

63. Prayer – how to ask for help

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[We can be inspired without the need of prayer](#)

The evening starts with a prayer! Salumet later explains that a better word for God is 'Great Creator'. Philosophers and doctors for instance can be inspired by Spirit without prayer provided they are working for the right purpose. However, to properly spiritually open-up, we do need meditation and prayer. (11/7/94)

*Oh great and gracious God,
 We gather here before you,
 In peace, in love and understanding.
 You have granted me this day
 To be your emissary,
 To teach, to comfort,
 And to instil some knowledge to
 Our friends here on this earthly plane.
 Oh Great God, we offer ourselves to you,
 This day, to be used as you will.
 Amen*

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

Les: Thank you.

Now, let us have your questions.

Brent: I know that you will understand this question properly, in the spirit in which it is intended. But we recognise that we have spiritual problems on this Earth and we also have problems that are purely material. And I'm not asking for any answers now, but I would just like to know whether you are able to give us answers about the material world. Like, for example, new methods of medical practice, or new methods of food production for the poor and starving, or things of that nature?

You have a specific question on these matters?

Brent: No, I'm asking whether you would, now or later, be able to give us answers to questions of that nature.

I will try. Don't you have one now?

Brent: No, I haven't. I am more trying to understand whether it's right for us to ask that sort of question, or whether that knowledge would come privately to experts on Earth, or whether the information would come publicly in the form of pronouncements?

I think I touched on this subject last week, when I said to you that you are influenced by us in spirit. Your doctors, your scientists, your philosophers, they all are inspired, whether they know it or not. I do believe I said this last time. But, if you have specific questions, I will try to answer them for you.

Les: Would it not be that if our scientists, our food producers, our philosophers, any who wish to help in a material way, those who live on this Earth, would they not be receiving help, by using prayer, as you've suggested?

That's not necessarily so. They can be inspired, without the need of prayer, if, if they are working for the right purposes.

Les: Yes, your inspiration would only be given if you could see the result of their labours. **Yes, we would only give it to those who would use it for the best purposes of mankind. It matters not if they pray. If the intention is good, then that is a spiritual thing to do and therefore we would use what inspiration we can give them.**

Les: I have always said on many occasions, that the fact of doing a good deed, is in itself a prayer.

Yes, I would agree with you.

Cries for help are not true prayers

Salumet starts the evening with a prayer and then asks the group what they think a true prayer should be. Les gives a pretty good answer! (22/8/94)

*We stand before you once again,
We thank you once more as we gather together,
Let us feel your power and your light,
Let us feel it within this temple of light.
That each and every one of us make use of it,
For the furtherment and the betterment of our fellow man,
That as we leave this room we will have a better knowledge, a better wisdom
of all that you stand for.'
Amen*

This evening I would like to say a few words on prayer please. (Yes) So often we hear your pleas, your cries for help, your distress, your sorrow. But that is not true prayer. Could I ask you what do you think prayer should be? Can you tell me anyone?

Les: May I answer first? **(Of course)** I've always considered prayer primarily to be one's actions for good, towards one's fellow man. Not necessarily spoken words, but when the words have to be spoken, then I think one should ask for knowledge and wisdom, in how to

better one's own life, for the benefit of others. And that others should also be guided to do the same, so the line is complete.

Yes. Firstly, let me say prayer should be a very individual thing. You cannot, *you cannot* encompass it into a sentence or whatever—it needs to be individualised. Prayer should be—I don't want to say honour, but it should be the asking of the knowledge, for the love of that light, that power that you call God. In searching for that love, then you have *all* other things—Love, wisdom, knowledge; all these things will come. Therefore prayer should be an offering, if you like, of yourself to that higher power, to be used for the good and the betterment of others. You have expressed it well, my friend. I wish the others to know that words, although I have said your thoughts are powerful, words can also be meaningless, when we speak of prayer, I mean. Prayer, therefore, is ultimately the offering of yourselves to that higher power, to be used for the good of mankind. Use it for the betterment of others, ask for help if you like, but firstly, *firstly offer yourselves for good*—that is **prayer. Please bare it in mind always, when you speak to that higher power. I don't mean by that, that there should be any reverence, like there has been in the past to idols, to false Gods or other people. That is not what I am speaking about. Please keep in mind what I have said and try to cultivate that way of prayer. In that way you will have in the fullness of time, a much better knowledge of *all* that surrounds you.**

Les: Thank you. And I imagine that if we follow what you suggest, as of course we should, then it will help you to bring that knowledge and wisdom to us, because of the power generated here.

Once you have offered yourselves to be used, then of course we can come closer to you.

Yes — (Thank you.)

[Les starts with a prayer this time](#)

'Heavenly father, we thank you once again for the opportunity we have, of being in your presence and in the company of each other, united as we are in the work we are privileged to do and which we wish to continue, to the best of our ability. We thank you for the help you give us; for those who come from the other side, to give us their knowledge and wisdom. And we ask that we may always treat it as it is given, with humility and sincerity.'

Amen

Thank you! Can I say before we begin this evening, the work would not be given to you, if we were not sure of that humility. So we thank you for those words, but they are unnecessary. (Thank you.) I wish to say once again, how important it is to **pray. That is the common word, but I would rather, as I have said before, say to you, to *offer yourselves*, to be of use to mankind. It may be a good exercise if each one of you, at the beginning of each session, could manage to offer a prayer to the almighty and gracious God.**

Les: Thank you. I'll ask my colleagues if they will do that. We used to do that always, but there is always a great diffidence amongst people, when they are asked to do that. But we will try.

If they don't want to, or feel uncomfortable, I understand. But I feel the exercise would be good for *all* of you, but of course, they can decline if they so wish.

Les: I had been hoping that they'd been praying in their own way silently before the meetings.

Shall I say yes, for them?

Les: Thank you.

When the desire is genuine things can be taken further

Les asks on behalf of two ladies, who have a horse businesses, as to whether a Spirit, who was previously a vet in the physical life, could help the heal their horse. (17/10/94)

Les: We had a very interesting happening last evening. Just as you asked me to ask you to assist in the development of a gentleman, who's not with us tonight, there's another lady who comes on Sunday evenings and she's having individual development. Last night she was being used for individual rescues and then a gentleman spoke through her, saying that he had been asked to come to me for advice. Well, I knew almost instinctively what the advice had to be, because two ladies here, are very interested in horses; it is their business, their means of living—but they also love the animals and have both expressed a wish, to heal them. They've both been told of course that they can do so and have started, in fact. This gentleman who came through as a rescue wanted advice and I suggested that he might help these ladies in the healing of animals, because he'd been a vet on Earth and was disappointed he couldn't follow his calling, because the horses were virtually perfect, when he sees them in the next world and he was quite frustrated. So, I've asked him to help these two ladies—I presume he'll be given special powers to help them, since this is his desire?

If the desire is a genuine one, then it will be looked at. I cannot say now, it will happen, it will depend on the gentleman's own development. If the desire is genuine, it will be taken further; he will be advised and it will be seen to be done, if all things are suitable. You cannot just give things to people who desire them, if they are not entitled to them. Can you see that?

Les: Yes, we were told long ago that the desire in itself, is not sufficient in this work.

Exactly, but if his desire is genuinely to help not only the animals, but the ladies of whom you speak, then there is no reason I can see, that it should not happen. I would suggest they do not call on him just yet, the situation will arise, when they will become aware of him, if that is to be. But I would say refrain from calling his name, for the time being.

Les: Right, thank you very much for that advice.

I must say, although we have spoken of the power of your thoughts, when you desire something, it depends also, on how much and how *genuine* that desire is. Of course, you can desire, but for the wrong reasons and we must be concerned, for the growth of the soul of the being.

Les: Yes, I have no doubt myself, from the way he spoke, and his obvious pleasure of the fact that he'd be able to do the work, if permitted, that he's genuine, just as the ladies are genuine, in their love of the animals.

The fact that he was brought to you, is a good indication that he was being—how can I say—not tested, but helped in his desires. But it does not necessarily mean that it is clear cut and he will be able to do such a thing. It will be discussed with his, how can I say, I don't like the word mentor, but it is the only one I can think of at this time. He will be helped, I am sure.

It does not matter whether help given by Spirit is noticed by the person asking

Salumet explains. (14/11/94)

I know there are people here tonight, I'm not mentioning names, who are a little puzzled as to the receipt of help, because they are aware of a person who feels warmth, when help has been asked for. But they themselves do not have any awareness of it being given to them. **It matters not. The help is there, that is what is important. The awareness may not be there for them to see. It may not be a tangible thing to them, but it is there.**

Les: So, they can rely upon that then, all the time, when they call for it.

And let me say, it may not always be the results that they so desire, but it is ultimately what the soul needs at that time.

Les: Quite. Thank you very much for that Salumet.

The worst thing for many of us would be to have our prayers answered!

The difficulties we experience, are for our growth, and we would not really wish them to go away. We are also reminded that with the growth of our knowledge and understanding, comes greater responsibility. (20/5/96)

I wish to say to you this time that I am well aware of your thoughts to me, but I want to say to you all once more, a little about the awareness you have gained, whilst we have met in this way, so many times previously. Let me say this to you my friends, there are so many of your helpers and your loved ones, who would wish to help you in so many ways. I want to say to you, that for many of you, the worst things that could happen to you, would be to have your prayers answered. We have spoken of the pathway of the soul—I have told you that life's troubles and problems help you along this pathway.

Les: Yes, you have.

And so, it is. My dear friends, do not be dismayed when life's troubles seem to burden you down. Remember as your awareness and your knowledge grow, so too comes responsibility with it.

Les: Yes, we understand that.

I would say to you all, that since we have come together, your awareness has grown so much, that you should consider yourselves to be emissaries, to go forth and speak of the knowledge you have gained. Do not be fearful of the response that you may receive. Fear is a negative energy, this I have told you, but if you wish your soul's growth to continue, accept the responsibility of your awareness and knowledge. So why do I speak these words to you? Because I wish you to realise that your thoughts reach me, but I *cannot* always provide what you desire. It would be so easy to give you what you wish, but it would be a negative action, it would not help you. After all, why have you come to this earthly plane, if it is not for your own soul's growth? Now I think I will leave it there with you, to ponder upon my words.

Les: Thank you, yes we certainly shall, we do understand what you mean, but at the same time, I think we all understand that by you *not* giving what we wish, even though it might be easy, you are setting us an example by accepting *your own* responsibilities.

Yes, that also is a factor in this, but it is one of less importance. But it is important that you understand that your thoughts, your feelings do reach us, but it is not always possible to fulfil your desires—neither would it be good or acceptable to do so.

Les: I can quite see that. We understand the reason, even though we might not want those reasons. That is part of the growth we must experience.

Yes you all will understand more, as life progresses, because my dear friends, all of you will become *better, stronger* human beings, because of it. Life's troubles will bring you *strength and growth*, even if you do not understand why. It is part of your life's journeys. I know I am repeating words, but I feel it is essential to do so, to remind you all, that your life's journey should not be expected to be easy, just because of the knowledge you have attained. If anything, it may be that at times, life seems even more difficult and that is where your responsibility comes into play.

Praying for the lost souls is always needed

A visiting spirit through Eileen asks that in our daily lives, could we send loving thoughts to those lost and lonely souls who find it difficult to come out of the darkness. She explains that there can never be enough prayer for help. (29/9/97)

...before we depart from you all this time, I come to you all with a desire, if you don't mind me saying so, to ask you dearly, if each one of you, could send thoughts to those dearly departed, who are so lost in our world. So many send thoughts for those in your world, who are sick, who are lonely, who are in need of our help. But my lovelies, can I say to you, there are so many in need of those thoughts, within our world. It is thought that they have help enough, but there can never be enough help. So, I come to you this time, to ask each one of you that in your daily thoughts, could you send a thought, for the lost and lonely souls, who find it so difficult to come out of the darkness. (We all expressed our happiness to do this) I knew before I came to you that it would be a 'yes,' from you all, but indeed I felt it necessary to come and ask you personally.

Les: Good —there will certainly be a lot of thoughts flowing towards them. (*General agreement*)

There are so many who need help.

Les: —So many are not aware of what they have to expect.

My task is to help children, who I must say, are not lost for too long, but my plea to you, is for those others, who find it difficult to be helped. It is for them that I come to you, for that extra help.

Les: Those who won't open their minds, to what you want to give them.

Yes, for them and all others, who are in need, I thank you from the bottom of my heart and may I say that all of you will be rewarded for your efforts.

Les: Our reward will be in knowing that they can be helped.

They can and they will, but if only people on Earth would realise that they are not restricted to helping those in the human form. We know you have done much to help those in distress, we know you understand, so for this reason I come to you this time.

Les: We're very pleased to know that our thoughts can be of such help in your world.

I am being instructed to tell you, once more you are being taught the power of thought. I hope you understand that message and I will say to you my lovelies, may God be with you always, may there always be love within your hearts.

Les: God be with you sister.

Thank you.

Les: Goodbye to you and all those with you.

This was then immediately followed by one of these lost souls, who was found:

Hello mister, I've come just for a minute mister.

Les: You can come for as long as you wish.

Yes, I just want to say mister, you can be helped, cos I was helped. Yes, I was helped. I was all lost in a mist and I didn't know where I was. So, I want you all to know that you can help.

Les: Yes, we certainly believe we can.

Yes, that's all I want to say mister.

Les: Well thank you very much for coming to tell us. You're out of the mists for good now are you? ***(Yes.)*** Enjoying the sunshine? ***(Yes.)*** Good, that's lovely. And I know you're trying to help other's get out of the mist too aren't you?

Yes, I am mister, yes I am.

Les: I know you are, that's very kind of you and we shall certainly send all our thoughts, as often as we can, for all those who are still in the mists and the dark.

My name's Georgie and you knew a George didn't you mister?

Les: Yes, I did

Yes, anyway I'm off.

Les: Ok Georgie, God bless you, we're very happy to know you're in the sunshine. Goodbye to you.

Power of prayer

Salumet asks the group to comment on what they think happens when they pray. By using our thoughts, we create the desire. Your thought is the real power. As the creator of the thought form, we have the ability to make our desire happen. We are reminded again about the power of our thinking. Prayers do not have to be said out loud, because it is the thought that carries the power. (13/10/97)

This time I think we should speak if you don't mind, about the power of your prayer.

Les: Yes, that would be interesting.

I know each one of you indulges in 'daily prayer,' as you call it. Your invocations to the Great Power, is interesting for us to listen to. But this time I want to ask you all a question about your prayer. What do you think is happening, when you speak your words of desires? Can you answer dear friend?

Les: I will answer for everybody then others can correct me, if I'm not answering adequately for their purpose. It's interesting that you should bring up the subject tonight, because I had wanted to ask you — I can't specifically say that I can think of my prayer as doing anything in any particular way. I hope that my thoughts are being taken in the way in which they are issued and the fact that they are so issued, is sufficient for them to be used — altered perhaps, to meet the circumstances in which *you* can use them. I wanted to ask you, because I have to admit that sometimes my mind does stray from the prayer I am making, and I have to keep bringing it back. I wonder whether you notice that in others, or whether I am not concentrating sufficiently. It does bother me that it happens. (*Others added that their concentration also wandered at times*) I thought it might happen to everybody, so I wanted to raise it.

Dear friend, why are you surprised by my knowing what is in your mind?

Les: No, I might have known that you would have known. (*Chuckles*)

Firstly, let me say this to you: It is not a failing on your part, when you say your mind wanders. After all, it is the human element, is it not? (Yes.) But what is more important, is the realisation of the power of your prayer and what you can achieve from them. All too often your prayers — and now I speak generally about mankind, and not about any of you individually — mankind in general speaks to a higher source of power. All of you know and understand and I have tried to teach you — at least I hope I have given you a little insight, into the power that you all have.

Les: You've certainly given us that.

So, what I would wish you all to know and understand is this: That each individual here comes from that same source of power. Therefore, your ability is inherent to achieve that prayer, which you speak in words. But because of your human failings, or your denser 'power,' if you'd like to say it that way, you are speaking words to us to help, are you not? (*General agreement*) And of course, because of our extended knowledge, that is what we try to achieve for you, but it is the power of your word, which makes it happen. I want you all dear friends to realise, **whatever you so desire, you have the power to achieve. Therefore, I want you when next you use your words of prayer, to **know** that that power is within you. After all, each of us are the *sparks* from the same Source. Are you beginning to understand what I am trying to say to you? (*General agreement*) If anyone is unsure, please ask me now, before I continue.**

Mark: Are we saying that what we dream for is what actually helps to create the reality?

In using your words, you are expressing the deep-felt desire, which you can obtain by yourselves. The power is within you all; can you not see that? I do not think that you do.

Margaret: When I say my prayers, I say them in my thoughts. Is that all right, or do I have to say them out loud?

No, have I not told you that your thought is the most powerful thing you can possess? (Yes.)

Les: I never say mine out loud, it's all thoughts. (*General agreement*) I think we all use mental prayer, don't we? (*General agreement*)

And in using your thought, you can create what you are using those mental words for. Do you see? You hesitate. I do not think you understand me.

Sarah: I don't think I fully understand.

No, no, there is a lack of understanding here. I think that for this time, we will leave it there for you to ponder upon and I will return to it another time.

Les: Would I be right — to help our enquirer there, would I be right if I said that our thoughts are automatically turned into *actions* in your world, when you receive our thoughts?

By using the thought, you create the *desire*. Your thought is the *power*.

Les: So that creates the action, (**Yes.**) which we wish to happen? (**Yes.**) Does that answer you Sarah?

Sarah: Yes it does, but I was just thinking, for example, I always ask for leaders of countries, who are doing bad things, to try and see the *right* way. It helps, but it doesn't actually make it happen —

How do you know?

Sarah: Well I suppose I don't know, but things still continue to happen. Perhaps it's just getting better? I don't know.

What you are doing my dear friends, is giving credit to us — to those in my world, when what you really are doing, is expressing your own thought patterns — whether they be good or bad, you are creating the reality, by those thought-forms.

Sarah: Right, so what I'm asking — in my mind I'm asking for the '*right*' thing, but in actual fact sometimes it may not be the right thing that I'm asking for. So I'm creating '*good*' from my point of view, but it doesn't necessarily —

Les: But if you are asking for the right thing, it must be good, because you are asking for mankind, aren't you? (**Yes.**) So, it must be good.

The reasoning behind the thought is what she is trying to express, (*Right.*) yes. But I feel this time, that perhaps your understanding on this matter is not great enough. So, I will help you, until I can speak to you again on this matter — (*General thanks*) that means *all* of you and not just the lady.

Les: But if we continue to use our present method of praying mentally (**Yes.**) and try to concentrate more on what we are saying in our prayers, that's all we can do at present, yes? **Yes. Dear friends, I do not want you to feel that I criticise you — that is not my intention.**

Les: Of course not, we know that your desire is only to help us to understand more.

Yes, I would like you to know why you do these things — and again I am returning to the power of your *Thought*. Always I will return to that most important subject.

Les: So basically, the detail is not so important, as the power of thought. All our prayers should be doing good in whatever way they can best be used.

Remember this, that as the *creator* of the *thought-form*, you *have* the ability to make it happen. You are not subservient to other beings who take your thought-forms from you and accomplish what you wish. YOU are the main bearer of that thought form. Therefore, the responsibility is yours.

Les: I see, thank you.

But now we will leave it with you this time.

Les: Well thank you for what you have told us, it gives us more to think about and to work upon.

I do not wish to overburden your minds, but at times it is good that you think about these things.

Les: It is good and essential for our own development, isn't it?

Of course, and is that not what we are trying to achieve?

Les: Absolutely! Thank you again; we shall all do some serious thinking.

Many ask why are our prayers not answered?

Many, when asking for others, use the word - 'if'. This implies that the prayer is not possible. We should be absolutely certain that the desire is possible. All prayers are heard but may not be answered in the way desired. All prayers are acted on and are not unanswered. *Sadly, the recording of the teachings was interrupted by the faulty tape recorder and some parts have been lost.* (14/2/00)

I would like to say to you my dear friends just a little about prayer. As each one of you has given of your time this evening, I would like us to speak a little more about the power and the answering of your prayers. Indeed, it is a noble thing that prayers are sent for another human being, but why are they not always answered? This we hear in our world so many times. Firstly, let me say this to you: Prayer should never be intermittent, prayer should be complete trust and the giving and the empowerment back to that Divine Force, which each one of you calls God. If only my dear friends, in your prayers for others, you would not use such negative words. For example the words 'if you can'. This we hear so often from you: 'Can you help, can you help if you can'. Can any one of you explain to me why these words should be used, because in using them my dear friends, you attract negativity, because by using the word 'if', it implies that it is not possible and when you are offering yourselves and help for others to that Divine Creation, you should be *absolutely certain* that all things are possible. Do you understand how restricting words can be? (Yes.) It is better that use from your heart the feelings of love towards another, that you place that love back to the Divine energy so that all can be made whole. Am I making sense to you my dear friends? (*general agreement*) If you have questions, please let us have them now.

Sarah: So, they may not be answered as we would have wished ourselves?

First, you are well aware I know that prayer as you know it, is not always answered in the way you desire, but let me say: All prayers are heard.

Lilian: So, the person would receive help anyway, though not in the way that we would have thought of asking?

You are not capable of seeing the full picture, as I have told you previously. Therefore, you cannot know what is best for that soul—but your prayers are heard; of this you must be absolutely sure. After all, when you ask for (?) or for help for another human being, how are you to know if this is the desired way of the soul? (Yes.) But in the saying and the doing of the prayer, you my dear friends, are helping yourselves also. So I come to what I wish to say to you and it is this: Your prayers should be offered ALL of your time, not only for help for others, but in your devotion, your *faith* if you like to call it that, in the utmost knowledge that the Divine Creation is all and (*knows all?*), that there can be no 'ifs' and 'if

onlys' within those prayers. Prayer, after all, is individual to each soul and the contact made with the Divine energy is almost, shall we say on a personal level in order that the *(unity, wholeness upon the other?)* That is true prayer, the interaction daily with the Great Divine Source of all life—that is prayer, not the intermittent callings that you make on behalf of others. True prayer comes from the Spirit and the soul. Do you understand what I say to you? (Yes.)

George: Prayers can be unspoken, but with a feeling of wellbeing towards others?

Yes, you are correct. The unspoken word sometimes is much better, because it means that there is a melding of the love bond of the knowing, the absolute certainty that this love, this feeling, will blend with that Divinity to which...(?) It is something to be worked for *(The tape clicked off and a few minutes of teaching was lost. However the speech is quite audible from this point forward.)*

of so many of its troubles as each one of you has the ability to be healthy and strong by going within. Imagine what your world could be like when you give back that power to the Divine Creation. Do you begin to understand? (Yes.) It is something not easily understood, because mankind has been taught over many times with many of your religions, that to utter some few words will bring about for you much goodness, but in fact it is much more complex than that. That is why so many in your world feel that your prayers go unanswered when in fact they do not. I will return to you on another occasion and explain a little about how these thoughts are reached by many in our world and how they are utilized for good in so many different ways. I think you will find it most interesting; we will return to it.

Lilian: So when people first pass into Spirit, do they still pray, ask for help for certain people, perhaps in the dark regions of Spirit. Prayer is still used?

Many, many people who come to our world as you know retain all the properties of physical living. If they have been dedicated to prayer as you know it in this world, then of course it will continue, but gradually they will see and understand for themselves the true meaning and understanding of what prayer is about. *(General thanks and farewells)*

Then followed one through Sue who said that Salumet's words this evening had been simplified to make them understandable to our human minds. She said that we learn every moment of our lives and that we absorb knowledge even if we are unaware of it happening. It is stored in 'mind' to possibly be of use later. She also explained that the mind is big and is able to take far more knowledge than we give ourselves credit for. Her final advice was: So absorb all that knowledge, be grateful for it and enjoy it! It is good to enjoy knowledge, it opens up vast vistas in your mind, in your subconscious and in your daily lives. And when your time comes and you come across to our realms, your knowledge will begin all over again. The learning curve will start at the beginning and provided you are willing to learn, so much will be yours for the asking. You have started well all you here. We would not have brought such a fountain of knowledge into this room and into your previous place, if we did not feel that you would put it to use and enjoy what you have learned. We are very proud of you all and we are looking forward to speaking to you on vast subjects—possibly only the tip of each subject, but it will be a starting point, for when your minds can absorb more. But as I'm sure you have been told before, take nothing at face value, question, always question. By asking questions, your knowledge can expand, and from expanse of knowledge, you will start walking into the Great Light, which is Love and enlightenment.

I leave you with great love. You are all surrounded in your daily lives, by the love and protection of the Spirit. Reach out to it in times of trouble. Ask and help will be there. I wish you farewell, until we speak again. (General thanks and farewells)

On the 29/2/00, Salumet promises a teacher on the subject of what our prayers do.

Lilian: Can you take any more questions? **(Yes.)** Could you—perhaps not this evening, but if you could tell us who collects our thoughts and our prayers. How does that work?

What I will do—I knew that prayer would again be raised as a topic of discussion and what I would like to do, is to bring to you someone who works along these vibrational lines of prayer, who would impart to you their own knowledge and give you a little more insight into what your prayers are doing and what is being achieved and *not* achieved by them. Would this be of interest? (general affirmations) Let me say now to you that in two more weeks of your earthly time, when we meet again, I will bring to you the person who will speak to you about prayer.

[A follow up teaching on prayer by a promised visitor who works on these vibrational lines](#)

A few weeks earlier, Salumet promised a guest speaker to discuss prayer. The speaker described himself as an 'Integrator of Thought' and gave further wonderful insights into the nature of Thought and Prayer. (13/3/00)

Good evening. (General greetings)

I have been instructed this time to join you good people. You have been told that I would be joining you at some point in your meetings. (Yes.) For the purpose of this visit you may call me Edwin. Yes, I come to you this time to speak about what you call Thought and Prayer. I know much has been given to you, therefore I do not wish to go over old ground, but I hope this time that we will be able to enlighten ALL of you on the subject of Thought and Prayer. I believe the one who comes to you last time explained how powerful your thoughts are and how your prayer and each prayer is not lost within our world.

Lilian: Yes, that's right.

But you were also told that there are many extraneous thoughts which, although do not disappear, are always gathered and integrated within the vibrational field. I hope this was made clear to you. (Affirmations) If not, I hope to enlighten you about this also. I am what you perhaps would call an integrator of thought. After all, Thought and Prayer are but the same thing. The power of the thought dictates whether it becomes prayer or just mere thoughts. Would you agree? (Affirmations) Yes, I need in part to know how you feel about your whole thinking. So, if perhaps we went to each one individually, perhaps we could gain some knowledge of what you feel and what you think. In this way I can enlighten you all on your own thinking. Do you agree? (general agreement)

Lilian: So basically you would like to know from each one?

Yes, what they feel Prayer is and how they feel it is dealt with in our world. I will then inform you whether you are right or whether you have some misconceptions about it.

Lilian: You like to start Sarah?

Sarah: Yes, I think prayer is going from Spirit to Spirit, so leaving out the physical. Obviously, you are thinking about it, but it's really trying to get the Spirit in this world connecting with the Spirit in your world and trying to *blend* together really—trying to pass on our thoughts from Spirit to Spirit.

Yes, of course, it is that, of course it is. After all, you are Spirit, are you not? (Affirmations) We all agree on that, there is no dispute. Yes, the power of the prayer belongs to the power of the feeling, the emotion of the Spirit; that is true prayer. True prayer is the blending of the Great Spirit, as you like to call it upon this planet. That is what each individual is trying to achieve, whether they are aware of it or not, that is what is happening. As an Integrator of Prayer, I have to tell you—and I do not want this to seem that we interfere with the power of your thinking towards the Great Creator—we do not. We are only empowered to help those vibrational fields to reach their target if you like; that is the simplest way I can put it to you. I believe you have been told in past times that thoughts which are not only powerful for 'good' but can be powerful for 'not-so-good', we sometimes have to protect those where those thoughts are intended for. We are not interfering as such, but we are empowered to BLEND the vibrational fields; that is as simply as I can put it to you. So, the directional field of thinking of your thoughts are helped along by those in my world such as myself, who are empowered to deal with it.

Sarah: Could you just tell me, if somebody is passing on a bad thought to somebody in your world and you are deflecting it or putting it off course, what actually happens to these thoughts, because they don't go away, do they?

No, all thought is collected in the aether but they can be diffused. If you ask your gentleman friend who sits next to you, he could give you an earthly explanation. In fact I can tell you that many of your so called 'scientists' who have come to our world, now join in this work, because they are interested in the actual workings of thought and vibration and all the vibrational fields which exist and which they did not know of whilst upon this earth. It is diffused, it is not dispersed.

Lilian: So prayer, if it is repetitive or a one-off, it makes no difference, it reaches you?

It depends on the power of the thought and what it is. What the lady is speaking about are thoughts—not 'good' thoughts shall we say, directed towards someone in our world. They need to be protected and that is our task.

Lilian: How about if we project a thought to someone in our own world?

You must always remember when you use the power of your thinking, whether thought or prayer, that what you send out is very often sent back. I do believe you have been told—and yes, I am being told you have been told, you must be careful in your thinking. (general agreement)

George: I think of prayer as projected thought and I think it springs from a desire to help people in need, and this can be on an individual basis or on a collective basis. For example, where world disasters are concerned—I think we automatically have compassion and feelings for people who seem to be caught up in earthly disasters. I think this is probably what I class as prayer. There is also another type of thought, which I think is more of a collective thing, which perhaps underpins our evolution on this planet; that may be something related. It is not prayer, but it would be a thought process.

*Yes, I am understanding what you are saying. Can I say to you kindly that sometimes you people, when you send thoughts and prayers, as you call them, for the good of others—this is fine, but can I say underlying many of these thoughts and prayers is FEAR. Do you agree? —Fear for your own selves. Therefore, I would suggest most graciously to you that that indeed is not true prayer. True prayer is thought sent, as I have said to the lady a little time ago, prayer is for blending, a blending of the Spirit to that Great Creative Force from which you all came. Prayer is the blending and the thanking for the life that you have—that I would suggest to you is true prayer. Do you understand? (Yes.) So I would suggest to each one of you that you make a practise of what we call True Prayer each day that you exist upon this planet, because in creating True Prayer, you not only give of yourselves, but you **blend** together with those of us in our world and that is indeed Prayer which can create much good, not only in this planet but in many others. Do you understand? (Affirmations) I cannot become too technical with you, because I think it would be much too complicated. But true prayer, my dear and good friends, is the **blending—blending without need, without want, without giving to another; it is indeed a spiritual blending of the highest degree.***

Mary: My thought about prayer is just that it's a communion of thought.

Yes, yes it is a simple answer and yes I think I have said enough to expand to you what that feeling is.

Paul: Yes, I think some of my thoughts have been echoed about prayer. Sometimes I have a feeling when I am praying that I am sending out thoughts, it's like communion with spirits...

Can I stop you there? May I ask all of you a question? Why do you pray?

Margaret: I think it is because we have all been taught to pray from childhood. I don't think I understood it then, but I think I do now, I think. You pray for the good of the people you live with.

But that is an earthly instruction. But why deep within your thinking, why do each one of you pray? Because I can tell you that each person who exists upon this planet prays.

Mary: Because we need to be in touch with the spiritual and in prayer we are.

Lilian: Is it the Spirit side of us wanting to connect?

Yes it is the innate knowledge, which drives you to prayer.

George: And can I say, we like to feel that we are helping to make the world a better place?

*If that prayer, that thought is genuine—without as I have said, fear—without cause for one's own good, then indeed that prayer will be used constructively. So much of your thought and prayer time, if I may say so, is diffused within our world, because the depth of Spirit, of emotional feeling is not great enough. As in all things, it **DEPENDS** on **WHY** you send out these thoughts. Can you understand? (Affirmations)*

Sarah: Is another reason we pray, because we are not actually complete, there is only part of us here, and apart from the innate feeling, we are lacking something, lacking the rest of the whole?

*It is a spiritual need, but it is something you need to be working upon. But too often you feel that you **MUST** pray; that is not the way to do things properly. If you are driven by **NEED**, then it is not a natural prayer. Do you understand? It must come from within, it needs no words, it needs no objective. It is as I have told you, a blending with the Great Source of Life. It is a natural feeling, which, if done properly, can produce much good.*

Paul: Does it always have to be voiced?

No, no. You can voice it—again it is dependent upon what you are trying to achieve.

George: I think an example of unvoiced prayer might be a peace meditation, a feeling for desire for peace in the world, which one could say might arise from fear of war. **(Yes.)** But sometimes that fear might be more akin to a compassion for the world.

Yes, now you have touched upon the word—‘compassion’, not ‘fear’ for the world, not fear for yourselves—compassion. May I give you an example, please of unsaid prayer. If you were to come upon a person who is unknown to you, but immediately your heart goes out to that person. Unspoken love is sent for that person; that is prayer. Do you understand? (Affirmations) Because it comes instantly, it is natural and there is that great spiritual blending. That is GOOD prayer, if I may use that word. Can you see the difference? (Affirmations)

Lilian: I was thinking of the repetitive prayers and thoughts that are spoken in our churches and all religions.

As I said, all thought or prayer is not diffused, but there is much extraneous thought which is unnecessary. That is why you have Integrators of Prayer such as myself, who work constantly. As you can imagine, so many thoughts bombard us and without giving the impression that we are controlling thoughts—we do not—we are empowered as I have said to deal with the vibration of thought. This is deep matter as I have said and I will not enter into it this time.

Sarah: You have explained to us what *true prayer* is, so what we would class as *prayer* in asking for help as George has said for others, what would you class that as—not really prayer but just asking for help?

You can offer yourselves first and foremost, THEN you can give help. Do you understand the difference, because there is a difference? (affirmation)

Margaret: In your thoughts you’re *asking* for help for other people.

You need not ask in words, it should come, it should come from here. (hand on chest?) There should be no need for repetitive words, because of course, or I hope you do know, I hope you’ve been told and you do understand that ALL that you think is known anyway. Therefore this repetitious feeling that you have to continue to say words over and over again; each time they are said without true feeling they become less and less. Can you see this? (general agreement) One true blending of prayer can create much, much good in your world, because that true blending with the Great Creative Force, who knows all things, understands all things—of course it is understood and known what you desire.

Lilian: Yes, that makes sense. Any questions Sue?

This lady will not speak, but she will understand when told.

George: Might I enquire how you regard the collective prayer from people in a church who are all speaking, thinking together?

Yes, it is difficult to give you one answer to this, because with so many people being individual spirits, they are praying in different way. You will have those who repeat words, because it is words they are used to saying. Those thoughts will have great impact, but there will be others within that congregation whose prayers and thoughts reach the targets that they are intended for.

George: It very much comes down to the individual.

Yes, I would suggest so, yes. It is wrong, and I have heard it said that churches today—it matters not what denomination—that churches have no use with these masses of people uttering so many repetitive words. Do not dismiss it so lightly. Much good does come from such people, those who are genuine whether they know of their spiritual self or not, because after all, it is the Spirit within which is at work. Do you understand this?

George: Yes, I have always felt that the church is an *overt* spiritual happening and it can set an individual on a particular course.

Yes, you cannot dismiss out of hand all churches; many of your great I believe you call them cathedrals and places such like—mosques, all of these places, it matters not—it is what is in the hearts of those people. It is the blending of Spirit which counts.

Lilian: Yes, it makes sense when you tell us that.

So, again I would say to you—and I know this has been told to you many times: Do not judge others. Do not suppose that your prayers are any better than another human beings, because in judging thus you are erroneous in that thinking.

Sarah: If true prayer is working properly, does it still have to come through you, is there any sort of way—

Not always, no. True prayer will blend with the Great Creative Force without interference from us.

Sarah: So you're really only dealing with that which is not quite right?

Well I would not use those words, but yes, I understand your meaning, of course, yes.

(Thank you.)

I hope I have enlightened you a little. (general agreement) There is a little silence, but it is a difficult subject to understand. We are talking about vibrational fields that you are not aware of as such, but it is, I feel, important for you to know that there those such as myself in our world who are there to help and to encourage when possible those of you on this planet. As I say this is something too which puzzles many, many people, because of course thoughts, prayers are constantly bombarding all of our world and, as in all things, there has to be ORDER. It is not interference, but it is ORDER. (Affirmations)

Lilian: What about animals in our world? They must have thoughts.

Not in the same way. They have a blending with Spirit, but not to the same degree. It is different. I must take my leave. I am beginning to irritate this lady's throat. So I will say to you thank you my good friends for taking the time to listen to me, I have enjoyed it greatly. I hope each one of you has learned some small thing and I hope that my task this time has been successful. I bid you good night. (General thanks and farewells)

[An experiment where only half of the patients were prayed for](#)

Man is beginning to wake up to the power of thought and prayer. This can only be good even if this experiment, sadly, excluded half of the patients. (7/8/00)

George: Recently, in an American hospital, an experiment was carried out. 50% of heart patients were prayed for and 50% were not prayed for and the ones who were prayed for fared statistically better than the other group. I think you will say that this is not the way to use prayer, but nevertheless it will no doubt prove the value of prayer to some people. Have you any comment on this?

Yes, if only one were helped even by earthly experiment, then I can only say to you, this is good. You, of course, may not be surprised by these results; it is just a pity that so many were excluded. Of course, again we return to the power of thought, which is indeed the beginning of prayer. We have discussed prayer to some degree in past times and each one

of you I hope by now fully understands that your thoughts for another person are never disregarded. But of course, collective prayer is a little more prayer is a little more powerful, shall we say to use your every day words. But the same effect is achieved by many of those within your world whom you call healers. Their prayers are sent to us so often for the safe and well-being of others. But prayer is there for each and every one to use. I did tell you, did I not, that many changes would happen within your world and these things are taking place as I speak to you. All within this planet are slowly, slowly becoming more spiritually aware.

George: Things are coming into the open and things are being reported in the media which is nice.

Yes, that is what is good, that a wider audience of people are now aware that these things can happen, that non-judgemental people have the opportunity to make up their own mind, that there are no dogmatic teachings which hold them back. This can only be good for mankind.

Praying for others needs a postal address if possible

Salumet requests that when we pray for others, we should give an address, as there are many in the physical world with the same name. (21/5/01)

It is good that you give out healing thoughts to those in your world, who are in need. May we say to you my dear friends, that when these thoughts are given, that you give an *address* for these people, because as you may well understand, there are many, many people in your earthly plane, with the same name.

Lilian: So, the name then followed by the address.

It helps. Of course, we can find out, but it is helpful to us if we have the right person in the original thought pattern.

Lilian: Yes, we'll do that.

Give thanks when praying in the knowledge that the request has already been done

Offering thanks in this way, is the best way to pray. Avoid words like trust, and faith, as these are negative words. Knowing or deep feeling are better words, as they are positive. (27/1/03)

I will begin this time by saying to you, when you hear the words 'seek and you will find', what my dear friends, what is it that you seek to find?

Jan: Truth.

Sara: And wisdom.

Margaret: Happiness.

Lilian: And love.

Sarah: Our purpose of being here.

Each one with a different answer. I would say this to you that each one of you, whatever you may seek, *that* is what you will find; but if we take that question to a spiritual level, what then would your answers be?

Jan: Ourselves and home, going back home.

Sara: Our true selves. Our Spirit selves.

Jan: Our soul.

Lilian: Is it an unfoldment?

These are all good explanations of what you seek.

Sara: Pure love and light.

Yes, what you seek is that which will never be known to you. You seek to return to that great energy from which we all come. Unconsciously, that is what you seek. So many times in your world we hear people say: ‘Who or what is this Creative Energy?’ Or to use another phrase better known to you: ‘Who or what is God?’

Lilian: Yes, that is a very common one.

We will use that one for your understanding. Again, I say to you my dear friends, who or what is God? Have you found your answers to that question?

George: Yes, I think we have a number of possible answers. This Creative Energy is one expression, Love is another. An interesting one that was voiced in the New Zealand group that we mentioned last time, is the Space Between—that is the space between everything there is that we detect.

And also, that which you do not detect. It is all things, it is all being, it is all creative, it is a creative energy which in the terms of physical speech is difficult to explain to you, but I hope my dear friends that you have reached the point in your own development that you can now stand and say, ‘I know a little from whence I came.’ Would I be wrong to say this to you? (general agreements) Would you like to continue my dear friend?

George: Yes, it occurred to me that the *space between*, although that covers an enormous amount, it does not cover quite everything. **(Yes.)** As you say, the Creative Principle is in absolutely everything, more than just the space in between, but it’s good to view the space in between as being included, because scientists for so many years have regarded space as being nothing at all.

Yes. Your scientists have now realized, of course with the inspiration from our world, that all that they have placed their trust in has now been shattered, that their thinking now has to expand in order for them to accept truth.

George: Yes, happily some are expanding in that way.

More than you would imagine, although many are still afraid to voice what they have found, but yes it is becoming much more acceptable within that sector of teaching, that all of life cannot be placed within a small box. What I would like to say to you this time my dear friends, is if you are to achieve that knowledge which you seek, then you have to become in touch with the *feelings*, not so much the thinking, or the words or the physicality of anything in this world, but you must go within and find the *feelings*, because in the *feelings* there lies all of Creation. But I hear you say, but we all feel so much so differently. Let me say, that is part of your own individual evolution, but in *feeling* you become part of that Creative Force. Do you understand? (affirmations) Does anyone have any comments to make?

Sara: I think it's possible to access every human feeling if you look inwards to your own. Even on a day-to-day basis you can identify many feelings **(Yes.)** and then you have access to others.

Yes, but I do not speak, my dear friend, of human feelings. I am speaking of those inward feelings that you obtain when indeed you do go inwards, because in going inwards you find all that becomes reality. I have told you on previous occasions that this life that you lead, this human form on this planet is but a dream state, it is not reality, and if you wish to seek then you must be in touch with those feelings which come from within. Is this making sense to you?

Sara: Yes, I do understand now what you meant. Yes, that's the detachment that you then have that comes from going within, isn't it? **(Yes.)** You can feel detached from emotions **(Yes.)** and feelings which you have around you.

Always I feel for you that the difficulty is in separating human, physical attributes to that of the Spirit. It is something which has grown much within all of you, but as yet is still very immature. You each have much to gain by thinking deeply about those inner feelings, because when you are in touch with those, then truly you only begin to understand what life is about. Do you have any questions?

Lilian: Yes, when we say 'God', thinking say of the father figure, it's always been and always will be, is that right? There's no beginning and no end?

When you use your word 'God', it is but a name.

Lilian: Yes, I understand that.

It is a name that has been given to you. You people of the Earth of a certain denomination as in all other religions, we have spoken of this, but what mankind needs to do now is to leave behind all of these dogmas and creeds and to find what is *within*. (pause) Yes, let us continue. Have you more questions about what we are discussing? (no questions at this time)

Let me place one thing before you. As you begin your meetings here, always you ask for help for those who are sick or in need of help. Always these thoughts are taken, always they are received by those who can help, but what would you say if I said to you that the Great Creative Force needed no asking for help? How would you react to that statement?

Sarah: He knows all, he knows everything so he would know that these people needed help. **(Yes.)**

Sara: It would demonstrate that we had stronger faith perhaps if we didn't ask.

Yes, you have spoken wise words, because I want you to understand that in asking for help you are kind of *disbelieving* if I may use that word, you are disbelieving that the Creative Force can make all things happen. I do not say you are wrong, but what I want you to try to understand is that all of these things are on a much deeper level than up until now you have previously understood.

George: I think you are saying that if we go within and if we are sufficiently deeply in touch, **(Yes.)** then we have a certain bonding and confidence which requires no asking to be present; it just is.

It is, and I would say to you this my dear friend, and of course it depends on your own freewills and what you have carefully achieved so far, but I would say this to you, that the proper form, we shall call it *prayer*, is to give THANKS. Do you understand this?

Sara: Can I just tell you something Salumet in response to that? **(Yes.)** The last 3 to 4 weeks—I forget the time—I have been on a daily basis counting blessings in written form as well as thought and I have been astounded by the support and love from friends and family.

It has been like a whirlwind and I couldn't help feeling there must be some link between; there seems to have been a very positive change in our lives in the last few weeks and I was relating to this thanksgiving, daily thanksgiving which I have been doing.

Yes, you have given a good example of what I am telling you. In giving *thanks* you have accepted that it can be done. In asking, what you are doing is in fact doubting. Does this make sense? (*affirmations*) I know it moves from the normal way of thinking.

Sara: It makes perfect sense to me, because I felt over the last few weeks that I have finally understood about the power of the mind, (**Yes.**) because I realize now that it is—I don't want to make the analogy of a computer, but it is as if we must programme our own minds and realize that we have to take great care to input them with good thoughts.

Yes. The power is within you all; that first and foremost is what you must understand, that each one, each one of you on this planet must be responsible for that power within. And you can utilize it for the benefit of others only when you understand the workings of that Great Force. I hope this has given you something to think about my dear friends. It is not as complicated as some would have you believe, in fact I would say that Truth, Love and Light are the simplest of all things. It is only in the understanding of yourselves as Spirit, that will bring to you an even greater understanding.

Sarah: Salumet, when you said to us to ask for help whenever you need or want help, did you say that, because at that point we would not have understood?

You would not have understood what I have told you now. You see, each step along the way has been slow in order that each one of you can absorb the information in your own individual ways, but I feel now my dear friends that we have been acquainted long enough for me to give you just a little more.

Sara: Many spiritual writers at the moment are using the word 'decree'. Is that more appropriate, do you think, or is that relevant?

It is only but a word.

Sara: It's asking still, isn't it?

Yes, you know how I feel about the human form of words. It is the most difficult barrier to overcome, but yes, I would like you to go beyond that word, I would like you all to go within, to find there within the power that each one of you possesses.

Sara: Trust and faith?

Not trust and faith but *knowing*. Not trust, not faith, because those are negative words; it is an *all-knowing*. Do you all understand what I say? (*affirmations*)

George: Yes, I suppose it could be seen as a deep feeling rather than a faith.

It is *feeling* and that, my dear friend, is the word, and we have to use it as a word for your understanding, but *feeling* encompasses *all*; it encompasses your thoughts, your words, your deeds.

Jan: The way you have put it is exactly the same way as my husband the other day and I were talking—and he has never sat in the circle—he just described how he felt exactly the way as you have just done.

Yes, he is wiser than he knows.

Jan: I said that to his mother (*Lilian*). It was like having you in the room, it was amazing, it was like a light bulb moment.

Do not forget that those who do not accept this work or whatever you wish to call it, they are still Spirit. They have that inner knowledge, the same as you do, and that at moments in their lives will come forth these inspirational words for others without them truly knowing what has happened. That is why you must never judge another, you do not see

their Spirit, you do not know how much they know. Do you understand what I say?
(affirmations)

George: Yes, and I know that there is one group who, instead of asking for help for another, they consciously place the problem into God's hands.

Yes, that is the way to ask for help, because in placing the problem to that Great Creative Force, it will be dealt with. There will be no interference from your feelings and your thinking and your thoughts.

George: So that is really a nice way to do it?

Yes, yes. As I say I would prefer to give thanks on all occasions, because in giving thanks you are saying that you know it will be done, there can be no doubts, there can be no interference and it is just an *all-knowing*. So, perhaps my dear friends when next we meet and you wish help for others, perhaps that would be the way forward, that prayers of thanks can be given. And, as our dear lady friend has expressed, she has found quite a difference in what she receives by doing and giving thanks.

Sara: It's very exciting, actually, it's very exciting.

Not only is it exciting for you, it is powerful. Think carefully my friends; it is another avenue of thought for you, but you are ready for it.

Lilian: So what you just told us about giving thanks, could that help in any way, remembering your words, when healing is taking place?

All healing should begin with thanks. Is that what you mean?

Lilian: Yes, I just wondered if the thoughts of the healer would...

There should be *no* thoughts of the healer. The healer is but an instrument, a channel, that comes from that Great Creative Force. All that a healer offers is either their mouth, their words or their hands. The healer should have no participation and *does not* have any participation in the healing; that is between the person and God, if you like, or as I prefer: Creative Force.

George: Yes, and only Creative Force can take into account karmic considerations. **(Yes.)** Do the karmic connections to illness—I imagine they would come to an end at some point when certain things have happened. I sometimes wonder if the karmic consideration would be for a whole lifetime, or is it likely be lifted at some stage during a lifetime?

I do not like the word 'lifted', as if each individual can be exonerated; that is not how karma works. It will be released when the soul recognizes what the karmic debt is. Then, and only then—of course with the Creative Force's help and inspiration, in any one lifetime or another will the soul come to the realization that the karmic debt must be paid and released. Remember freewill; you must always remember that we have been bestowed with freewill, not only in this human form, but the soul retains freewill. Do you understand? (affirmations) Of course the Spirit can be helped to release karmic debt. There can be inspiration, there can be a change of thinking, but the Spirit must release their own karmic debts.

Sarah: When people are healed through—for example when they go to Lourdes and they become well after being ill for so long, is that maybe when the Spirit has recognized what it has done wrong?

A healing that you speak of can only take place when the Spirit is touched, but having the connection with the life force, inspires the Spirit to work for good, but no healing can take place until the Spirit is touched.

Sarah: So this is why you said to us that sometimes people could be healed and sometimes they are not.

Yes. The desire alone to be healed is not enough, especially as we are speaking about karmic debt—that is something to be worked through by the Spirit alone. Always there will be help and upliftment, but a healing will not take place whilst there remains karmic debt. Is that clear for you? (affirmations)

George: Yes thank you. This is an area we have had some difficulty in understanding. Yes that does clarify, thank you.

Jan: When you use the help, when you're asking for help, it has a different effect on the physical as well as the soul, because when you say 'thank you', the word 'thank you' has a different philosophical effect. I have been asking for *help* and with that asking for help comes that almighty stress actually, because you are not quite sure where to end it: you are asking help for yourself, you are asking help for other people and to suddenly stop saying that and say 'thank you' has a totally different effect on your soul. And I think probably Salumet was so right that now was the time, and with whatever is going on in the world at this moment, rather than say we have all got to help with positive thinking, just to say 'thank you' for what is actually being done that we can't feel as yet.

We need to give thanks for what you are, for where you are, for all problems that you have and may I say to you my dear friends, we have spoken only briefly about sound, but let me say this to you: When you say 'thank you' and you mean it with all of your being, listen to the resonance of that sound. Try it now if you will and really listen to the vibration of the sound. Would anyone like to try that?

Jan: It's a deeper vibration within the body. **(Yes.)** It's much, much deeper; it's not as shallow as 'help'.

It is part of your being. I would like you, if you would, when you leave this room, when you are in your quiet moments alone, say 'thank you' and feel what is within, and perhaps next time we will discuss what each one of you has felt. Take this into your lives, give thanks my dear friends and see how your lives will change.

George: Yes, the 'thank you', the second syllable sounds rather like the 'Aum' vibration. **It is a sound that is your very being. Feel what you say. You do not even have to say the words out loud, but this is something I will come to at a later date that words become unnecessary when you are in tune with that inner self.**

Lilian: Then maybe if there's something that really we'd rather not do but know we've got to, we should say 'thank you for the privilege of doing that' would help there as well?

All thanks are never left unnoticed. I will leave you this time with those thoughts. It is something for you all to cultivate. It does not come easily to human beings, unless you have reached that point of all-knowing, of that stillness within your lives when you know all things are possible. Take my words with you, think carefully about what I have told you and I am sure before we come together next time that your thinking will have changed.

Lilian: I think you're right. I can feel it already! *(chuckle)*

Giving thanks

'Fear is restrictive, but love is freedom'

In giving thanks, remember it is the knowing, it is freedom from any doubt, it is freedom from fear, that works best. All knowledge is within us, simply by going within. Within the silence we are united as one, where all answers will come to us, where all that is known can be released to us. The way to have our answers is from within: not by deed, not by word, but by *feeling* from within. We are given freewill, so the idea that the Great Creator is some kind of a 'parent' is not true. A parent restricts, a parent chastises, a parent controls; that is not what we are. The Great Creator has no restrictions. When we say thank you, we are accepting. It is better to give thanks rather than to ask. When we say **thank you**, we feel it in our solar plexus and our hearts. It is given in love and so gives us freedom. Fear is restrictive, but love is freedom. Our first thought is given in love. The second thought has allowed time for fears to start creeping in. Recognising thoughts that are based on love, and those based on fear, is a powerful tool to making good decisions. (4/3/03)

Last time that we met we discussed healing thoughts and we spoke briefly about healing and giving thanks. I hope my dear friends that you have pondered my words.

Lilian: Yes, I think I can speak for all of us.

I said to you that we would discuss what each of you felt when you gave thanks, instead of the way that you have done thus far. Would anyone like to speak about this?

Sara: I think we feel more confident and more powerful when we give thanks and we feel that everything is being taken care of. It strengthens our belief, I think.

May I ask you a question? (Mm) Do you believe that the Creative Force is like a parent to you all, who offers assistance and takes care as you say of all things? Is this how you conceive that all-consuming energy?

Lilian: I think I would say 'yes'.

Sarah: Yes, I think that's a good way of putting it.

Lilian: It's a simple way to look at it, for our understanding, or mine anyway.

Would anyone care to differ?

George: I see the Great Creative Force as a comfortable, enfolding thing, a little like resting in the living heather; it's a nice place to be and I think it also goes along with seeing ourselves differently as well. In healing or not healing if that is necessary, an illness, it's like seeing ourselves from afar and seeing not just the physical body, and not just the physical body enwrapped in the Spirit, but seeing it on a different timescale, which might require the Spirit to return to soul or the Spirit to go to the next plane. I think we must see ourselves on that extended timescale in respect of any healing which may or not be the next best thing.

Yes. I would like to say this to you my dear friends: We have reached this point in time with what I have told you. I have watched you grow, I have watched your light shine, but we are approaching times when your understanding must be fuller. When I spoke to you of giving thanks, we have stepped forward in all that until now you have understood.

Would you agree? (affirmations) I would therefore put these words forward to you. The all-consuming energy you are part of; you may be separate for a short time, but still you are that part of the whole. As part of the whole you have all knowledge, therefore when you give thanks you are not giving thanks to one separate part, you are giving thanks to that which is within you. Let those words sink in just for one moment.

Sara: Because we are a part of the Creative Force.

You are part of the Creative Force, so in the same way you have all knowledge. What I am about to say to you is this—you have heard many words, but what I say to you now my

dear friends is this: As part of the Great Force with all knowledge, you come to these lifetimes not so much to learn what you do not know, but you come—and some of you come many, many times as you have been told—you come to *relive* what you already know. That, my dear friends, is the true purpose of life. Do you understand? (*affirmations*) Are you sure?

George: To relive what you already know because while we are in these physical bodies ...
... all memory is erased.

George: Yes. The knowing is more of a feeling within which is a guiding principle.

What I would further say to you my dear friends, if you truly were to know yourselves, there would be no need for the continuation of lives that you now have. That is why I said in giving thanks, it is the knowing, it is free from any doubt, it is free from fear. After all, thoughts, deeds, are motivated by only two things: either *love* or *fear*, and we have spoken of these.

George: Yes, I see a common thing that we see: greed, that is a fear of poverty.

Yes, in any area of human life you will find many decisions are either made from these two emotions, love or fear; even deeds which people see as good are sometimes taken because of fear. Love is freedom, fear is restrictive. What I would like you to try to understand is that in knowing yourself you must be free from all fear, and you already have that within you. If you wish to become as one with that Creative Energy from which we all come, and after all so many times people say, ‘our thoughts go unanswered’—this you know to be not so. The way to have your answers is from within: not by deed, not by word, but by *feeling* from within. This, my dear friends, is what I would wish for you now at this stage of your developments to try to cultivate. That is why within the silence you are united as one, where all of your answers will come to you, where all that is known can be released to you. Am I making sense to you my dear friends? (*affirmations*) So, now after those words, do you still feel that the Creative Force acts as a parent to you? What would be your answer now?

George: At least a parent, rather more than a parent I would feel.

I would say, ‘not at all’ as a parent’. A parent restricts, a parent chastises, a parent controls; that is not what you are.

George: Yes, I was thinking of something more *ideal* in the way of parents.

Sara: We have freewill so we can make enormous mistakes if we wish **(Yes.)** and it’s up to us to seek and find the wisdom to go beyond.

But if you have all knowledge within you—that is the difference—you need not go outside of yourself.

Sara: You can find it within.

Yes. Now you are beginning to understand. We must go slowly with these things I tell you, because it has taken us some of your years to reach this point of teaching. If there is anything you do not understand, then I am happy to repeat my words. Can you tell me now what anyone else felt when they give thanks instead of asking, which I told you created negative doubts.

Sara: I find, day-to-day, when I find my mind becoming negative, now I quickly give thanks for blessings instead and I have an instant feeling of positivity, I feel much better almost instantly and I can stop my mind from becoming negative more easily and quickly. **(Good.)** Because I have been writing my ‘thank yous’ for my blessings, I think I am beginning to programme my mind to think more quickly of them every day so I stop the negative trend sometimes more easily.

So, you are becoming in control of your thinking.

Sara: Yes, at last!

That is wonderful.

Sara: It is wonderful for me. *(said with chuckles)*

I feel your amusement. Can I but ask one more question of you? (Yes.) When you feel this, in which part do you feel this energy?

Sara: I think it affects my whole being, it is not just my head I don't think, I think it's possibly my heart too. It depends how still I am, if I'm not very still, I don't think I would notice especially where it was.

May I ask each one of you in turn to say 'thank you' and to tell the others where you feel the 'thank you' is. You should feel. Can you do this? Try it my friends and you will know.

(each person spoke it out aloud)

Paul: I get that tingle in my stomach.

Sarah: Yes, I get it there too.

Sara: I think it's the heart.

What about the others?

Lilian: I realize there is so much to say thank you for.

But when you say those words 'thank you', where do you feel that love?

George: Heart and *throat* with me.

Would you say it together, then perhaps you will find that each one of you has the connection.

(the group as a whole all said 'THANK YOU' several times)

Sara: Heart.

Yes. The heart and the solar plexus, because it is the seat of all emotion. You should feel it each time you give thanks for anything within your lives.

Lilian: It's connecting with the Spirit side of us each time?

It is part of Spirit, not connected to it; you *are* Spirit, therefore it is part, it is natural for the Spirit to give thanks for its *existence*.

Sarah: That's the thing that came to mind; it seemed absolutely the right thing to say.

Yes, you are correct. It becomes the more that you give thanks for all things—it is and becomes Spirit. You *are* Spirit and it is unique to the Spirit, if I may say, in the sense that it is the correct thing to do whilst clothed in these bodies. It is freedom, it is given in love, which as I have said a few moments ago, is freedom. Only fear is restrictive. Whenever you are faced with choices in your world, stop just for one second and your highest thought will always be the one of love. Do you understand? I know this is new ground for you, but I feel you are ready to expand and to grow and to know yourselves more.

Sarah: Salumet, when you said '*your highest thought is love*', would that be the thought that comes first?

For now, I will say it is your first thought. We have not spoken about the thought behind the thought as yet, and for now that is not something I will speak about, but your first thought is normally the thought that is given in love, yes. When you know and recognize the true self, then you will feel within which thoughts are of love and which are of fear. Remember that some thoughts you will convince yourselves are done for the betterment of others or yourself, when in fact they are done from fear. Think about this my dear friends, think about your world now, think about your politics, your scientists, those who are trying to save the Earth. Think of those people with their decisions and see for

yourselves those which are done from love and those decisions taken through fear. It will help your understanding.

George: Yes, I think where it becomes difficult is the ego gets a little bit tied up in this. One can see people making very good decisions for the planet and then perhaps writing about it. A little bit of ego seems to have to come into it to get people to read what they have written.

It is because they do not understand who and what they are and from whence they come. In the same way as you have been asking for help and healing for others, but in the asking you doubt that it can be done. You see, in the same way you are fearful for many things, because you doubt what the outcome will be. Do you understand?

George: Yes I think I follow.

It is difficult I know, it is changing many things which you have been accustomed to feeling and thinking.

Sara: Yes and many writers and many people in the media and in the world at large think in a cynical way because ...

...they are afraid.

Sara: ...they are afraid and they don't see the bigger picture for themselves or for anyone else.

George: I can see that the development of the ego can result from the fear of being say a non entity.

Yes, and of failing.

George: Yes, but I have the feeling that one can usefully harness just a little bit of ego to help a good thinking process along.

In the physical sense, yes, but only in the physical sense of course. I would not wish to take from you any of your life's experiences, but, oh my dear friends how you suffer needlessly! I would gather you up and hold you so many times when I see your reactions because of fear. And in the same way that parents stop the exuberance of their children, because they are afraid they might fall, they might do this, they might do that. It is the *fear* of the parents. The Great Creative Force has no restrictions. *You*, as part of that Force, know all things, *understand* all things, but it is entirely up to you because of freewill to find the true meaning of yourselves. If only I could give to you in just a few words all that you need to know, I would do so, but that is not my pathway for you. My desire for you is that you find yourselves, truly find yourselves, that your understanding becomes so *great* that there is no need for myself or others who come to teach, to tell you these words. I know you might find it difficult, but my dear friends you *are* perfect beings, but we all have doubts, do we not?

George: Mostly about our own abilities I think.

Yes, which is a negative, fearful thought. Try to take these two words and look at them in your lives now and how they have affected you in times gone by and *see* if you can change your time that is to come, and then my dear friends you would be even brighter stars in this dark, dismal Earth of yours—you would be beacons of light that may never be extinguished. You have plenty to think about this time, I am sure of that.

Is retrospective prayer possible when considering events in past times?

Is it possible to give a prayer that could help the past? Salumet says no this cannot happen, but those affected by past events who are still suffering in some way at this current time, would benefit from prayer. So, the answer is both yes and no. (17/11/03)

Graham: I was going to ask a question about retrospective prayer. I was reading a book about the Irish famine two centuries ago and we don't really understand *time*. I was wondering that if awful things that have happened in the past, whether a prayer for those people in this age would help people in previous ages or whether the prayer that we have already given has already gone through and the situation would have been improved by that?

Yes, I understand your question. Of course, you cannot alter *time* as you know it upon this Earth, but those people who have suffered because of times past, would benefit from prayer now. You know full well there are many within our world who still suffer from the effects of earthly life, so in that way the answer is both yes and no. You cannot alter what has gone, but you can help those people who still exist from that time. Do you understand?

Graham: I didn't know what you were going to say—that's a wonderful answer. I understand what you're saying, yes, so I will continue to try to do that. **(Yes.)**

Sarah: For those who've gone on further who are not obviously still suffering, because they realize they need not suffer any more, **(Yes.)** the prayers really wouldn't make much difference to them?

There is no need to give the prayers for them, because they have the self-knowledge and they will have moved forward in whatever way is best for them and of course once you have become more accepting, then those from our world are able to help more. But of course, all *prayer* as you call it, and after all prayer is but thought, is always registered and used in the correct way for those in need. So, even if you are not aware of what your prayer is achieving, you must understand that those thoughts are being utilized for the very best purpose that there is.

Lilian: A story that was in our news this last week: a group of people on one of our tropical islands on this planet and a group of people from this country—quite a few years ago, one of the ancestors of a missionary had gone to the island, the island people had killed and eaten this man, but now the ancestors of those people got together to say sorry and meet one another. Would that help the people who had gone on into Spirit?

It would help only those who give the prayers. You cannot erase what another has done. You must accept responsibility for your own lives. This you all know and understand. You cannot, how shall we say, you cannot be responsible for what others have created or what others have done. You can help with your prayers, as I have just said, but you cannot change what has passed; and those who created the situation are the only ones who can change it. You understand?

Lilian: Yes I do—just that the ancestors thought that if they said sorry for past deeds, it would help them.

It would help them, because in what they are doing is done for good. So, the thinking behind the deed is good for *them*. You understand? If you are not clear my dear friends let us speak of this more, because although your prayers and your thoughts go for good, there is only so much help that you can give to a Spirit who is in need. The Spirit must recognize for himself what past deeds need to be seen and understood, before that pattern can be changed. You understand?

Sarah: I do understand, but if when something bad has happened or not perhaps as it should be...

May I stop you my dear friend?

Sarah: Yes please.

Let me just kindly remind you that you are prejudging a situation.

Sarah: I know what you are going to say, yes! What I'm trying to say is: you're saying that the situation cannot be changed—you can change a situation when the Spirit has recognized what's been done, then that can be changed, but surely, what has been done, has been *done*.

It cannot be changed what has happened in the past. All that can be changed is the thinking of the people involved.

Sarah: Ah, right, yes okay.

Is that clearer?

Sarah: Yes, thank you.

Always my dear friends, this is the difficulty of life that humankind is all too quick to condemn and to judge others. I do not say sorry to you for reminding you frequently about judging others, because you never can see the full picture of that life. You cannot make judgement upon another, unless—and here I will use one of your earthly expressions, 'you walk in that person's shoes'.

[Thoughts for those lost souls at Christmas](#)

We must remember that at this time of year, when families gather together, there are those who are alone and without love. There are also those in Spirit World who are pulled back to the Earthly conditions through love of families, for instance. (1/12/03)

As you approach your time of goodwill, I do not need to remind you of the love and support that you give to others. That my dear friends, comes to each one of you naturally, but I would like to kindly remind you, of all those people who are in need, not only in your world but in ours, particularly at these times, when families gather together and there is so much joy within your hearts. Remember those in our world, who are lost souls and who are constantly pulled back to your earthly conditions. Remember them my dear friends in your thoughts, because as you well know, it sometimes is easier for you to reach them, than it is for those in our world to come close, until they are ready to accept.

Lilian: Yes, it will be a privilege for us to be able to do that. Thank you for reminding us.

I know you do not take my reminder as any kind of reprimand—it is not meant to be that way, but sometimes on your planet, you can be absorbed by the suffering in your own world and sometimes forgetful that there are so many in need in ours.

George: Yes, we sometimes forget that suffering extends into Spirit.

Yes, if only you could be more aware of those lost souls, I am sure that you would understand our difficulty in helping them. They are constantly drawn back to the love of families, friends and all such conditions that attract them to others.

George: So these lost souls by being drawn, they would be very close to us, so to speak?

Yes, they are closer to your conditions than to our world. That is why it is so necessary for both sides to work together that these lost souls may be helped to go forward. It is not something that can be shown to others, but indeed my friends, it is a great effort on your part, when you help another lost in our world, who will and cannot recognise that the mists surrounding them can be cleared. It is important work, but not so many of your groups can understand or even can help. Therefore, because I know you so well by now, I know you will find it within your hearts, to extend the love that is your right. I feel it is time my dear friends if you have any questions, I will be most happy to answer them for you.

Paul: I was just thinking about those lost souls. I suppose as we don't know them, we can't communicate with them directly really. Would one just try and generate general love and put it in the hands of those who then can direct it towards them?

Yes, in the same way as you need no emotion to sit in your circles and to whom we bring what you term, 'rescues.' It is the feeling and the giving of love and each one of you are quite capable of giving love to many.

George: And that love or prayer, that can help clear that mist around these souls?

Yes, they are emotionally tied to the conditions of this Earth, especially as I have said, at the times of gatherings, when families come together. There are so many in our world, who at this time, as you approach your holiday season, are crying for help; they are lost and they need help. That is why I *feel* it is appropriate for me at this time, to gently remind you. (Thank you.)

Sarah: Salumet, those who come back to us through rescues, how are they chosen? Some are still in quite a bad way when they come back—why do some come, and some don't?

We know by their light, that they are ready to receive help. Therefore, it is appropriate for us to bring them to you, even although they may still be in denial, their light shows that they are open to help. And of course, as you also know, there are those lost souls who are crying out for help, but they cannot free themselves. They need the understanding, not only of our world, but to hear the human voice of your world. You understand?

(affirmations)

We sometimes need reminding that behind the spoken word is the thought

It does not matter whether we use the thought, or the voice. Whichever is more comfortable. (8/12/03)

Lilian: Does it matter—the way I did it was that I gave out thoughts, but would it be better to actually use the voice?

My dear friend, have you not realised again my words, that your thought is your most powerful ally?

Lilian: Yes, but I wondered if it would help those lost souls, as we call them, to hear a voice. **They are aware of your thought pattern. (Good.) It matters not really, which way you give your help, but your thoughts travel upon that energy pattern, which will be recognised more easily. Although those souls are lost, they are after all, still part of our world. Whichever way feels more comfortable to you, then I would say to each one of you, that is the way that you must help. You understand? (affirmations)**

The ancients asked the angels to help with their crops

Salumet suggests that we should take a leaf out of their book. Not just crops, but in all areas. We must remember to ask. (19/4/04)

We have spoken recently about many things, but in particular about the state of your food crops. You remember? (Yes) I would like to bring to you this time another thought for your consumption, shall I say! We have spoken much of the civilizations of long ago. Perhaps my dear friends you are not aware that those ancients called upon angelic realms for the nurturing of food crops. Might I say to you that perhaps with knowledge growing as it is today, and the wave of thought of going back to growing more natural food stuffs, should I say that perhaps man might take a leaf from the book of the ancients. (Yes) There remains even to this present day a part of what was. After all, even in your churches this day, do they not bless the food and ask for heavenly help? It is a remnant of ancient times.

George: Yes, I think you refer to what we know as ‘harvest festival’ in the churches. **Yes, but it is similar also to those people who love to be with the Earth and the growing of all foodstuff. They have a love that attracts to them the elementals of the Earth, but they are slightly different from the angelic realms who are waiting for the whole of your planet to ask for help in this way.**

Sarah: I think there are still some tribes today who ask for help from what they would term probably ‘gods’.

Yes, there are people still upon your planet, but they become fewer and fewer. I hope my friends that you will think upon this matter and perhaps we may be able to discuss next time what you feel or perhaps even you could create your own little experiments and use your thoughts to those in the angelic realms. Yes? (Affirmed)

Sarah: It’s come at just the right time for me too, because I’ve just made a vegetable garden, so I shall certainly call upon them!

Yes, try my friends. I am sure you would be amazed at how healthy these plants would be.

Paul: I’d imagine you could also use them to control what we term ‘pests’—I know that’s a bad word really—the parts of nature that damage the food that we grow.

With help from the angelic realms, there would be no disease—the plants would be naturally healthy.

George: Yes, I think there is a certain amount of relearning from ourselves, **(Yes)** in working *with* nature instead of against.

You must not allow any negative thinking such as our dear friend has broached about 'pests'. You must believe in that power and I can assure you all of your plants will be most healthy.

George: Yes, that's very profound and interesting thought. *(Affirmed)*

Help my dear friends is always available if you would but ask.

Sara: Presumably any type of work, whether we work with nature or whether we work in other fields, communication or anything—it's a silly question, but we can all ask for angelic help with whatever we are doing?

Yes. It will not come to you, they will not help unless you ask. They will not encroach upon your lives, but always they stand close waiting for that thought and the more those thoughts are used, the stronger the connection with that realm; then it becomes more natural for you.

Sara: Whatever it is you are doing? **(Yes)** It gives extra inspiration to whatever's being done. **Remember that the angels are many—and many who work with them. We have spoken of this before, but I would like you now my dear friends to use your own thinking to make the connections with them. It is their desire always to help those of you on the earthly planet. Have you any questions?**

Sarah: If ever I've asked for help, I either have asked you or the Great Creator. So when do we ask the angels and when do we ask the Creator and when do we ask you?

If you go to the Source of all life, there can be nothing more. People go straight to the Creative Force when they *feel* and *know* and *understand* a little more about their own souls. The angels have been accepted in your world through many types of what you call religion. They are more acceptable to people, even through drawings within your literature. They have become known, therefore they are more acceptable to people. The Creative Force as you speak of it, is not available to that many people, because they do not have that awareness or understanding.

George: Yes, perhaps imagination or visualization comes into it, because, as you say, there is mention and there are illustrations in the literature and it is easier for many to visualize an angel than it is the Creative Force.

Yes. If you were to ask someone who was spiritually deficient, shall we say, they would not understand 'Creative Force'—it would be too much for their thinking. But of course, to ask for help—but may I remind you my dear friends, you do not ask for help, you place yourself to that Creative Force—you *know* that the help is there, you do not need to ask. That is when your understanding has grown to the point of knowing. Do you understand? *(Affirmed)* But until that time, I would suggest that you use all other forms of energy and power that are available to you each day of your existence.

George: The times when people sometimes do appeal to the Creative Force are in times of great distress.

Yes, almost when they feel that all is lost (Yes). Yes.

George: Does that belittle or change in any way their request for help?

A cry for help is always listened to.

George: Whatever the situation? **(Yes)**

Sarah: Would it not be that they've got into that situation in order that they *can* ask for help, that they are beginning to turn their thoughts in the right direction?

There can never be one answer to that. Of course it depends upon each individual and their life's situation—but yes, I see what you say. The Great Creative Force is what we all belong to; we can never be separated from it in the sense that we all belong. There may be differences for a short time, especially when you come to the earthly planet for a small period of time; then you are burdened by the physical overcoats, the physical body which demands much from you—food, understanding, clothes, every day living. But when the soul is stripped of these things, then it is exposed to its natural force and a cry for help from those exposed, will always be listened to. *(Thanks expressed)*

Sara: Salumet, if I become aware that, for example when I'm working, I feel that I'm in the presence of angels or light beings, because there's much joy and laughter—for example today when I was teaching I felt there was much laughter in the class, it was very happy and lots of fun and it was very lively. I felt there was something—is it appropriate then if you feel the presence just to say 'thank you' for being with us and please join with us again?

Always I would say give thanks for those who help. In that way a connection is made and they are always available to your next word. The more you connect, the stronger the connection becomes.

Sara: Yes, I often give thanks for my students and my job and I'm sure it must help, but yes, today I felt very much that there was an extra ingredient and there was more light.

If only more people could understand by giving thanks for all situations, bad as well as good, then you become empowered within your own lives, and in giving thanks you are then open to receive more. You understand? (Yes) But yes, you my dear lady friend, have always had connection with the angelic realms, although I have to say, you have not always been *aware* of those around you.

Sara: Yes, that's true, not until I listened to you and your words. I enjoyed it, but I wasn't aware of it.

Yes, but the more the connection is made, the more your awareness will grow. I might say, of all within our room here this night, you are the one who could make the strongest connection to the angelic realms, but it is up to each individual as to which pathway of thought they take.

Sara: Actually I had an interesting experience today, because something happened which in the past I'd have possibly hung onto negatively for longer. I felt a little bit short-changed by something that happened, but I thought about what you'd said a few weeks ago, trying to see it from the other person's point of view and also expressing—I didn't say it to the lady, I wrote it in a letter on the computer my feelings, and then I became aware that I didn't want the connection anyway and I was actually very happy and just now I've said thank you for that—in my mind I said thank you for that experience, because in fact I didn't want the connection to continue really and I don't think she did **(Yes)**. In the past I'd have been cross about it for longer **(Yes)**, but it was a very short-lived experience.

That shows to you your own spiritual development, when you can allow these life situations which do not sit comfortably with you, when you can allow them to pass over you (Yes).

[Cries for help are always answered](#)

This point is wonderfully illustrated by a lady who called to Salumet in a moment of distress. It is **never** a 'spiritual crime' to ask for help! (13/6/05)

Lilian: If I could just ask one question—a friend of mine has just had a stroke, which must be quite distressing, and she lived opposite me and she read the transcripts and she has now got the book. But when the stroke happened and she was obviously feeling very shaken, she called your name and I wondered if you were aware of this?

Always we are aware of any cry for help that is needed. Never would a cry for help be left; but I am aware of all who call to me, and I would say to you that because of her desperation and the situation which surrounded her at that particular time, we were able to help and therefore her stroke was not as serious as it might have been.

Lilian: Thank you *very much*. (*affirmations*)

All those who are aware of the help that is available to them are never left alone. It may not always be what you desire, but it will always be acknowledged in some way, either by sign, by deed, by words from another human being, but always it comes from us in Spirit.

Lilian: I will tell her; she'll be very pleased and very grateful.

Sometimes, my dear friends, we feel that you are reluctant to ask for help, as if by doing so you are committing some great spiritual crime. (*chuckles*) But, let me assure you that as emissaries of Spirit, we will always try our utmost to help and to uplift you at all times throughout your physical lives. (*thanks, expressed*)

The effect of heartfelt sincere prayer for others is indeed powerful

During an introduction to an evening, Salumet makes the following statement about prayer. (5/9/05)

The meeting began as usual with our giving of names (and brief identification address) for healing. In addition to individuals this time, our prayer/heartfelt feelings were for those caught up in Hurricane Katrina and the many hundreds that lost their lives and the bereaved ones in Iraq.

Good evening. (*general greetings*)

Before I came to you this time, it was good to see how brightly each one shone as help was asked for your fellow man. This is a time when asking for help for another increases your own dimensions of light, not only for those who ask, but for those of you within the room who join together in asking the Great Creator for the help that is needed. Your light shines more brightly at these times than at any other time in your earthly existence, because you place to one side your own egos, your own thinking, and you feel and love for one other human being. There are many who gather around at these times, because your thoughts are *seen* before they are asked, and therefore many gather in the name of Spirit and in the knowledge of knowing each one of you that your prayers must be offered in the way of love. Therefore, I wish to say to you: thank you from so many in our world who are dealing with your thoughts of great love for your fellow man.

George: It's very good to hear—to have confirmation of all that connection which we think we feel sometimes, but it's so good always to have that confirmation.

Yes, you are always prone to some doubts—we know this too well, but by now my dear friends you *know* how powerful your thoughts can become, and those thoughts when given selflessly and given with much love, are so much more powerful in their destination.

The power of ‘concerted effort of love’

Words of encouragement from Salumet. (25/6/07)

I would like just to say to you my dear friends: thank you for all your thoughts for others. And I would say to you that at this particular time there are many like-minded people who are sending thoughts for *world peace on your planet*—and we hear those voices. And I would just say to you that when there is such a concerted effort of love, it can only bring some good to your world.

George: That’s very nice to hear.

Every individual’s thought is of course heard if given in love, but when you have many, that energy increases and, as always, is heard by those of us in our world who can then try, as one of you here suggested, influence the leaders of your countries in the power of good.

Avoid emotion and try to feel connection with Spirit when asking for help

Lillian asks why sometimes prayers are more powerful than at other times. Salumet explains that there can be many reasons including how the instrument is feeling. We are also reminded that when we ask a prayer for another, we must do so with true love in our hearts. When we see a disaster and we feel sympathy, at that moment of feeling, we are sending a thought for help. The feelings should be spiritual feelings, not emotional feelings. Emotion clouds the thought. Emotional feelings create fear. (17/3/08)

As I come close this time I want to say to you my dear friends, if only you could see for yourselves the intensity and the change in your asking help for others, I think that you would be in awe of what you have all achieved. When first you started to ask for help or pray, it was on a much lower level of asking, because then you did not realize just how to give out those healing thoughts; but now I say to you, be pleased with yourselves my dear friends for the love that you give out to others. Those who stand close by, those who receive these healing thoughts give thanks to each and every one of you. And remember that a thought for others can be given at any time throughout your living day. There is much unity here this evening amongst you and it is good to see; that is not to say that at other times the unity is not there—of course it is, but just sometimes as we come close together, the light from you seems to be so much stronger. That of course makes it easier

for me to join with you, to have that connection with you, and for that I thank you my dear friends.

George: That's wonderful, that's very good to hear. Thank *you*, Salumet.

Lilian: Is there a reason that sometimes it's better than others?

There can be many reasons: it can be how your emotional being is, what has happened during your week of life, how the instrument that I am using is also feeling. All of these points make some difference and although we are able to modify many things, understandably it helps if conditions are good. Yes, but I wanted to say 'thank you', because your thoughts this evening have been carefully taken.

Lilian: Good, thank you.

What you must never do is to send out healing thoughts without that true expression of love in your hearts—that is what brings results.

Pause

That surprises you?

Rod: Maybe it does. I don't think I've had that in my mind at times—I just say a prayer, but I haven't done that.

It is easy to use words ...

Rod: Yes, it is.

...it is much more difficult to *feel* those words. Next time you wish help for another, try to leave the words and to *feel* what you are giving. You may be surprised.

Rod: That's interesting. So spread the love out to all that you normally pray for, yes.

Send the thought to us and we will do the rest, but it has to be heart-felt. It is too easy to allow words to come from your mouth without the *feelings* of those words.

George: Yes, we've heard and accept that a prayer can be wordless, and I think this is perhaps another way of putting it, it can be entirely feelings.

Yes, as your 'thinking' is wordless. Yes, you do not formulate words for your thinking; the thinking comes to you naturally, does it not? Yes. Try to achieve that state with your healing thoughts. It will help. I am sure each one of you will feel that unity with us here in spirit when you can achieve that. That is something for you to attempt when you are alone. When we are together now as this group, then of course words need to be said, to know who you are asking help for; but try to achieve this when you are alone.

Lilian: So, when we first hear, say someone who is ill or going into hospital or if a disaster happens in the world and we feel real sympathy, would that really be the best time to ...

Yes. That sympathy is instantaneous and so should your thought. At that moment that you *feel*, by feeling you are sending the thought for help. Do you understand? (Yes) Do we have any questions about this?

Paul: Is it a bit like a blending when you're ... I guess when you see someone who you think needs help—it's more like a *feeling* (yes) like an empathy?

You should almost be part of that being that you feel for, that you desire the help for them, yes. It is the feeling that is important, not so much the words.

Paul: Because *the feeling* is—words are never going to be quite as accurate as a feeling. The feeling is everything I suppose.

True feeling; not emotional feeling; do not become confused by emotion; the feelings I speak of are spiritual feelings. Again, my dear friends be careful that you do not confuse the earthly with the spiritual. You will *know* my dear friend when a thought is a spiritual thought rather than an emotional, earthly thinking. I am sure that each of you already know the difference.

Sarah: A sort of connection.

Yes.

Lilian: We have a young lady with us tonight who's not been in very good health lately. Are there any words of encouragement you could say to her?

She is treading the water at the moment. She feels that she is going nowhere. But again, a lot of emotional thinking is taking place, but if she sits quietly this time, we will try to help her to clarify her thinking which, of course as you know, commits itself to the physical body, but the spiritual thinking has to be right. She feels that she is going forward one or two paces and backwards double that amount; but I say to you my dear friend, try, try—and I know that it can be difficult for you human beings when life seems to be hard—but try to keep yourself uplifted.

Do we have any more questions please?

George: Would it be true to say that the highest spiritual thinking would be completely without any attachment to fear, while emotional thinking could well have shades of fear attached?

Yes. Emotional thinking creates fear. That is why I have told you in past times that it is important that you keep emotions under control.

George: So that is one difference that one could look for in, shall we say self-analysis.

Yes, yes. You know that you all have an emotional being and that is part of what you have enjoyed with physical life—that is part of it—but you do need to keep control, because I am sure all of you are aware of what can happen when the emotions are not stilled: people unfortunately become unstable when the emotions are allowed to run riot. You understand?

Lilian: Yes, it is most unpleasant.

Yes, so it is most important that you are in charge of your spirit and its actions.

Sarah: There is a young lad—actually he's the son of ... my husband is with another woman and it's her son, and he has a very strange ... he has a very adult thinking for a young lad: he's vegetarian, he's spiritual, but he's rather on the dark side. They are having a lot of problems with him. Would his problems as a young lad be caused from the emotions of the parents?

If he takes aboard their emotions. As we have said from the beginning, you keep away from those you do not have an affinity with, because the spirit feels that those connections are not right. As you know, you do not always like some people. That is not because you truly dislike, but because your spiritual sense is telling you that you are not compatible.

Sarah: But this child would have chosen his mother, he would have chosen his parents, so can that be that you come and then find that you're not compatible with your parents?

Of course; it is not so much that the parents are so important, as the conditions that that situation can give to the spirit. You may choose your parents, of course you do as you know, but it is the situations in life which are more important. And of course as a child, the parents will have an effect on the human being, but should not on the spirit. You understand?

Sarah: Yes, yes, I do.

Because the spirit already knows what is right and what is wrong for them to achieve.

Sarah: So if he is sort of like a little bit of a misfit within his community, but his spirit knows that maybe what he's doing is right for him?

It may well be. It is difficult to comment; it is difficult to generalize what someone should or should not do. What I am saying to you is that spirit innately knows what is right and what is wrong. But we all know that in this earthly life there are many problems for many people and, of course, the effect is wide when there are problems which are not dealt with in the correct way.

Sarah: So that's the important thing, to deal with the problems correctly.

It is not the problems that you face it is how you deal with them.

Sarah: Right, yes.

You see, two human beings can have the same problem and one will go a true and steady path whilst another will err, shall we say, or take the wrong pathway even although that clear pathway is open to them—it is your freewill, it is your choice. All of you, I am sure, have earthly problems—that is not a question, because I know that each one of you in some way, big or small as it may be within your own thinking; problems occur, but it is up to you, my dear friends, the way that they are dealt with. And I have to say, truly you know which is the right pathway and which is the wrong pathway and it is, my dear friends, your own responsibility for your life here. Have you any questions?

Rod: It's just a comment really, but I was listening to a gentleman this morning who was giving me his marriage problems—his marriage seems to be folding up, he's got a couple of kids, one 1 and one 2 year old and for once I was speechless and I said: 'I don't know what to say'. And he said: 'Well, pray for me', and I said: 'I'll do that'. And then a few minutes later we had a big hug, which I find quite nice to people like that. And I said: 'Two years ago I wouldn't have been doing this', thinking of you—having a hug with another guy and saying a prayer for him—and so I thank you so much for that.

Does gender matter?

Rod: Not at all—not now, no.

Spirit is spirit whether you be a child, an adult, a male, a female—it matters not my friend.

Rod: No, it doesn't.

Lilian: So, again, that first feeling of sympathy was the best time for healing.

That was the beginning of the healing thought, yes. That is the genuine healing thought, when you 'feel' it. But I would like you to try when you are thinking of another, to try to *feel* what you are giving out.

During true loving prayer, the ego is put to one side

During these moments, we are stronger and more spiritual. (29/3/10)

As usual, healing thoughts for others were voiced prior to more specific communications.

All: Good evening.

As I join with you this time, again it is noticed how much you give to others. Always, my dear friends, you give out so much when you come together in this room. Those of us in spirit are gladdened each time this takes place. I do not intend to stay with you too long this time, because there is work, I wish to do with this instrument. But let me say this to you: when the ego takes second-place to others that is when your spirit grows stronger.

Each time you cry out for help for another, you also, my dear friends, are being helped; because the ego is forgotten and allows that spiritual element to come forward. So, not only are you helping others, but you are becoming stronger and more noticeably spiritual. There is a difference between *spirit* and being *spiritual*. To be spiritual upon this Earth, you have to work for it, and that is what we try to encourage each one of you to do. Of course, you know your freewill is always to the fore, but that does not stop us trying to influence you in the way of good. But you, my dear friends, need no talk from me about this, because you are naturally becoming much more spiritual in your human outlook. Whether you agree with those words or not I can assure you that this is so.

True love is when you ask for help towards those whom you do not feel deserve it

Situations such as this create great opportunities for personal growth. Although we will never be angels whilst on this earth, it is important to strive to become better human beings. Remember also that we cannot judge, as we do not see the wider picture. (21/2/11)

As I join with you this time, it touches us in spirit to hear such heartfelt thoughts and compassion for others. Those thoughts are given in love, so those thoughts are some of the strongest that we receive. It sometimes seems that your thoughts and prayers are never answered. I am here to tell you, my dear friends, that is never so. All thoughts are received and all thoughts are gathered and all thoughts are answered. You know that sometimes it is not always the answer that you would wish, but it is the answer which is part of the evolution of that life. This, my dear friends, is what you must remember. I also would like to say this time the love and compassion that you give out, when together in these meetings, is admirable, but that love, that compassion, should be used in your daily lives. You should, my dear friends, be shining examples of living a life of love and compassion. It is easy, in situations such as this, when all seems well and good and your purpose is to help, but not always so easy in everyday living. I would like you, my dear friends, when you go about your daily tasks, when you come across a situation which is not quite right, then I would like you to stop, to think and to send out love to those people much in need. It is easy to be compassionate about people you know—not so easy when the person is unknown to you. I know, in general, my dear friends, you ask for many in your world, but I would like it to be your task, before we meet again, to seek *one* from a distance, who is in much need of help, and to offer that help, with love and compassion. You understand? (Yes) You may be surprised by the response and the feeling that you receive—not so easy to love and forgive one who you feel does not deserve it—

Lilian: Yes, I see what you mean—

That is true love. Not easy, and you are only human after all, but it is a state which all of you should try to achieve. I do not wish these words to seem like a criticism of you—that is not meant at all. I wish to instruct you just a little more.

Sara: Yes, I've been trying to work on this myself recently (**yes**), with one or two people whom I felt a bit cross with (**yes**) and I've found it has been an interesting process, because sometimes I've been able to send them love and then another time I need to send love to the part of me that feels hurt (**yes**), because you can't really send the love wholeheartedly until you feel healed yourself of the cross feelings—

Yes, the frustration is high in these times (yes), but at least, my dear friend, you recognise that within yourself (yes). And indeed, as you have said, that also is a healing. And what you all sometimes forget to do, if I may say so, is to forgive and to love yourselves (yes). You are happy to give, but you forget that to give truly, and honestly and with great love, you need, my dear friends, to begin that purification of your own being—yes that is true.

George: I can understand your words concerning the extremes of difficulty in loving. In the past, in my work, I have met imprisoned terrorist bombers (**yes**), and, yes, I guess that is an extreme example.

Yes, there are many examples in your world, and of course, we know and understand that the human element of every single being, struggles, at times to have true love and compassion, but as with many things in your lives, it is a *learning* process. We do not expect you to be angels—that is not your purpose, but what you have to realise and understand, is that you have great opportunity to grow yourselves, and to become better human beings. You can only *strive* to do these things. After all, you would not be here if you were perfect. But that should not stop you trying to achieve that higher being that you truly are. You understand?

(Affirmed)

Have you any questions about this?

Lilian: I was just thinking about the part of the world where the people are standing up for themselves—I'll put it that way—against the leader of about 40 years, Colonel Gaddafi—that's his name, but there must be a lot of hate being felt towards this man. Would that affect him in any way?

Of course, any emotion of hatred is not good (no), but again, I say to you, all of these matters are part of the *changes* within your world; it is part of the evolution of your world. Mankind has always strived, especially nation against nation, has always tried to have the upper hand, until such time as they realise that what they are trying to achieve is not possible through the means of *war*, but when it is people struggling against the terror of being subdued in their lives, this basically is '*good against the bad*' that you would say, although I would say '*darkness and light are two sides of the same coin*'. It has always been, and Earth is still struggling to this day to change for the better. So, you cannot take an isolated incident and make judgement upon it. As always, my dear friends—and you must surely, be tired of my repetitive words, but try always to look at the wider picture.

Your world is changing, and I am happy to say, ‘it is changing for the better’. My love for your world and for *all* who live within it, is ever hopeful, and, I am sure, my dear friends, you will agree, that in such a short time, even within your own lifetime, there have been many changes for the better (yes). Nations have come together.

George: Yes, indeed, and when you first came to us, I recall you saying your mission had two parts, and the first part was to steer us away from nuclear oblivion that we were heading towards **(yes)**—that was a very big change!

Yes, yes—as I say, your world has to evolve so much more, and it is difficult, I know, not to take one section of your world and to feel what the dear lady calls ‘hatred’ towards it; but right will always come to the fore. These things do not happen in a second, or a year, or a hundred of your years, it is a gradual process. But be optimistic, my dear friends, because, I say to you, ‘we feel optimistic for your planet’.

George: Well that’s good news. I think you’ve said before that we should stand back and see the situation in overview **(yes, yes)**, and then it is clear that there are improvements.

I am happy to stand by those words, and yes, it is not always the easiest thing to achieve.

George: Well that’s very nice, because I have had some feedback on this very subject, and it’s good to re-iterate that we are moving forward when seen in overview **(yes)**.

Sara: Could I ask a question?

Yes.

Sara: There’s a lady called Keisha Crowther, known as ‘Little Grandmother’, and she speaks about ‘Love’ and the importance of being loved in these troubled times. She’s a Native American Indian shaman and I think she makes a lot of sense. She mentions a short period of physical darkness for the planet, and I just wondered if you could comment on that. She mentions this coming in the near future.

You could say, my dear friend, that in your world—your planet—there are always areas of darkness (true!). So, yes, I would accept her words, but again, I say, this is nothing new, it always has been that way since man has trodden this Earth plane; but as long as there are greater areas of light, the darkness will always be dissipated. You understand?

Sara: Yes **(yes)**. And she doesn’t have an alarming message **(no)**. She’s not a scaremonger—so she is worth listening to.

Anyone who offers love is doing good—yes, yes. (Thank you.)

Now, I will leave you this time, but I hope my few words have given you a little more to consider, once again.

All: Yes

George: They certainly have!

Yes. And as always, my dear friends, we thank you for your thoughts, we thank you for your presence, and we thank you for your ever-increasing knowledge of yourselves. Do not forget yourselves, but know always I am close by, if you should need me.

(Thanks from all)

One then briefly spoke via Sarah who had experienced some unhappiness in her last Earth life:

Lilian: Welcome to you.

Thank you for your welcome. I take great pleasure in visiting you. And the feeling of so much love draws me to you. I am always happy to be able to join in with such people, because I never had that opportunity whilst I was on this Earth. I take the opportunity of coming for this short time just to feel how good it can be. I know that I do not have to come to see how things are, but I cannot help myself when I see a window of opportunity to call back and experience 'love', which was so missing in my Earthly life.

George: Well, you are most welcome to join us. Can you say when it was that you were on the Earth?

I believe it was in the 1800s, when the ladies wore long dresses.

Lilian: So was it your family that lacked love?

I had a step-mother and my father was not interested in his children.

Lilian: That must have been hard.

So, I was not the only one in the family who was unhappy, but I am the only one who needs to come back from time to time ... I have been told on many occasions that I do not need this visit, but it always brings me such joy when I feel the love of you good people.

George: If we can help in any way, we are very pleased to do so.

Sara: If it helps you, that can only be good.

I know that you have already helped me, just by being kind. And now I am being told I must return. So, I thank you for your time.

We invited the lady to return another time if she wishes and she withdrew happily.

Salumet thanks the group for their prayers for others

If we do not ask, then we cannot receive help. Many people do not ask, because they feel it is wrong to ask for themselves. In asking, you are creating that close connection. (11/4/11)

All: Good evening.

As I joined with you this time, we hear your thoughts, your words, and your offerings to help other people. We accept with thanks all that you give for others, but my dear friends, I would like to take this opportunity to thank each and every one of you—those who are here, and the others who are absent. We in spirit, wish to offer *our* thanks to *you*. We do not often say those words to you, but I would like you, my dear friends, to understand the importance of the communication that you make with us on behalf of others—those who are lonely, those who are ill—so many people in your world who need help, but do not for some reason ask for themselves. Without your prayers, it would be a little more difficult to reach many people, so I will say once more, with much love from those in my world who stand by to help and to listen to you—we thank you always.

George: It's very nice for us to have that recognition and for all of us and for those who read these transcripts of the meetings I'm sure it all brings it to the fore and shows the reality of the help and the oneness that follows.

Yes, the power and strength of your prayers should be noted. Not only are those who you ask for *helped*, but also each of you is helped to some degree, because of that selfless love which you show for other people. Do not forget, we love you also, and although you do not often ask for yourselves, we are ready and waiting close by to help each and every one of you.

All: Thank you!

I have said. On many occasions, once the connection is made, it is not so easily broken.

Sarah: And we're glad it's not. We're very happy to have the contact with spirit.

Yes, so many come who wish to be involved—so many leave and we are not allowed to interfere in anyone's life whilst on this Earth plane, but we can be very influential, if we are allowed to be.

Jan: I'd like to share with the group—two occasions recently. You've often said Salumet, that we're never alone, that you come close to us (**yes**), and we have to learn to be able to recognise that. There are two occasions just recently—one was today, when I asked before I went into my office for help, because I had a difficult task to do, so I'd like to thank the computer technology expert who helped me, because my task just went so well, and yet I had come back to that task three times—and I felt that I was being guided. And the other time was at the dentist recently, when I asked for help before I went in, and I had no fear, no pain, and it was a nasty operation that I had to have—and I just felt that I was surrounded then (**yes**). So, I'd like to say 'thank you'.

We are always happy if we have achieved help for anyone, but of course, if you do not *ask* we cannot *give*. So often, you people on Earth feel that it is wrong to ask for *yourselves*. Let me reassure you my dear friends, that is not so. You should ask, because in asking, you are making that close connection, and although we are always close to you, that impetus of asking for help is all that we need to come even closer. So, I am happy, my dear friend, that you are now a little *more* aware of our presence around you.

Jan: I had a different sense after both occasions—I was asking for, but I had a sense that I was 'being helped' (**yes**), which is rather different—but a very nice feeling afterwards, especially today. I did give thanks that they had been there to help me.

You, my dear friend, have been helped, and I am sure you will agree that you are becoming a much more placid person (yes). Yes, because your understanding goes deeper—yes.

Jan: I feel it. Step-by-step, I get much better.

Yes, that verifies what I say about recognising that contact—not *belief*, but *knowing* that we are always with you.

Jan: Yes, it's the non-doubt (**yes**) that you need and that leap of faith that it is so (**yes**), and once you've made that leap of faith, things seem to happen—

It becomes a bit easier, yes—

Jan: —because you are not fighting against it—

I do not say life becomes easy—

Jan: No, not at all!

After all, what would this Earthly life be if all was so simple? What would it be like if you did not learn? I would say to you it would be a life not of much use.

George: Yes, I think all of us have had these feelings of presence, and I certainly have good feelings sometimes during periods of writing when just the right words seem to come along. I feel I'm getting help, but there's also this business of synchronicity which we've spoken about before—and this is quite fun sometimes. Quite recently—well when we moved into our house twelve years ago, it had the name 'Ruyton', which seemed quite a strange name. We kept it, and I discovered only this last week, that there's a village called Ruyton, quite close to the old 'Myddle Wood monastery' that we had in our past life. It's a little strange, the way that synchronicity has come about.

Yes, I believe that the topic of past life arose some time back, and this, my dear friend, was, for you, a little reminder of those times,

George: Yes. We've recently had a gentleman come through who was with us in those monastery days.

Yes, I see, but, of course, as you know, I have again told you, on many occasions, that nothing happens by chance. So, still it makes me happy when I see your excitement about these things—yes.

George: That's nice!

Try not to envisage human limitation when it comes to the workings of spirit

It is not always easy, as shown by this question by Rod. (11/4/11)

Rod: I've probably got a stupid thing to say, but I must say it. Daphne was rough a couple of months ago in bed, and she kept asking for help (**yes**). I think she felt embarrassed, because she kept asking Salumet, and I said, well he's probably swamped anyway with other things. (*Chuckles*) That was it—I mean, surely you get overwhelming requests from all angles. How do you deal with that?

Because I am not human!!!

(*Understanding laughs!*)

Rod: Okay!

You cannot look at that from a human viewpoint. She must ask—that is what brings us closer to them—but that dear lady has the ability to feel the closeness of spirit to her—she must ask, please.

Prayers should not be repetitive as in many religions

Also spirit world helpers cannot come forward unless you ask for help, as this would be deemed as being interference. (25/9/11)

All: Good evening.

My first words this time are directed to the lady next to me.

Lilian: Yes.

I am pleased that at last you recognise it is okay to ask for help for oneself. We cannot come close to you, if you do not ask for our help, because if we do so, it would be classed as interfering in your life, and as you know, we cannot do that. So, I am happy, my dear friend, for you to ask for help.

Lilian: Thank you!

You are all so eager to ask for others, so why do you feel that you cannot ask for yourselves. Of course, that is what we are waiting for—to hear your cries.

Lilian: I'm glad you have pointed that out to us (Yes).

Rod: I think it's probably that there are far worse than we are, Salumet.

Lilian: Yes, I think that's some of it.

Rod: That's what I feel.

It is an unselfish act that you do each time you meet to offer your prayers for others—of course it is—but if you are not fully well, then your spirit suffers, because each goes hand-in-hand. Remember that your physical body is your temple—your temple for that spirit which you all are; so you must keep healthy as much as you can.

George: Yes, thank you for that advice.

Rod: Maybe, it might be the right time for me to ask: I've got a page and bit of prayers for ourselves, the family and all the different people that are in need and then there's the whole world and the universes—it goes through the whole lot. Is it still just okay to do that each night? It's quite a lot!

Yes, if you wish those people to be included and you take the opportunity each evening, then we are aware of this and we will take action accordingly. By having your list, there is no need to verbally express each name individually, because we are aware of the time and the place. Do you understand?

Rod: I do and that helps me a lot. I was hoping that you would say that, because each night I do it, I think, well, I know it's a repeat, but—

Yes, what you don't wish to do is to become repetitive in the way that many of your religions in your world say prayer. Prayer is individual, and you, of course, must still ask for our help, but when it becomes so repetitive, it then is meaningless.

Rod: Oh right.

Yes, but we are aware of your lists for all peoples.

George: Yes, I imagine it is important that the feeling is there (**yes**) with the prayer.

Yes, you have to give of yourselves, yes.

George: And the feeling tends to be lost with repetition.

Yes, you must have that spiritual sense of what you are doing, of what you are asking.

Rod: Oh!

It is important. There are so many who stand by each one of you, not only you people within this room, but all people whether they are aware or not that many stand close by waiting to be asked for help, and of course, as I have told you previously, those in the angelic realms are only too willing to come closer to uplift and to help. I think it is necessary to again remind you, my dear friends, of these things.

Rod: Right, I will read the transcripts and I will try and improve my system. Thank you very much!

Thank you, my friend.

[It is not problems in life that tie us down, it is our habitual thinking](#)

Salumet gives advice on coping with those darker times that we all experience from time to time. Our brain is in the physical world, but 'mind' is Spirit. Some believe that they cannot control their physical thinking, but this is not so. We can all control our thoughts. (23/1/12)

I have listened carefully, my dear friends, to your conversation about how the spirit is low, and how you are all feeling, and dependent upon the Earthly drugs of upliftment.

(In today's world there are of course many medicinal pills / drugs prescribed to help alleviate physical conditions and the physical body changes that occur in the latter years, and it will be to these drugs that Salumet refers)

I feel that some of you are spinning like a coin, and you are both sides of the same coin—sometimes, it falls when all is good and bright and at other times when all seems dark and unable to be solved. My dear friends, you all are coins—two sides of the same coin. It is entirely up to you which way you spin that coin. I have to say that for those who are feeling low, you have to allow the spirit within to *soar*; you have to allow the spirit within to take control of all of physical feelings and actions. Because, if you do not take control you will—and I will use an Earthly expression: you will *spin out* of control. I know these words are simple, but you need simplicity to explain the workings of spirit and the physical body together at times of crisis. You all have within yourselves the ability, as I have said, to soar to the very heights of ecstasy, to allow life to be placed into that section of living for which you have come; and you have not come here to suffer in that darkness, but you come here to experience how to handle all of these difficulties. There is not one of you within this room who has not encountered in their physical living, problems of

many kinds. It is not the problems that tie you down—it is your own minds. Allow yourselves to experience these darker times, but then allow them to go. Feel the upliftment from within and also from those who stand by you so closely, and yet sometimes my dear friends, you are not even aware of them. Have you anything to say about what we are discussing?

Emily: Yes, I think sometimes, experiences can be perhaps traumatic at times, and then it's your own fear that overrides everything, and you get so stuck and trapped in that fear that it stops you being able to move forward, and then you start to punish yourself.

You must at those moments in time, ask for the help that is available to you. There are so many who surround you and you do not let them in—you do not let them in (no); so what you have to recognise, my dear friend, is that you have utter control over those feelings (yes). If you cannot change what is causing grief, then you must work through it and use the mind—and remember the mind is of spirit—not the brain—the mind.

Emily: Right! Thank you for those words. Thank you also for the previous things you've said that have helped me so far on my journey (yes). I'm very grateful for them.

We know and we try to help. But I have to tell you, my dear friends, at times our hands are tied. And you really must focus more on the help available to you.

Lilian: I've found it's quite hard as a parent—I can ask for help of course, but when it's one's children, that for me is quite a hard one—when I know they're in difficulties.

But you cannot live their lives for them.

Lilian: No, I've told myself that, as well.

They are only borrowed for such a short time. Each individual has their own responsibilities, to take care of that spirit within.

George: Yes, I would say that mind is of spirit and not of brain. This is a very important fact that many people do not realise (yes)—many people in science do not realise, but it's a very important fact to hold onto in these matters, I feel.

Yes, and all too often, we hear people say: but we cannot control our brains. Of course you can control your brains! Everyone has the opportunity—has the guidance to change what they think, and, yes, you think with a physical brain, but it is governed by the mind.

George: Yes, I rather like to compare our brains with a computer—and the Internet is beyond the computer. It is not exactly physical, but we can control our brains just as we can control a computer, I feel.

Yes—yes, there always is control, there always is responsibility. You cannot tether the mind, but the mind is what activates the body. Without the mind, you would have no brain—you would have no physical being. And, although the mind continues onwards, it is still responsible for all workings of spirit. It would serve you well, my dear friends, to try to remember the difference between 'physical brain' and 'the spiritual mind'. The gentleman is quite correct when he says that it is not always fully understood. You only will find the workings of the mind, and I will say to the *dear young people here now* that they must 'go within' to find their answers—not once, not twice, but throughout their

entire lives. If they are to be whole, then they must have that contact with spirit much more deeply.

Emily: I find I get quite frightened—I know I shouldn't be frightened, but I do, and I think when I feel those around me then I get frightened.

You become frightened when you have asked for help, did you say?

Emily: Yes, then I feel spirit around me, but that makes me anxious.

You should not feel anxious. Why would you feel anxious when those who stand close wish only to bring *love* and upliftment. If you feel anxious, that is you allowing energy to feed on fear (right!). Again, you can take charge of these feelings.

Emily: Yes, thank you. I'll have to work on that.

You must ask for more help. You must feel that those who come close to you are full of love and light. If you do not, then you must reject them. Spirit coming close should never make you feel fearful.

Emily: Right!

Jan: Maybe Emily is confusing the word fear that she feels with almost that feeling of anticipation when you're not quite sure how you should be responding maybe? (Yes)—Because I can't imagine you'd be fearful.

Emily: I do get really frightened.

Jan: Do you?

Emily: Yes, especially at night, so I don't sleep.

You must reject whatever makes you feel fearful (okay). Do not allow them to come that close if that is how you feel. Spirit would never desire to make anyone feel afraid. Always remember—always remember too, that you can protect yourself with beautiful lights—with many things. When you feel anxious, perhaps, you could play uplifting music of some kind—anything to lift your spirit.

Emily: Yes, thank you!

Jan: Yesterday, I had a terrible episode—absolutely dreadful! Well, I'm amongst friends, so I don't mind saying it. It's all to do with hormonal imbalances—I know it is and that's all human and part of my garb; but today, I'm learning that if I have an episode like that, I must quickly forgive myself with my own inner love and get back on the horse, as it were and not hang on to that—I'm going to try again. That was just one tiny little blip along my journey. I think I'm right in thinking that, aren't I? **(Yes)**. You have to forgive yourself. You keep telling us not to be hard on ourselves.

If you cannot love yourselves, how then are you able to love another? You must *feel* that love for yourselves—the physical self; and then life will seem much more simple for all of you—that, no matter what the problem—you are able to cope and to deal with it.

Jan: That goes back to what you were saying previously about the mind and the brain and the spirit being completely separate and separating it off.

Yes, you need to recognise the difference, and I have taught you often, my dear friends, that there are two things—love and *fear*, and fear is what activates (the negativity) the

negativity of life—yes, you are correct. I would continue on your pathway, recognise that it is but a short space of time in your life—to let it go and to soar (yes).

George: Yes—would it be correct to see fear as an energy? If it is so (yes), then that energy could possibly be transmuted into something more useful.

Of course! I thank you for your words. That is exactly what can happen. Energy is able to be transmuted from fear to something much more positive.

Jan: Because courage can come from fear, can't it?

Yes, that is a very good example. Many people have found courage through fear. Many people find the inspiration *because* of fear, but the difference is: they let the fear go. If you hold onto fear, then as an energy it is capable of *growing*.

Jan: And it grows with disease and aches and pains (yes) and everything else that comes along with it.

Yes, we have discussed all of these things before, but, as I have told you so many times my dear friends: you need to be *reminded*.

Jan: And stories and, written accounts of people who in a fearful situation have been able to lift extraordinary weights and all sorts of heroic feats like rescuing dogs and children from canals etc.—and that's when it is used to advantage and the spirit soars and comes to the fore. There's something else then that takes that mind—

How fear then inspires—inspires the person to do something much more useful. Yes, I agree with you—yes. So I feel, my dear friends that it would be useful for each one of you to think a little this time about the difference between the mind which is *spirit*, and the brain which belongs to the physical.

Jan: Have we in the past talked about Alzheimer's and Dementia—along those lines—where part of the brain starts to actually die—that part of the spirit, obviously does not die—or that part of the mind. Where does it go in the short term? Or does it soar because part of it's already in spirit?

Spirit is always spirit. Spirit does not *change* like the physical body. When you speak of these diseases, it is a part of the body which is '*degenerating*', if you like—in a way, that has become part of physical death, which we view not as something terrible, but as the beginning of the journey home. In the same way as any organs in your body deteriorate, so too does this happen in the physical brain.

George: Yes, I guess if the brain is damaged (yes), its connection to spirit can be also damaged.

Of course, there has to be, because the two are intertwined whilst you have a physical body. Of course, you have to see that connection throughout life—yes.

Emily: I don't know if it's okay for me to ask, but my brother and I in Australia last year had not a good encounter with spirit. It was not intentional, but it happened and I was just wondering if things were okay with my brother and the house, because I'm not sure it's all okay.

Why do you feel it is not?

Emily: I don't know if it's my own problem or if I just feel uncomfortable there. I'm not sure that my brother is totally comfortable—perhaps I'm just reading too much into it?

Yes, I will speak with you in one moment. I am just looking at this.

Emily: Thank you!

(Brief pause)

This young man you speak of—he needs to be aware of what he is dealing with, and yes, there have been visitations from those in spirit who really should not have been welcomed. Yes, there are still remnants there, but not as it was (no). Yes, I will do what I can to help, but I would suggest to you that you speak with this young man and tell him that he must *not* call upon those in spirit without someone who knows what they are doing. He attracts spirits to him, but, as you well know, there are those who are pure and good and those who are mischievous. I do not say what he has attracted is dark, but mischievous.

Emily: Yes. Thank you!

I will try to help him clear.

Emily: Thank you very much!

Sarah: Is there anything Emily can do when she goes back over there?

Not whilst she feels as she does. She must become stronger once more before she tries to help.

Sarah: Thank you!

It will be okay. Do not worry too much.

Emily: Thank you.

But as I have said, and I say it to all of you, you should not invite spirit without first being protected and knowing what you are doing. It is all too easy for unwanted spirits to join with you, especially on the physical level.

Lilian: So this is something he needs to learn.

He must learn to protect himself. As I have said, spirits are naturally attracted to him.

Sarah: I think perhaps he did learn something from it that time, didn't he? **(Yes)**. I think he got a little bit frightened himself when he realised **(Yes)**.

She will ask you when it is finished you will find, my dear friend. She will start to ask *you* questions rather than me, but, now, I will take my leave, and next time I come, I hope that the energies are raised and that each one of you is full of love and joy.

All: Thank you.

[We are reminded again to ask for ourselves](#)

We must never think that we are a 'pest' for asking! Spirit world are only too happy to support us when they are given permission to help. But we have to ask first. (20/2/12)

There are many who wish to be here with each of you this time. As you grow, so too do those people who stand close by you at all times. Some of you know and understand why so many come; some of you understand that at different times of your lives, upliftment is needed, information is needed, but most of all, especially within this group, that you need to feel the love of spirit; and they are only too happy, my dear friends, to oblige. As I have said on many occasions, you must ask for our help, because, without the asking, we cannot then interfere in your life plan. Some of you are still a little reticent about doing this. So again, I say to you, my dear friends, always ask for the help that you need.

Lilian: Yes, sometimes, for myself especially just lately, I feel a bit of a pest—I know I *can* ask.

My dear friend, you are a child of love, how then can you become what you term a ‘pest’?

Lilian: True.

Those of us in spirit are only too happy to help in any ways that we can. Sometimes our help is not what you would expect, but nevertheless, the help you receive is a gift for the spirit; and again, I remind you, my dear friends, it is the spiritual aspect of you that is ever important. Therefore, that is why I continue to remind you many, many times that that spirit within is what brings you here together. That spirit within is what helps you along life’s path, and that spirit within is your teacher for all of your physical lives. I hope, my dear friends, you can see and understand what I am saying to you (yes). I feel, sometimes, my dear friends, that you complicate your own lives, and all I can say to you is: give yourself to spirit and they will always endeavour to help you to the best of their ability and to what is the universal ‘right’ that you deserve.

Be ‘aware’ but do not ‘dwell’ on negative world events

There is nothing wrong in being aware of what is happening in the world, but we must not allow our thinking to become embroiled with negativity. If we do, we are simply adding to it which cannot be good. Instead, we should allow our light to shine forth across the world. Be aware and send love to those in need. Physical protests can take happen where there is injustice which can do good, especially when peaceful, but do not underestimate the power of prayer and the influence of Spirit world on leaders and so forth. (2/2/15)

There is so much that is happening in your world at this time—our world is indeed quite busy, as you would fully understand, with so much destruction among human beings. But I will tell you again: do not despair—do not become embroiled in all that is sadness within your world, but rather to allow that light to travel further and further, until it reaches the very boundaries of your Earth planet. Let that love take hold, and let each and every one of you on this planet have the realization that love is the answer to all and the conqueror

of all. There is no need for me my dear friends, to tell you that it is necessary for you to think about these things, but never to *dwell* upon them.

George: Yes Salumet, I feel we can't help but feel sadness for those who suffer.

Yes, but you must allow the sadness to pass—you must as I have always told you, move forward. That is not to say you must ignore what is happening, but to recognize and then to let go, as you must in your own daily lives. To cling to something is a little foolish I would say, but understandable because you are only human.

George: Yes, I know a number of us are rather puzzled by attitudes within the politics.

Yes, but as I have told you in previous times, that we are doing all that we can, to impress the leaders of your world to say the right words to help their peoples.

George: Yes, and we are most grateful.

It is not something that will happen in a blink of the eye, but I can assure you that there is still much more good in your world, than there is unrest.

Sara: I think sometimes people fear that if they don't discuss world affairs and the problems of the world they are perhaps ignoring them, but I tend to think it's better to be aware of them, and am I right in thinking, think of them in prayer/send healing thoughts—is that more powerful than discussing events with some sadness?

Yes, you have used the correct words when you say: '*become aware*'—you cannot hide from actions that have happened. You *must* be aware.

Sara: Aware, and then use prayer would you say?

Let go in your prayers—that is the stronger help that you can give. So yes, you are correct. That is not being blindfolded to all that is occurring in your world. But if only you could see the power of prayer you would understand more fully what I tell you.

Graham: I find that when you become aware of something and then you feel sadness about it, sometimes even you feel briefly annoyed about something; I find that when you actually ask a prayer about it later on, that's a great way of releasing any sad feelings that you have, and it makes it so much more positive.

Yes, cannot stress enough to you, my dear friends, on releasing whatever it may be, so that the Spirit can soar freely, and in that way can help much more (yes). Yes, but it is human nature and we also know this, that because you are human, it is not so easy for you to do, but with practice it becomes a very strong force from within you—and in that way help is there for those who need it. Do you have any questions about this?

George: Actually, one of our readers sent in a question. Last time, we mentioned about people being misguided. The question he raised is: *Who exactly is doing the misguiding?* Are we misguiding ourselves or are there ones in spirit who are aiding in the misguiding as well as the good guiding?

Yes, I understand your question. It is an interesting question—because of course, you *can* misguide yourselves. Let us look to the word '*mis-guide*'. It indicates that there has to be guidance of some kind. Spirit from the higher realms can never misguide anyone, it can only be from truth and love. So if there is any misguidance in words said from spiritual *high*, then that misguidance comes from that individual—in the way that it is accepted or

in the way that, as human beings, they react to any information. So I would suggest that for your reader, most of the misguidance comes from *within*.

George: Comes from within the individual?

Yes (yes). I hope that will help them.

George: Yes, thank you. I'm sure he'll be grateful for that.

I know what you mean by saying: from spirit there can be *misguidedness*. I would not call that being misguided I would call that 'false information', which of course does happen when there are mischievous spirits around. But that is up to each individual to become aware and to recognize what is truth and what is not. You understand?

George: Yes, so the recognition by the individual—

Is necessary, yes.

George: And the individual's free will may play a big part.

Yes—yes.

George: Thank you, I'm sure that will be appreciated.

Have we more questions?

Paul: I was just thinking of the people that go on marches and come together to protest about something. So presumably then it's okay to come together and have a march for say 'peace' or something (**Yes**). But even better then to bring those people together and use their power-of-thought for prayer. Once you've assembled a group of people together, to then—

You can never say it is *wrong* to come against injustice—of course you have to recognize that injustice in your world exists, but what I am saying to you is that you do not continually hold onto these things. You must either do something physically if that is what you must. But I say to you: the best way to deal with injustice is to give yourself to Spirit and prayer, and in that way we have a stronger issue of inspiring others for the better. You understand?

Paul: Yes, so it *is* better perhaps to step back from it—use the power of your thought to influence the situation.

Yes, that is the most powerful way to help. If you cannot physically help another, which many people do, and to their credit, then of course you must resort to what you know to be best. And I say only that prayer can conquer all.

Paul: Yes, so we'd be better off organizing ourselves into regular prayer meetings.

I would say daily prayer.

Sara: Instead of activism, or political or even just dialogue.

Yes. But of course these things play a part in your lives—your world. So that will not disappear in an instant, but what will happen is that the influence from Spirit will become stronger. And it is happening now with your leaders, where we are inspiring them in the right direction.

George: Yes, I think some of us are concerned because there is a forthcoming election for a new government, and I know there's considerable disenchantment with the main political parties, who are seen to be *not* loving and peaceful parties. But unfortunately, the Green

party which is much more peaceful in its outlook, has a minor following, and I imagine this could be helped by our prayer and thinking. I don't know if it's appropriate for you to say anything on this part of our living Salumet?

I would say only that although for you in your country, it is rather a big issue, when you place it within the range of world politics it is very small (yes). If you can keep the perspective of all government—I am speaking about your world as a whole. If where your own country's government lies in its views, you of course are concerned and worried that the right decisions are being made, if I say to you, my dear friend, if every peace-loving person within your country was to offer prayers for peace, do you not feel that it could have a wonderful benefit for all?

(Agreed)

George: Oh, I do.

And then you have to magnify this in all of your political agendas throughout your world. It is no simple task, but each and every person can *help*, help in a way where they do not even have to voice an opinion. You understand?

(Affirmed)

George: Yes, this is something for us to think on.

Jan: In exactly the same way as your first opening statement was to us: to take note, to absorb and then to let it go—in exactly the same way.

Yes—you cannot ignore life. You cannot as human beings ignore what is within your world. But you can help as individuals; you can, you can and you must.

Jan: Because our power of thought even impresses those leaders—they don't need to be impressed from Spirit, *we are* Spirit.

You are Spirit—of course you are, and that is something that you must never forget. It is almost sometimes as if people see themselves as separate, as human and Spirit, but you are not; you are both—you are Spirit first and foremost. I have told you this so often.

Jan: There lies the responsibility for us all (**Yes**). We can't leave it to those, like we like to call '*above*'.

You cannot. We can help, and we can help as much as we can, in as much as we can help, if we are *asked* to help. You understand?

Jan: Yes.

Thank you. Would our guest this evening like to ask anything?

Slight pause

Martyn: I find it hard to think of where to start. Maybe the best question is: what should I ask?

(Chuckles)

I see—if you want me to read your mind, well, that can be done, but not appropriate at this time. But we will leave you to think of a question.

Mark: Could I ask a question? When Martin Luther King inspired the black people in America to—they all walked to work for about I think 10-11 months, in order to get rid of segregation, and they managed to achieve it, because they brought down the bus

company—went bankrupt. And I was wondering if Martin Luther King's *prayer*, and the connected prayers of all those black people—whether that was what achieved the success of that movement?

Might I pass the question back to you? (sure) What do you think?

Mark: I think it probably *was*—that Martin Luther King managed to unite everyone—

This gentleman you speak of came to this world with a purpose. That purpose is what you have just mentioned—that he inspired so many people to do and work towards the right thing. And of course, prayer is the most powerful thing. But segregation was on its last legs when this gentleman came and inspired all of those people. He was the 'pin' that was needed for this all to take place.

Mark: I see. The conditions were right, yeah.

The timing and the conditions were meant to be. So the answer to your question is: of course prayer was a very strong force. I hope that has helped you (thank you).

What is the best way to pray for another?

Love is the best way to send healing thoughts to another. Prayers sent in repetition can create a doubt. One genuine loving thought is best. (18/1/16)

Serena: Could I ask a question about what was mentioned last week, about the healing?—'if we could see what our healing thoughts are doing we would be surprised' (**yes**). *How* is the best way to send them and what should we really do to get the maximum effect from our endeavours?

Your thoughts must be made in love and dedication to the knowledge that it is being received by those of us in spirit who wish to help with the healing. I would say 'love' is the utmost thing to have when you are sending thoughts for another.

Serena: So we send to spirit and spirit sends on, rather than sending to the individual?

Spirit will deal with the thoughts—yes—yes. I hope that that helps you (yes).

Sarah: Did you want to say something Lillian? Did you want to mention to Salumet?

Lilian: Yes—so, we do ask for healing, ask for thoughts, for my youngest grandson, who is being a bit of a worry, especially to his mother at the moment. Are we doing the right thing? Is there anything else that we can do to try and make life a little easier?

If you are not trying to change the life plan of that young person, then of course all thoughts will be taken into account. You must remember also my dear friends that it is not permissible to interfere with another's life once you have come to the Earth plane. But yes of course, loving thoughts are always dealt with; but as I have told you previously: you do not always have the results that you want. When we receive healing thoughts, whatever is best for that person will be fulfilled, and that is not always what you would wish for; you have to understand—you understand, don't you?

Lilian: Yes (**yes**)—it does seem hard at times, but—

Of course, that is part of your life's pathway. When things are difficult for any one of you, do not immediately say: why me? Because why not you? There is a whole world of

people, and most I would say have encountered problems and troubles at some stage of their lives. We in spirit are here to help, I have told you often that you must ask for that help before we can give out the help that is needed—you understand? (Yes).

Let us for example take: if everyone is praying for someone who is ill, and you have interfered with the passing of that loved one. That is not what you would desire would you?

Lilian: Well I hope not, no.

No—so therefore it is best to give the loving thought and allow us in spirit to deal with it.

Lilian: Yes I see.

And I wish to say one more thing about this, that it takes only one loving thought, if it is genuine and sent with love, for it to be dealt with. There is no need for the repetition of thought (ah!). You seem surprised my dear friend—

Lilian: Yes, sometimes you feel a little bit desperate, we do tend to—

Then what would happen is that those who are dealing with loving thoughts would try to help you also, because you have difficulty with accepting what is to be.

Lilian: Yes, I know my daughter has a bit of a tough time.

Yes—I hope that has helped you (thank you).

Paul: Yes, I was slightly surprised as well, because I wondered if it was—part of sending prayers and thoughts to someone who's got an illness or a disease—you're sending—okay, love—which is an energy; and it might take—some illnesses might take several 'sendings' to help—

If you have sent one genuine loving thought, it is received. If you continue to ask for help over and over and over, do you not see that you have created a doubt?

Paul: I see yes—you've mentioned that before (yes) about not asking for 'help' as such (yes) but just sending love—

And to trust in that Great Creative Force that they know what is best for that person.

Paul: Yes, that does make sense now—so once should be enough.

Yes, but we understand that you are human, but if you are to be doing it day and night and on and on, it is wasted energy.

Paul: I can see that that could show your own inner doubt (yes).

Sarah: And also I remember you saying that repetition just becomes something you're saying, so you're not getting that same in-depth feeling, because you just think: I'll ask again—so you're not doing it with the same energy as the first time.

Yes—it is a little like the religions of your world who are constantly repeating the same words (yes) and after a while those words become a little meaningless.

Sarah: Yes, I remember you saying that—yes.

So it is good that I have reminded you my dear friends, of words that have been spoken.

Lilian: She does see lots of lights around him.

Yes—which to you should indicate that the help is being given.

Lilian: Yes, I'll tell her—

George: I guess the repetitive prayer is more suitable for praying for planet and planetary conditions and for large groups of people who seem to require more awareness—

No!—again, one prayer, if it is honest and loving and truthful should be enough. What would help is if you have a group of people sending that love energy to us. That is helpful.

George: The one prayer from a group of people—

Yes, it has a little more what you may call 'strength' behind the thought (thank you).

Sarah: So what we do at the meetings, asking for help for people—that's all our energies going into that one thought—

Yes, but also not to be disappointed. So often you human beings are disappointed when your thoughts are not used in the way that you think.

Lilian: Yes, it doesn't go our way.

Yes, so trust—trust in the Great Creator that things will be utilised for the better.

Paul: What happens with the thought when we just occasionally send out a thought—just send my love to wherever it's most needed?

Yes, it will be used to help the person named and then it will become part of the energy field.

Paul: Right—so if I don't name a person, I just allow those Angels of Thought—

—If you can *feel* the person. If you do not know the name; if you can feel that person's energy then that is acceptable.

Paul: What if it's just a general thought to all humanity?

Then we in spirit will use that thought. Yes, it is all to be used. I have told you previously that energy can be transmuted. You have to remember all of these teachings to fully understand. Do you understand my friends?

Paul: Yes, so presumably if it's a general thought for all humanity, it will—

It will be accepted—yes.

Paul: —and it will be put to some use (**yes**) perhaps in a troubled area—

Yes, a loving thought—and this is the important word—the 'love' behind the thought will never be wasted or changed to be meaningless.

Paul: Yes—(**yes**). It's simple really—we just get a bit—

You forget my words my dear friends—yes.

Sarah: Yes, we do need a little jog from time to time.

Yes, but I hope it clarifies for you again, how we use your thoughts.

Sarah: You have mentioned once before Salumet I know, but all these people that have been murdered by terrorists—were they really just in the wrong place at the wrong time?—or do they perhaps know that this was going to happen to them?

You know we have discussed this before too—you cannot make a clean sweep of all of these events. Some will have been, but it depends on what you call the 'terrorists' as well—how their life path has changed or altered, as to whether the person killed, as you say: is just in the wrong place or it is meant to be. Be careful that you do not put everything together as being fated—that is not quite correct. And there are many explanations that you would have to try to understand. It is not quite as simple as it may seem.

Ben: Can I just ask about negative thoughts and how they are dealt with in spirit?

Negative thoughts would be transmuted into a positive thought. Remember that in spirit we are able to do such things, whereas you people upon the Earth do not have as such that knowledge yet.

Sarah: So what you're saying is: if somebody sends out a bad thought to somebody—

Let us first clarify what is a thought. I told you from the very beginning that a thought is the most powerful thing that you will ever possess (yes). Yes, so the thought that comes to us has to be dealt with, and there are many souls who work with thought energy. Thought is just energy, whether it be negative or positive—you understand? (Yes). Yes, so when we receive thoughts that are negative, we then utilise that energy and it becomes more positive. You would never allow, if for example a negative thought sent to one in spirit—

we could never allow that negativity to touch the spirit of one in our world; so it has to be dealt with.

Sarah: I know you've said it's like a boomerang—thought **(yes)**, if you don't use it wisely it comes back on you. But if you were to think something bad about a certain person—

You are harming your own spirit.

Sarah: But you are not changing that thought on this planet, or are you?

Again, it depends on if there is interference in the life or not—there are many factors to it. You are trying to make it black or white and it is not.

Sarah: it makes it more complicated—

Yes, it is not simple.

George: Well Salumet, I was *going* to say this evening that our view is so much narrower than yours **(yes)**, while we live on the planet—

Yes, we would not expect you to have such an open view.

George: I was comparing that with *your* view, which is so much deeper and wider. And you clearly have full knowledge of past and present, which leads to—perhaps I could say: very firm impressions as to how the future will be. But you also are so well aware of what is being done and what can be done from those in spirit **(yes)**, to aid the Earth, whereas the vast majority of us living on the Earth, do not have this knowledge. And I was going to say: is that a fair evaluation, and if you would care to elaborate further—but I think you have already elaborated as much as is reasonable for us this evening!

You see, my dear friends as you know, your knowledge is limited—it is blinkered in a sense that you can only take in so much—you can only understand so much. And yes of course, my vision of your world is much greater. But it is not my pathway to show you these visions of the future, but instead to help you as individuals to become 'greater spirits' if you like. You are already are spirit—you know that (yes), but what we would like is for you to develop more whilst in your physical path. That is why, occasionally I say to you: you must develop yourselves because with that development comes greater knowledge; and my dear friend, as I have said to you previously: really the past is irrelevant—the past has gone. You cannot change the events that have already gone by, but you can in some way, on your planet, influence your future for the better, and that is what is important at this time. But you will never fully understand what is happening.

Sarah: You did say to us that the past, present and future is all one.

It is, but that does not mean you focus upon the past—that is unnecessary.

George: Where past knowledge is concerned, another question I would like to place is: if by any chance when in spirit, I wanted to read books in the old Alexandria library, would I be sensing the thought-behind-the-words as it were, so that translation would not be necessary?

Let me say this first: whatever you desire is possible—whatever any one of you desire is possible, but you have to be in that state of spirituality where these things can happen; so yes, whatever you desire, my dear friend, is all that I am going to say. If you wish to look in these books, is that not possible?—yes it is.

George: And translation would not be necessary?

Translation would not be necessary. The understanding would be instantaneous.

George: Ah yes—it's a sort of semi-technical point. Yes, thank you for answering that.

Yes, I hope it has helped you.

Serena: Could I ask another question re healing? If you visualise someone that's unhappy but you visualise them happy—or you visualise them in a better state; is that the same as sending healing thoughts, or is that another way of helping them?

That is another way—you could call it 'healing'—of course it is a healing in a sense, but it is slightly different in that the 'visualisation' belongs to you, so there is a slight difference. But all of those things are good. Is this something you would be able to do?

Serena: Well I do try and do that.

—Because I feel that you would be very good at it.

Serena: Oh, thank you—I'll continue then!

Yes, yes. But what you must never do is visualise someone in a different position; that could bring disruption to them or interference in their lives. That is what you must be careful of.

Serena: I just tend to try and see them smiling rather than unhappy.

Yes, that is good—I would commend you for doing that.

Now my dear friends, are you happy at the start of this New Year?

George: Yes indeed and we're very happy with your evening discussion with us **(yes)**.

Lilian: Yes, the words have been most helpful.

Yes, I would say that working on the Earth plane is interesting in as much as the words are repeated time and time again!

Praying for oneself

We need to remember to pray for ourselves as well as others. We have been reminded that help cannot be given unless it is asked for! (27/3/17)

I would like you all, my dear friends, to think about your individual situations, to recognise, if you will, what is happening in your earthly lives at this particular time. Dear friends, do not forget to ask for help—none of you are very good at it; somehow you feel that it is good to ask for help for others, but not so much for yourselves. After all, are you not emissaries of spirit?

Agreed

You work diligently, quietly and for this we are always grateful to you. So, I ask again that you think upon these things.

Sabine: Thank you for reminding us.

We do not need to keep asking as the feeling is no longer there

Monotonous prayers are not very effective. Prayers should be from the heart and soul, and do not have to be repeated. (27/3/17)

Jan: When you said tonight about asking for help, **(Yes)** I'm a little confused as to probably *when*, because I also remember you talking to us, I'm sure it was yourself Salumet, that said that it's not always necessary to ask all the time.

No, if you *truly* bring it from your *heart* and *soul*, why would the Great Creator need to hear it more than once? (Mm) **But what happens is like all religions everything becomes monotonous and the feelings and the love behind the words are not there.**

Jan: Right, I think I know where you're going.

I know you understand, but, yes of course, you must ask for help whenever it is needed, but if you truly ask for help...

Jan: ...it's a genuine asking for help to come from the heart, isn't it?

Yes, like I have said previously here, you need to *sense* rather than think—that is the way of prayer. I hope that has helped you.

Jan: It has, that's clarified that, thank you.

Sarah: Jan's leg is going backwards a little bit and I think that's...

Yes, I believe there will be a few words when I have left. He is not allowed to come through just yet, but he is anxious to speak with this lady.

Murmurs of delight as we understood Cho would have some words for Jan.

Jan: He's my friend.

Chuckles

Yes, I cannot allow him to come whilst I am speaking to you.

Jan: No, of course not, he must learn to be patient.

Again, a word of tonight, 'patience', yes.

[More on what happens behind the scenes when we pray](#)

Salumet introduces the evening by discussing the 'fireworks' or 'explosions of love' that can be released when we pray for others. (25/3/19)

All: Good evening Salumet.

Always, it is a good to be with you once more.

Lilian: Well, it's certainly good to have you. *(Agreed)*

I wish to say welcome to our long-time friend, (*Jean—Graham's mother*) and she can be assured of upliftment at this time and I wish to say to all of you, my *dear friends*, that it brings so much joy, so much happiness when we hear your thoughts and your prayers of healing. It is difficult to explain the reaction of those involved with the people that you care about; so you see, it is not just words for help, but it is an extension of the Love of the Great Creator. It is almost like, I believe you would call it '*fireworks*' that explode with Love at these times. It would be good for all of you to think about deeply when you are sending thoughts of healing, and try to *feel* what it is that is deep within yourselves, because I want you to know, my dear friends, that each time there are words of healing, thoughts of help, no matter what, that you as individuals also receive that help of healing. So imagine how it must spread throughout all of eternity, when these healing thoughts are sent. **Next time you wish to send thoughts for anyone, include yourselves in the reaction of the words—do you understand?**

Agreed

It is time, my dear friends that you learn to expand as Spirits, to allow that side of your being to come forward, to allow that part of you that is eternal, to pass that to others; and I know

you will be saying, but we have always done that—indeed you have, but there is an even more powerful part of you that needs to be explored.

What happens when a large group ask for help?

This and questions about specifics when asking for those who are cut off from society.
(25/3/19)

Graham: What about somebody who's not well, but nobody knows that they're not well, so therefore they don't ask healing prayers for them? Spirit world obviously knows that that person is not well, (Yes) so, when we *do* ask, presumably that is an *extra* amount of energy that that person would receive, (Yes) above and beyond what they would get from Spirit world alone?

Yes, no request for help is ever denied, but as it is with what you call 'group healing', and that is what you do here, (Yes) the energy is lifted that much further. So yes, you are correct in that assumption.

Graham: Yes, because there are so many lonely people around that are not well and nobody knows—it's sad, that happens, but we all know it does.

We need the interaction with you very good people on Earth; we can do so much, (Yes) but we need the input of Love from you also. Does that answer your question?

Graham: Yes, that's what I expected you to say. (Yes)

Paul: Sometimes I think Les used to do it in the early days, offer prayer to '*wherever it is most needed*'; perhaps some of those prayers reach people that are not aware that they are ill?

If you are healing individually, of course it is a great Love that you send to anyone who is unwell, but of course, there are many factors to healing, there are many factors to sending good thoughts and even thoughts which are not quite so good; so remember that, that there are always complicated issues afoot. You understand? (Pause) No.

Paul: There are complicated issues, yes, I sort of understand that it is always a little bit tricky with words.

Yes, but if you use general words like '*to all who are concerned*' it will always reach that person.

Paul: Because there are *Angels of thought*, directing our thoughts?

Yes, that is part of 'complications', rather than a very simple answer. The workings of Spirit and those of you on the Earth has never been, what shall we say, simple; there have always been more complex issues; but, do not dwell on it too much, but just continue, because what is healing after all, if it is not Love?

Paul: Right, yes, maybe we don't need to know the complexities of it, (No, you do not) but it's inspired me to go further with our healing prayers.

Yes, I would like you to take great notice of what you are feeling at that particular time—you may be surprised.

Paul: And that can perhaps strengthen the thought?

It *can*, it depends on how strong your particular thought is; you know very well, as I have said to you long time passed, that your thought is the most powerful thing that you will ever possess, and that carries back Home to Spirit.

Lilian: And possibly the first thought, when someone tells you that they're not feeling well, we call it sympathy and so on, but that thought would be the most powerful, (Yes) the first one?

And because it comes to you naturally, to wish that Love for another. Do not think Love as human love, people become confused between the two; spiritual Love is all consuming, spiritual Love knows no boundaries. So you see, spiritual Love from Spirit is even *more* powerful, when it unites with you as humans.

Di: When I'm sending that Love out, I always see it as a real brightness rather than if I'm thinking of some love on a more personal human level; it always seems to be—there's a lot more energy in it, **(Yes)** than just the physical love between two people.

If you focus on Spiritual energy, you are on the right pathway to know what you as a human being, but also as Spirit, you begin to understand what it is about—yes, Energy.

Graham: Sometimes, when we feel very close to somebody, or somebody who is part of our family or close friend or something, I think perhaps sometimes some emotion creeps in; I don't know if it is necessarily a bad thing when we allow our emotions to...we are very emotional.

Di: It's a human thing.

I understand what you say, and sometimes, human emotions can become awkward and in the way of true Love, (yes) *true Spiritual Love*. And, but that is part of your own human being, you know, but what you should do is try to recognise spiritual healing, Spiritual Love as opposed to personal love. (Yes) It is not easy, most people assume it is all the same, but it is not. Does that help you?

Graham: Yes, thank you. There was the Christchurch (*New Zealand suicide bombing*) incident—I think there was an overwhelming wave of Love towards the man who did it, as well as the victims, **(Yes)** which was something to behold I think, across the planet; it must have been super-concentrated Love Energy, directed towards Christchurch.

Yes, that is what happens when we use the connection of Spirit and human together, because after all, you are human and you are Spirit, and sometimes one part of you takes a greater hold than the other. That is why you must become *aware of what is happening*; but please, do try, my dear friends, to recognise what is happening *within you*, when healing is sent to another. Next time I come to speak with you, I will be interested to hear, although I already know, what has happened with you.

Paul: Right, that should be an interesting...

Do not try too hard, just allow that Spirit to rise, to let it flow over the whole of your human being as well as Spirit, and you may be surprised.

Serena: So, when more than one person get together in the act of healing, that is *magnified*, isn't it? **(Yes)** So, various organisations will send out healing: 3, 6, 9, 12... could anybody just join in and add to that, already magnified...

Of course, if the thought is pure and to help of course, the more people you have, the better. That is why in your traditional religions, when you have buildings where people gather, congregate, and the energy is raised so much that it is able almost to be *touched* when you walk in; it matters not what that religion is, what is happening in those places is that there is a *unity of purpose, a unity to help others*. And most religions, no matter what it is, each have their own way of showing Love.

So my dear friends, I am going to leave it with you this time.

Effects of healing prayers focussing not only on the recipient - but also on the sender

After starting with the usual healing prayers, Salumet asks each member of the group to feed back on the exercise given on 25/3/19. In the end Salumet was looking for the key word

'energy' whilst we described our experiences. We are reminded that there should never be any judgement made to someone who is receiving our love and healing. (15/4/19)

"Next time you wish to send thoughts for anyone, include yourselves in the reaction of the words—"

All: Good evening Salumet.

Once again we have listened to your thoughts for healing. Do you remember my words from last time?

All: Yes.

Well, I will be interested for you all to speak individually about this.

Mark: Shall I start then? (*Agreed*) I didn't really feel I did very well with it, but it really made me realise how my concentration is so *bad*, but if I *did* get a bit deeper, I felt like it was very, almost *nourishing* and bringing you much closer to the person; I could see that my attention kind of wanders away too much—superficial thoughts take my attention away.

But you felt the connection?

Mark: Yes I did, (**Yes**) I felt it was very beneficial, it felt very nice.

Yes, do not be too concerned that you may not always be focused, we are still able to use all of your energy, so...

Claire: I sometimes feel a bit dizzy when I'm really concentrating.

Yes, if you are too focused then that is the effect on the physical that you will have. Try not to be so intense, but just to let that feeling grow within you, gently and slowly, yes.

Di: I remember that you said, don't try too hard, just let it come naturally and I found it a lot easier to do that instead of trying to make something happen; more '*go with the flow*'.

Yes, I am aware of that statement and yes, it is quite a good one for a human being to follow, yes.

Paul: When I was doing it, I was aware, after a while, you sort of get into that stage where I usually hear some ringing sort of sounds, and it seems to get more like that as I'm sending out the healing, it feels almost like an energy build-up, or something, feels like the connection is getting stronger...

Yes, is the connection stronger with yourself or for the one that you have asked for?

Paul: As I was trying to be a bit more aware of what was happening in myself, I was certainly aware of sometimes it would be around my head, sometimes more the chest area...

So you felt the *expansion*, if you like, of your own energy.

Paul: Yes, it did feel like that, yeah, like energy building up inside of me as I was. (**Yes**) Like some kind of interconnection of energy, yeah.

Rather than just a physical thinking thought, you felt that connection with the person in need, yes?

Paul: Yes, I think so, I can't say I felt it clearly or anything, it was a vague build-up of the energies, almost like my chakras were going brighter or something, yeah.

Thank you.

Sabine: The way I was doing it before you came to talk about this, I was more tapping into my inner Love to go and give it to somebody else, which felt nice, but when you spoke about tapping more into Spiritual Love, I went to experience that and felt that it was kind of a shower of light coming down and helping me to sort of lift up and stand up a little more. (**Yes**) It was an all-uplifting experience that I was doing/having. I was really wondering how far could I go with it, and I even sent a bubble of healing Love to somebody I really dislike that I had lots of problems with in the past and the shower of Love was just as beautiful as for anybody else and I

felt that was really nice that I was be able to be a part of it, **(Yes)** not putting myself in it, but just the thought if really sending true Love to that person.

So you felt there was a true Spiritual Connection.

Sabine: Yes.

Yes, thank you.

Graham: I felt as though I was connecting with the people I was asking for without any judgment and found it increasingly easy to just, **(Yes)** to ask for all types of people and the things that happen in the world, just feel a deeper level of connection of Love with them—no judgment, it just seemed natural and *quicker* to get there.

Yes, there should never be any judgement made to someone who is receiving your Love and your healing. (Yes) Yes. Thank you.

Serena: I just felt I more or less forgot what I was supposed to be doing, but I try and send out the light anyway, but mainly I focus on just trying to be more centred and breathing and sending Love out in a more general way, to *transmute*, if that makes sense, rather than to specific people.

Yes, it is wonderful when you can connect to *all of life*, of course, rather than to be isolated with just one or two people; so yes—good.

Sara: Like Serena, I've been doing this for quite a number of years really, sending light and Love, but I did notice when Graham and I, the first time we practiced it, I did feel an increase definitely, and I think just the *energy* really.

Yes, you have mentioned, as others have within this room, the word '*energy*' and that, my dear friends, is the key factor. *Energy is everything.*

Sara: And I think whenever I focus on, not just this, but anything, if I bring my whole being to focus on it, then it is always more powerful what I'm doing, **(Yes)** whether its music or even reading I think, digesting things sometimes, absorbing information.

Each of you are your own best guidance; always be aware of your Spiritual Love and feelings that are different from those of the physical; if you can differentiate between the two, you have come a long way to understanding your own Spirit. I have not heard from the Lady yet.

Sabine: Natalie and Lilian.

Yes, I speak of the Lady to my left.

Lilian: Ah, me. I must confess, at times, I have problems with the hearing, so I didn't get all that was going on, and I really don't remember a lot about it, and that's being very honest.

Yes, you are a kind human being, always have been and always will be, so although you did not fully understand, you are able to give out much energy without too much thought. So I say to you, just to continue in the way that you have for many of your Earth years. (Thank you.) And, may I hear from the other lady please.

Natalie: I wasn't here for that one—I'm not too sure, what I was meant to be doing.

There is still time to try, because I would like you *all*, my dear friends, to continue with this; not every time of course, you must do what makes you feel comfortable, shall we say.

(Lilian and Natalie both said they would read/re-read the relevant transcript—25/03/2019)

But the important word used these evening, is not *connection*, not *Love*, but feeling the change of *Energy*. If you feel that exchanges of energies, you are on the right pathway to understanding what asking for healing means. So thank you my dear friends, for that little exercise which can only but help you to expand the senses that you already have.

Sabine: Thank you for giving it to us.