah: On the flip side of that, you have said to us that we shouldn't take a person's life, so those people who are taking the lives of others, you cannot help but think that that's wrong and *they* are creating a lot of negative, bad thought in those actions—apart from the fact that they are doing something that they shouldn't do. There are a lot of people who are thinking badly towards them, because of that. **(Yes.)** It's very difficult not to think—you give them love, but it is very difficult not to think that they—I mean, I feel that they are doing wrong, because you said that no lives should be taken, so that's a difficult one.

**But that is not for you to judge. You have not reached the point of forgiveness if you can make a statement that you have. That is not for you to make any kind of judgement. You do not know what lies within the hearts and minds of any individuals; you do not know the conditions which surround such things. But of course, it is never right in the sense that we understand, of taking another's life. But again, I stress to you: *that* is not for us to judge. So always you must with your thoughts change them from one...**

Sara: Isn't it unrealistic of us to expect perfection from anyone who walks this Earth?

**Yes, this planet can never be perfection, as you know it at this time.**

Sara: This is one thing I often say to people who are critical of spiritual pathways. I just say, why do you expect perfection from any one pathway or anyone who is advocating something—we don't have to.

**You are here as individuals to learn of that great word 'Love'.**

Sarah: I do know that you've also said to us, I always bear in mind when things like killings happen, that you've said to us that if you believe strongly that what you're doing is right, then how wrong is it?

**You can never make judgement on a wide scale—that brings many difficulties, but each individual who comes to our world, has to face all decisions that have been made by them. They have to see that Spirit as it truly is. Only then will there be *recognition* of what has been done in love and what has been done with negative energy. That is what in traditional religions is called the *Judgement Day*.**

Sara: We have an expression: don't throw out the baby with the bathwater.

**I am not aware of that one.**

Sara: Don't throw away what is good with what is not good.

**Yes, I accept the meaning of the saying, but that is a new saying for me. Thank you, I will keep that. (chuckles)**

Sara: It's actually ludicrous really to take one error and say that a person's life is worthless or meaningless.

**Again, that is making judgement, is it not? (Yes.) Yes**

[With events such as terrorist attacks, we must remember the wider picture](#)

Sarah makes the statement that despite the heartache caused by bombings in public places, there is always a flip side where humanity feels a stronger connection. There are misguided



souls who carry out such actions in the belief that they are acting for the greater good.  
(18/7/05)

Sarah: Certainly, with the bombings we have had in London, the people—well they were obviously unhappy with it, but everybody was saying that it is not going to set us apart, it's going to bring us together. So, I'm sure that those bombings were another reason perhaps for bringing people together.

**There will always be misguided people. I would rather use the word 'misguided' than what most people call evil. They are misguided souls in this world, but of course it brings much heartache to those in your world, but as you well know my dear friends, there is always the wider, bigger picture to consider, and that is what we view from our world.**

Lilian: Would there have been a debt to pay at all there?

**That is a possibility, but you must not always assume that that is the case. As I have said, many of these human beings are misguided in some way, or are in pain, or are fearful for whatever reason. You must not stand in judgement; *they* will do that when they join us in our world. So always—again I repeat my words to you: never pass judgement on another one of your fellow human beings.**

Graham: There's been an awful lot of thinking since that bombing, about what drives young men to do such a thing. I've been impressed by the amount of understanding that people have actually shown to the situation that arises that causes people to do such a thing. **(Yes.)** Those people are becoming more compassionate and are beginning to understand that people don't do things for no reason. There's usually something behind it.

**Yes, whatever the reason, that is for them to decide. Whether the majority of the people on the Earth plane agree with their thinking or not, that is their freewill and that is their life choice. That is why you cannot judge, and as we have said on many occasions, there is always *good or bad, or positive and negative* energies as I would prefer to term it.**

George: Yes, running parallel to all of this of course, there is the process of law and I imagine that that is all right, so long as—well what I would like to say is, the opportunity given to those convicted for reflecting within and offering the possibility of moving forward. **(Yes.)** Would that be a sensible comment?

**I understand your words. Of course, there has to be within your world, what you call laws for your societies—of course there must be, that is the way of human living; but coupled to that law, there has to be humanity in the true sense of the word. It is not up to the human being to make judgement in such a way as to tell each individual what they must think or reflect upon—that remains with each individual. Remember also that there are individuals within your world who are misguided in their thinking, but who feel that they are right in what they do. Therefore, it is a difficult equation is it not, when it comes to making judgement. Judgement will be made when every individual comes to our side of life. Judgement will be made by those individuals as they will see how their life path took shape or did not take shape. Therefore, never say there is no judgement, because ultimately the judgement will come from Spirit itself.**

George: Yes, I imagine the one thing we can say is that it's absolutely fundamentally wrong **(Yes.)** or has been in the past and that has been capital punishment, because that prevents the accused from having the opportunity of reflecting.

**Yes, I understand the way of your thinking. Yes, let me just say this about taking the life of another human being: It is never right in the spiritual sense that one human being**



extinguishes the life of another. There is always another pathway for them to take, but the very fact that you *are* human beings, you are not perfect and there are many injustices that you feel exist in everyday living, will create this imbalance in harmony. It is a difficult topic to speak about, because the human consciousness automatically wishes for justice and it takes a Soul indeed, a Soul of wisdom, to stand back and to allow that greater picture of life to continue to continue to take shape and to allow the ways of Spirit to move forward as it always will. There is indeed much influence being given to the world at this present time, and that will never stop, until such time as the human being becomes more gentle within himself and recognizes the Spirit within. The greatest Spirit can change an entire situation into a much better one if they so desire, but that is the crux of the situation—*desire!* I hope my words have given you something to think about.

George: Yes, indeed, they've taken us forward and also, they've embellished certain things from earlier teachings and yes, thank you for that.

**Yes. Life is most difficult for some, not because that has *been* their pathway, but because that has *become* their choice. So be cautious that you do not make every event something that is preordained. It is difficult I know but look deep within your hearts my friends and you will come to the right conclusions.**

Sarah: I think we're all thinking very differently now to when you first arrived to teach us.

**Yes, I am sure that is so, because your lights are so much brighter, your understanding so much greater and your knowledge of Spirit so full of understanding. Yes indeed, you have grown my dear friends—unfortunately you do not know how much, but that is for me to welcome each time I join with you.**

Sarah: Well I think we are going to give you 10 out of 10 for your teaching. (*chuckles*)

**I take it as a compliment, thank you. (*chuckles*)**

### We are reminded again that there is much misguidance amongst various peoples of the world

Again we cannot to judge them, but should project love. We must dispel negativity by concentrating on the good in the world. (16/1/06)

George: Recently there was what is known as the 'Hajj pilgrimage' and this is a pilgrimage on which many come from around the world—it is held in Saudi Arabia, and they file past a representation of the devil and they throw stones at it. And on this last occasion, there were so many people and there was a stampede and 360 died. It's a very curious pilgrimage I think, and it's a very curious thing to happen, for so many people to die as a result of it—it doesn't seem to make a lot of sense. Perhaps it's an exercise for us not to judge. I was just wondering if you have any thoughts on that occurrence.

**You are beginning to read me my dear friend! Of course, you must not judge. There are many what would be termed 'strange ways' within your world—many religions, many pathways, many ways of thinking. Whether it seems to you foolish or otherwise is really not for anyone to judge, but again it comes back to what I have been speaking about and that is the personal responsibility of every individual that is involved in either the death of**

a fellow human being or in any kind of destructive behaviour; that is something for them to judge themselves for. It may not always happen in your world as you well know, but when each spirit returns home they have to face their own judgement. Mankind has many strange practices I am sure you would say, but I would like you my dear friend to take the wider view of your world, to take the good within your world and to elaborate your thinking upon those many things, and in concentrating on the good of your world, you will help it to expand and to dispel any negativity that is still within the planet, but as we know, that is not going to happen just yet.

George: I was going to say, likewise there is a political trial going on in the law courts at the moment and I picked up a reported statement that the man said that 'Allah curses a sector of the community', and I would think that's something to be impossible.

**Yes, I would suggest to you all my dear friends that your thoughts of love are needed for these people, that the thoughts of love may change those thoughts of evil, as you call it—I would prefer to say that these are misguided people who need your thoughts of *Love* on so many occasions, if your world is to become a better and safer place to live.**

George: Yes, I feel you've just made a very, very important statement: these people all need our thoughts of love.

**Yes. Again I would suggest that you dwell upon not the negative, but the positive aspects, because there is *so much* good happening in your world also, and you tend as human beings to focus too much upon the negativity. I want you my dear friends as this year progresses, to feel that you are beacons of light, beacons of light, which will touch every individual that crosses your pathways. You are already my dear friends sending out the words that have come to you, so many thousands of people will *know* that the truth and love will always prevail.**

George: Yes absolutely. Did you have a question, Paul that follows from that?

Paul: Not so much that follows. I was just thinking that was a beautifully simple way of putting it: focussing on the positive. The negative—you can get bogged in it anyway and sometimes there's probably not too much to understand from it. So yeah, that really struck a chord.

**If I may simplify it even further for you. Which would you prefer to view, the cloud and the rain or the sunshine and the flowers?**

Paul: (*said with a chuckle*) Funnily enough, I do like the rain actually—I rather like it, but I know what you mean. (*more chuckles*)

**I do not say the rain is not beautiful—all things are beautiful, but it is your conception, your thinking in general, which is important.**

George: Yes. '*Beauty is in the eye of the beholder.*' That's one of our expressions.

**Yes, therefore, focus on what is beautiful and that includes all of your fellow man.**

Paul: Sometimes I think when you focus on someone's positive points, the negative just disappears, doesn't it, and you don't need to delve into the negativity to sort it out.

**Can you remember some long time past when I told you that when you disapproved of what someone did, then to look within yourselves, because within yourselves lies all negative and positive viewpoints?**

George: Yes. Unfortunately, the barristers in our law courts don't do that! (*Laughs*)

**I accept your statement completely!**

Sara: And our politicians.

Paul: And psychiatrists.

**Yes. But they are being helped. No matter, they are being impressed, but for those of you who know just a little more, then of course the responsibility is much greater.**

George: Yes, I must say I have met a number of barristers and there *are* some very fine people there—I must say that as well.

**Yes. Well, I think for our first evening back together, I will take my leave of you. (*general thanks and fond farewells*)**

### **We must not judge!**

The best way to achieve this is through meditation. A spectacular example of what happened during a near death experience is raised by Sarah. (19/6/06)

Sarah: You saying '*non-judgemental*', I was just thinking that the text that George gave us to read about the person who had so-called 'died' for an hour and a half, (*Mellen Thomas Benedict*) when he came back, all he could see was love in everybody, he just felt love for everybody and I thought, well, those are just the very words that Salumet has been telling us we have got to find.

**Yes. It is only when you discard this human cloak, if you like, and truly recognize yourselves as spirit that you understand really what great love means, what not judging another person means, and to have had that kind of experience remains, because it is so vivid and I am sure there are many people in this world now who have experienced similar things and have returned to your world as much better people. It is only that they have recognized themselves as beings of love. But that is not available to many in this world without some kind of event such as you mention.**

George: No, I imagine the mind must be developed to some particular degree before it can question in the way that that one questioned, and before that event can happen.

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

George: Now that is an interesting and profound thought.

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

### **What of those who have led a life of darkness?**

Again, the message is the same about judgement and that a single lifetime of darkness does not constitute the entire soul. Discussion goes onto brand-new babies which is true, but they are not brand-new souls. There is also an interesting question about those of the legal profession who have to make 'judgements'. (3/3/08)

Sarah: Salumet, last time you were talking about when we go back and everybody is pleased to see the returning spirit **(yes)**. I just wondered how it is when you have a returning spirit who is in his or her own darkness. When do they recognize that person coming back, when they've come out of the darkness or when they come over nonetheless within that darkness?

**The recognition is there before they leave behind the physical garb. No one is left alone, whether they are in spiritual darkness while on Earth, they still have those of us who are trying to support them at all times. So, no one is ever left alone. But, as you know, it is up to spirit to recognize for himself what he must go towards; he must learn to recognize the true self. So, do not be fearful for them.**

Sarah: I was just wondering if they would still be just as pleased to see that spirit come back?

**Yes, because they can see the wider picture.**

Sarah: Yes, this is our problem, isn't it? It's too narrow.

**Yes. You are speaking of one lifetime of darkness perhaps, when in fact the whole picture is a different story.**

Sarah: Yes, yes of course.

**You understand?**

Sarah: I do, yes. Thank you very much.

George: Yes, that of course is a very important point, which hadn't occurred to me in quite such plain terms, but yes, in spirit the picture would be that much wider.

**Of course, yes. If you take a snapshot of someone or a group of people, you are limited to what is within the scope of the frame, but if it was to be extended, then you would see the *fuller* picture. Think of it in those terms and it will become a little more understandable.**

George: Yes, so that would be a huge asset and incentive for a soul in darkness.

**Yes, it is only that the soul has not created for itself the purpose of this lifetime and is spiritually unaware of what should have been attained, but the whole of the spirit does not rely on only one lifetime.**

Lilian: Yes, that's the thing we forget.

**If you had a child in a classroom who was very bad in one subject, you would not judge that child on one lesson, would you? He may well excel in all other fields. So, again I say my dear friends, be careful in the way that you judge. It is another lesson on judgement.**

George: Yes indeed.

**Yes.**

Valerie: Is it wrong for us to judge people?

**Yes. You must avoid making judgement, because you do not know the whole story.**

Valerie: It's the pebble in the sea?

**Yes, you can put it that way if that is understandable to you, but to pass judgement makes you unsure, because you do not fully understand the whole picture of that being.**

Rod: It's the thought that comes up almost daily in our house. One says something and then immediately says: 'hang on, you cannot form a judgement!' So, your words have come out frequently in our house, Salumet.

**That is because your awareness is growing. If you pass judgement and think that you are correct, then that is when you must be wary and realize that you must not judge another human being.**

Rod: Nothing to do with that, but we had in our house this morning a little baby. She's coming up to five months, and I just look at that little soul and think 'that's a brand-new spirit in there', and it always amazes me. I've got no statement, but I just think it's such a wonderful thing to see that life and the spirit starting from that little child.

**It is a brand-new human being, not a brand-new spirit. Be careful how you judge her, because you are making judgement when you make that statement.**

Rod: Oh dear, here we go again!

*(Chuckles)*

**Yes. You do not know what the purpose of that spirit is—because it is in the form of a human baby that means very little.**

George: Yes, I rather think Rod might have been seeing the purity of the young child.

**Yes.**

Rod: It is the purity of the eyes, the purity—it's beautiful.

**Yes, you are looking at the human frame and the beauty that that in itself creates, and the love that it brings forward from other humans. Yes.**

Rod: Grandmothers and what have you...

**Yes. If only humankind could retain that kind of love for all of mankind, what a wonderful Earth you would have!**

Rod: There would be a lot of nuzzling, kissing going on as we do with these little kids, don't we? Smell them, kiss them ...

**Well, they are human emotions. I speak of the *pure* love which you feel. Yes, I hope that has helped *you* my dear friend.**

Rod: Yes, I better dig that pure love out I know. It's something you spoke about recently with me.

**But I have not objections to you kissing!**

*(Laughter)*

Lilian: Yes, I think the rescue that we did once with the little girl in the kennel and then you commented the next time you came. I think that was such a big lesson to us on 'judgement'.

**Yes. It is a huge issue for humankind, because it seems to be a natural instinct when you are in human form to think that you know better than another, and as I have said to you in past times, firstly look within at yourselves and if you find fault with another, then look to yourself first.**

Rod: Would it be a wrong thing to, say, if you had a lot of policemen in here, lawyers, judges; where do they come in on this?

**Where do they come? They are spiritual beings in the same way as each one of you are. It depends on where they stand in their understanding of who and what they truly are. It matters not what the title of the human form takes, it is what is within that matters.**

Sarah: I think perhaps Rod: did you mean they have to judge people?

Rod: Yes, they're forming judgements.

**But that does not exclude them from being spiritual people. That is only a profession on the Earth that they have chosen. It does not make them right or wrong, it is what is deep within the heart that matters.**

George: Would you, Salumet, differentiate between judgement of a person and judgement of the ways of a society? This might be a little area of difficulty, because in judging the ways of a society, that could usefully lead to a better way forward. So that's an area that I've been thinking about.

**Yes, but in whose opinion?**

George: Ah! Yes!

*(Much laughter)*

**I need say no more.**

*(More laughter)*

**I would like you to think about that.**

George: Yes, well I think the way forward should be positive for a society and not negative.

**It would be a much better way if you were rather than to judge, would be to send positive thoughts that all of those people work and find truth for themselves. In that way positive thinking grows.**

Valerie: Does this also apply to our government?

**Yes. They are being inspired and helped, as all of the others here know. They are being helped to make good judgement for the people who surround them.**

George: So, they are being helped from spirit and our own positive thinking could add to that.

**Yes, of course. But do not pass judgement that is not your place to do so. There are many areas, are there not, where judgement takes place without you even recognizing it?**

*(Affirmed)*

**But again, it depends on your cultivation of awareness. So, I feel I have given you a little more food for thought this time.**

George: You have indeed, and judgement is a very complex area.

**It is, it is, but I have to say my dear friends that you do well but forgive me if I constantly remind you.**

Sarah: Please do.

### Light can be an attraction to those in darkness

Sarah illustrates this point with an example from a recent terrorist attack where the victims and their families only wanted to send love to the perpetrators. (27/3/17)

Sarah: I was just thinking of the balance in life that you always tell us about, and just recently a man has killed several people in London driving very fast over a bridge and knifing a policeman; and one of the people that was killed was an American tourist who was celebrating his wedding anniversary. And the whole family say that he would never want any bad feeling to go towards the killer and they all feel the same way and I thought well there is that balance between the two. I was also wondering, he seemed like he was a very good person and he always wanted everybody to find the best in everybody and his life was taken from him—was that a timely death for him or should he really have carried on living? **I will say a few words. (Thank you) I have spoken to you about darkness and light and the attraction that light has for those in darkness; this is what causes all of these events. I am not here to judge anyone, and I try to teach you also, my dear friends, never to judge. Only those who know, know the hearts of those two individuals—and I will say only one thing to you, that we in spirit would never condone the hurt of one person to another—no matter the reasons, or what people think should happen, or should not happen. It should**

**never be that one individual takes the life of another and that is something that they will face when they come home to spirit. You understand?**

Sarah: Yes, I'd forgotten about the light and...yes, I understand that part now.

**Yes, you need to always remember that all of life, all of creation, is a balance of light and dark, and it is getting a perfect balance. I hope that has helped you.**

Sarah: Yes, thank you.