

42. Life paths

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[The idea of a life plan is raised for the first time](#)

This was confirmed in this early question and answer session. The point is raised that we must live our own life and make our own mistakes. (4/7/94)

Sandra: As you’re sitting here with us, do you know what the life ahead is for us?

I'm sorry if I smile.

Les: That's all right, I was smiling too—

Yes—of course you all have a 'Life plan.' You do not come to this Earth, without a life plan. Yes, your future is mapped out, as we have spoken before. But, I am not here to tell you your future! (Smiles) You my dear, must live your own life. You must make your own mistakes and learn from *them*. But yes, your future is known.

When not sure which path to follow – listen to the heart

What we are meant to achieve is already shown to us before we are born, but it is down to our freewill whether we go as a straight line through our life, or whether we meander off somewhere. All is learning and there are no chance meetings. (10/10/94)

Mark: Could I ask a question about marriage, about contractual marriage, and you know, making a life plan with someone? The idea is often—well, it worries me really.

In what respect?

Mark: I suppose fixing the future. I'm not very happy about fixing the future.

Let me say, then follow your heart. If you are not happy to do something, then I say 'do not do it.' If it does not feel right for you, it is not right for you. Once again, I say listen to your inner voice and you will be guided correctly.

Mark: Thank you.

Les: That I think, is what Salumet meant earlier too, about trying to influence you to take the right path. So, if you call on him, as he has suggested, he can't alter the predetermined plan, but he can influence you to the extent of listening to your 'inner man.' Do you follow me?

Sandra: I mean, do they know who the right person for someone is then, the right partner?

Les: Well, I've just answered that before you asked it. You would get help in making your decision, if you feel it is the right decision.

Sandra: Yes, but have they got someone planned out for you already, as such?

I think we have spoken on soul-mates before. *They do exist, but mostly your life plan does not include your soul-mate. So, it is up to you, to make the very best of what life has given to you. There are situations placed before you. I can say to all of you, there have been times and places—I don't like to use the word 'planned,' but if it is suitable to the explanation, then let us use it. Situations, people and places come together, usually for a good reason. Then your free will comes into play. It is then up to you, what you do about the situations in which you are placed. Listen always to your hearts and your inner voice. Then you cannot go wrong.*

Les: Would I be correct Salumet, in suggesting that the meeting of two parties would necessarily be for the benefit of the one who hopes to make a success of that marriage? But it may be required of that particular one, to give help to the potential mate. Perhaps that is why they have to meet?

Let me go back a little, to what I have previously said. You have all come here for a good reason. You *all* know beforehand, before you are born into these physical bodies, what that life plan is. You have been shown beforehand, what you have to achieve. But again,

we come to your free will. There is a goal to reach, but whether you take the straight path, or whether you meander off in other directions, is entirely up to you. We cannot live your lives for you. You are *here* to learn and learn the lessons, which are necessary for your soul's growth. Remember if you are returning in another body, which some do, as I have previously spoken of, then there is a reason behind it. Yes, you are correct, your journeys this time, may be to help someone else. It may be that your soul growth, needs some lesson to make it grow. Do you understand? So, always your life is not mapped out *just* for you. There are many people involved, many who you will meet, that you are *meant* to meet and *all* for very good reasons. I wish you could *all* move away from the idea that you are all 'single units,' travelling one way only for yourselves. *Try* to open your eyes to the wider view of life, and *why* you are here. I know it is difficult, but remember you are just—how can I say, a *small star* in all of the galaxies. Each one intermingles with the other, each one shines as much as the other. *All* are important, but you need all of them. Is that satisfactory for you?

Sandra: Yes, thank you.

The soul chooses its life, but within that freewill there lies an outlined plan

This and other complex matters are touched on. All has existed, all is, will be and is already past! Even Salumet has limits to his knowledge when it comes to beginnings and endings. 'All is one', and that is as much wisdom that is possible to receive at this time. (27/2/95)

Les: Yes, I have one I would like to ask. It relates to what we were told a couple of meetings ago, by the 'Keeper of the Records.' We found him a most interesting person and I've been thinking over what he said and I'm quite puzzled of course, as I expect my colleagues are. I can understand and accept that we have to have various lives planned for us, but are they *all* planned? He said that we are able to see the lives which we shall have to live in the future, as well as those which have passed. And I wonder how those lives are planned, who or what plans them? Because he said that we cannot opt out of them, though we have free will to use, during the progress of that life, on this Earth. **(Yes)** I hope I've made myself clear. **I understand that you find this difficult. It is a difficult subject for all of you. Let me try to explain further for you.** (Thank you—) **When I speak of your future life, what is there is the outline structure. I have said to you before, you choose, the soul chooses its life, but within that freewill there lies an outlined plan, can you see?**

Les: Yes, I can and this is what puzzles me. How does that outlined plan, which I fully accept and understand, how does that begin in the first place? Who or what decides what the plan should be?

We are speaking here on deep matters. I have said, *all has existed, all is, will be and is already past.* You cannot look upon these matters, with your physical thinking. It is not a judgement placed upon each soul. When I say it is set out for you, it is something that has always existed. I know not the beginning of these matters, I can only tell you it has always

been. If you are looking for me to tell you that there is a beginning and an end, then this I cannot do.

Les: Yes, you have told us this before, that you are not aware of a beginning.

As far as I am aware, there is no beginning, there is no end — ‘All is one.’ I cannot tell you more upon this matter, because I do not know more. But I see the point you are coming to. You cannot think of it as beginnings and endings—that is not the way of it.

Les: I follow, so my thinking has been wrong.

I would not say wrong. You are right to think on these matters. But I cannot be more helpful than the words I have spoken.

Les: Thank you very much for what you have said. The Keeper did tell us that he would be speaking to us again, so I might be able to ask him for a little more information if he has it to give.

He will tell you no more than I have told you now.

Les: Is that so—because he doesn’t understand the full complexity of it either then?

Let me speak to you. There is no one who can come to you, who can explain, what you term ‘the beginning,’ because there is no beginning. Or it may be that we have not advanced enough, because of course, *all* consciousness is ever expanding. So, you see the problem?

Les: Yes, that creates another problem, doesn’t it?

That is another topic we must touch upon. But I see the point you are bringing to me. It is a difficult subject, but I cannot offer you more.

Les: So obviously, if we see another life that we have to lead, we are not able to opt out, because, from what you say, it has already existed and happened.

Yes. What you see is the structure. What you choose, is the pathway. The structure cannot be altered, but your choice, can change the way you travel that pathway.

Les: Yes, that is the free will—

That is your free will. That is something you are responsible for. But you cannot opt out of those things you need to know, to go forward in your growth.

Les: It certainly is a complicated procedure.

I don’t think you can fully comprehend these matters, until you have grown a little more.

Les: I can quite see that now.

It is too vast for your physical brains, your thoughts and your conceptions of time, space, of all that ever- expanding consciousness.

Les: Yes, I would agree with you absolutely—

It is too much for you to take now. I am sorry I cannot answer it more for you, but I have told you, I am not infallible either.

Les: No, but perhaps that’s part of the plan, that it *is* too difficult for us to know, in case we try to analyse it too much and make a mess of what is intended, as we probably would do.

There will always be questions and doubts. That is normal, because you are humankind. It is not a fault, it is something that is unique with you and of course, you will not find all of your answers.

Les: And I don’t suppose I’m the only one who has these questions.

Not at all, not at all. There are many, many who seek to find answers to these questions. But only so much can be given to you, that you can fully understand and accept. I am sure

I have been telling you many things that have created doubts, but that matters not. It is entirely up to you, your own choices, your own free will, whether you accept or deny that which I give to you.

Les: Oh, I would certainly never dream of denying and I do accept it, because I know you are telling, so far as you know, what is the truth that we should know.

I come only with truth, with love for you all.

Les: Quite. Well we fully understand and appreciate that.

But there will be times, when it will be difficult for me to find words for your questions.

Les: Yes. Never mind—one day, we shall know a little more of the answers; until then, as you have said so often, patience, patience.

My son, you will never find all of the answers. I still am seeking my own answers. It is a never-ending pathway.

Les: Of course, it must be, particularly, with an expanding universe and consciousness.

Yes, you see, you are thinking within a very, very small minute area of the whole. It is difficult to place these small questions within that huge, huge area, you see?

Les: Yes, I do see, and we do appreciate what you have told us, and we look forward to hearing much more from you and your colleagues. At least it will give us something to think about and hopefully improve our own development.

That is what we wish, that you can listen to us, take what you can from us, so that you are able to expand that knowledge, which all of you have, because after all, you are each and every one of you, on your own individual pathways. So, you must take from us, that which you can accept.

[The soul always knows the pathway which is ahead of it](#)

This must be remembered when situations arise such as comas from accidents and so forth.
(25/3/96)

Les: We have occasions here, when people have suffered head injuries perhaps, of various causes and go into very deep coma, so that they are in effect, in the state of a vegetable and unable to communicate in any way. What happens to the spirit during those years of coma? Does it remain within that physical body, or is it taken to your world, and *cocooned* in some way, because the original body is still alive physically?

Yes, much has been spoken about this subject too. I will say to you, that the spirit body cannot fully leave the physical being, but you are aware that the spirit and physical, are joined by what I know you term, as a *silver chord*. When the physical being is *shocked*, which it is when there is *head injuries*, which you speak of, of *accidents*, anything which shocks the spirit from the physical being, then what happens is that the spirit will remove itself from the body, but *still* attached by the chord. It will remain in '*limbo*,' I believe you would say, until such time as the soul decides whether it wishes to remain or to return home. Remember always, that the soul has made the decision before coming to the Earth,

the pathway it has to tread. On occasions such as you speak, when memories are erased of the soul's desires, then the soul is in a state of confusion. That is why it remains in limbo, until such decisions are reached. You understand?

Les: And it would be in close proximity, to the physical body, would it stay there in limbo? **Not necessarily. The chord—if you can imagine a strong piece of elastic, which can stretch and stretch and stretch, the soul can move some distance from the physical being, but at the same time, is attached.**

Les: But it cannot enter your world?

Of course not. Only once the chord is severed, will the soul go forward. But as you know, when the soul departs the body, even then, if they have no knowledge, they remain for some considerable time, in confusion. We bring them back to you for help. (Yes.) It is the same, except the soul is still attached to the physical being, and that soul must make the decision, when the time is right. It is the *soul's* decision, please always remember this. If the time had come for the soul to depart the physical body, the chord would have been severed. But as you know, sometimes when the soul leaves the physical being, it does not always want to return and when it is in the state of confusion, it is a problem to reach that soul, to help it. Remember always we cannot interfere; we can guide, we can influence, but we cannot make the decision for that soul.

Les: And that soul would have been responsible then, for the confusion in which it finds itself, **(Yes.)** because it would have predetermined that, before it came back to Earth, is that so?

Yes, remember always the soul—each one of you has chosen your pathways, before you come.

Les: Yes, and so the soul would have been aware of the accident that was going to cause that confusion, **(Yes.)** before it inhabited a physical body? **(Yes.)** This of course, we do find difficult to understand, why it should give itself that problem and that unhappiness and confusion.

I cannot tell you how to understand these things, I can only tell you to go *inwards*, to understand many things. You have the answers within yourselves, but unfortunately very few of you do so. I know you find it difficult and again, here we come to '*Why, why, why?*' **(Yes.) '*Why should this young person suffer so?*' You do not know it does not suffer. The soul is in full command of it's own existence. It has pre-knowledge of what **HAS TO BE.****

Les: That answers another question that I have been asked. A lady here, had a daughter who in our terms had a *miscarriage* and we know that the child has been nurtured in your world and has returned to say she is quite happy now. She would have liked to have grown up a little on this Earth, but knew that she would not be able to. So, the answer is then that that soul *knew*, that she would not be able to stay, in spite of the physical wanting to?

That child—you have to again look at the spiritual aspect, the wider knowledge. The child who came had reached the point of knowledge, of the child-parent relationship, there was no need for the child to be born. You *have to* understand, do not think of the soul as a child, try to see it as the *soul*, as that very aspect of *life itself*. It needed the experience only, of being within the *womb* of the mother, *to have* that union with the parents. And so, the experience was what was needed. In this case, it was for the soul of the *child*.

Les: So again, we come back to thinking of the spiritual, rather than the physical?

You have to remember the *contract* would have been made between *all three souls*, at one time. They may not remember it, but that is what would have happened.

Les: Between the child and the two parents?

Yes. It would have been a contract made between the three of them. Nothing in your world happens accidentally. The soul always knows the pathway which is ahead of it.

Why do we choose a life of difficulty?

We make our human judgements but forget the overarching truth: **You cannot say that person is suffering, if ultimately, the soul has grown!** It is stated again that there are no accidents and that the soul knows what is going to happen. The past, present and future all coexist. We are reminded that ‘acceptance’ until such time that we return home is essential if we are to fully grow spiritually. (24/6/96)

Les: You have told us in the past, that when we come back to this life—which is done, not only on our own volition, but after consultation with councillors in your world—we know what we are coming to. I must confess this puzzles me. Does that expression mean that we are fully aware of the life we shall have when we come back here? Or are other conditions likely to interfere with what might happen, when we do come back? I ask this question, because I think we are all puzzled, as to why we should want to come back into a life, in a body that is perhaps *deformed*, not complete in some way, or suffering other traumas, which make life almost unbearable on Earth. This is, I’m sure a puzzle to us, as to why we should choose that. I understand that our choice is not physical, but is for the progress of the soul. But it still puzzles us, as to why we should choose that sort of life, with all its problems and complexities.

My dear friend, again we are speaking about difficult matters of your understanding. Of course, each soul fully understands, what his task is about, before he reincarnates. Of course, he has put forward that aspect of the spirit, which is ready for growth, that aspect of the spirit that needs to go forward. Therefore, let me say this to you: The soul knows fully what lies before him, in the lifetime to come. He chooses—we have spoken—he chooses what sex he will be, and I use the word ‘*he,*’ loosely. He chooses which *sex*, he chooses which *people* he will return to as his *parents*, he will choose the *country* etc. What he is choosing, are *conditions*, which will place him in the most *apt* conditions, for the lessons he needs to learn. It is not for you to say, ‘*Why should the soul suffer?*’ How can you say that? You cannot—you are speaking of physical conditions, which after all, is only one aspect of your living whilst on the Earth. There is so much more to the human being, other than physical conditions, the physical body, would you not agree?

Les: Yes, I would indeed.

Have you not seen examples upon your Earth, of people who you would term ‘*physically disabled,*’ but who shine forth of the spirit.

Les: Yes, I have and I’m sure my friends have.

Yes, therefore we return again to the fact that you must not judge. You cannot judge my friend. You are thinking with your *physical brain* again. You cannot say that person is *suffering*, if ultimately, the soul has *grown*.

Only when you return home, will you fully understand, what your lifetime has achieved. So often do we hear, 'Why do you suffer? Why do the children suffer?' Always you feel it is an injustice. There cannot be injustice in a perfect existence. It is your *physical brain*, which puts these words together. I know you find it difficult. I have tried to simplify it, with simple words, but I cannot express enough, that you must move away, from this way of thinking.

Les: Yes, you have told us this before.

I know it is difficult, while you are entrapped within these *physical cloaks*. Always you must look to the wider scope of things—you must, if you are to begin to understand a little.

Les: Yes, I think we all know of a least one case, where a person is physically incapacitated to a great degree, nevertheless radiates cheerfulness, which is very apparent to those who go to visit him or her.

And that is the spirit within that shines forth. The physical impairments matter not to that soul, because they have fully accepted that that is how they will grow in that lifetime.

Whether they are aware of it or not, the *soul* understands.

Les: So it's the *soul* we have to think of.

You *must* my friend, you must.

Les: Even if we have no *physical memory* of what we have chosen to take on.

Yes. I have to return again and say to you, that which I have stated to you in the past: That each and every one of you, are responsible for any illness, that is created, whilst you are within these physical bodies.

I know these words are hard to accept and so often we hear, 'But they were good people, why do they suffer?' You cannot see what has gone on, within their minds. You cannot see the *Thought Patterns*, which have created the *disease*. I do not mean, when I speak these words, that peoples are 'bad'—no, they are *misguided* in their *thinking*. Have I not said to you, THOUGHT is the most powerful thing you possess?

Les: You have many times yes.

Can you take *ANGER* as a thought? Can you see that if the '*ANGER THOUGHT*' is used daily, how destructive, it must be, in the time to come? It is the Power of the Thought, which you must control.

Les: Yes, what you are saying is that if the person issues thoughts which are of anger, then the person is suffering because of those thoughts.

Yes—*anger, resentment, fear*—there are so many things that you human beings suffer from. You do not always fully understand, that *what you think today, is your creation tomorrow*. That is why it is so important that you change your *thought patterns*, to become *aware* of them. Can you understand?

Les: Yes, I think you've given us all a great understanding, in what you've said.

Let me give you an example: The child who is born and is resentful of returning—not *the soul* you understand, but the *physical birth*, the returning to these denser conditions, builds resentment, builds fear, builds anger. And so all of these things change the *finer*

patterns within the physical body. After all, to remain *well*, all must be balanced. I know you understand this, but can you not see, that all these negative thoughts, are your creation tomorrow?

Les: Yes, it's '*cause and effect*' again, as you have told us before.

I cannot stress to you enough dear friends; how powerful the energy of thought is. You will never, whilst you tread this earthly plane, possess more power, than that of your thinking.

Has this helped a little, in your understanding?

Les: I'm sure it has; it's helped us all I have no doubt. So, man's free will, does it come into it at all, in connection with what is chosen by us, in this life?

Of course, man's free will must be allowed, but it cannot alter the structure of what has been chosen. You can deviate from the pathway, but you cannot change it. You understand?

Les: Yes, this does answer the problem I had in my own mind, as to whether it was man's interference, altering the predetermined existence, or whether the predetermined existence, was sacrosanct.

You must always allow for man's *free will*. It is not a straightforward path that he walks, otherwise it would be too easy for him. That is not the purpose of your lives.

Les: No, the basic *life pattern* remains unaltered, apart from the small deviations caused by man's free will?

Man's free will can change and alter, but it does not alter what was planned. If he fails in his plan, then he must return again and perhaps again, until he has achieved what he desires. You understand me?

Les: Yes, I do.

It seems complex, when it is put into physical words. But dear friends, when you return home, all will become simplified.

Les: Good. Well thank you very much for what you have told us Salumet.

Are you satisfied?

Les: Yes I am, is everybody else satisfied with what has been said? Or any questions on it?

George: Yes, there is one that might connect. Some people—there are records of this, have dreamed their own death in advance. An example of this is the British Prime Minister, Spencer Percival. Now he dreamt that he would be shot by a man in a green coat, the next day. He was indeed shot the next day. It was an accident, he was not the intended victim. Would it be the higher-self trying to give a warning, in a case like that?

In what respect do you mean?

George: An accident that would deviate away from the chosen life path.

There are *no accidents*, dear friend. I do not like the term, '*accident*.' If your term has come, then nothing will alter that. Can you see?

George: Yes, I see. Would there be a reason for dreaming the end before it happens?

We have spoken briefly I believe, if all *has always been* and *always will be*, then *past, present, future* coexists. I know this is a difficult topic also, but how can you see what is to happen, unless it is written there? You see, you cannot foresee what has not happened.

We go into deep matters here, when we speak of past, present, future. All coexist. (Yes.) I do not feel that as a group, you are ready yet, for fuller explanations on this, but I am sure

the time will come, when we can probe deeper into the subject. It is one subject that confuses and puzzles most of you humans. But he foresaw the event, because it was *'bound'* to happen, if I could put it that way. You understand? So therefore you cannot term it *'accident.'*

George: Thank you.

Les: You said Salumet, that nothing can prevent us coming home, when the time is right. Now some time ago I got the information—I don't think it was from you—that if the predetermined time for death was hastened by an accident, causing them to leave earlier than had been planned, that soul would come over to you, but would be *'cocooned,'* until the time came when it would have come to you, naturally.

Yes, either the soul will be returned and sent back, or it will as you put it, be *'cocooned,'* until such time as the return home was foreseen, if you like.

Les: Yes, so death before it is planned, would be one of the deviations caused by man?

(Yes.) Thank you, that confirms what I was told.

I hope it clarifies puzzlements in your minds.

Les: Yes it does. It appeared to be contradictory at first, but now you've clarified it, thank you very much.

I would say many things would seem to be contradictory; when you look into them, there is always explanations. (Yes—) Nothing would seem to be to your physical brains, to be so simple, but they *are*, when you are free from this bondage of the physical overcoats. It *entraps* you all, it stunts your *growth*, shall we say—growth of spirit sometimes, when in fact, you should be looking further afield, wider, wider, wider.

Les: You are certainly teaching us how to do that.

If I can teach you all just one thing, one thing of acceptance, then indeed I am filled with joy.

Les: You certainly do that.

Sarah: Could I just clarify one point? When you say that the soul is *'sent back again,'* do you mean it comes back then as somebody else?

No—I must be quick with this one please—I must go. I am sure that some of you are aware of peoples, who have said they have died and returned; that is what I meant. They believe they have died, when in fact they have only temporarily been removed from the physical body. But you all know that you are attached, until there is a complete severance of the chord. You understand?

Sarah: Yes thank you.

That is what I meant.

[The time and circumstances of our return to spirit is not always clear cut](#)

For instance, our passing may be for group benefit. There is no sorrow (or sacrifice) with passing to help another, but great joy. This complex topic is explained in a little more detail by Salumet. (1/6/98)

Les: I have been thinking a lot about what you have told us in your various lessons, because of the disastrous earthquake you undoubtedly know about in your world — I'm sure you've many helpers waiting to assist those who are coming over to you. **(Yes.)** Now, I want to take a hypothetical case of a man who has died in that disaster in the prime of life. You've told us that we choose our parents and our life here on each occasion. Would that man have been aware that he was going to be cut off in his prime, before he came back, even though he would have forgotten it in a physical sense?

You cannot answer these questions so black and white. You — when your soul chooses to return, it returns to the condition most appropriate for the learning of the lessons which the soul needs to return *home*. Why do you say, the '*prime*' of life?

Les: It's an expression which we would all recognise of course.

Yes, I see, yes, well the soul before it returns, knows the extent of the living, which it has to do. Once it has acquired life's lessons — and again we will use your case as an example. That soul need not necessarily be aware that that *time* on Earth, would be the time of his departure. Only if life's instruction had been completed, then conditions would arise for him to depart this world. Do you understand? (Pause) No?

Les: No, I'm afraid I don't.

No, I see, let me explain it to you further. (Thank you.) The soul is aware of the conditions to which it returns, in order that it may fulfil those lessons needed for spiritual growth — you know and understand this? (Yes —) But again we must return to the free will of the soul clothed within the human body. That free will enables the soul to take many paths, which it perhaps had not had foresight of, when still in spirit. The choice belongs to the human being, you understand this much? (Yes.) There are pathways in life upon this planet that are pathways not chosen by the soul, at the time of — shall we call it rebirth? (Yes.) Therefore, there will be occasions when the soul has lost all knowledge of what it should be trying to achieve, because of the free will given to it on the return to the human body. You understand so far?

Les: Yes, I do. Everybody understand that? *(General agreement)*

I am trying to keep it simple for you. If that individual has completed life's tasks, then the soul, without the knowledge of the human being, will see that he is placed within conditions, which will return him to us. Do you understand now?

Les: I see, yes that is clearer.

It is a difficult thing, it is not so clearly '*cut and dry*,' I believe you would say, because of the free will of the human being.

Les: Yes, you have said before that there is no *black and white*, no one answer to any question that we might put.

The task has to be achieved — once life's conditions allow for those lessons to be learned, then conditions are put right with influence perhaps, that that individual be placed in those conditions which will help him to return *home*. Whether it be a natural dying, or what you term '*tragedies*,' which we have spoken of in the past and which are not *tragedies* at all, because all is known — but there are conditions, which are needed to help so many over at the same time. You must remember that each soul may not necessarily come for their own individual good, but for '*group good*.'

Les: Yes, you have explained that before too.

Yes, so it is difficult always to single out one individual, without seeing the wider picture; without the wider knowledge, you cannot see what is happening within this world.

Les: No so again we have to remember what you've told us, that the soul for us ourselves has many horizons, many paths, not just the one.

Of course, and it would not always be good for that individual aspect of the soul, to return solely for its own growth. You have to realise that in giving of yourself to others that is where the major growth comes from. (Yes.) In giving love, in sacrificing for another, although I do not particularly like that word 'sacrifice,' because it seems to indicate that the soul would feel sorrow in doing such deeds, when in fact it should indeed bring joy. Do you understand? (General agreement)

Les: I agree I don't like the word *sacrifice* either.

I hope it has helped you a little in your understanding this time?

Les: Yes, it's certainly given us a lot to think about and — I speak for myself of course, it has made me aware of the need to depart from individual thinking, or thinking individually.

Yes, if you singularise that thinking, then you will lose so much.

Les: Yes, I think that's a track that I am tempted to go on, rather than thinking of the universal consciousness.

Yes, once you allow the mind to expand, then these ways of thinking become nullified — the whole being is encompassed by universal thinking, which brings greater understanding to all and encompasses you *all*, in a much more refined type of living and giving of *Love*.

Les: Does everybody understand that more now? (General agreement) Well thank you very, very much for that, it's added to our knowledge of course once more and we are grateful for it.

[Mankind often needs to blame someone - or even God - for events](#)

More discussion follows some natural disasters. Our soul chooses its weakest aspects for growth in a particular lifetime. There comes a time when we no longer require a lifetime for ourselves, but we may do, just to help others. Salumet discusses many aspects including the desire to help and extend knowledge to others and not to waste any opportunities within our lifepaths. He also states that we cannot use the expression 'We are only human!' because that is just an excuse! (2/11/98)

At this particular time on your planet, comes to us much thought about what is happening there. So many negative thoughts, when there should be more acceptance for natural happenings.

Les: Yes, well I do understand that, because it occurred to me that many people, because of these recent natural disasters are going to start blaming God again, is that so?

Yes, unfortunately mankind needs someone or something to blame.

Les: Yes, that's true.

You must remember my dear friends, that as you evolve, so too is this planet. There are, have been and will be, many changes — emotional, climatic and spiritual changes within this planet. What I ask of you, those of you who know and understand a little about your own spiritual progress, is to try to refrain from your negative thinking, on these planetary matters. As always, I ask you to think positively and to try to encourage others to do so.

Les: Yes, that is going to be very difficult to do that, isn't it? We can but try, because another problem, I'm sure you're aware of, and would be one of the negative thoughts of which you speak, is the fact that because of these disasters, many of those who are left, are going repeatedly to say, that there cannot be a God, he wouldn't allow this to happen. So that is another negativity which has to be broken down.

It is a form of thinking, that sometimes amuses some of us, because they deny any existence of a creator and yet then 'disasters,' as you term them occur then they need that very thing they have denied, to blame.

Les: This is the absurdity of their remarks, because in another breath, they will say, 'Thank God it didn't happen to me.' **(Of course.)** So, which way do they go?

We understand how they feel, and we must have compassion for them, because they do not have your knowledge. I will correct myself, they *do* have the knowledge, but it is not brought to the surface of their thinking. So, I say to you all my dear friends, as you progress along your lives, accept that your planet too is part of you, accept it is a time of growth — not only for this planet, but for those of you within it. Encourage others to think more deeply. I have said to you, that within the next 1000 of your years, much change will occur, not only in your thinking, in the change of spirituality amongst you, but in the shape of this planet. Do not be negative about it. We are here to help and to uplift you at each stage, each development. So, know always you are not alone. Ask for help in your thinking — it is available to all people.

Les: Yes, I do frequently ask, that my thoughts might be guided along the right channels, because it is difficult for us to understand, in spite of your respective teaching, why we should choose to come to a planet, still in its early stages of development and suffer the possibility of 'disasters,' such as have been happening recently. This is of course very difficult for us to understand. So personally I appreciate any help I can get from your world, in fashioning my thoughts and accepting that the fact that we are here, was of our own choosing.

Of course. All of you chose to come, have chosen the time to come, but let me reply to your remarks, my good friend: This planet is very young in terms of the cosmos and so too my dear friends, are the aspects of the soul, which you all belong to. You have returned to the very juvenile parts of your beings. That is why you have returned to this very young planet. Can you understand? (Several affirmations)

Les: Yes, I would say I can accept, but of course I couldn't say that I understand, because we don't fully understand **(No.)** the complexity of you the parts of ourselves.

That is the difficulty.

Sallie: Excuse me, would it be something like when we go to learn something, we go to different areas to learn — we might go to a library, or we might go and have a driving test. Would the different aspects of our soul, go to different planets at different times, according to what it is we are trying to learn?

What the main purpose of your incarnations are, are that the soul is allowed to develop its 'weakest points,' perhaps I could say to you, to simplify it for you. The soul seeks to grow and because of the many aspects which belong to it, then it will choose the area where growth is most likely to happen. So yes, your theory in part is correct. You would not put a young child in one of your universities and expect it to come out knowing all that would be expected of an older soul.

Les: No, of course not.

Then perhaps you can think along those lines. It is difficult I know for you to accept that these bodies you inhabit, these *beings* on this planet, are in fact mostly souls who are seeking their very best to grow. Of course, there are those in your world, who have more knowledge, but for those souls, their pathway has been chosen for a different purpose; for the purpose not so much for their own growth, but in helping others to grow.

Les: Yes, that is something we have had to come to terms with. I think we all accept that possibility, don't we? (*General agreement*) — That the existence here is not solely for ourselves, but for unknown reasons, for the benefit of others.

Are there questions?

Sallie: Does it get to a point, where we stop doing this, ever, sort of choosing places to develop ourselves? Do we ever get to that point, or will it just change in different ways?

You mean on this planet? Of course the time comes when the soul has grown enough, that it need not reincarnate into bodies such as you inhabit — yes of course that happens, but it takes many, many lifetimes.

Sallie: So, when that actually happens, then what do we do, when we don't have to come back anymore? I feel we must still continue to grow and change and do something.

Yes, you can still — the soul will grow in our world — there are many ways of growing.

That is why I say, the '*primitive*' aspects of the soul, choose to return within bodies. Does this make sense to you?

Sallie: Yes.

Les: And would that growth continue in your world, accepting that there are many, many planes of existence? (*Yes.*) Let us say that the soul no longer has any need to return to a physical conception of itself. (*Yes.*) Would it, as it learned through the planes of knowledge in *your* world, have to return to a lower plane occasionally, in order to learn other aspects of itself, just as now it returns to the physical Earth?

No, it can return to lower dimensions, but it would not move forward, only to return. That would be foolish.

Les: Yes, I had wondered about this.

That would not be allowed. You cannot move forward, until such time as you have earned that growth. You can of course return to lower dimensions, to meet with others, to help others, but you would not remain; in the same way as I have returned to you, through this one. (*Eileen*) I do not belong here. Does that make sense?

Les: Yes, that does clarify, thank you very much. I had wondered whether it was a repetitive cycle, returning and going on, which went through — effectively, through eternity.

Remember, once you have returned *home*, you rejoin the soul in its entirety. Only then does the soul decide what growth and what knowledge it has gained. But once you have reached the state of non-return to the physical being, then the soul must work, to grow in our world.

Les: Yes, thank you for that, because that answers another question, which I've not asked before — a point of view which has occurred to me several times and I did a long time ago, comment on the fact that many millions of souls have been through this Earth, but there are not so many millions of physical bodies, for them to inhabit at this time. So in my thinking, they must be progressing in your world, but not having to return here.

Yes, that answers too, the questions asked about how the planet has grown in numbers. It is not that they are all new souls, which is the usual thinking, but aspects of the *same* soul. Do you understand?

Les: Yes, because to me in my thinking, there was bound to have been a time, when there was simply no physical room, for the amount of physical bodies required, to accommodate those souls. **(Of course.)** So I came to that conclusion, though I asked a question about it, I came to the conclusion that at some point in what we would call 'time,' there is no need for the soul, or any aspect of it, to return to the physical surroundings. **(Of course.)** Thank you very much and that answers two questions.

George: Would it be correct to say that Jesus the Christ, had no need of reincarnation, for his own development, but chose to return as a teacher?

That happens to all masters, if I may say it and that is what Jesus the Christ had intended, to return to grow and to help many. That was one purpose for his soul's growth. But there was no need to return to the physical body any more.

Les: The same condition would apply to what you are now doing for us, wouldn't it?
Yes of course. We are not returning in physical bodies, only through instruments in order to instruct and help. But we do not belong, our own 'growth,' if you like, is 'secure' within our world, but we have allowed this one aspect to return within the instrument, in order to help this planet.

Les: And for that we are very, very grateful. Now, I'm going to ask you a question on behalf of your instrument. She has not asked me to, but when she was taken so far away at our last meeting, she said when she returned that she had the feeling that she was in a golden dome. Now, I can understand that expression, but are you able to give us any significance of that golden dome?

I will say this to you, and I will say also that the instrument I am using, would like to deny what will be said, but the aspect of the soul which she has been using this time, comes from a very old soul. This being she inhabits, is one which at this part of her soul's growth, gives her the opportunity for much growth in this lifetime. Last time when I used her, we spoke on very high matters. You were given knowledge that is very little known to others and because of this, it so happens that I had to place her to one side, further than normally I would do. In so doing, she recognised, what in fact was part of her own being. That is what caused the emotional distress, because in recognising that part of her being, she knew that she really belonged elsewhere.

Les: Yes, thank you very much for telling me and I'm sure she'll be only too happy to have that explanation too, because obviously I haven't the knowledge to explain exactly the reason for that feeling.

She, I will tell you now, will be embarrassed by that statement, because one of the reasons she was chosen as an instrument for speaking through, was that she possesses an innate modesty, which she will deny of course, but which we know to be for good.

Les: And that's why you can use her.

But I am sure that when she hears these words, she will want to deny them.

Les: *(Quiet laughter)* Yes, well we shan't accept her denial, because we love her very much and we're so grateful for the work she allows to be done through her.

I would like to say to all of you, the potential within each one of you, is great. So, my dear friends, allow those hearts to remain open, allow your thinking to be open, close out that negative thinking and when the opportunity is there, help others to understand. There are so many thoughts coming to us at this time that we need your help in these matters. I know you will think upon my words. I know your thoughts will be positive, I know that your loving kindnesses to others will be shown.

Les: Yes, that leads me to another question, if I may — anybody else have a question before I put mine? *(Pause)* At our last meeting on the Wednesday, we were told that we don't always as has been said in the past, go over to your world — much as we'd like to, in order to help with the knowledge we have gained here. Now, I find that rather difficult to believe, in view of the fact that our knowledge could be most usefully applied to others in your world, who do require help.

My dear friends, what you must remember is this: That in this side of life, there are many stages of development and growth. Any knowledge gained, any growth attained, cannot be lost, cannot be contained for the self, it *has to* be given to others. You cannot contain knowledge and growth for yourself, because then it would become a selfish act.

Les: Of course, it would.

So I have to say this to you: All knowledge that you gain upon this Earth, will be taken with you and of course, when you come *home* to our side of life, your natural response when you have chosen your rightful place, will be to help others, who have less knowledge than yourselves.

Les: Because I remember some time ago, you asked us most definitely, to give our thoughts when we say our prayers, to those on the other side, who are in need of those thoughts. **Yes, all too often it is asked of you, that you think of the people on this planet, who are in much need of help. But did I not say, remember also those in our world, who are striving, who are lost and are also in need of much help.**

Les: Yes you did and I have been trying to further that by thinking as you asked us and that is what puzzled me, when I was told we don't always go over, because what would be the point of asking, if those thoughts can't be used?

Yes. You must, my dear friends, if I may say so, if you have — I will not say '*doubts,*' because of course, only goodness can be within this room, but there can be given by some, a little confusing information. If you are in doubt, question please.

Les: Yes, this is why I have done so now.

Yes, please question the one who is giving you the information.

Les: Yes, I'll do that in future.

Always I have said to you my dear friends, whatever we give you in ways of knowledge from our world, if you feel that you cannot fully accept, then do not, because it means you are not ready, or that the information coming, is not the full extent of the knowledge. After all, I believe I have told you that only knowledge can be given, by those who have grown so. But remember, there are many stages of development within our world, as there are here.

Les: Yes, I wouldn't suggest for one minute that the information was deliberately misleading, **(No.)** but as you have said, they can only give the information or knowledge, to the degree to which they themselves have learned.

It may be the informant thought that was the correct way. It is not that they mean to deceive, because that would not be allowed. It is only that the informant is young in their growth. That is why my dear friends, there are so many misconceptions about these spiritual matters on your planet.

Les: Yes, there are many, aren't there?

And we are trying now and there will be no going back, because the time has come, when this planet must at last know the truth and hold onto it. In the past, it has been given to many, but it has been denied.

Les: Right. I was puzzled because even though we may physically be aware of it, I'm pretty sure that because of our outlook and our wish to help others, that part of our spiritual self, would be allowed to go into your world and help, because of the sincere desire to do so.

That is the most important word you have used this time, the 'desire.' If you have the desire, then you will be allowed to use it.

Les: Yes I'm sure — Thank you for that, it's given me a lot of comfort, because to me if it hadn't have been permitted, then a lot of what we all would wish to do, is just being revolved into negative thought.

You cannot waste knowledge, you cannot waste truth, you cannot waste the desire to help your fellow man! That is the purpose of your living.

Les: So all of us here then can be happy in the knowledge that if we do ask for the ability to help those in your world as you requested some time ago, then the opportunity will be given us, because we sincerely wish to do it.

Of course. (Thank you.) I can tell you now, that the few of you within this room, already are doing just that.

Les: Good, that is nice to know.

Although you may be unaware of it, because when you come to our world in your sleep states, then you are not being idle; you are given opportunities, which are there to be used. After all, in the body's sleep state, is the time for the soul to be active. You understand?

Les: Yes, that's very comforting to me and I'm sure it is for all of us, isn't it? (*General agreement*) Yes, thank you for those answers. Would anyone else like to ask a question?

George: Yes, I think there are a great number of us, who would like to have done more for some of our relatives who have passed on, who we've known rather well. And it's a very comforting thought that it isn't too late, one can still help them.

Yes. If only people who are left behind, who are grieving so, if only they had the knowledge that they could but help those who have gone on, to leave those loved ones behind, in order that they can go forward — so much more, so much more happiness would exist within your world. After all, the grief and regrets of you upon this earthly plane, I have to say, can be responsible for grief in that loved one who has gone to our world, because of your distress. Let them go, be happy — but of course, it is in the nature of the human being, to feel sorrow, to feel lost and alone. But what you should not do, is to hold onto that grief, for any considerable time. You understand? (*General affirmations*) But of course, you can help those loved ones as they too can come to you and help you, if they so desire, because you see, their knowledge becomes so much greater — they see the wider scope of life before them.

Les: Yes, I of course, have felt times of loneliness, but on the other hand, I have on several occasions over the years, had wonderful reunions on the other side, I know. (*Yes.*) And I have come back absolutely uplifted, because of them, (*Yes.*) and it's a wonderful experience.

Yes. Mankind has to — I do not like the word 'suffer,' but mankind has to experience the gamut of emotions. How would you recognise happiness, without the sorrow? You always have positive and negative energies to deal with, whilst you are on this Earth. So if you recognise them as such, it will help your passageway through this life, to be much easier. You are most harsh upon yourselves, my dear friends. You allow sorrow to engulf you, unhappiness to eat at you, distress to upset you — so many emotions that are destructive to your soul. May I suggest to you, that perhaps with qualities, that you pick one of them

and consciously work with it, to see what you can achieve? Do you understand what I try to say?

Les: Yes, because of that recognition, out of that destruction of the negativity, we are of course, automatically increasing our growth potential, aren't we, by that fight?

Yes. You will dispel the negativity and return to the harmony, which the soul requires.

Les: And having won that battle for ourselves, automatically, we are able to radiate the benefit of what we have learned, by so doing to others.

Of course, because then you become, my friends, like a mirror of them. In seeing you, they can begin to see, what they also can achieve.

Les: Yes I must admit, it's very difficult to get it through to some of them.

I would like you all — I know I have told you before, but I wish to say it again, that you are emissaries for Spirit — use it wisely, be guided and you will have those opportunities placed before you, in order that you may help others, in their seeking of what life is about. And there are many I have to tell you, who are lost in this world, who know not which way to turn. They are not fortunate in the knowledge that you have, but within each one of them, is that spark of life, which is waiting to be used and to be helped, in order that they may too, may go along life's pathway, as they have chosen.

Les: Yes, I must admit, I have one — and I'm not mentioning names of course and I'm trying hard to do that and frequently I would love my physical reactions to take over, but I'm afraid your teaching always gets in the way and stops me doing it! *(Laughter)*

Ah! We do indeed have some growth, do we not? *(Chuckles)* That my dear friend is an achievement, if you can at least recognise that there is a problem.

Les: Yes I'd love to let the physical reaction come out, but as I say, your teaching always stops it. *(More chuckles)*

I will say, I commend you for your actions. It heartens me to hear these words.

Les: I still keep trying.

We cannot ask for more of you, we know that these '*problems*' as you call them, beset all of you. But I know I see the light that comes from you all, and I know your potential and your love are there for all to share. Do not deny it, because if you do my friends, if you do not recognise the opportunities given to you in this lifetime, there will be many regrets, when you come to our side of life.

Les: Yes I'm sure there will be.

But my dear friend may I say, continue to try hard.

Les: Yes, I shall have to you don't allow us any option, you know. *(Chuckles)*

We will be close by next time and help you in your task.

Les: Thank you very much.

And I do not wish to hear the words, '*I am only human.*' *(More laughter)*

Les: I promise I won't say it. That's no longer an excuse, after what you've taught us.

No, you cannot return to those words and not know within your hearts, that it is indeed an *excuse*.

Les: Yes, it would be, ***(Yes.)*** thank you for reminding us.

[Sister Veronica shares some wise words](#)

After general conversation, the visitor discusses life paths. She says many things but is perhaps best summarised by herself with this quote: 'Accept what is given, strive to do your very best, seek that solitude, because I have to say, it does bring you closer to our world, and allows those who need to come to you, to be closer'. (16/11/98)

I think I would be permitted to say, that most human beings, use only about 10% of their potential.

Les: Yes, I'm afraid they do.

It is a pity is it not?

Les: Yes, I agree with you absolutely. We are frequently told that we don't use nearly enough of our potential that we should and are capable of doing. We keep letting our physical requirements interfere, with the need at the time, to develop our potential.

Yes, if only you could adapt your lives, to a more equal amount of time, in service to your Spirit, then much would be better, within your world.

Les: Yes, we are frequently told that, and we find it difficult of course, within our very busy physical lives, because of the demands of the physical beings, to give the time.

There are always problems in many ways, no matter which way your life unfolds. I devoted my time in prayer and in what I would say, reaching out for God. But now I have a wider view, I can see that I missed out on much of the everyday things of living.

Les: Yes, that is the problem isn't it? If you give yourself too much to the devotional side, then you do miss out on physical things, which are necessary for a complete learning, of the reasons why we are on this Earth, at this time.

Yes, but of course it was my choice, but I will tell you that my next return, will be much more fundamental, in the ways of everyday living.

Les: Do you think that you'd have to return again then or are you wanting to return again?

I have chosen, not yet, but at a time that I will return, in order that I may fulfil those earthly tasks, which were missing in my lifetime.

Les: Do you think those tasks you will have to perform, for your own spiritual development, do you?

Not only for my own, but for those I will be in contact with.

Les: I see that's interesting, because you've just confirmed what we've been told on a number of occasions, about returning to this Earth, but not solely for our own purposes.

Never can you be so — what is the word I am looking for? So insular, that you cannot be alone. I have to care for others, how else could you grow? That is the purpose of living.

Les: So, you have already decided that in some future time, you will be returning to the physical Earth, to complete the tasks you missed?

Of course, but more importantly, I will be helping another one in particular. I cannot give you more detail, because it is something that is ahead of me.

Les: Yes, does it not worry you sometimes, to think that you have made a decision, for the development of yourself and others, but when you come back to the physical world and acquire a physical body again, you will have forgotten the reason, for which you chose to return?

No, it does not worry us, because that is the condition of a new incarnation.

Les: So, you accept the condition?

We may not always be completely happy to return, but we know, and we fully understand that it is for our own growth and our own development. So of course, there is no force to return, the main pathway of all living, is left to the soul. Does that make sense?

Les: Yes, it confirms what we've been told quite frequently. Going back to our own problems of being able to give more time to the spiritual development — I think one of the disadvantages for all of us, is that even though we might be able to give time physically, our brains are so active that they are preventing our minds giving the quietude that is necessary, for that period of silence.

Yes, but I would have the advantage I feel, that I have previously lived in solitude.

Therefore, hopefully I will carry that attribute if I may call it that, with me to another time.

Les: Yes, that is possible, isn't it?

It is more than possible; it will be probable. That is why it is important that each individual strives to their utmost, to use the potential within them.

Les: Yes, I quite see your point. But of course, we come back to the difficult fact of reconciling the demands of a physical life, to that of spiritual growth.

Yes, I have to say, I feel that that is possibly why we return on many occasions, because we do not devote enough time to developing that spiritual side of ourselves, whilst we are of this Earth. That is my thinking of course — I do not speak for others, but that is the thinking that I have reached, at this point in time.

Les: Yes, that's interesting and you found your period of solitude while you were on Earth last time, you found it of help to your progress now in the next world?

Oh yes of course, I have no regrets on the solitude, but I did have some regrets that I did not see more of the earthly living. But the choice was mine.

Les: And one can only go by one's own choice, because interference is not allowed in any way shape or form, is it? You must choose your own path?

That again I would say, is where your free will comes into action, because of course when I look back over that time, I can see many times, when I could have been persuaded perhaps to look a little further, and I declined. But the opportunity was there, do you understand?

Les: Yes, I do

But because I had chosen that way of living, then that is what I stuck to. So, who can I blame? You must my dear ones, remember that everything within your lives, you are responsible for. Whether you are aware of it or not, you are responsible.

Les: And we have also been told not only that we are responsible for our every thought and action, but in many ways, we are also partly responsible for the thoughts and actions of others around us.

You have influence upon others of course, in the way you conduct your lives. Yes, you must also accept that responsibility. That my dear ones, was something I found very difficult to accept when I came here, because I thought that my solitude, my reaching for God, was so all-encompassing, that how could I be responsible for other people? I had a very sharp lesson indeed on this and in fact may I say that the dear Sister Veronica, as you know her, had much to teach me along those lines.

Les: We all find it very interesting that you should say that, because only a few meetings ago, another person who had spent much time in solitude and contemplation, was also very surprised when she came to your world, to find that she certainly did not have the place in your world, that she thought that her devotions entitled her to.

Yes, that perhaps is a lesson for you all. You should never assume that you have reached such a state, that you are entitled to anything. My dear ones, I have to say that you may be disappointed, if you think along those lines.

Les: Quite possibly, because who are we to judge what we are deserving of, or what we have earned?

You know not what lies within another's thinking, another's heart — how much hurt you may have caused a fellow man — you know so little in fact, when you live in this world. You may think you do, and I have to say dear ones, that many are shocked by their own behaviour, when they think they have lived an almost perfect life.

Les: Yes, I can well believe that.

So, if you would accept a little advice, always ask for help, in the direction of your thinking. Do not have any preconceived ideas of any entitlement, for who are you to?

Les: No, you're quite right.

Accept what is given, strive to do your very best, seek that solitude, because I have to say, it does bring you closer to our world, and allow those who need to come to you, to be closer.

Les: Yes, I quite see it must help them, to be able to cut through the mists and the turmoil, which surrounds us all, in this world.

But if I may finish with a few more words my dear ones, I would say only this to you: Do your best with loving hearts, try to control any thinking in the way of good thoughts, and you cannot do more. We see too often, especially those of you, who have some little knowledge of our world — we see you berate yourselves, when it is totally unnecessary. You bring upon yourselves worries, fears, depressions and all kinds of negative ways of looking at life.

Les: Yes, we have been told that quite a number of times too, that we are too harsh on ourselves.

Yes, be kind to yourselves, because unless you are kind to yourself, how can you be kind to any other?

Les: No, you're quite right...then of course we ask ourselves, if we are going to express kindness to ourselves, how do we avoid doing that too much, to the extent that we might be self-complacent and arrogant, in our thinking of ourselves.

That would not happen, unless you allowed the ego to come forward too strongly.

Les: Of course, that is something again isn't it that is difficult to avoid, it's a constant battle.

No, I think within each one of you, there is an innate knowledge that would tell you so. No, there cannot be enough kindness. There is a difference between kindness and self-indulgence.

Les: This is what we all wish to avoid of course.

Yes, that is why I say, there IS an innate knowledge, if you would but call upon it. But now my dear ones, I have spoken long, and I must leave you now.

Les: That's a pity, because we've enjoyed your talking to us and your lessons.

[More wise words on the reasons for our incarnation and our responsibility to ourselves and the world](#)

What starts on the topic of 'holding back' by some souls as they enter their new lifetime, opens into a discussion about the broader aspects of our life plans and the reasons behind them. (8/11/99)

Sarah: The medium that you are using Salumet, was talking to me before the meeting and she said that she had a very strong feeling that colicky babies, had a sort of resentment of coming back. Is that correct what she thinks?

I would not agree entirely with the lady, but in part yes, she could be correct. You know of course that the choice belongs to the soul, when it wishes to reincarnate into the human form, but also you have been told that some souls, although they know and understand that they need to reincarnate for the purpose of the soul's growth or for another reason—and there are many reasons as you know—some still feel that to have to return to the human form is not quite what they would desire, but they know that it is best for them. Therefore, in returning to the human form, because of this feeling of—not resentment that is not a word to be used, but the feeling of *holding back*; it can create within the new life form many problems, which would take some time to subside. So, in part the lady *is* correct, but not entirely.

Sarah: Thank you very much— (*pause*)

Well, you are all very quiet this time.

Mark: I have just thought of one question actually. You mentioned that there are many reasons why a soul reincarnates, apart from their own personal growth. **(Yes.)** I can think of one other reason that the teachers come down to teach us, I suppose, but what would be the other reasons?

The other reasons, there are many, many reasons why the soul decides to reincarnate. You know that in the many times there are connection with, for example, people who have a close contact to you in this lifetime, you may have been closely connected to in past times. It might be your purpose, for example, to join a loved one on this mission, if you wish to call it that—this mission of learning. To be supportive of another also enables the soul to grow, because it is done with love, without selfishness. There are many, many reasons. Yes, you must be aware that it is not solely for the purpose of an individual growth. In the same way as upon this earth, you grow from giving love and help and suffer to another—that is the biggest growth. After all, have I not just told you that everything is within you. All growth is *there*, all you have to do is seek for it. But in giving love to a child, to a friend, to a partner, then indeed you are giving much of yourself.

Sara: Is this where the greatest, deepest fulfilment and contentment comes from, giving of ourselves to others?

What is this—if you cannot give love, you have *nothing*.

Sara: Yes, so the greatest purpose **(Yes.)** of being here is to serve others.

Unselfish love can only help you to grow. After all that is the purpose of life. Not only your own individual growth, but to help others, not only human form, but your planet. After all, the evolution of this planet is important within the scheme of all life. You must be aware of the wider issues *always*. Try to free yourself from this chain of thought, which binds you to *one* thinking, one part of the soul. After all, have I not told you that this lifetime belongs to one aspect of the soul only? So, you must always seek that *higher* and *wider* awareness.

Sallie: And also, if as Sara was saying, that one of the greatest things we can do is to *give* to all aspects of creation around us, we are actually giving to ourselves as well, aren't we, because if we are all connected up, whatever we are giving out is being return to us in an extraneous circle.

Of course, that is why I teach you that energy is ever-moving. If you could but see yourselves on this scale, on this energy scale of always giving, then indeed your Light would shine brighter, brighter, wider within this scheme of life. You have to remember that, as part of that *Divine Energy* from which we all come, you are but very small within this scheme of life. All of you upon this planet are here to learn. Each one of you is given the opportunity many, many times. You are each given the help, the upliftment and the encouragement, but you, as the individual aspect of the soul, must also play your part. This planet, as I have told you, is very young in terms of its evolution. Therefore, the souls that are here in these human forms, have great responsibility for the welfare of not only yourselves, but the planet as a whole. Can you understand how important this is? (Yes.) That is what you must seek for, not only your own individual growth, but that you become part of each other, that you radiate that knowledge and love which you gain to all corners of this world, this planet, in order that this planet *also* radiates out with love. We are touching on deep matters again, but for now we will leave it there. I would like you this time to think about this planet and its position within the Cosmos. Feel it become part of the *greater whole* if you can, and to do that you must go *deep* within. I would ask, my dear friends, this time that you ponder upon my words and we return to this topic once more. Would the young gentleman like to ask me any more questions before I leave you this time?

[As you spend time looking forward - you are missing the wonderful opportunity of now!](#)

Salumet starts by reminding us that there are no specific dates that are special. Rather, every second of existence is a special date - a new beginning. Salumet goes onto to explain that many do not know what their life is about. This is because it is the *soul* who retains the knowledge of the life plan, not the *physical* being. This complex subject is described in detail. (17/4/00)

There is much talk in your world about the new era which is coming to this earthly plane. Much has been spoken about the date in your calendars which somehow mankind feels to be some kind of 'new' age. Let me say this to you, each new day upon the planet is *new evolution of your time*. Therefore, I say to you my dear friends, take each *moment*, each *minute*, each *day* as a new beginning. After all, this planet upon which you exist has existed for longer than you can know. Therefore, the evolution of this planet has been unfolding from the minute of its creation. Do you understand what I am trying to tell you? (*Affirmations*) Each precious moment of your time, is time to be used in your own spiritual evolvment. If each person upon this planet was to view life as such, indeed there would be much to look forward to. The spiritual awakening would be greater, not only for you human beings, but also in the evolution of this planet. You know also that this planet Earth is but a small planet in the scheme of life. So, do you see how insignificant it becomes when so many people upon this world speak about some *special year*, when

indeed the miracle of creation is with you in **every moment of time**. Have you any questions upon this subject, my dear friends? (*Pause*)

Lilian: No, I don't think there are.

You have all become so knowledgeable! (*Laughter*) **I do not mock you.**

George: Looking back over the period of our history, there have been periods that one can look upon as special (**Yes.**) in some way or other and perhaps the coming decade will be special in terms of the opportunity of new beginning. I take your point that there is a new opportunity every day. (**Yes.**) We are aware of our mistakes through the 20th century and one lives in hope that there will be fewer mistakes in the years to come. Perhaps it is wrong to view any period as special, but perhaps it is a hopeful way for us to look ahead sometimes.

But do you not see my dear friend that as you spend time looking forward that you are missing the opportunity of now? I understand that mankind needs something to grasp hold of, to be special, as you say in this day and age. This earthly planet is still in turmoil as each one of you knows, but it is up to those of us who come to your world to instruct, especially people such as yourselves who have the beginning of awareness. We wish to direct you all in order that you too can direct others in the rightful way of thinking. Yes, I take your point, mankind does always seem to need to live with hope, but when you have the knowledge of the all-consuming power of Spirit, then these wishes, hopes and desires do seem to be rather needless. Do you agree? (*Affirmations*) Yes, that is one point that I wish to clarify with you and as you are in agreement, that can only be good. Another point I wish to raise with you this time, we hear so often confusing messages given about the *life path* of human beings. I have spoken, I know, on different occasion about many things, but sometimes it is necessary for us to make clear to you anything we feel that is, how can say to you, *misconstrued* or not fully understood, by the people on this planet. One of these things is the *life path* of the human being. Are your lives fated? Do you have a life plan? Let me begin my dear friends by throwing the question out to you. What do you feel?

Sarah: I think maybe when we come here we have a plan of what we want to do and, but as energy is ever-changing, so we don't always keep to it.

I know what you are saying. Does anyone else have an opinion please about this matter?

George: We have inner feelings which probably link with our initial plan.

Closer! Yes, anyone else please?

Paul: We are all born with certain talents and I feel there is a certain place for us where we could *flourish* and that maybe is where we should be heading.

Yes, yes I take your point. Yes, the other gentleman, what do you feel?

Mark: Yes, I go along with the things that have been said.

You feel life is mapped out for you?

Mark: Not exactly mapped out, but you certainly feel sometimes that there are opportunities that you feel you have got to go for, you have got to try them. You do not exactly know why straight away, but you just feel you have got to make this step and then other things seem to unfold and then later on you can see why you did have to go and take that step.

Margaret: I agree with that completely. You can plan things and whether they come out fruitful or not, you are meant to do that to find out these things, aren't you?

Yes, I take your point. Let me now say what I wish to say to you: There is much confusion in your world about the life path of the human being. Yes, you do *know* before you *come*

to this world what that plan is, but it is the soul path, not the human being. I hesitate there because I want you to realize the difference. Too many people in your world feel that their physical lives are mapped out for them. Not so, not so. It is the *soul* who has the life plan. Therefore, the human being can be totally unaware of the soul's path. If you do not understand what I tell you, please stop me and we will try to make it clear to you.

Lilian: So, if the human part of us takes the wrong path, does that disrupt the soul's path that it should be treading?

The physical being is activated by the soul, so as the gentleman has said, it is the *inner feeling* which should be the guiding light. Those people who are unaware of spiritual power are treading pathways which to them is negative and uninformative in their lives. It is the *soul* who knows and understands what pathway should be taken. Can you see the difference? (*Affirmations*) Do you understand that you can live a human, physical life without ever understanding what your pathway is? (*Affirmations*) That is why we hear so many questions, 'what is life about?' That is the physical being crying out for the soul to help, but as you understand—and let me say I congratulate you on your understanding, that it is the *soul*, it is the *soul* who retains the knowledge of the life plan, not the *physical* being. The human physical being has freewill as you well know, but it is the *soul* who activates; so, you must listen carefully if you wish to be directed correctly upon the soul's life path.

Lilian: The inner voice as we call it.

Partly, yes. After all the soul has to go through many initiations in the human living, if it is to reach that stage of understanding where it can go forward in our world. Each soul has that responsibility when it comes to this physical world; it knows what must be done, but because most of you have blocked memories, you are not fully aware of this. That is where the confusion lies. Too many people feel that their physical lives are mapped out for them. It is not, it is the *soul's* path.

Sarah: Salumet, would you say that the more times you have been back, the easier it is for the physical to listen to the inner self? Is it the very young souls that come here that are having the most problem listening to their inner self?

You must be careful my dear friend in expressing 'old' and 'young'. Yes, we do have old souls who return, but they are returning in part, remember, the part which needs to *learn*. Therefore, it is a 'new' experience shall we say. So, although the soul may be older, the human being may be completely new; the experiences will be those that the soul has not learnt. So, I would not say it is *easier*, but the soul would be more aware of the difficulties that the human being is faced with. Do you understand? (Yes.) We cannot interfere in human life. We can stand by as 'directional beings', if you like, to help and encourage you, but we cannot step in and interfere. Is that clear for you?

Sarah: Yes, thank you.

[We must allow our children to lead their lives into adulthood as we cannot interfere in the life of another](#)

Sarah asks a question expressing concern for the safety of her daughter. (9/10/00)

Sarah: If nobody else has a question, this is a very personal thing and I don't really know whether I should be asking you and you have probably already answered it by telling me to use my thought. My daughter is about to go on a trip, and I have just heard that there is trouble in the place that she is going to go. I just wonder if you could make any comments to me?

You are a natural physical being, a mother of a child. That love and concern would be most natural for anyone. I would say to you only this: Look deep within your heart and know and understand that the children sent to you are only borrowed, that their life pathway leads them to places you may not always approve of, but it is *their* pathway. Think carefully that although there are many places within your world where there is much trouble, much anger, much devastation, you *cannot* stop another from living their life. Your children my dear friend are of an age when they know their own thinking, is that not true? (Yes.) I would say to you; you have no worries. Let her go. (Thank you.) But it is difficult, we know, we know and understand the deep bond of love, but do you fully understand, my dear friend, that these children as you call them are also Spirit. They have chosen their lives, their parents, not so much as I have told you because of the people, but the opportunities that will be given to them, and may I say that this is one of life's opportunities for this one. Perhaps I can say again to each one of you, my dear friends, if only you would use your thought wisely, if only you would look inwardly when one of life's crises comes to the fore, if only you would remember my words, life would hold no fear for you, because you would be seeing life with spiritual eyes. That my dear friends is my mission here with you, that each one of you who listens to these words will grow and unfold spiritually to a degree that is unique to each one of you. After all your stage of development is very individual, but we have a common bond. Each one of you seeks *truth*, each one of you lives *truth*, each one of you wishes to spread *truth* and yet each one of you is held back by *fear*. This is my hope for you all that we can erase that fear from your lives. It is not a small task, but one that needs to be searched out quietly and slowly, but eventually I hope that when your time comes to return home, you can say, I have learned much.

Where does our personality come from?

This simple question does not have an easy answer as there are many influences.
(20/11/00)

Graham: I think this is probably something you've touched on before and it was about personality and how children from the same parents can be so very different. I understand that part of each person's soul is coming through into the physical body, but the personality we have, is this something that is part of our soul or is it something that is engineered to help us with our life path and we have a particular personality to help us fulfil just our life path, so it is an artificial thing that is set up?

Yes, I understand. When you speak of personality, personality I would suggest belongs to the physical. Spirit comes to this world—as you know, it has chosen the pathway that it intends to take, not because of the people that it will be surrounded by, but because of

the conditions which can be made for that lifetime. You understand? But when the Spirit joins forces with the two other human beings, then that personality is formed from the beginning in the material sense. What I think you mean, is does the Spirit bring with it anything from our world and of course the answer is *yes*. But personality I believe belongs to this world. Many factors form and kneed that Spirit in the human form. After all, you are both Spirit and you are human; there has to be a balance. But of course that Spirit brings with it many aspects of spiritual life, any memories which help to form what you call personality, but which in fact is not to the forefront of that human being's life to begin with. But many aspects of Spirit come forward as that person grows in knowledge and understanding. Do you understand? (Yes.) There is no *one* straightforward answer to this—many factors are important. (Thank you.)

Why is it necessary for us to come to a learning planet?

After all, we are all sparks of Divinity! Salumet returns to the idea of polishing the faces of our spiritual diamond to further refine it. This process will take many eons of time to achieve eventual perfection. We cannot ever become static. (9/4/01)

I wish this time to speak a little about why you come to this learning planet. Have not you wondered my dear friends, if you are but a spark of the Divine Being, Creator, Universal Light—call it what you may—have you not wondered why, if you are such a spark of Divinity, why do you need to come to a learning planet?

Lilian: Yes, I have wondered.

You all have wondered? May I ask you please, individually if you like, what has been your own conclusion?

George: I feel it is a route to obtaining—well this is a human thought really—a route towards perfection. But then the *divine* is perfect anyway, but in some way that perfection has to become more extensive, if we manage to progress *our* little perfection here on Earth. I think that's the best thought I could come up with.

Yes, I thank you for it. Does anyone else have thoughts on this?

Margaret: I have often thought why do I come. But I come because I felt so—I don't know how to put this—helpful to other people in some way. If there's a question, I try very hard to answer it. I don't probably answer it properly sometimes, but I feel I am doing some good to somebody as well as myself.

Yes, thank you for those words. Anyone else have any thoughts?

Jan: Yes, just one popped into my head and that is to experience the giving and receiving of love. **(Yes, yes.)**

Mark: I wondered if it was something to do with becoming more conscious of yourself, if that had an evolutionary effect, **(Yes.)** by becoming more conscious of yourself. **(Yes.)** I am wondering, because in Spirit, it seems you're *Thought*, whereas here we're *Thought* and we are *physical action* as well, so it seems like a very direct kind of learning.

Jan: I think I know what you are trying to say. Physically, we have to experience...

Yes, it is an experience. Experience is the word, but it goes much deeper. Does anyone else—what about you?

Sarah: I was just thinking that our main object is to become one of the whole, **(Yes.)** and in working on the planet, we are all trying to work together to become a whole, so that is the learning curve of trying to work as one.

Yes, thank you for those words. What about our dear friend?

Lilian: I have wondered why—you have told us other planets are more aware spiritually and I wondered why this planet is not more aware. It's becoming more aware, although I suppose there has to be a starting point.

Exactly, but I think you fail each one, to understand my question if I may say so. We know you are here. You have the task of growing spiritually, of evolving with this planet. This we already know, but if you are already part of that Divine Spark, why is it necessary?

Mark: I had one other thought: You can take cuttings from a plant and you can multiply, so could it be along those lines?

Yes, you are beginning to understand my friend. We are coming to that—yes, you are part of Divinity, you are Divine Spark, of course you are. But the purpose of returning to a learning planet is a little difficult to explain in earthly terms, but I will try for your understanding: Let us once more return to that precious stone, which so many of us use for explanation in your world. Let us take that beautiful diamond, which has many facets to it. Let us take that fundamental stone, which you call rock, which you call diamond. As each part is taken from that whole rock, what do you on this planet do to these 'sparks', shall we call them, of rock? You take them, you polish them until that same part of rock becomes an ever-gleaming, beautiful, individual stone, but it is still part of the crude rock, shall we say. Do you understand? (affirmations) So that part of the rock, which you have taken, you have cultivated, you have evolved it shall we say, you have made it become a much more beautiful object. But if you put it back to the crude rock, it is still made of the same ingredients, is it not? (affirmations)

Mark: But you have made a greater whole.

Yes, you have created an even greater perfection, may I say. Perfection also comes in varying degrees. This is a difficult topic my dear friends, and I take it slowly, in order that you may understand. Think of yourselves as those small stones that need to be *beautified*, shall we say. You need that learning process, to again become perfection. That is what takes many, many, many, many aeons of time. You are essentially that **Divine Spark, but what you are doing is becoming even more perfect, if I may put it that way. Do you begin to understand, or is this confusing to you?**

Lilian: I think we are beginning to understand. If this planet was created by our thoughts, **(Yes.)** there must have been a decision by a group of Spirit to create this planet for the learning. We must have known that we needed to come here to learn in the beginning. **We have discussed, I believe, that there is a point of Creation, where all things are known, where these things are spoken of. I use those words, because that is the only way I can describe it to you. Yes there is an *intelligence* behind all things; **Divinity** is not without intelligence. But remember what I have said, nothing is ever static. Do you remember those words? (affirmations) Do you remember what I told you that it is ever moving, ever changing? (affirmations) Therefore we cannot stay still, so there *has* to be intelligence behind all things, behind any kind of creation or thought or action. These are difficult waters for you to tread my dear friends, but as we go forward, you *will* understand, slowly, each little step of existence, each step towards that **Divinity** to which you belong. But what I wish you to know, is that you *are* all things, you are capable of all things, you *are* that **Divine Spark**, but you are that **Divine Spark**, which needs to be honed and**

improved, in order that you may return to that greater. Can you understand? Many words have been used here this evening, *love* being the most important one, because without love you cannot go forward. And this you know, I need not repeat myself about that. But I ask you my dear friends, that as you leave this room this night, to consider the few words that we have discussed. To see *yourself* as the **Divine Spark**, which has come to this learning planet and to find within each one of you, that which you have come to achieve, that task in your physical life, which you need to achieve, to become that shining stone. **Do you understand what I say to you? (affirmations)**

George: Would it be true to say that Divinity continues to evolve? **(Yes.)** And we are very tiny sparks of that evolution?

That is correct, yes. Divinity is always evolving and moving and creating. As I have said, nothing is static. Remember this because it is important for your understanding. You are indeed small, small sparks of Divinity, but indeed you *are* Divinity. All you need to do is to find that true spark within these physical overcoats. Because you see, my dear friends, it is these physical overcoats which hold you back. But again, as someone has used the words, it is a *learning process*, in order that you can evolve; it is a necessary thing for most of you. Do you have any questions for me this time?

Lilian: I was just thinking it's incredible what we have learned from you. I know you don't need our thanks, but...*thank you*.

Just small thoughts, just a few words to make you think for yourselves. That is my purpose my dear friends, in order that I give forth to you new thinking, in order that you too may pass to others the knowledge already obtained. That as your knowledge grows, so too can you become emissaries of Spirit and impart to others that knowledge that you yourselves have gained. The purpose is not to keep this knowledge within this room, (*but*) that the knowledge that is given, be spread far and wide to those who are ready for it. And we all know do we not, that not everyone is spiritually ready for this kind of information. That is where, my dear friends, I give my deepest thanks to you, for the knowledge and the understanding, the love and help that you give to so many others. And I know and I will say that each one of you has taken many, many of the opportunities put before you, and used many words wisely in the name of Spirit. I could not ask more of you my dear friends and I thank you once more.

[Personal, family and political struggles](#)

Salumet states that we must start with personal struggle first and foremost, before looking at family struggle, and finally political struggle. (30/7/01)

George: I was just thinking that there are 2 types of struggle. There is the political struggle, which connects with our wars and there is a sort of domestic struggle, because I think we have all made lives a little too complicated for ourselves within the family structure and people get a bit confused and overwhelmed sometimes. Perhaps this is again due to losing our spiritual centre. Is this a way to look at it that there are at least 2 areas of struggle: the large political struggles and the smaller struggles and confusions within the family?

Yes, I of course do agree with you my dear friend. We have spoken of times of the struggle between your governments upon this planet. I have told you that always we are trying to influence those who are in power and that is still so. More difficult is what you call *family struggles*, because what we find in our world, is that we cannot interfere too much in the lives of individuals. But I would like to add to your list of struggle and that my dear friends, is the all-important one, the *individual struggle*. Of course your physical living involves communication and existence with human beings. Of course this is how it should be, because without the love of your fellow man, there would be no point of physical existence, because you are here to learn to co-exist and to love each other unconditionally—this you know. But the *individual struggle* my dear friend, may I say, is the all-important one, because until each individual realises their own potential shall we say—I am not sure if that word is the correct one, but that is a word I we use.

George: Yes, that is the one that would connect with the life path.

Yes, thank you. Then I would say until the individual is content and knows the Spirit within, you cannot be in a position to make others happy. Does that make sense to you? (*affirmations*) Therefore I would say to you this: **First and foremost, you must look within. Only then can you look around to the family structures, which have been created. Only then will you begin to understand each individual within that group and only then can you understand the wider issue of political unrest within your world. I hope that is helpful to you.**

[We are influenced by past lifetimes](#)

Salumet explains this and confirms that freewill is part of our earthly lives and beyond for some considerable time. Our lives cannot be all easy because without opposite experiences, we cannot grow. All living is composed of opposites! (2/9/02)

Jan: I feel while I'm sat here, like I have said to you before, about feeling that there is a nucleus and I'm connected to the nucleus, but it's as if I am wearing lots of different overcoats and layers. And it is being able to surface through those layers. There are so many choices upon us in the physical world, but although you can listen to yourself and you may think that that's correct for me, that is how or why or I've said that *because*, without too much question. There are so many physical attributes bombarded upon us every day, that it's almost difficult sometimes to listen to that voice. It is there, that voice is there all the time, I know it's there all the time and it is speaking to you constantly. It's often, *'is that choice I've made the correct one?'* Because of these overcoats, and that's the only way I can describe it, they are overcoats and they sometimes become very heavy, don't they in a physical sense.

May I say something to you. I understand what you are saying. (Thank you.) Yes, your description of overcoats is helpful to the others, but what in fact you are encountering are layers of past lives.

Jan: I did wonder if that's what I was feeling.

Yes. Therefore when you feel burdened—we will use the word overcoat because that is how you have described it—what you are feeling is the influence of past times, but because of your everyday living and the pace of your living, and all of you I am sure would say 'we do not have enough hours in our day.' That my dear friends is something that humankind has made as some kind of an excuse for not allowing that quiet time. Yes, you are aware of that inner voice all of the time if you listen, but it is only when you are *still* and all of the day's upheavals can be *stilled*, will you truly hear the voice of instruction. It is quite simple and it is each one of you who have the responsibility to give time to the *reality* which is *Spirit*. You understand my dear friends?

Lilian: Yes, so past lives influence us all the time?

Of course, you are but one part in this existence. Of course, you must be influenced by what has gone before, although I have to say, most people are unaware of this. But when the lady speaks of her overcoats, do not feel them to be a burden, rather look upon them as overcoats there to help you. Do you understand? (Yes.) Is that helpful to the lady?

Jan: Yes, but can Salumet explain to me why I suddenly feel like I do sat here now—it's not a personal thing, it's a spiritual thing—where am I now? Where have you taken me to now, because I've had this feeling lots of times before?

Why are you surprised?

Jan: (*whispered*) I suppose I didn't expect it this evening.

But why are you surprised? My dear child, each one of you moves on a pathway individual to you. You have taken a pathway which has not always been easy, but I will say this to you, there is a time now in your life when I would say to you, you have reached a crossroads. It is up to you my dear friend to decide whether you go forward, whether you remain where you are, or whether you deviate from the pathway. I my dear friend cannot help you in this decision, because each one of you has been endowed with freewill as you well know. But my dear friend I tell you this, if you are prepared to move onward, those who stand close to you, and they are close to you this time, are only too willing to help you and uplift you and to take you further on your pathway. Accept what you feel, allow it to happen and be thankful for all that you are given. Do you understand my words?

Jan: Yes I do.

Lilian: I remember you once saying that eventually we won't need freewill, and I am sat here thinking '*thank goodness*' and the pathway is straight ...

Freewill always exists while you are in human form. It is part of the existence of humankind.

Lilian: Yes, I meant when we are in Spirit and have grown.

Yes but for some time you are allowed to think and feel as you desire, so freewill may be slightly altered, but it exists for some time, but in different form.

Sarah: Salumet, you said we were all of us ready to move on one more step, and Jan has reached a crossroads and I feel I have reached a crossroads too. Have we all reached a crossroads as we are all ready to go on to this next step?

There are always steps, but when I use the word 'crossroads' I am speaking in your language. At this present time my dear friend, the lady who we call Jan, is at a crossroads of moving forward. You my dear friend are at another step, not at a crossroads; you have

moved forward through your crossroads. (Thank you.) Each one of you are individual in your pathways, but all of you must seek to follow a straight pathway ahead.

Lilian: That's a difficult one.

Not so my dear friends, it is not as difficult as you may think.

Lilian: Not if we listen to the inner voice.

Not if you listen to that guidance. Be true to yourself, be genuine. There is no need for purity and goodness, or at least that false face of purity and goodness. You must be true to yourselves, then you will go forward. If only you could see how complicated each one of you makes your lives, you would be amazed. We come close, we try to help and uplift you, we influence your thoughts as much as we can without any form of interference, but ultimately each step of your pathway is taken by you. Sometimes that road seems hard, sometimes you fall, but always you are uplifted and helped, because my dear friends, once the contact is made, we will never let you go, provided you are willing and wish and desire to go forward. There is always someone by your side as well as that inner being to help you. Remember this, and life will not always be easy for you, but at least you will have the capability of knowing that whatever life brings to you, you can still go forward. I do not promise you a smooth pathway, I do not promise you all good things of life, because, as you know full well, all of living is composed of opposites, and to appreciate one, you have to appreciate the other; but this you know. I hope I have given you something to think about this time.

Lilian: As always!

Sometimes our lifetimes are devoted, at least in part, towards others

To act in the service of others, we have to be true to ourselves and to know what we are truly about. This is rare within human lives. (14/7/03)

Good evening. (*greetings*)

I am happy to be with you all once again. As I waited for you my dear friends I was thinking about the workings of your fan within this room and I would like this time to compare you to this fan. You see, its energy is supplying to so many of you—all of its ability. It touches not one but many, and so too do each one of you my dear friends in your everyday living. You know full well that the energy which exudes from all of you, touches many hearts in one lifetime. I am sure that each one of you has grown to the point of *knowing* when you touch another's life. (*affirmations*) What I would like to remind you of once more my dear friends: so often the thoughts come from you, '*what is the purpose of this lifetime?*' You have journeyed far, you have gained much, but let me remind you that not every lifetime is for the purpose of the Spirit that is reincarnated. It may well be that the lifetime is devoted to the welfare of others. Sometimes my friends you forget that this is so, you become absorbed in thinking: 'why does this happen? Why does that happen?' Always you look for the purpose of events when your own soul is sending you forth to bring help and comfort to another human being. I know as you think

upon those words that you will see in your own lifetime these purposes, and indeed many of you have come for unselfish reasons this time. Would you like to speak about those words I have given you?

Lilian: I can see it partly in my lifetime, I must say, especially as I've got older.

Yes, you feel that part of you is given for another. Does anyone else feel this purpose of life?

Sarah: Yes I do also to an extent. Now I am beginning to, not before, but through your teachings which are beginning to make me think differently.

George: Yes, one can give in various directions to other individuals and looking around at other people, there is the possibility of giving to the State and giving to the world.

That is always the purpose of any soul that the *whole* of the energy in this world is given to the *whole* of the planet. You cannot exist upon this earthly existence without giving outwards to all who exist with you. I would like you to think a little more deeply about the existence of this planet, not only *your* existence and why you are here, not only how you have touched the lives of those you have met, but what *purpose* you serve for the *whole* of humankind. To do this my dear friends, you must think more *widely*, to do this you must open your *hearts* and you must be *truthful* to yourselves. That is not an easy task; indeed it is the rare human who can look inwards and truly see for himself what *he* is about. But I am asking you this time, my dear friends, to think more deeply about not only your purpose here, but the purpose that you have brought for the unity of the whole planet.

Lilian: Yes, that's a difficult one.

Are you prepared my friends to try to ponder upon this aspect of yourselves? (Yes.) If you are not ready I understand, but I feel the time now is ripe for you, all of you, to go much deeper inwards; to understand the energies within yourself and how they interact with all other energy on this planet. I will leave that with you.

Lilian: We will talk about that next time we meet.

George: I can't help thinking about particularly wonderful individuals like William Shakespeare, who wrote such beautiful wisdom and which has been translated into many, many languages and his plays are still acted on stage, and the energy of that play seems to go out to the audience and it seems to me he is a particular example of how energy spreads exceedingly widely.

His purpose was with his words; that indeed was his energy. That is the way I would like you to try to deduce how each one of you has opened up and allow your energies to go forth. You do not have to have a name that is recognizable to all. After all, within your world there are many who have always been unknown to the mass, but whose energy itself is purity and love and is spread in many directions. So, do not narrow down your views of what energy can do. But I thank you sir for your example, because it is a good one. Are there any questions? (pause) You are all stunned to silence? (chuckles)

Sarah: Mine isn't a question, but I was just thinking that you can affect a lot of people just by this ripple effect. For example, if you just smile at someone one day, they could be feeling unhappy and that makes them happy, they can do the same to the next person and so it carries on. So in that way you could influence people just by a simple action.

Yes, you see already your mind and heart is working along the right lines. Continue to think about those words and we will discuss it more fully next time. It is a stepping-stone in each one of your development. It is imperative that as we go each step of the way

slowly, that the understanding that you have becomes greater. This is what we are trying to achieve.

Sometimes, conditions are created for groups of souls to pass at the same time

Many feel that natural disasters are not meant to happen, but this is not the case. (12/1/04)

Sarah: Salumet, on the subject of death, a friend of mine, her son married an Iranian and all her family was lost in the earthquake and they were only together as a whole family, because they were mourning the death of another member of the family who had died in a car accident the month before. I *feel* that maybe all these souls are meant to be together. The earthquake I know was an act—you've talked to us about these things that happen, volcanoes and earthquakes, but am I right in thinking that they were a group of spirits that needed to be together.

When these problems within your world create what you would call 'disaster', then the majority of the thinking would say it was not meant to be. Again, I would say to you my dear friends that you do not see the full picture of life. And yes, I would say to you that as a group of people, their time was right. Therefore, conditions exist which will help this to happen. Do you understand?

Sarah: I do. I felt that that they were all meant to be together.

Yes. They agreed as a group that their life upon this planet would end at a particular time; so, conditions existed in order that this may happen. You understand?

Sarah: I do understand, thank you.

Is unease within families a deliberate condition of living?

Many families have uneasy relationships. Salumet explains why this is so. (12/1/04)

Sarah: The other question I had was, when souls come onto this planet as brothers and sisters, do all spirits know each other before they come or do they sometimes meet on this planet?

Lilian: For the first time?

Sarah: For the first time.

Let me say this to you that I have told you that you choose your parents—you make, shall we say, contracts for the lifetimes with others. But occasionally there are those souls who slip into life for whatever reason before their time, which therefore sets up a situation where those two souls have not made an agreement—it is possible but rare. Most of you upon this planet have chosen your time and your place and those with whom you will be in contact.

Sarah: I just wondered because sometimes there is such unease within some families.

But that is meant to be. They have chosen that situation.

Sarah: Yes, so you choose your parents for the opportunities that they give.

Yes, not because of the people so much as the situations which can help you along.

Sarah: Yes. And the parents, they are also aware that these spirits are going to join with them?

Yes. As I say, you must remember although years of earthly time seem such a long time, they are not, and souls have ways of coming together in a world to decide who and when and where. (Thank you.)

Richard's spiritual path

Salumet states that it is unwise to comment on a life path of someone so young as this could stop him from treading his own pathway. Whatever choices are made, that is the responsibility of the one treading that pathway. (19/11/07)

Jan: Salumet, in time as you've mentioned to Richard, I have a deep feeling within me that this will lead to platform mediumship eventually. I don't think that the work that Richard is on the pathway for is just for this room—I have a sense of much, much bigger. Can you comment on that, please?

Let me say this to you: Each one of you has come here with a pathway, each one of you has chosen the pathway to meet once again and each one of you at some time has made choices either for good or not so good, but that choice has been attributed to your own spirit. What I would say to you is that whatever choices are made to go in any direction, that responsibility lies entirely with the one who is treading the pathway. I could tell you what is in store for this young man, but I do not intend to...

Jan: No, I see now that would be unfair.

... because—not *unfair* but *unwise*, because he is still of an age where he can influence his own movements and it would not be wise for me to tell him where he will be in 20 years' time. You understand?

Jan: Yes I do, yes I do.

Although I could, I will not. If he so chooses he can develop the spirit to a degree, because, as I have said, he has all the abilities to do so, but only *he*, only he can make those decisions. Once he has developed, not only developed, but he has chosen to understand and become much more aware, then the choices that he makes in life will be the right ones.

Jan: Maybe the question was unwise of me to ask ...

No, not at all.

Jan: ... but I have had dreams or clairvoyance about him in the past in that way.

Yes.

Jan: So we will see.

Message for Ann about life paths

A beautiful message for Ann about life paths and knowing when you are on the right pathway or not. This is a question that we all ponder sometimes. (23/6/08)

George: Ann, my wife, has been reading all the transcripts and she's familiar with your words, I think.

Yes, but it is not quite the same as being here within this room.

Lilian: Yes, some people find the darkened room a little strange.

Yes. Because we are small in number this time, we will give our dear lady friend an opportunity to ask any questions that she wishes.

Ann: Thank you. I have had several questions, but I don't think I shall be able to put them into words very clearly, so perhaps I'll ...

Lilian: I shouldn't worry, because I think you'll find Salumet will know anyway.

Ann: I expect he will.

Lilian: Even if you stumble.

Ann: Well I'll try. There is one question concerning the best way to serve. I wonder whether—I'm often distracted by the world and I wonder whether one can serve best by doing good works or by going on retreats and meditating and being in the silence and raising one's consciousness, and hoping to heal the world that way; or whether one should try to achieve a balance living in the world, and trying to be peaceful as well and meditate. Sometimes I find it difficult.

Yes. Firstly let me say this to you. You are a good soul. You have an innate goodness that many people do not possess. That is the first thing I wish to say to you. I know you wonder often that what you do and the path that you travel ... if these are the correct things to be doing. Let me say this to you my dear friend: each one of you in this world has many opportunities given and of course you are well aware of your freewill, which must always come into play when choices are made. The pathway that you try to follow is the correct one for you, because that has been your choice. There are many pathways to our world; let me say that categorically to you. We all, do we not, *believe* that our pathway is the true one. I am here to tell you all that whatever pathway feels right for you—that is right from within the spirit, cannot be wrong. When you follow your life's pathway, your actions and your thoughts become as one. You do not have to think about the words that you say, the deeds that you do, the joining together with spirit, because it comes naturally to you. I am sure each one of you within this room has said or done something and immediately you know that those words or actions should have been avoided.

Lilian: That's true.

We do not ask more of you. After all, the human element whilst on this earth is a great part of your lives, but it is the understanding and the knowing that is important, because only then can you fully understand the way forward. I will say to you my dear friend what I have told the others, that meditation is most important to your spiritual wellbeing, because only in that state can you achieve that union with us. So, if I were to say to you only one thing to help you, it would be to be quiet and to go within; by going within, not only do you unite with spirit, but healing also takes place. But ultimately as in all things, the choice is yours and I believe that each one of you knows and understands when your lives are running smoothly and that spirit is to the fore. Would you not agree? (*Affirmed*) I hope that has helped you just a little.

Ann: Yes, thank you very much.

Much is spoken about 'fate' in our lives

The basic plan of our lives is already set out. However, freewill can cause us to deviate to some extent. We cannot judge happenings in our lives as events that should not have happened. (21/9/09)

Robin: I do. I wonder whether you can throw any light on 'fate' in life. Some people believe that life is to some extent dictated by fate and I'm very interested to know how much there is in that?

I understand your question. The others will perhaps forgive if we cover ground that has already been spoken of. But for you my dear friend—there is always a purpose to life and as each soul comes to this life, there is laid before them a path to follow. That does not mean it is one pathway that can never be altered, or that anything that happens within your lifetime is set in stone. On this pathway as in many other things in life, there are various roads which lead from the main pathway. That is where your freewill comes into play. But ultimately you cannot change the time or the situation of your passing. So, I would rather say to you that fate—and I will use the term because it is an Earthly word—fate, as you believe it to be, has some significance, but it does not have the power to stop freewill taking place. There are many deviations from that straight pathway, otherwise my dear friend, everyone's life would be guided and would be simple. Do you not agree?

Robin: Thank you, that's very interesting. Does that mean that there is a basic plan (**yes**) to our life (**yes**), which we can influence?

—Of course.

Robin: —to a greater or lesser extent.

Yes, because of your freewill, you will either choose the *right*—I will not use the word the word *wrong*—but a *different* pathway—that is entirely up to you as human beings; that is where your own personal responsibility comes into play. You understand?

Robin: Thank you—very, very interesting.

I hope it helps you. Too many people unfortunately, when things go wrong in their lives, are too apt to say: well it must have been meant to be! Not necessarily—not necessarily. Freewill is very strong within the framework of human beings.

George: And would it be correct to say that that initial pathway is determined, or has been determined by previous lives?

Cause and effect must always play some part of course; but that is all known before you come to this lifetime. And of course, it is not always necessary to bring that with you, but again, it is determined by that spirit. You all know conditions that you are coming to. It is therefore your responsibility to follow those conditions truly and not to deviate from your call—your life—call it what you will.

Sarah: So that's why if you're in tune with your inner self, you would know which pathway to take—

You would automatically know yes, because you are listening to that inner voice. All of you, every individual upon this planet, inwardly knows—has that innate knowledge of what is right and what is wrong for themselves. It is too simple, too easy, to blame someone or something

for the things that go wrong in your lives. Again, I do not apologise my dear friends, for repeating that you have a great responsibility for your individual lives.

Sarah: You have been over this before, but if somebody does something to you—attacks you for no reason, and you happened to be there, is that because you've deviated from your pathway and you're in the wrong place at the wrong time, or is that just one of those things?

You cannot place a set judgement on life's happenings, because—again I repeat to you—you do not have the fuller picture of not only yourself or the person who attacks you. It may well be that it is a deviation of *their* pathway, but it may also be that it is something that you have to experience. So again, my dear friends, it is difficult to judge the happenings of life, because you do not have that fuller picture.

Tragic events are not always easy to understand from our side

This point is illustrated by this communication from a distressed soul who passed unexpectedly and left loved ones behind. (23/3/15)

There followed a lengthy pause during which there was some continued chat about toast with reference to Graham; then a loud voice via Eileen declared:

It's my name!

Sara: Ah, Graham—really?

I'm angry.

Sara: Oh dear!

I'm feeling angry—I don't want to be here. It's not fair!

Sara: Oh dear.

I said it was too early.

Jan: Is your name Graham?

Yes. Please let me stay here with you for a while.

George: Yes, you are very welcome to stay.

Jan: Did you like marmite then Graham?

I did.

Sara: And eggy toast?

And eggy toast, but that's all trivial.

Jan: Yeah I know.

It's not fair. It's just not fair I had to come so soon (ah). Please let me come back—they said I can (ah)—not yet.

Sara: But later maybe—

Jan: Would it help if you talk to us about it Graham? What happened to you?

I was run over—left my family behind—

Jan: That's what you're worried about isn't it—your family.

Why did it happen? They keep saying it was for the best. I don't believe it, and my wife's struggling with the two little baby—

Jan: Very difficult—

Well I'm so angry about it—I'm sorry—I'm so sorry—

Jan: It's understandable—

Angry, angry, angry.

Sara: Well it was a shock wasn't it?

And the poor driver's suffering as well.

(Sympathy expressed)

I know I shouldn't be angry but I am. I can't get rid of the feeling.

Sara: It will go though.

I've been told.

Jan: That's why you've been sent back to us.

Sara: But you mustn't blame yourself you know.

But I do.

Sara: No, no, no, you mustn't though, because these things do happen. And when you think about it—the number of things that we've all done, and we haven't known *why* we did them. But we did, because it's all part of being human. And we don't know why we did things sometimes. You didn't know either.

Jan: You were just in the wrong place at the wrong time.

But I'm not suffering am I?

Sara: No, not at all—and you must just let the feelings—just let them go—it's normal to feel those feelings, when you're in shock.

I just find it so hard.

Jan: Does your wife have a good support group around her? Can you see?

Yes—her other family. I see her crying all the time.

Sara: It's hard for you to see that, but she will come to terms eventually, and she will accept.

George: Perhaps you can help. Perhaps you can be an influence.

That's what I have been told.

Sara: Yes, you can probably help to calm her actually. It's just her fears probably. You can probably help her—the grief and fear.

Jan: When she's asleep, that's when you can be with her.

I can still visit her—

Jan: Just before she wakes in the morning—that's when you can be with her and make her feel happy, and to feel your presence. That will help immensely, because at the moment you are drawing back because of your grief yourself. But you can both grieve together.

She was talking about marmite this morning—that's what's drawn me here. And I know I shouldn't be here.

Jan: Well you've been sent back here for a purpose. You wouldn't be here talking to us if you weren't meant to be.

Sara: And it helps us to understand as well—what happens in these situations.

George: By being here perhaps you are being given a little help, and we all need a little help at times.

Sara: And you are helping us to understand.

George: And I'm sure you can be a good influence and send your love.

I do feel calmer.

Sara: There's actually a lot you can do in fact to help. It's difficult to know why these things happen, but I think further on you'll see a bit more good that will come from it.

There's good people here, I know that.

Jan: Have you tried whispering to her Graham?

Yes, but she can't hear me.

Jan: No, but she will, don't give up on her—keep trying. But *you* must be happy because then she'll feel that you're okay—don't be sad, you must start to feel happy. I know it sounds silly but you've got a lot to look forward to now you're in spirit—you've gone home.

I know, it's just as difficult to leave people behind—

Sara: Yes, you get drawn back again—I think it helps to actually know that you can do some good to help her along—you'll feel a bit happier then.

Yeah—I don't know why they gave me this body to come back with—

It was explained with some chuckles that he was using Eileen just so he could talk with us.

Should have had a man—

(Chuckles)

Jan: Did you often wonder what would happen to you?

I believed in another life—I'm shocked myself that I feel this strongly—it was just so sudden.

Jan: Did they explain to you before you came through the instrument that it would be a cathartic exercise to come back again and speak to people?

It was suggested and I wanted the opportunity.

Jan: And how has it now made you feel?

Different—I feel calmer and I think you've explained how I can help.

Jan: Obviously you know more than we do, because we haven't been to spirit like you have. But you are able to influence her—

George: All things are possible.

Jan: When you're calm and not upset, then she'll hear you.

Mark: Are you able to see the other spiritual help that your family's now getting?

Other spiritual help—yes, she's surrounded—but she doesn't feel it.

Sara: This is where you'll be able to help her I think, in time.

Someone's saying: come on—time to come back.

George: There's bound to be an influence, given a little time.

Well I want to thank all of you—thank you for helping me.

George: You are most welcome—we love helping people.

Thank you—thank you.

Jan: God bless then.

