

23. Freewill

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We live on a planet where we are allowed our freewill to choose whatever pathway we wish. Exercising our freewill, when we are not in tune with our spiritual higher self, can cause many problems, such as illness or other difficulties, but ultimately is a wonderful vehicle for learning and growth. Planet Earth is a learning planet where we all have freewill that actually extends way beyond our physical lives. In fact, freewill stays with us for a considerable time into the spirit realms, but slowly, slowly falls away, as we progress ever deeper. The eventual loss of freewill does not happen suddenly. Only when the last vestiges of physical living are left behind, can we progress towards our true selves.

Freewill or interference?

Salumet attempts to unravel some confusion about our freewill and the subject of interference, which cannot be, when spiritual healing has been 'asked' for! Going to a healer is exercising freewill. Our freewill chooses which path we take. Illness and healing are both down to our freewill. Brent enters into a lively debate! (17/10/94)

Brent: Yes, I always come back to this problem in life of how much is determined and how much is up to our free will. It almost seems impossible to resolve the two things, because it seems to me if someone goes for—has an illness and goes for healing, and is healed, that's a

huge change in the person's physical life; it would seem to be a form of interference and yet you say you are not allowed to interfere. So, I suppose you'd have to say that his going for the healing is predetermined. So, I just wish you could say some more about that?

I see, always the questioner, yes? When someone goes for spiritual healing, do you not see that it is his own free will that drives him there? That is not interference—that is the spirit's own free will.

Healing will only occur when the spirit part of you is 'touched'.

I believe I have touched on this matter before, but obviously you need to have it clarified once more. Why do you suppose there are cures, as you say, and some are not cured? The problem lies within. If the spirit part of you is touched and that is what spiritual healing is all about, then there is a cure. But to receive spiritual healing, you must first use your own free will, to go to a healer. Can you understand that? (Yes) But you feel healing is interfering? How can it be interfering, when the spirit itself has asked to receive help? Are we to say you have come to us for help, you cannot receive it? Would that not seem wrong to you?

Brent: No, that would seem to be wrong to me, but it often seems to me that you can see and predict the future and at the point of which the individual exercises his free will, it would seem to me it would be impossible to predict the future. I totally agree that if someone asks for help, they should be given help, I only chose healing as one rather large change that appears in the physical world. I don't know if there are other changes that can be made in the physical world, but if you take the case of free will, it does seem that it is really indeterminate, what the soul will decide.

I think we need to discuss what you human beings are about. You are more than physical matter, you know and understand this, yes? (Yes) You know as you come, what you need to achieve, this I have said also, you see that? (Yes) With your free will, you determine which pathway to take. You can keep on the pathway that you should take, or you can meander in all directions, you understand that? (Yes) Let me speak then of illness. What is illness within the human form? It is a disease of spirit, which manifests itself through the physical body. How can the physical be cured, if the spirit is not touched? We agree on that do we?

Brent: Yes, I accept that.

Your physical being is a covering for the spirit—that is all. So, when something goes wrong, you leave the straight and narrow, as you call it, you take the meandering pathways. You in the human form create your own illnesses. It is not the pattern of your life usually, I don't say in all cases, because sometimes that is the path that you choose. Some choose to have some form of disability, some choose to have some illness. When that is the pathway of the spirit, then no spiritual healing can change that. Do you understand that?

Brent: Yes, that's consistent with other things that I've read.

But on the main I would say; all illnesses are manmade. Therefore, how can you say, it is foreseen, it is caused by the free will of man, in his human form. Does that make sense to you?

Brent: Well, it's a bit difficult to understand all of this, I'm sure everyone else has the same problem, but yes, I follow you, I think.

I'm trying to keep it simple, as always, these matters are not straight forward. Man comes in many forms. Spiritual healing comes from us, to help you along life's pathway, but it is mainly to touch that spirit, to spark that side of you that needs to be expressed, can you

see that? (Yes) **Man is responsible for his own life. Although it is known what the ultimate end will be, we cannot hold him—you cannot hold us responsible, for how you live your lives, whilst on Earth. I know it is a difficult subject for you, but you are endowed with the free will, to do with your life, to make the best of it and go forward and unfortunately, we see so many, who reject what they know and take the wrong pathways. Have I been helpful to you?**

Brent: Yes, but I don't think I'll ever understand how the ultimate end can be understood, if free will is allowed to operate, I don't think it's possible for us to understand that, because we think that either things are determined, or they're not.

They are only determined within a structure. Your free will allows you to do much that is not within that structure. If we have—let me try to simplify it, if you have a playing field, with how many players shall we say—let us take the number ten for now. We have a playing field with ten players; the ultimate goal is to reach the other end of the field. Three or four of those people will go directly to the other end of the field; they are the people who are following their true destiny, if you like. Let us take another three, who may meander all over the field to the left, but ultimately they too, will reach the other end of the field. They may have more obstacles to go over, but ultimately they too, reach the end of the field. Let us take the other four. Perhaps they think they know a shortcut. They leave the field entirely and for some reason, they find it difficult to find their way back, but they do eventually. You see, all of those players within the field, have their own free will, but at the end of the day, there is a destination, which they must reach and within the structure of the field, it is up to them, to decide which way they go, towards their end. Can you understand that?

Brent: Yes.

Does it make a little more sense? I know it is very difficult for all of you to understand these things, but somehow you seem to think, you are all placed within this Earth—that the knowledge is known, everything is known, which of course it is, but there have to be some guidelines, you must agree on that, otherwise there would be chaos and there cannot be chaos, within a perfect structure. Does it make sense to you?

Brent: No, but I think it's a little bit clearer, thank you.

Les: I had this problem Brent, just as you have, many, many years ago. I found this helped: I was looking at a point-to-point race at the time, and drifting away in these thoughts, it occurred to me that you could compare it to the rider being the soul and the horse, our physical self. The rider knows that after a gruelling race, there is a stable and adequate feed for the horse, so he tries to direct him, through the various motions of the point to point, and the various places. The horse is wilful and keeps deviating and going off track and has to be pulled back each time. Now that to me was fairly symptomatic of what happens, that the soul is trying to direct the body, the physical being. The physical being is exercising free will, by careering off course quite frequently. So, how does that sound? It helped me—you're welcome to it.

I think the fear lies within this one that he really does not like to feel controlled. I am sure you would agree with me there.

Les: I can imagine that too.

I don't hear the gentleman's voice.

Les: Is that so Brent?

Brent: No, I think it would be very comforting to know that everything is going to be under control and that though I might make errors, I'll ultimately end up in the right place.

I don't think the words speak as his heart does. But I hope it is a little clearer. It is a difficult thing for all of you to understand, but yes of course free will is a powerful thing; the thought again, is such a powerful thing.

Can we ever be born on another planet?

Again, this is freewill, but yes, it is possible once we are more advanced spiritually. However, why would we want to? (1/11/99)

Lilian: I don't know if you are able to explain. I was reading earlier before we came in here and we were talking about perception of our planet and so on. People on other planets, do they have free will as we do, or are they more spiritually aware and don't need the free will? **Yes, the awareness is given to every individual soul. Firstly, let me say this to you: This planet, this world that you inhabit, is a planet of learning, is a planet of opposites. That is why mainly, human beings in their task of evolving were given free will. But of course, occupants of *all* of the cosmos possess freewill, but because of their higher consciousness it is not always necessary in the same way that you upon this planet need to use your free will. Do you understand? (Yes.) Without freewill, you people upon this planet would be confused, would be spiritually inept. I do not wish this to sound disrespectful—you know that is never my purpose, but this planet is so young. This planet is so very young that all souls who come to inhabit it, come to learn. That is what you must always remember about this earthly planet.**

Lilian: So, is there a time when perhaps we have been to this earth however many times is necessary and we have learnt all that we can learn spiritually, people who have been on the earth are we ever born on another planet?

You can be, but why do you need to be? Again, we are going to return to the Power of Thought. When you have reached such a stage as full awareness where you no longer need to return to this school of learning, then of course you have the opportunity to grow, to become more spiritually adept. In those situations therefore, you would have the opportunity to be recreated on another planet, but not for the purpose of learning as you do here, it would be for experience of spiritual growth, never to return to relearn those lessons that you have left behind so many times before. That is why you return time after time after time. The power of your freewill creates the action, which brings the reaction or *karma* as is so often used upon this world. Do you understand? (Yes.) Therefore, the opportunity lies before you to be upon other planets, if that is your desire—but the desire is a spiritual one, whereas those who reincarnate upon this earth, do not always fully enjoy the task to begin with; that is the difference. Do you understand, if you do not, then please let me elaborate for you?

Lilian: Yes it you would please.

Often, I have told you that you are *many* parts, *many* aspects to the soul, but it would not be the aspect of the soul which would wish to return to this planet, it would be a *higher* aspect of the soul which would wish to visit other planets of greater awareness. Does that make sense? (Yes.) I am touching on new fields of knowledge here, which I don't want to

enter into this time, but I hope it helps you to understand a little more how the soul works.

Sarah: All the while we are searching to better our soul, do we ever reach the perfection we are seeking? Do we ever reach our goal or is it always ever changing?

Yes, I have answered this question for you before, that because all life, all energy is ever moving it can never become static. Therefore, there must always be *seeking* towards that *point*, that *point of energy* from whence we all became, when we began our 'lives,' if you wish to describe it in that way. The energy patterns are always there for us to seek and many, many of us have reached a point of Light and knowledge, but none that I know of could possibly tell you that they had reached a point, where there was no more movement, no more action, no more energy. That question belongs sometime far within your future. The knowledge is there, after all, have I told you not that everything *is, has been and will be?* (Yes.) Many, many times—but also, I have told you that energy is everywhere.

Sarah: Yes, thank you very much.

Freewill exists in all corners of our Universe

There have been publications titled something like Earth is the only Planet of Freewill. In response to a question by George concerning his doubts about this statement, Salumet gives an unequivocal answer. (13/6/05)

George: One thing that rather surprised me was the statement that Planet Earth is the only planet of free will in the universe. I felt I just had to bring that point to you for clarification. **Yes, that is because that is what they have been given and that is their understanding. Until you reach a point within our world when that knowledge is extended, then of course, that is what you will give. But I can tell you: *no*, it is not the only planet endowed with free will.**

George: Well, thank you for that.

It would not be feasible, would you not agree that you be the only planet with free will?

George: Yes, I'm sure we all agree!

I feel it would make you very exclusive! (*laughter*)

Quick revision session on freewill

When asked for a revision session, Salumet puts the ball back in our court. (26/3/01)

Lilian: Thank you. I wonder if I could ask a favour, if you could recap just a little bit on last week's talk, because our tape machine didn't work. It's more with the freewill and how we blend at the end of the journey that we are going to take.

Sarah: Just so we can have it in your words, so it is easier for us later on, to pass on to others.

Lilian: It is so nice for us to read them and think about it.

Yes, rather than repeat all of my words, I have been *pleased* my friends by what has been recalled by your physical memories and so shall we begin and if you ask me specific questions, I will be only too happy to answer them for you.

Sarah: The bit I remember you saying that when we first go over, we still need our freewill. But then later as we grow a little more, then we no longer need it and we blend in with the—what was the word you said, it was somebody of thought, the Spirit of thought? I couldn't remember...

The *Beings of Thought*. (Ah yes.) Yes, the blending comes of course, you remember after much time. It is not something that happens too soon. After all, you have much spiritual evolvment to go through, before you reach this stage of blending. But I wished you to know that there is a point in spiritual life, when freewill becomes obsolete. But I do not expect you to think that it will happen before many, many aeons of time have passed. You do not remain individualised with freewill, but although you blend with that *Love Energy*, if you would like to call it that, there is still an individuality about the blending. Do you remember those words? (Yes.) That was the point I was trying to tell you about, that although freewill stops, there is an element of individuality still within that love blending. Does that make sense to you my dear friends? (Yes.) Are you sure?

Lilian: Yes, we accept your words, but often we need time to think about them. They were the words that I wished you to think about.

[At what stage do we lose our freewill?](#)

In spirit world, it takes many aeons of time for that freewill to be completely disposed of. It is a gentle process and a blending of all energies. (26/3/01)

George: The Spirit planes that are close to Earth, some of us call the astral planes. I think it would be true to say that in those planes, we have some kind of body or individuality and freewill would come into the decision-making about reincarnation. But beyond those planes, some of us refer to that region as the *Causal Planes*, there would be losing or loss of individuality, there would be energy bodies, with some degree of connection and that is the region where freewill would be becoming lost. Is that fair commentary?

Yes, that is correct, but of course it takes many planes of existence. Of course, when the Spirit remains close to the physical, of course it cannot forget all that has existed and that includes freewill. But my dear friends, freewill belongs to Spirit for some considerable time. You are correct, freewill is gradually erased, not as something to be disposed of, but a *gentle, gentle* inspiring thing. You are *inspired* by those greater beings in Spirit, who help you to blend to the greater cause of life. It takes many aeons of time for that freewill to be completely disposed of, even on the plane of existence of which you speak. Even with the blending and the easing of the freewill, that individuality still remains for some considerable time, until such time as the Spirit being realises that it is of excess to its evolution. It is a very, very gradual process my dear friends. We must speak at another

point again about *energy*, because this is the forerunner of that topic. It is a blending of all energies. That is the fact of it, but it is much more complicated than I am able to explain to you at this present time. Is that helpful to you my dear friend?

George: Yes, that is. We always tend to over simplify things in our attempts to grasp.

Yes, but it is necessary for your understanding to do so. I hope by just introducing a little more knowledge to you, then you can go that little bit further in understanding. (Thank you.)

Sarah: We are only one aspect of our Spirit that has come back here, that goes back over and then goes up into these different levels. At what stage do we totally blend together with the rest of our Spirit?

Yes, you are beginning to understand. (Good! —chuckles) Yes, when the freewill is ready to be disposed of, then you will join with many other aspects of your being. That is the point of joining, not with all, but with part. Again, I am approaching something that we have not discussed as yet, but which we will do.

What happens beyond freewill?

Mark asks what happens when our freewill dissolves completely? What is the purpose of our existence then? 26/3/01

Mark: I was just wondering once we become part of a blending and our freewill has become obsolete, I just wondered what the purpose becomes then?

The purpose my dear friend, is that you have reached a state of being, which you have spent many aeons of time seeking and searching for. It is one step closer to the purity of being. That is the purpose. When you leave behind freewill, you are leaving behind that last part of any physical living that you have claimed and at last, when that is left behind, the true Spirit being can go forward. Does that help you?

Mark: Yes, I guess life would be so foreign that I couldn't even imagine how it would be.

This is the difficulty. Perhaps the nearest you will come to it is in the deepest state of meditation that you could attain, whilst in the teaching physical garb. But even that is far removed from the true blending of the spiritual being.

Sarah: Salumet, last week did you say when you reach this state you '*never*' come back, or '*seldom*' come back?

There is no need to return, once that state of existence has been reached. The Spirit if you like, if I may use earthly phrases, is at last *free*. It has no need to return to learn more. Therefore, when that stage of being is reached, no you will not return to a physical existence.

Sarah: But you would be able to come back and visit (**Yes.**) the physical in these sorts of situations, in these meetings you could come back as Spirit?

You may return of course, because it is much easier to return. But you cannot go forward, until you are ready. But those Higher Beings of course, can come close to the physical living, of course. But I must say that unless there is a specific purpose that is unlikely to happen. I? that clear for you.

Sarah: Yes, thank you. We are talking now about us physical human beings, but people from other planets, although they are more intelligent than us, they would still have to go through this same process?

Of course, because they—although they may be ‘clothed’ in different garbs, may I say, they are still operating on a modicum of freewill, even though it may be entirely different from your way of thinking. There are of course much more spiritual beings on other planets, but the process remains the same. All are going forward in the same direction; you must remember this. It matters not where your placement is within the Cosmos, all are seeking that *purity*, that *Love*, that *Higher Being*, which we all belong to. So, yes, you are correct in your assumption. (Thank you very much.)

Spirit world cannot interfere with the process of freewill

Spirit world is not allowed to interfere with our freewill. However, they do ‘influence’ which can be accessed more easily through meditation. (30/7/01)

Graham: I am sure this question has been asked before, because there is a lot of discussion about it in medical circles and it is the subject of *genetics* and the issue of interference of genetic makeup and altering life itself. Are there any perspectives you could give on that please?

Yes, we have discussed this before, but what I will say to you in simple terms my dear friend, is this: That *all* information comes from our world, but what you must always remember, is that mankind is endowed with freewill. Whether they use or abuse is entirely up to them, although we try to influence from our world. But we cannot interfere with the process of freewill; this is always the problem. All we can do is to try to *touch* the soul, the Spirit of each individual person, that they will automatically know what is right and what is not so good. But always because of your freewill, there will always be instances of abuse. We have given in past times the problem of nuclear weapons and the knowledge that was given, and which should have been used for the good of all, but was in fact misused. It is always down to mankind's freewill. (Thank you very much.)

Our future plans can be changed in this world by our freewill

Graham asks about there being many ‘potential’ future realities. We do not understand time, and again it comes back to our freewill. (27/11/06)

Graham: You gave some advice to a member of the group at the time not to do a particular trip. And the following week that person came back and said they did heed your advice, and they didn’t go on the boat, but nothing actually happened—the boat didn’t sink or anything. And you said that if they had gone on the trip, they would have broken their leg. This was fascinating and it made me think that there are many, many potential realities in our

futures. I was wondering if you could say anything about that, because it's an area I don't really understand?

Again, we speak of something which is most difficult for you as human beings, because 'time' of course, is past, present and future. We come to an area which most of you find difficult to understand. But if past, present and future are as one, then future has already been—I'm looking for the correct word of understanding. Your future plans have already taken form, but your own freewill in this world, can change those things. I believe we spoke about this briefly, when one member had the wrong gender of child (see 25th January 1999) and I explained that the thinking and the freewill of the individual can change what is about—your 'possibilities', let me phrase it that way for you. You all have a life path, but it is influenced by your freewill. Therefore, the formation of future plans—and I use those words only for your understanding—your future plans can be changed and indeed that is what happened with the warning, that I was protecting that individual, but of course I cannot interfere with your freewill.

Graham: So, the only thing that happened then was that she did in fact not break her leg (**Yes.**) and the other potential reality of her breaking her leg, was never more than a potential reality? (**Yes**) Fascinating...

I hope it has simplified it. (Yes.) It is a difficult topic and not one that many human beings fully understand. There are so many possibilities—that is a good word, 'possibilities'.

Graham: Yes, thank you for that, that's very useful.

[Life path decisions are again down to our freewill](#)

Kelly asks about whether to engage with relationships or whether a more 'spiritual' pathway is better. (26/4/10)

Kelly: I did have a question on relationships and whether it is good to have a relationship, or whether it's best to focus on the spiritual path if it's a distraction.

Well, I would say to you, my dear friend, as all the others within this room know, that your freewill is the most important part of your human life. Whether you choose to deny yourself of relationships, or to seek another pathway, we cannot live that life for you—you have to choose. You cannot say, is this path better than that path? It is entirely up to you, my dear friend, to choose your life pathway. You can be influenced, you can be guided, but ultimately it is your choice. So many people are able to encompass both—to join two pathways and tread one, but again that is up to each and every individual. I do not say your pathways are always easy, but you ultimately know what is right for *you*. Each and every one of you knows from within, what is the right thing to do. I hope that has helped you a little.

Kelly: Thank you.

[Freewill exists throughout the entire cosmos](#)

Graham raises a question that has been touched on before. Salumet also states that it would be unfair if some parts of the cosmos had freewill and other parts not. That would certainly cause division! (3/10/11)

Graham: Okay, I was going to ask a question, Salumet, about freewill—that on this planet of Earth we have—

—I have led you to it, yes.

Graham: Yes—is freewill—does that exist throughout the universe on all other planets? Do all physical forms have freewill?

Yes, there is some dispute about this, but I will say to you that any form of energy which is part of the *whole* has freewill. It may not necessarily be freewill as you understand it, or as it may occur in human beings. After all, plant life has freewill, it has freewill whether to grow or not. That is a form of freewill.

Graham: Oh gosh! Yes, I'd never thought of it like that (**yes**). Yes!

You need to look again to the wider picture (yes). Yes—so yes, it is most definitely, 'yes' to your question.

Graham: Right, that's interesting. Thank you! So Bonniol and Planet Aerah—they have the same freewill that we do then?

Of course (yes), yes—and even when you return to spirit, you retain an element of freewill.

Graham: Ah—yes.

It does not just disappear.

Graham: But, as you ascend spiritually in spirit world, then that freewill gradually diminishes?

Only as you go forward (yes). No, you will remain the same as you are here. Your counterpart in spirit still has all that freewill to use, but freewill would not be allowed in any negative way in spirit (Ah!). That is the only difference, whereas upon this Earth and in other planets, your freewill can be used for good or bad; but of course, in spirit, things are much different.

George: I think it's perhaps easier for us to understand freewill in the case of a being such as Bonniol, than in the case of a plant; but I think you amply demonstrate that there are numerous versions of freewill (**yes**), and many we just haven't thought about.

You have to look at the fuller picture of energy. After all, everything that exists is energy. Would it make sense that some should have freewill and not others? Would that not create an unfairness? —or a distance between? That cannot be. So, you see, my dear friends, it takes your own freewill to begin to think about all of these things. No one will force you to think for yourselves, but it is always your choice while you are here upon this Earth.

Freewill brought the group together

Sara asks whether a pact was made before we incarnated in this lifetime. Again, we are reminded that we were allowed to follow our freewill. However, the convoluted pathways which led us to this situation are probably quite fascinating and food for thought for us all. (24/9/12)

Sara: Can I ask, did we all make a pact before we incarnated this lifetime, to work together here?

There was knowledge available for you—not so much a pact, but a *knowing* that at some point there would be a coming together. At that time, it was not intended that I would take this Earthly mission, but of course as I have said, it takes a long time to find people of what you would say ‘calibre’.

Sara: So, we were head-hunted!

(Chuckles)

Well, if you wish to think that, then I will allow you to think that—but no, everything is done *willingly*.

Sarah: And I think you’ve worked hard to bring us together, because Sara and I met in a choir, which neither of us sing in any more. But just for coming together at the time I’m sure was right to bring *me* here.

Yes, as I have said there are never coincidences, they’re always planned for you—*opportunity* is there.

Jan: If we were to actually write down how our journeys brought us here, they would make fascinating reading (**yes**). We have—not only within this room, but even when people have visited once—or we have extended family members. From my own point of view, I came here through marriage. That never ceases to, not amaze me, because I’m not surprised any more, but just how wonderful is the journey! Are you with me?—meeting my partner—meeting my in-laws, who were part of Leslie Bone’s group, who introduced me, who introduced my children and we’ve been together before—my children and I. I just find it—I wish I had the words to write it down for people!

Yes. Perhaps I can say to you, you are all a family of spirit and there are many instances of groups who work with us, who are interested in the way they have come together. But you all have *pathways* and you all have *choice* and it is your *choices* that have brought you together. You may well have for example been married, but you may have rejected what was in front of you. So remember—

Jan: Do you mean the free will (**yes**) could have taken me on a different path completely?

Yes, remember always that you have that freewill and it could have been that as many before you have, *rejected* the pathway in front of them.

Jan: But that rejection is *always* part of spirit, so neither choice is ever wrong.

Yes—the choice *can* be wrong.

Jan: It can be?

Yes—you have made the right choice by the right pathway. If you had rejected what was in front of you, you would not now be in the position that you are. You always have the choice.

Sara: Well, there's a better choice, there's a pathway which is going to lead to more fulfilment.

Yes, you will all of course return to spirit—I believe that is what our dear friend means. But there is a right pathway and there is a pathway which will meander in all kinds of ways in life and is not the pathway that is best suited to you.

Sarah: Maybe it meanders because it's still looking for the right pathway—
It meanders because that has been your choice. You understand?

Jan: There's something deep down in your core that is very difficult to express, when you know that something is right and we've mentioned this so many times in the group—Paul's mentioned it, and Sarah—where you do something and obviously you know that you either *shouldn't* have done it or *should* be doing it (**yes**) and I think years ago that feeling would have been completely ignored, but your teachings have brought those feelings more to the fore, so it's far more important to feel comfortable with a decision.

You all have the ultimate truth—you all have the knowledge of what is right and what is not so good. But that is why you have been endowed with freewill, so that you develop that 'knowingness' that you already possess.

Jan: The freewill is still part of spirit, because that's a learning curve.

Yes, freewill returns with you to spirit, for some time at least, until the recognition comes that it is not necessary.

Sara: Part of our growth is to recognise what is true and what is good for us (**yes**).

Sarah: And would you say when you make the right decision—

You will know.

Sarah: —you know and it's an easier journey.

Yes, and you feel that upliftment within yourself. Your spirit soars because it knows that is what is right.

Sara: And others also sense when you are on a good pathway, because they become attracted to the light (**yes**), and they want to understand what gives you that light—that feeling.

And you are attracted to continue onwards and further, because of your understanding. So, you see, others are attracted to you, whilst you are attracted to greater things (yes).

Jan: It's not a question—it's just something I've noticed a lot. It's not an egotistical statement at all. I've noticed that I stare at babies and I'm often told that he/she doesn't smile/wave at anybody. It's as if I'm looking at a child's soul; it's a wonderful feeling. I get a response from children that I don't know, and I just put it down to a spiritual connection. I don't need to understand it, they don't need to understand it, but it happens.

And your understanding is great because of it (yes). Yes, that is correct.

Jan: I suppose they're nearer to spirit.

They are still close to spirit and you of course would be attracted to that strong light (yes)—in a kind of ‘being pulled back home’.

Jan: Yes, that’s how it feels. I’m sure I can actually see their soul rather than the person, if that’s the right word—the physical bit’s not there—I’m looking at something much deeper. **Yes, and that is what happens when the spirit develops when still within the physical being. This is what should happen, that the spirit comes forward and recognises what we would call ‘pure love’.**

Jan: Of course, it is—yes.

Yes and pure love, the closest you will find, as I have said before, is the bonding of a mother and newly born child—that is as close to the pure love as you will find—on this Earth anyway.

Jan: I find the same experience happens with animals (**yes**). It’s the same love bond.

Yes. Now my dear friends I feel it is time to leave you this time. I hope our talk has been informative to you.

(Strong agreements and thanks)

And as always, I leave you bathed in love. I bring you comfort and strength and upliftment for your daily living.

George: As always it has been a wonderful evening Salumet. Thank you.

(General thanks)

Mastering our freewill

We should always take control of our freewill and not allow it to rule us. Paul reminds the group about ‘consciously’ utilising the power of our thought throughout all living. (30/9/13)

Paul: Going through some of the teachings—I was reading one in ’98 recently, about *consciously* putting the spiritual things *consciously* into practice, (**yes**) and that really hit home again. There are so many distractions in our daily lives and yes, it’s true, our own free-will is allowing it. It’s a shame that there are the distractions, but that’s where we are, that’s our reality—

But you must always remember that you are master of your free-will. You must not blame free-will. You have been endowed with free-will, but you can still master that free-will at all times.

Paul: Right, and this idea of *consciously utilising* (**yes**) this incredible power of thought, in ways in which we are probably not aware that we can utilise it, to deal with every single issue that comes up—it all comes down to *thought*.

That spiritual side of you should be innate; it *is* innate within you all, and so it should come to you easily and freely, each day of your living. But I know how much you have tried, my dear friends, and for this I am most grateful.

